



Fremington Primary School



PSHE Curriculum Overview



PSHE Curriculum

INTENT

At Fremington Primary School, we believe that PSHE education is a fundamental part of every child's education in order for them to become confident happy citizens. We aim to promote personal development in a structured and developmentally appropriate way in order to give children the knowledge, understanding, attitudes and practical skills to improve their life chances. We enable children to develop their sense of self-worth by encouraging them to play a positive role in contributing to school life and the wider community. Our curriculum covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. We feel that learning about the emotional and social aspects of growing up will give children and young people the information, skills and positive values to empower them to have safe and fulfilling relationships and to become independent, responsible members of society. Having introduced children to a wide range of concepts and having exposed them to a variety of experiences, we hope that they will have a strong understanding of the diverse world around them; be well equipped to take responsibility for their own wellbeing and to stay safe in our ever-changing society. Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.



IMPLEMENTATION

PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover the Health and Well-Being, Relationships and Living in the Wider World Learning Opportunities set out in the PSHE Association's Programme of Study, which comprehensively cover the statutory Health Education and Relationships Education guidance.

Pupils are taught PSHE using 'Jigsaw' which is a spiral, progressive scheme of work, covering all of the above and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

At FPS, in addition to Relationships Education, we also teach aspects of Sex Education that is covered in our Science Curriculum. Alongside this we teach about different kinds of relationships, including same sex relationships, and gender identity because it is important that our children should have an understanding of the full diversity of the world they live in and be prepared for life in modern Britain. The Sex Education aspects of PSHE are also taught through the 'Jigsaw'.

PSHE is taught through Jigsaw's six half termly themes with each year group studying the same unit at the same time (at their own level):

Autumn 1: Being Me in My World

Autumn 2: Differences (including anti-bullying)

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me (including Sex Education)



IMPLEMENTATION

It also identifies links to British Values, and SMSC and is taught in such a way as to reflect the overall aims, values, and ethos of the school.

Wider Curriculum

We believe that focusing on developing 'Learning Powers' with our children will help them to build resilience, independence and confidence; embrace challenge; foster a love of learning; and increase their level of happiness. We do this through the use of Learning power puppets and carefully chosen language we use in class. The learning powers include; Non-Negotiable Ned, Communicating Claude, Persevering Pete, Curious Connie, Teamwork Tallulah, Improving Izzy and Concentrating Cuthbert.

PSHE, including SMSC and BV, is an integral part of the whole school curriculum, and is therefore often taught within another subject area.

Visitors such as the RNLI, emergency services and the school nurse complement our PSHE curriculum to offer additional learning.

We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We challenge all of our pupils to look for opportunities to show the school values.

Assemblies are linked to PSHE, British Values and SMSC and cover any additional sessions that would benefit the whole school.



IMPACT

By the time our children leave our school they will:

- Be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- Be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- Appreciate difference and diversity
- Recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- Be able to understand and manage their emotions
- Be able to look after their mental health and well-being
- Be able to develop positive, healthy relationship with their peers both now and in the future.
- Understand the physical aspects involved in RSE at an age appropriate level
- Have respect for themselves and others.
- Have a positive self esteem



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Knowledge and skills
progression statements



