



PSHE PROGRESSION OF SKILLS YEAR 1 – YEAR 6

Theme	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me and My Relationships	Children will be able to: Understand that classroom rules help everyone to learn and be safe Explain their classroom rules and be able to contribute to making these Recognise how others might be feeling by reading body language/facial expressions Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.) Identify a range of feelings Identify how feelings might make us behave Suggest strategies for someone experiencing 'not	Children will be able to: Suggest actions that will contribute positively to the life of the classroom; Make and undertake pledges based on those actions Take part in creating and agreeing classroom rules Use a range of words to describe feelings Recognise that people have different ways of expressing their feelings Identify helpful ways of responding to other's feelings Define what is meant by the terms 'bullying' and 'teasing' showing an	Children will be able to: Explain why we have rules Explore why rules are different for different age groups, in particular for internet-based activities Suggest appropriate rules for a range of settings Consider the possible consequences of breaking the rules. Explain some of the feelings someone might have when they lose something important to them Understand that these feelings are normal and a way of dealing with the situation	Children will be able to: Describe 'good' and 'not so good' feelings and how feelings can affect our physical state Explain how different words can express the intensity of feelings Explain what we mean by a 'positive, healthy relationship' Describe some of the qualities that they admire in others Recognise that there are times when they might need to say 'no' to a friend Describe appropriate assertive strategies for saying 'no' to a friend	Children will be able to: Explain what collaboration means Give examples of how they have worked collaboratively Describe the attributes needed to work collaboratively Explain what is meant by the terms negotiation and compromise Describe strategies for resolving difficult issues or situations. Demonstrate how to respond to a wide range of feelings in others Give examples of some key qualities of friendship	Children will be able to: Demonstrate a collaborative approach to a task Describe and implement the skills needed to do this Explain what is meant by the terms 'negotiation' and 'compromise' Suggest positive strategies for negotiating and compromising within a collaborative task Demonstrate positive strategies for negotiating and compromising within a collaborative task Recognise some of the challenges that arise from friendships

	so good' feelings to manage these. Recognise that people's bodies and feelings can be hurt Suggest ways of dealing with different kinds of hurt Recognise that they belong to various groups and communities such as their family Explain how these people help us and we can also help them to help us. Identify simple qualities of friendship Suggest simple strategies for making up Demonstrate attentive listening skills Suggest simple strategies for resolving conflict situations Give and receive positive feedback, and experience how this makes them feel	understanding of the difference between the two Identify situations as to whether they are incidents of teasing or bullying Understand and describe strategies for dealing with bullying Rehearse and demonstrate some of these strategies Explain the difference between bullying and isolated unkind behaviour Recognise that there are different types of bullying and unkind behaviour Understand that bullying and unkind behaviour are both unacceptable ways of behaving Recognise that friendship is a special kind of relationship Identify some of the ways that good friends care for each other Recognise, name and understand how to deal with feelings (e.g. anger, loneliness)	Define and demonstrate cooperation and collaboration Identify the different skills that people can bring to a group task Demonstrate how working together in a collaborative manner can help everyone to achieve success Identify people who they have a special relationship with Suggest strategies for maintaining a positive relationship with their special people Rehearse and demonstrate simple strategies for resolving given conflict situations Explain what a dare is Understand that no-one has the right to force them to do a dare Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare	Demonstrate strategies for working on a collaborative task Define successful qualities of teamwork and collaboration Identify a wide range of feelings Recognise that different people can have different feelings in the same situation Explain how feelings can be linked to physical state Demonstrate a range of feelings through their facial expressions and body language Recognise that their feelings might change towards someone or something once they have further information Give examples of strategies to respond to being bullied, including what people can do and say Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from	Reflect on their own friendship qualities Identify what things make a relationship unhealthy Identify who they could talk to if they needed help Identify characteristics of passive, aggressive and assertive behaviours Understand and rehearse assertiveness skills Recognise basic emotional needs, understand that they change according to circumstance Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks Understand that online communication can be misinterpreted Accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face.	Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach List some assertive behaviours Recognise peer influence and pressure Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure Recognise and empathise with patterns of behaviour in peer-group dynamics Recognise basic emotional needs and understand that they change according to circumstance Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about Describe the consequences of reacting to others in a positive or negative way; Suggest ways that people can respond more positively to others
