

| | Working towards / Year 2 (KS1) | LKS2 | | UKS2 | | Greater depth / Year 7 (KS3) |
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| | | Year 3 | Year 4 | Year 5 | Year 6 | |
| Being Me in My World | <p><i>Explain why my behaviour can impact others in my class.</i></p> <p><i>Explain my own and other's choices and say why some choices are better than others.</i></p> | <p>Explain how my behaviour can affect how others feel and behave.</p> <p>Say why it is important to have rules and how it helps me and others to learn.</p> | <p>Explain why being listened to and listening to others is important.</p> <p>Explain why being democratic is important and helps others to feel valued.</p> | <p>Compare my life with other people around the UK and explain why we have rights, responsibilities and rules to make both school and the wider community a fair place.</p> <p>Explain how actions of one person can affect another person.</p> | <p>Explain how my choices impact the local community and the wider world.</p> <p>Empathise with other people in the local and wider community and think about how this changes my actions. (technological, cultural)</p> | <p><i>I can compare my self-identity with how I believe others see me. I can explain some of the factors that may affect my self-identity. I can explain why it is important that I am a unique individual and can also explain how my self-identity has been influenced by past events and experiences. I can also express a level of independence while maintaining positive relationships with others.</i></p> |
| Celebrating Difference | <p><i>Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</i></p> <p><i>Explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.</i></p> | <p>Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>Tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It</p> | <p>Tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>Explain why it is good to accept myself and others for who we are.</p> | <p>Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>Explain why racism and other forms of discrimination are unkind.</p> | <p>Explain ways in which difference can be a source of conflict or a cause for celebration.</p> <p>Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p> | <p><i>I can explain why different forms of positive and negative prejudice and discrimination happen. I can challenge my own and others' attitudes and values and accept difference in others. I can explain how different forms of positive and negative prejudice and discrimination might make people feel. I can offer strategies to support those involved.</i></p> |

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| | | Together or asking for help | | I can express how I feel about discriminatory behaviour. | | |
| Dreams and Goals | <p><i>Explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.</i></p> <p><i>Explain how it felt to be part of a group and can identify a range of feelings about group work).</i></p> | <p>Explain the different ways that help me learn and what I need to do to improve.</p> <p>Confident and positive when I share my success with others, I can explain how these feelings can be stored in my internal treasure chest and why this is important.</p> | <p>Plan and set new goals even after a disappointment.</p> <p>Explain what it means to be resilient and to have a positive attitude.</p> | <p>Compare my hopes and dreams with those of young people from different cultures.</p> <p>Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p> | <p>Explain different ways to work with others to help make the world a better place.</p> <p>Explain what motivates me to make the world a better place.</p> | <p><i>I can explain how internal and external factors might affect my own dreams and goals as I get older.</i></p> <p><i>I can explain why breaking a dream or goal into smaller steps is a helpful strategy.</i></p> <p><i>I can also offer a range of strategies that I could use to overcome obstacles and remain positive.</i></p> |
| Healthy Me | <p><i>Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.</i></p> <p><i>Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</i></p> | <p>Identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</p> <p>Express how being anxious/ scared and unwell feels.</p> | <p>Recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>Identify feelings of anxiety and fear associated with peer pressure.</p> | <p>Explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>Summarise different ways that I respect and value my body.</p> | <p>Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p> | <p><i>I can explain how emotions are linked to physical health in a variety of ways. I can also explain that emotions can play a part in making healthy/less healthy choices, and also that healthy/less healthy choices can impact on emotions.</i></p> <p><i>I can explain why it is important to express my feelings and manage them positively to help me make responsible choices. I can offer strategies I could use to do this.</i></p> |

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| <p>Relationships</p> | <p><i>Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special</i></p> <p><i>Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</i></p> | <p><i>Explain how my life is influenced positively by people I know and also by people from other countries.</i></p> <p><i>Explain why my choices might affect my family, friendships and people around the world who I don't know.</i></p> | <p><i>Recognise how people are feeling when they miss a special person or animal.</i></p> <p><i>Give ways that might help me manage my feelings when missing a special person or animal.</i></p> | <p><i>Compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</i></p> <p><i>Apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</i></p> | <p><i>Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</i></p> <p><i>Explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</i></p> | <p><i>I can explain a range of feelings that people may experience within different social groups and social contexts and how this may relate to their behaviour. I can explain the feelings I might experience in different social groups and different social contexts and how these might manifest in my behaviour. I can offer strategies to help me manage these feelings.</i></p> |
| <p>Changing Me</p> | <p><i>Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.</i></p> <p><i>I can explain why some types of touches feel OK and others don't</i></p> <p><i>Tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other</i></p> | <p><i>Explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</i></p> <p><i>Recognise how I feel about these changes happening to me and</i></p> | <p><i>Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</i></p> <p><i>Explain some of the choices I might make in the future and some of the choices that I have no control over.</i></p> | <p><i>Explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.</i></p> <p><i>I can also summarise the process of conception.</i></p> <p><i>Express how I feel about the changes that</i></p> | <p><i>Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</i></p> <p><i>Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</i></p> | <p><i>I can explain why some personal and family changes happen. I can explain ways that I can give emotional support to myself and others during times of personal change.</i></p> |

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| | <i>people might feel differently to me.</i> | <i>can suggest some ideas to cope with these feelings.</i> | <i>I can offer some suggestions about how I might manage my feelings when changes happen.</i> | <i>will happen to me during puberty, and that I accept these changes might happen at different times to my friends.</i> | | |
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