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	<u>EYFS</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Being in my World</u>	<p>Know they have a right to learn and play, safely and happily</p> <ul style="list-style-type: none"> · Know that some people are different from themselves · Know that hands can be used kindly and unkindly · Know special things about themselves · Know how happiness and sadness can be expressed · Know that being kind is good 	<ul style="list-style-type: none"> · Understand their own rights and responsibilities with their classroom · Understand that their choices have consequences · Understand that their views are important · Understand the rights and responsibilities of a member of a class 	<ul style="list-style-type: none"> · Understand the rights and responsibilities of class members · Know about rewards and consequences and that these stem from choices · Know that it is important to listen to other people · Understand that their own views are valuable · Know that positive choices impact positively on self-learning and the learning of others · Identifying hopes and fears for the year ahead 	<ul style="list-style-type: none"> · Know that the school has a shared set of values · Know why rules are needed and how these relate to choices and consequences · Know that actions can affect others' feelings · Know that others may hold different views · Understand that they are important · Know what a personal goal is · Understanding what a challenge is 	<ul style="list-style-type: none"> · Know their place in the school community · Know what democracy is (applied to pupil voice in school) · Know how groups work together to reach a consensus · Know that having a voice and democracy benefits the school community · Know how individual attitudes and actions make a difference to a class · Know about the different roles in the school community · Know that their own actions affect themselves and others 	<ul style="list-style-type: none"> · Understand how democracy and having a voice benefits the school community · Understand how to contribute towards the democratic process · Understand the rights and responsibilities associated with being a citizen in the wider community and their country · Know how to face new challenges positively · Understand how to set personal goals · Know how an individual's behaviour can affect a group and the consequences of this 	<ul style="list-style-type: none"> · Know about children's universal rights (United Nations Convention on the Rights of the Child) · Know about the lives of children in other parts of the world · Know that personal choices can affect others locally and globally · Know how to set goals for the year ahead · Understand what fears and worries are · Understand that their own choices result in different consequences and rewards · Understand how democracy and having a voice



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							<p>benefits the school community</p> <ul style="list-style-type: none"> · Understand how to contribute towards the democratic process
<p><u>Social and Emotional Skills</u></p>	<ul style="list-style-type: none"> · Identify feelings associated with belonging · Skills to play co-operatively with others · Be able to consider others' feelings · Identify feelings of happiness and sadness · Be responsible in the setting 	<ul style="list-style-type: none"> · Understand that they are safe in their class · Identifying helpful behaviours to make the class a safe place · Understand that they have choices that they are special · Identify what it's like to feel proud of an achievement · Recognise feelings associated with positive and negative consequences 	<ul style="list-style-type: none"> · Know how to make their class a safe and fair place · Show good listening skills · Be able to work co-operatively · Recognise own feelings and know when and where to get help · Recognise the feeling of being worried 	<ul style="list-style-type: none"> · Make other people feel valued · Develop compassion and empathy for others · Be able to work collaboratively · Recognise self-worth · Identify personal strengths · Be able to set a personal goal · Recognise feelings of happiness, sadness, worry and fear in themselves and others 	<ul style="list-style-type: none"> · Identify the feelings associated with being included or excluded · Be able to take on a role in a group discussion / task and contribute to the overall outcome · Know how to regulate my emotions · Can make others feel cared for and welcome · Recognise the feelings of being motivated or unmotivated · Can make others feel valued and included · Understand why the school community benefits from a Learning Charter · Be able to help friends make positive choices 	<ul style="list-style-type: none"> · Empathy for people whose lives are different from their own · Consider their own actions and the effect they have on themselves and others · Be able to work as part of a group, listening and contributing effectively · Be able to identify what they value most about school · Identify hopes for the school year · Understand why the school community benefits from a Learning Charter · Be able to help friends make positive choices 	<ul style="list-style-type: none"> · Know own wants and needs · Be able to compare their life with the lives of those less fortunate · Demonstrate empathy and understanding towards others · Can demonstrate attributes of a positive role-model · Can take positive action to help others · Be able to contribute towards a group task · Know what effective group work is · Know how to regulate my emotions · Be able to make others feel welcomed and valued