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		Explain where someone could get help if they were being upset by someone else's behaviour.	Express opinions and listen to those of others Consider others' points of view Practise explaining the thinking behind their ideas and opinions Identify qualities of friendship Suggest reasons why friends sometimes fall out Rehearse and use, now or in the future, skills for making up again			Describe ways in which people show their commitment to each other Know the ages at which a person can marry, depending on whether their parents agree Understand that everyone has the right to be free to choose who and whether to marry Recognise that some types of physical contact can produce strong negative feelings Know that some inappropriate touch is also illegal Identify strategies for keeping personal information safe online Describe safe and respectful behaviours when using communication technology
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Valuing Difference	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:
	Identify the differences and similarities between people	Identify some of the physical and non-physical differences and similarities between people	Recognise that there are many different types of family	Define the terms 'negotiation' and 'compromise'	Define some key qualities of friendship	Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences
	Empathise with those who are different from them	Know and use words and phrases that show respect for other people	Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'	Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise	Describe ways of making a friendship last	Suggest strategies for dealing with bullying, as a bystander
	Begin to appreciate the positive aspects of these differences	Identify people who are special to them	Define the term 'community'		Explain why friendships sometimes end	Describe positive attributes of their peers
	Explain the difference between unkindness, teasing and bullying	Explain some of the ways those people are special to them	Identify the different communities that they belong to	Understand that they have the right to protect their personal body space	Rehearse active listening skills	Know that all people are unique but that we have far more in common with each other than what is different about us
	Understand that bullying is usually quite rare	Recognise and explain how a person's behaviour can affect other people	Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing	Recognise how others' non-verbal signals indicate how they feel when people are close to their body space	Demonstrate respectfulness in responding to others	Consider how a bystander can respond to someone being rude, offensive or bullying someone else
	Explain some of their school rules and how those rules help to keep everybody safe	Explain how it feels to be part of a group	Reflect on listening skills	Suggest people they can talk to if they feel uncomfortable with other people's actions towards them	Respond appropriately to others	
	Identify some of the people who are special to them	Explain how it feels to be left out from a group	Give examples of respectful language		Develop an understanding of discrimination and its injustice, and describe this using examples	Demonstrate ways of offering support to someone who has been bullied
	Recognise and name some of the qualities that make a person special to them	Identify groups they are part of	Give examples of how to challenge another's viewpoint, respectfully	Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances)	Empathise with people who have been, and currently are, subjected to injustice, including through racism	Demonstrate ways of showing respect to others, using verbal and non-verbal communication
	Recognise and explain what is fair and unfair, kind and unkind	Suggest and use strategies for helping someone who is feeling left out	Explain that people living in the UK have different origins		Consider how discriminatory behaviour can be challenged	Understand and explain the term prejudice
	Suggest ways they can show kindness to others	Recognise and describe acts of kindness and unkindness	Identify similarities and differences between a diverse range of people from varying national,	Give examples of features of these different types of relationships, including how they influence what is shared	Identify and describe the different groups that make up their school/wider community/other parts of the UK	Identify and describe the different groups that make up their school/wider

		Suggest kind words and actions they can show to others Show acts of kindness to others in school Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted) Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.	regional, ethnic and religious backgrounds Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together Recognise the factors that make people similar to and different from each other Recognise that repeated name calling is a form of bullying Suggest strategies for dealing with name calling (including talking to a trusted adult) Understand and explain some of the reasons why different people are bullied Explore why people have prejudiced views and understand what this is	List some of the ways that people are different to each other (including differences of race, gender, religion) Recognise potential consequences of aggressive behaviour Suggest strategies for dealing with someone who is behaving aggressively List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals) Define the word respect and demonstrate ways of showing respect to others' differences Understand and identify stereotypes, including those promoted in the media	Describe the benefits of living in a diverse society Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this Understand that the information we see online, either text or images, is not always true or accurate Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them Understand and explain the difference between sex, gender identity, gender expression and sexual orientation Identify the consequences of positive and negative behaviour on themselves and others Give examples of how individual/group actions can impact on others in a positive or negative way	community/other parts of the UK Describe the benefits of living in a diverse society Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this Explain the difference between a friend and an acquaintance Describe qualities of a strong, positive friendship Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative) Define what is meant by the term stereotype Recognise how the media can sometimes reinforce gender stereotypes Recognise that people fall into a wide range of what is seen as normal Challenge stereotypical gender portrayals of people.