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						<ul style="list-style-type: none"> · Know how to regulate my emotions 	
<p><u>Celebrating Differences</u></p>	<ul style="list-style-type: none"> · Know what being unique means · Know the names of some emotions such as happy, sad, frightened, angry · · Know why having friends is important · Know some qualities of a positive friendship · Know that they don't have to be 'the same as' to be a friend · Know what being proud means and that people can be proud of different things · Know that people can be good at different things · Know that families can be different · Know that people have different homes 	<ul style="list-style-type: none"> · Know what bullying means · Know who to tell if they or someone else is being bullied or is feeling unhappy · Know that people are unique and that it is OK to be different · Know skills to make friendships · Know that people have differences and similarities 	<ul style="list-style-type: none"> · Know the difference between a one-off incident and bullying · Know that sometimes people get bullied because of difference · Know that friends can be different and still be friends · Know there are stereotypes about boys and girls · Know where to get help if being bullied · Know that it is OK not to conform to gender stereotypes · Know it is good to be yourself · Know the difference between right and wrong and the 	<ul style="list-style-type: none"> · Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do · Know that conflict is a normal part of relationships · Know that some words are used in hurtful ways and that this can have consequences · Know why families are important · Know that everybody's family is different · Know that sometimes family members don't get along and some reasons for this 	<ul style="list-style-type: none"> · Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying · Know the reasons why witnesses sometimes join in with bullying and don't tell anyone · Know that sometimes people make assumptions about a person because of the way they look or act · Know there are influences that can affect how we judge a person or situation · Know what to do if they think bullying is or might be taking place 	<ul style="list-style-type: none"> · Know external forms of support in regard to bullying e.g. Childline · Know that bullying can be direct and indirect · Know what racism is and why it is unacceptable · Know what culture means · Know that differences in culture can sometimes be a source of conflict · Know that rumour-spreading is a form of bullying online and offline · Know how their life is different from the lives of children in the developing world 	<ul style="list-style-type: none"> · Know that people can hold power over others individually or in a group · Know that power can play a part in a bullying or conflict situation · Know that there are different perceptions of 'being normal' and where these might come from · Know that difference can be a source of celebration as well as conflict · Know that being different could affect someone's life · Know why some people choose to bully others · Know that people with disabilities can lead amazing lives



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	<p>and why they are important to them · Know different ways of making friends</p> <p>· Know different ways to stand up for myself</p>		<p>role that choice has to play in this</p>		<p>· Know that first impressions can change</p>		
<p><u>Social and Emotional Skills</u></p>	<p>· Recognise emotions when they or someone else is upset, frightened or angry · Identify and use skills to make a friend · Identify some ways they can be different and the same as others · Identify and use skills to stand up for themselves · Identify feelings associated with being proud · Identify things they are good at · Be able to vocalise success for themselves and about others successes · Recognise similarities and differences between their family and other families</p>	<p>· Identify what is bullying and what isn't · Understand how being bullied might feel · Recognise ways in which they are the same as their friends and ways they are different · Know ways to help a person who is being bullied · Identify emotions associated with making a new friend · Verbalise some of the attributes that make them unique and special</p>	<p>· Explain how being bullied can make someone feel · Know how to stand up for themselves when they need to · Understand that everyone's differences make them special and unique · Understand that boys and girls can be similar in lots of ways and that is OK · Understand that boys and girls can be different in lots of ways and that is OK · Can choose to be kind to someone who is being bullied · Recognise that they shouldn't judge people because they are different</p>	<p>· Use the 'Solve it together' technique to calm and resolve conflicts with friends and family · Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary · Be able to show appreciation for their families, parents and carers · Empathise with people who are bullied · Employ skills to support someone who is bullied · Be able to recognise, accept and give compliments · Recognise feelings associated with receiving a compliment</p>	<p>· Be comfortable with the way they look · Try to accept people for who they are · Be non-judgemental about others who are different · Identify influences that have made them think or feel positively/negatively about a situation · Identify feelings that a bystander might feel in a bullying situation · Identify reasons why a bystander might join in with bullying · Revisit the 'Solve it together' technique to practise conflict and bullying scenarios · Identify their own uniqueness · Identify when a</p>	<p>· Appreciate the value of happiness regardless of material wealth · Identify their own culture and different cultures within their class community · Identify their own attitudes about people from different faith and cultural backgrounds · Develop respect for cultures different from their own · Identify a range of strategies for managing their own feelings in bullying situations · Identify some strategies to encourage children who use bullying behaviours to</p>	<p>· Empathise with people who are different and be aware of my own feelings towards them · Identify feelings associated with being excluded · Be able to recognise when someone is exerting power negatively in a relationship · Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens · Use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict · Identify</p>