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Keeping myself safe	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:
	Understand that the body gets energy from food, water and air (oxygen) Recognise that exercise and sleep are important parts of a healthy lifestyle Recognise the importance of sleep in maintaining a healthy, balanced lifestyle Identify simple bedtime routines that promote healthy sleep Recognise emotions and physical feelings associated with feeling unsafe Identify people who can help them when they feel unsafe Recognise the range of feelings that are associated with loss Understand that medicines can sometimes make people feel better when they're ill Explain simple issues of safety and responsibility about medicines and their use	Understand that medicines can sometimes make people feel better when they're ill Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell Explain simple issues of safety and responsibility about medicines and their use Identify situations in which they would feel safe or unsafe Suggest actions for dealing with unsafe situations including who they could ask for help Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation	Identify situations which are safe or unsafe Identify people who can help if a situation is unsafe Suggest strategies for keeping safe Define the words danger and risk and explain the difference between the two Demonstrate strategies for dealing with a risky situation Identify some key risks from and effects of cigarettes and alcohol Know that most people choose not to smoke cigarettes; (Social Norms message) Define the word 'drug' and understand that nicotine and alcohol are both drugs. Identify risk factors in given situations Suggest ways of reducing or managing those risks	Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them Identify situations which are either dangerous, risky or hazardous Suggest simple strategies for managing risk Identify images that are safe/unsafe to share online Know and explain strategies for safe online sharing Understand and explain the implications of sharing images online without consent Define what is meant by the word 'dare' Identify from given scenarios which are dares and which are not Suggest strategies for managing dares Understand that medicines are drugs Explain safety issues for medicine use	Explain what a habit is, giving examples Describe why and how a habit can be hard to change Recognise that there are positive and negative risks Explain how to weigh up risk factors when making a decision Describe some of the possible outcomes of taking a risk Demonstrate strategies to deal with both face-to-face and online bullying Demonstrate strategies and skills for supporting others who are bullied Recognise and describe the difference between online and face-to-face bullying Recognise which situations are risky Explore and share their views about decision making when faced with a risky situation	Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face Understand and describe the ease with which something posted online can spread Identify strategies for keeping personal information safe online Describe safe behaviours when using communication technology Know that it is illegal to create and share sexual images of children under 18 years old Explore the risks of sharing photos and films of themselves with other people directly or online Know how to keep their information private online Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour

	Understand and learn the PANTS rules Name and know which parts should be private Explain the difference between appropriate and inappropriate touch Understand that they have the right to say “no” to unwanted touch Start thinking about who they trust and who they can ask for help.	Identify the types of touch they like and do not like Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable Recognise that some touches are not fun and can hurt or be upsetting Know that they can ask someone to stop touching them Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable Identify safe secrets (including surprises) and unsafe secrets Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable Identify how inappropriate touch can make someone feel Understand that there are unsafe secrets and secrets that are nice surprises	Evaluate the validity of statements relating to online safety Recognise potential risks associated with browsing online Give examples of strategies for safe browsing online Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens Recognise and describe appropriate behaviour online as well as offline Identify what constitutes personal information and when it is not appropriate or safe to share this Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs Demonstrate strategies for assessing risks Understand and explain decision-making skills	Suggest alternatives to taking a medicine when unwell Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines) Understand some of the key risks and effects of smoking and drinking alcohol Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory) Describe stages of identifying and managing risk Suggest people they can ask for help in managing risk Understand that we can be influenced both positively and negatively Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way	Suggest what someone should do when faced with a risky situation Define what is meant by a dare Explain why someone might give a dare Suggest ways of standing up to someone who gives a dare Reflect on what information they share offline and online Recognise that people aren't always who they say they are online Know how to protect personal information online Understand some of the complexities of categorising drugs Know that all medicines are drugs but not all drugs are medicines Understand ways in which medicines can be helpful or harmful and used safely or unsafely Understand the actual norms around smoking and	Understand that all humans have basic emotional needs and explain some of the ways these needs can be met Explain how drugs can be categorised into different groups depending on their medical and legal context Demonstrate an understanding that drugs can have both medical and non-medical uses Explain in simple terms some of the laws that control drugs in this country Understand some of the basic laws in relation to drugs Explain why there are laws relating to drugs in this country Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these Describe some of the effects and risks of drinking alcohol. Understand that all humans have basic emotional needs