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					first impression they had was right or wrong	make other choices · Be able to support children who are being bullied	different feelings of the bully, bullied and bystanders in a bullying scenario · Appreciate people for who they are · Show empathy
<u>Dreams and Goals</u>	<ul style="list-style-type: none"> · Know what a challenge is · Know that it is important to keep trying · Know what a goal is · Know how to set goals and work towards them · Know which words are kind · Know some jobs that they might like to do when they are older · Know that they must work hard now in order to be able to achieve the job they want when they are older · Know when they have achieved a goal 	<ul style="list-style-type: none"> · Know how to set simple goals · Know how to achieve a goal · Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them · Know when a goal has been achieved · Know how to work well with a partner · Know that tackling a challenge can stretch their learning 	<ul style="list-style-type: none"> · Know how to choose a realistic goal and think about how to achieve it · Know that it is important to persevere · Know how to recognise what working together well looks like · Know what good group-working looks like · Know how to share success with other people 	<ul style="list-style-type: none"> · Know that they are responsible for their own learning · Know what an obstacle is and how they can hinder achievement · Know how to take steps to overcome obstacles · Know what dreams and ambitions are important to them · Know about specific people who have overcome difficult challenges to achieve success · Know how they can best overcome learning challenges · Know what their own strengths are as a learner 	<ul style="list-style-type: none"> · Know how to make a new plan and set new goals even if they have been disappointed · Know how to work as part of a successful group · Know how to share in the success of a group · Know what their own hopes and dreams are · Know that hopes and dreams don't always come true · Know that reflecting on positive and happy experiences can help them to counteract disappointment · Know how to work out the steps they need to take to achieve a goal 	<ul style="list-style-type: none"> · Know about a range of jobs that are carried out by people I know · Know the types of job they might like to do when they are older · Know that young people from different cultures may have different dreams and goals · Know that they will need money to help them to achieve some of their dreams · Know that different jobs pay more money than others · Know that communicating with someone from a different culture means that they can learn from them and vice versa · Know ways that they can support young people in 	



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				<ul style="list-style-type: none"> · Know how to evaluate their own learning progress and identify how it can be better next time 		<ul style="list-style-type: none"> their own culture and abroad 	
<p><u>Social and Emotional Skills</u></p>	<ul style="list-style-type: none"> · Understand that challenges can be difficult · Resilience · Recognise some of the feelings linked to perseverance · Recognise how kind words can encourage people · Talk about a time that they kept on trying and achieved a goal · Be ambitious · Feel proud · Celebrate success 	<ul style="list-style-type: none"> · Recognise things that they do well · Explain how they learn best · Recognise their own feelings when faced with a challenge/obstacle · Recognise how they feel when they overcome a challenge/obstacle · Celebrate an achievement with a friend · Can store feelings of success so that they can be used in the future 	<ul style="list-style-type: none"> · Recognise how working with others can be helpful · Be able to work effectively with a partner · Be able to choose a partner with whom they work well · Be able to work as part of a group · Be able to describe their own achievements and the feelings linked to this · Recognise their own strengths as a learner · Recognise how it feels to be part of a group that succeeds and store this feeling 	<ul style="list-style-type: none"> · Can break down a goal into small steps · Can manage feelings of frustration linked to facing obstacles · Imagine how it will feel when they achieve their dream/ambition · Recognise other people's achievements in overcoming difficulties · Recognise how other people can help them to achieve their goals · Can share their success with others · Can store feelings of success (in their internal treasure chest) to be used at another time 	<ul style="list-style-type: none"> · Have a positive attitude · Can identify the feeling of disappointment · Be able to cope with disappointment · Can identify what resilience is · Can identify a time when they have felt disappointed · Can talk about their hopes and dreams and the feelings associated with these · Help others to cope with disappointment · Enjoy being part of a group challenge · Can share their success with others · Can store feelings of success (in their internal treasure chest) to be used at another time 	<ul style="list-style-type: none"> · Verbalise what they would like their life to be like when they are grown up · Appreciate the contributions made by people in different jobs · Reflect on the differences between their own learning goals and those of someone from a different culture · Appreciate the differences between themselves and someone from a different culture · Understand why they are motivated to make a positive contribution to supporting others · Appreciate the opportunities learning and education can give them 	<ul style="list-style-type: none"> · Understand why it is important to stretch the boundaries of their current learning · Be able to give praise and compliments to other people when they recognise that person's achievements · Empathise with people who are suffering or living in difficult situations · Set success criteria so that they know when they have achieved their goal · Recognise the emotions they experience when they consider people in the world who are suffering or living



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							in difficult circumstance
<u>Healthy Me</u>	<ul style="list-style-type: none"> · Know what the word 'healthy' means · Know some things that they need to do to keep healthy · Know the names for some parts of their body · Know when and how to wash their hands properly · Know how to say no to strangers · Know that they need to exercise to keep healthy · Know how to help themselves go to sleep and that sleep is good for them · Know what to do if they get lost 	<ul style="list-style-type: none"> · Know the difference between being healthy and unhealthy · Know some ways to keep healthy · Know how to make healthy lifestyle choices · Know that all household products, including medicines, can be harmful if not used properly · Know that medicines can help them if they feel poorly · Know how to keep safe when crossing the road · Know how to keep themselves clean and healthy · Know that germs cause disease/illness · Know about 	<ul style="list-style-type: none"> · Know what their body needs to stay healthy · Know what relaxed means · Know why healthy snacks are good for their bodies · Know which foods given their bodies energy · Know that it is important to use medicines safely · Know what makes them feel relaxed/stressed · Know how medicines work in their bodies · Know how to make some healthy snacks 	<ul style="list-style-type: none"> · Know how exercise affects their bodies · Know that the amount of calories, fat and sugar that they put into their bodies will affect their health · Know that there are different types of drugs · Know that there are things, places and people that can be dangerous · Know when something feels safe or unsafe · Know why their hearts and lungs are such important organs · Know a range of strategies to keep themselves safe · Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> · Know that there are leaders and followers in groups · Know the facts about smoking and its effects on health · Know the facts about alcohol and its effects on health, particularly the liver · Know ways to resist when people are putting pressure on them · Know what they think is right and wrong · Know how different friendship groups are formed and how they fit into them · Know which friends they value most 	<ul style="list-style-type: none"> · Know basic emergency procedures, including the recovery position · Know the health risks of smoking · Know how smoking tobacco affects the lungs, liver and heart · Know how to get help in emergency situations · Know that the media, social media and celebrity culture promotes certain body types · Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure · Know some of the risks linked to 	<ul style="list-style-type: none"> · Know how to take responsibility for their own health · Know what it means to be emotionally well · Know how to make choices that benefit their own health and well-being · Know about different types of drugs and their uses · Know how these different types of drugs can affect people's bodies, especially their liver and heart · Know that stress can be triggered by a range of things · Know that being stressed can cause drug and alcohol misuse



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		people who can keep them safe			<ul style="list-style-type: none"> · Know that they can take on different roles according to the situation · Know some of the reasons some people start to smoke · Know some of the reasons some people drink alcohol 	<ul style="list-style-type: none"> · misusing alcohol, including antisocial behaviour · Know what makes a healthy lifestyle 	<ul style="list-style-type: none"> · Know that some people can be exploited and made to do things that are against the law · Know why some people join gangs and the risk that this can involve.
<u>Social and Emotional Skills</u>	<ul style="list-style-type: none"> · Can explain what they need to do to stay healthy · Recognise how exercise makes them feel · Can give examples of healthy food · Can explain what to do if a stranger approaches them · Can explain how they might feel if they don't get enough sleep · Recognise how different foods can make them feel 	<ul style="list-style-type: none"> · Keep themselves safe · Recognise how being healthy helps them to feel happy · Recognise ways to look after themselves if they feel poorly · Recognise when they feel frightened and know how to ask for help · Feel good about themselves when they make healthy choices · Realise that they are special 	<ul style="list-style-type: none"> · Feel positive about caring for their bodies and keeping it healthy · Have a healthy relationship with food · Desire to make healthy lifestyle choices · Identify when a feeling is weak and when a feeling is strong · Express how it feels to share healthy food with their friends 	<ul style="list-style-type: none"> · Respect their own bodies and appreciate what they do · Can take responsibility for keeping themselves and others safe · Identify how they feel about drugs · Can express how being anxious or scared feels · Able to set themselves a fitness challenge · Recognise what it feels like to make a healthy choice 	<ul style="list-style-type: none"> · Can identify the feelings that they have about their friends and different friendship groups · Recognise negative feelings in peer pressure situations · Can identify the feelings of anxiety and fear associated with peer pressure · Can tap into their inner strength and know-how to be assertive · Recognise how different people and groups they interact with impact on them · Identify which 	<ul style="list-style-type: none"> · Respect and value their own bodies · Can reflect on their own body image and know how important it is that this is positive · Recognise strategies for resisting pressure · Can identify ways to keep themselves calm in an emergency · Can make informed decisions about whether or not they choose to smoke when they are older · Can make informed decisions about 	<ul style="list-style-type: none"> · Are motivated to care for their own physical and emotional health · Suggest strategies someone could use to avoid being pressured · Can use different strategies to manage stress and pressure · Are motivated to find ways to be happy and cope with life's situations without using drugs · Identify ways that someone who is being exploited could help themselves