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		Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop	Understand where to get help from when making decisions Understand that medicines are drugs and suggest ways that they can be helpful or harmful		the reasons for common misperceptions of these Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.	and explain some of the ways these needs can be met Explain how these emotional needs impact on people's behaviour Suggest positive ways that people can get their emotional need met Understand and give examples of conflicting emotions Understand and reflect on how independence and responsibility go together
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Rights and Responsibilities	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:
	Recognise the importance of regular hygiene routines Sequence personal hygiene routines into a logical order Identify what they like about the school environment Recognise who cares for and looks after the school environment Demonstrate responsibility in looking after something (e.g. a class pet or plant) Explain the importance of looking after things that belong to themselves or to others Explain where people get money from List some of the things that money may be spent on in a family home Recognise that different notes and coins have different monetary value Explain the importance of keeping money safe	Describe and record strategies for getting on with others in the classroom Explain, and be able to use, strategies for dealing with impulsive behaviour Identify special people in the school and community who can help to keep them safe Know how to ask for help. Identify what they like about the school environment Identify any problems with the school environment (e.g. things needing repair) Make suggestions for improving the school environment Recognise that they all have a responsibility for helping to look after the school environment Understand that people have choices about what they do with their money	Define what a volunteer is Identify people who are volunteers in the school community Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer Identify key people who are responsible for them to stay safe and healthy Suggest ways they can help these people Understand the difference between 'fact' and 'opinion' Understand how an event can be perceived from different viewpoints Plan, draft and publish a recount using the appropriate language Define what is meant by the environment Evaluate and explain different methods of looking after the school environment	Explain how different people in the school and local community help them stay healthy and safe Define what is meant by 'being responsible' Describe the various responsibilities of those who help them stay healthy and safe Suggest ways they can help the people who keep them healthy and safe Understand that humans have rights and also responsibilities Identify some rights and also responsibilities that come with these Understand the reason we have rules Suggest and engage with ways that they can contribute to the decision making process in school (e.g. through pupil voice/school council) Recognise that everyone can make a difference within a democratic process	Identify, write and discuss issues currently in the media concerning health and wellbeing Express their opinions on an issue concerning health and wellbeing Make recommendations on an issue concerning health and wellbeing Understand the difference between a fact and an opinion Understand what biased reporting is and the need to think critically about things we read Define the differences between responsibilities, rights and duties Discuss what can make them difficult to follow Identify the impact on individuals and the wider community if responsibilities are not carried out Explain what we mean by the terms voluntary,	Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them Describe the language and techniques that make up a biased report Analyse a report also extract the facts from it Know the legal age (and reason behind these) for having a social media account Understand why people don't tell the truth and often post only the good bits about themselves, online Recognise that people's lives are much more balanced in real life, with positives and negatives Explain some benefits of saving money Describe the different ways money can be saved, outlining the pros and cons of each method Describe the costs that go into producing an item

	Identify safe places to keep money Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).	Know that money can be saved for a use at a future time Explain how they might feel when they spend money on different things Recognise that money can be spent on items which are essential or non-essential Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.	Devise methods of promoting their priority method Understand the terms 'income', 'saving' and 'spending' Recognise that there are times we can buy items we want and times when we need to save for items Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.) Explain that people earn their income through their jobs Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)	Define the word influence; Recognise that reports in the media can influence the way they think about an topic Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner Explain the role of the bystander and how it can influence bullying or other anti-social behaviour Recognise that they can play a role in influencing outcomes of situations by their actions Understand some of the ways that various national and international environmental organisations work to help take care of the environment Understand and explain the value of this work Define the terms 'income' and 'expenditure' List some of the items and services of expenditure in the school and in the home	community and pressure (action) group Give examples of voluntary groups, the kind of work they do and its value State the costs involved in producing and selling an item Suggest questions a consumer should ask before buying a product Define the terms loan, credit, debt and interest Suggest advice for a range of situations involving personal finance Explain some of the areas that local councils have responsibility for Understand that local councillors are elected to represent their local community.	Suggest sale prices for a variety of items, taking into account a range of factors Explain what is meant by the term interest Recognise and explain that different jobs have different levels of pay and the factors that influence this Explain the different types of tax (income tax and VAT) which help to fund public services Evaluate the different public services and compare their value Explain what we mean by the terms voluntary, community and pressure (action) group Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group Explain what is meant by living in an environmentally sustainable way Suggest actions that could be taken to live in a more