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					people they most want to be friends with	whether they choose to drink alcohol when they are older · Accept and respect themselves for who they are · Be motivated to keep themselves healthy and happy	· Recognise that people have different attitudes towards mental health/illness
<u>Relationships</u>	<ul style="list-style-type: none"> · Know what a family is · Know that different people in a family have different responsibilities (jobs) · Know some of the characteristics of healthy and safe friendships · Know that friends sometimes fall out · Know some ways to mend a friendship · Know that unkind words can never be taken back and they can hurt 	<ul style="list-style-type: none"> · Know that everyone's family is different · Know that families are founded on belonging, love and care · Know that physical contact can be used as a greeting · Know how to make a friend · Know who to ask for help in the school community · Know that there are lots of different types of families · Know the characteristics of 	<ul style="list-style-type: none"> · Know that there are lots of forms of physical contact within a family · Know how to stay stop if someone is hurting them · Know there are good secrets and worry secrets and why it is important to share worry secrets · Know what trust is · Know that everyone's family is different · Know that families function well when there is trust, respect, 	<ul style="list-style-type: none"> · Know that different family members carry out different roles or have different responsibilities within the family · Know some of the skills of friendship, e.g. taking turns, being a good listener · Know some strategies for keeping themselves safe online · Know that they and all children have rights (UNCRC) · Know that gender stereotypes can be unfair, e.g. 	<ul style="list-style-type: none"> · Know some reasons why people feel jealousy · Know that loss is a normal part of relationships · Know that negative feelings are a normal part of loss · Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe · Know that jealousy can be damaging to relationships 	<ul style="list-style-type: none"> · Know that there are rights and responsibilities in an online community or social network · Know that there are rights and responsibilities when playing a game online · Know that too much screen time isn't healthy · Know how to stay safe when using technology to communicate with friends · Know that a personality is made up of many different characteristics, 	<ul style="list-style-type: none"> · Know that it is important to take care of their own mental health · Know ways that they can take care of their own mental health · Know the stages of grief and that there are different types of loss that cause people to grieve · Know that sometimes people can try to gain power or control them · Know some of the dangers of being 'online'