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				Prioritise items of expenditure in the home from most essential to least essential Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT' Understand how a payslip is laid out showing both pay and deductions Prioritise public services from most essential to least essential.		environmentally sustainable way
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Being my Best	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:	Children will be able to:
	Recognise the importance of fruit and vegetables in their daily diet	Explain the stages of the learning line showing an understanding of the learning process	Explain how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body	Identify ways in which everyone is unique	Know two harmful effects each of smoking/drinking alcohol	Explain what the five ways to wellbeing are
	Know that eating at least five portions of vegetables and fruit a day helps to maintain health	Suggest phrases and words of encouragement to give someone who is learning something new;	Explain what is meant by the term 'balanced diet'	Appreciate their own uniqueness	Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health	Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives
	Recognise that they may have different tastes in food to others	Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning	Give examples what foods might make up a healthy balanced meal	Recognise that there are times when they will make the same choices as their friends and times when they will choose differently	Understand the actual norms around smoking and the reasons for common misperceptions of these	Identify aspirational goals
	Select foods from the Eatwell Guide (formerly Eatwell Plate) in order to make a healthy lunch	Understand and give examples of things they can choose themselves and things that others choose for them	Explain how some infectious illnesses are spread from one person to another	Give examples of choices they make for themselves and choices others make for them	Know the basic functions of the four systems covered and know they are inter-related	Describe the actions needed to set and achieve these
	Recognise which foods we need to eat more of and which we need to eat less of to be healthy.	Explain things that they like and dislike, and understand that they have choices about these things	Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses	Recognise that there are times when they will make the same choices as their friends and times when they will choose differently	Explain the function of at least one internal organ. Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health	Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues
	Understand how diseases can spread	Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health	Suggest medical and non-medical ways of treating an illness	Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health	Identify their own strengths and talents	Identify risk factors in a given situation (involving alcohol)
	Recognise and use simple strategies for preventing the spread of diseases	Explain how germs can be spread	Develop skills in discussion and debating an issue	Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate)	Identify areas that need improvement and describe strategies for achieving those improvements	Understand and explain the outcomes of risk-taking in a given situation, including emotional risks
	Recognise that learning a new skill requires practice and the opportunity to fail, safely		Demonstrate their understanding of health and wellbeing issues that are relevant to them	Understand the ways in which they can contribute to the care of the	State what is meant by community	Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these
	Understand the learning line's use as a simple tool to describe the learning		Empathise with different view points			

	process, including overcoming challenges Demonstrate attentive listening skills Suggest simple strategies for resolving conflict situations Give and receive positive feedback, and experience how this makes them feel Recognise how a person's behaviour (including their own) can affect other people.	Describe simple hygiene routines such as hand washing Understand that vaccinations can help to prevent certain illnesses Explain the importance of good dental hygiene Describe simple dental hygiene routines Understand that the body gets energy from food, water and oxygen Recognise that exercise and sleep are important to health Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain); Describe how food, water and air get into the body and blood.	Make recommendations, based on their research Identify their achievements and areas of development Recognise that people may say kind things to help us feel good about ourselves Explain why some groups of people are not represented as much on television/in the media Demonstrate how working together in a collaborative manner can help everyone to achieve success Understand and explain how the brain sends and receives messages through the nerves Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain); Describe how food, water and air get into the body and blood Explain some of the different talents and skills that people have and how skills are developed	environment (using some or all of the seven Rs) Suggest ways the Seven Rs recycling methods can be applied to different scenarios Define what is meant by the word 'community' Suggest ways in which different people support the school community Identify qualities and attributes of people who support the school community	Explain what being part of a school community means to them Suggest ways of improving the school community Identify people who are responsible for helping them stay healthy and safe Identify ways that they can help these people Describe 'star' qualities of celebrities as portrayed by the media Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life Describe 'star' qualities that 'ordinary' people have	Recognise what risk is Explain how a risk can be reduced Understand risks related to growing up and explain the need to be aware of these Assess a risk to help keep themselves safe
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			Recognise their own skills and those of other children in the class			
Growing and Changing	Children will be able to: Name major internal body parts (heart, lungs, blood, stomach, intestines, brain) Understand and explain the simple bodily processes associated with them Understand some of the tasks required to look after a baby Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding Identify things they could do as a baby, a toddler and can do now Identify the people who help/helped them at those different stages Explain the difference between teasing and bullying Give examples of what they can do if they	Children will be able to: Demonstrate simple ways of giving positive feedback to others Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to Identify different stages of growth (e.g. baby, toddler, child, teenager, adult) Understand and describe some of the things that people are capable of at these different stages Identify which parts of the human body are private Explain that a person's genitals help them to make babies when they are grown up Understand that humans mostly have the same body parts but that they can look different from person to person	Children will be able to: Identify different types of relationships Recognise who they have positive healthy relationships with Understand what is meant by the term body space (or personal space) Identify when it is appropriate or inappropriate to allow someone into their body space Rehearse strategies for when someone is inappropriately in their body space Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret Recognise how different surprises and secrets might make them feel Know who they could ask for help if a secret made	Children will be able to: Describe some of the changes that happen to people during their lives Explain how the Learning Line can be used as a tool to help them manage change more easily Suggest people who may be able to help them deal with change Name some positive and negative feelings Understand how the onset of puberty can have emotional as well as physical impact Suggest reasons why young people sometimes fall out with their parents Take part in a role play practising how to compromise Identify parts of the body that males and females have in common and those that are different	Children will be able to: Use a range of words and phrases to describe the intensity of different feelings Distinguish between good and not so good feelings, using appropriate vocabulary to describe these Explain strategies they can use to build resilience Identify people who can be trusted Understand what kinds of touch are acceptable or unacceptable Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch Explain how someone might feel when they are separated from someone or something they like	Children will be able to: Recognise some of the changes they have experienced and their emotional responses to those changes Suggest positive strategies for dealing with change Identify people who can support someone who is dealing with a challenging time of change Understand that fame can be short-lived Recognise that photos can be changed to match society's view of perfect; Identify qualities that people have, as well as their looks Define what is meant by the term stereotype Recognise how the media can sometimes reinforce gender stereotypes Recognise that people fall into a wide range of what is seen as normal

	experience or witness bullying Say who they could get help from in a bullying situation Explain the difference between a secret and a nice surprise Identify situations as being secrets or surprises Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep Identify parts of the body that are private Describe ways in which private parts can be kept private Identify people they can talk to about their private parts.	Explain what privacy means Know that you are not allowed to touch someone's private belongings without their permission Give examples of different types of private information	them feel uncomfortable or unsafe Recognise that babies come from the joining of an egg and sperm Explain what happens when an egg doesn't meet a sperm Understand that for girls, periods are a normal part of puberty	Know the correct terminology for their genitalia Understand and explain why puberty happens Know the key facts of the menstrual cycle Understand that periods are a normal part of puberty for girls Identify some of the ways to cope better with periods Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret Recognise how different surprises and secrets might make them feel Know who they could ask for help if a secret made them feel uncomfortable or unsafe Understand that marriage is a commitment to be entered into freely and not against someone's will Recognise that marriage includes same sex and opposite sex partners	Suggest ways to help someone who is separated from someone or something they like Know the correct words for the external sexual organs Discuss some of the myths associated with puberty Identify some products that they may need during puberty and why Know what menstruation is and why it happens Recognise how our body feels when we're relaxed List some of the ways our body feels when it is nervous or sad Describe and/or demonstrate how to be resilient in order to find someone who will listen to you Identify the consequences of positive and negative behaviour on themselves and others Give examples of how individual/group actions can impact on others in a positive or negative way	Challenge stereotypical gender portrayals of people Understand the risks of sharing images online and how these are hard to control, once shared Understand that people can feel pressured to behave in a certain way because of the influence of the peer group Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it Suggest strategies that would help someone who felt challenged by the changes in puberty Understand what FGM is and that it is an illegal practice in this country Know where someone could get support if they were concerned about their own or another person's safety
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				Know the legal age for marriage in England or Scotland Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony	Explain the difference between a safe and an unsafe secret Identify situations where someone might need to break a confidence in order to keep someone safe Recognise that some people can get bullied because of the way they express their gender Give examples of how bullying behaviours can be stopped	Explain the difference between a safe and an unsafe secret Identify situations where someone might need to break a confidence in order to keep someone safe Identify the changes that happen through puberty to allow sexual reproduction to occur Know a variety of ways in which the sperm can fertilise the egg to create a baby Know the legal age of consent and what it means Explain how HIV affects the body's immune system Understand that HIV is difficult to transmit Know how a person can protect themselves from HIV
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