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	<ul style="list-style-type: none"> · Know how to use Jigsaw's Calm Me to help when feeling angry · Know some reasons why others get angry 	<p>healthy and safe friends</p> <ul style="list-style-type: none"> · Know about the different people in the school community and how they help 	<p>care, love and co-operation</p> <ul style="list-style-type: none"> · Know some reasons why friends have conflicts · Know that friendships have ups and downs and sometimes change with time · Know how to use the Mending Friendships or Solve it together problem-solving methods 	<p>Mum is always the carer, Dad always goes to work etc</p> <ul style="list-style-type: none"> · Know how some of the actions and work of people around the world help and influence my life · Know the lives of children around the world can be different from their own 	<ul style="list-style-type: none"> · Know that memories can support us when we lose a special person or animal 	<p>qualities and attributes</p> <ul style="list-style-type: none"> · Know that belonging to an online community can have positive and negative consequences 	<ul style="list-style-type: none"> · Know how to use technology safely and positively to communicate with their friends and family
<p><u>Social and Emotional Skills</u></p>	<ul style="list-style-type: none"> · Can identify what jobs they do in their family and those carried out by parents/carers and siblings · Can suggest ways to make a friend or help someone who is lonely · Can use different ways to mend a friendship · Can recognise what being angry feels like · Can use Calm Me when angry or upset 	<ul style="list-style-type: none"> · Can express how it feels to be part of a family and to care for family members · Can say what being a good friend means · Can identify forms of physical contact they prefer · Can say no when they receive a touch they don't like · Can show skills of friendship · Can praise themselves and others · Can recognise some of their personal 	<ul style="list-style-type: none"> · Can identify the different roles and responsibilities in their family · Can recognise the value that families can bring · Can recognise and talk about the types of physical contact that is acceptable or unacceptable · Can identify the negative feelings associated with keeping a worry secret · Can identify who they trust in their own 	<ul style="list-style-type: none"> · Can identify the responsibilities they have within their family · Know how to access help if they are concerned about anything on social media or the internet · Can empathise with people from other countries who may not have a fair job or are less fortunate · Understand that they are connected to the global community 	<ul style="list-style-type: none"> · Can identify feelings and emotions that accompany jealousy · Can suggest positive strategies for managing jealousy · Can identify people who are special to them and express why · Can identify the feelings and emotions that accompany loss · Can suggest strategies for managing loss · Can tell you about 	<ul style="list-style-type: none"> · Can suggest strategies for building self-esteem of themselves and others · Can identify when an online community/social media group feels risky, uncomfortable, or unsafe · Can suggest strategies for staying safe online/ social media · Can say how to report unsafe online/social 	<ul style="list-style-type: none"> · Recognise that people can get problems with their mental health and that it is nothing to be ashamed of · Can help themselves and others when worried about a mental health problem · Recognise when they are feeling grief and have strategies to manage them · Demonstrate ways they could stand up for



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		<p>qualities · Can say why they appreciate a special relationship</p>	<p>relationships · Can use positive problem-solving techniques (Mending Friendships or Solve it together) to resolve a friendship conflict · Can identify the feelings associated with trust · Can give and receive compliments · Can say who they would go to for help if they were worried or scared</p>	<p>in many different ways · Can use Solve it together in a conflict scenario and find a win-win outcome · Can identify similarities in children's rights around the world · Can identify their own wants and needs and how these may be similar or different from other children in school and the global community</p>	<p>someone they no longer see · Can suggest ways to manage relationship changes including how to negotiate</p>	<p>network activity · Can identify when an online game is safe or unsafe · Can suggest ways to monitor and reduce screen time · Can suggest strategies for managing unhelpful pressures online or in social networks</p>	<p>themselves and their friends in situations where others are trying to gain power or control · Can resist pressure to do something online that might hurt themselves or others · Can take responsibility for their own safety and well-being</p>
<p><u>Changing Me</u></p>	<ul style="list-style-type: none"> · Know the names and functions of some parts of the body (see vocabulary list) · Know that we grow from baby to adult · Know who to talk to if they are feeling worried · Know that sharing how they feel can help solve a worry · Know that remembering 	<ul style="list-style-type: none"> · Know the names of male and female private body parts · Know that there are correct names for private body parts and nicknames, and when to use them · Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these 	<ul style="list-style-type: none"> · Know the physical differences between male and female bodies · Know that private body parts are special and that no one has the right to hurt these · Know who to ask for help if they are worried or frightened · Know there are different types of 	<ul style="list-style-type: none"> · Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults · Know some of the outside body changes that happen during puberty · Know some of the changes on the inside that happen during puberty 	<ul style="list-style-type: none"> · Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm · Know that babies are made by a sperm joining with an ovum · Know the names of the different internal and external body parts that are 	<ul style="list-style-type: none"> · Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally · Know that sexual intercourse can lead to conception · Know that some people need help to conceive and might use IVF · Know that 	<ul style="list-style-type: none"> · Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally · Know how a baby develops from conception through the nine months of pregnancy and how it is born



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	<p>happy times can help us move on</p>	<ul style="list-style-type: none"> · Know who to ask for help if they are worried or frightened · Know that animals including humans have a life cycle · Know that changes happen when we grow up · Know that people grow up at different rates and that is normal · Know that learning brings about change 	<p>touch and that some are acceptable and some are unacceptable</p> <ul style="list-style-type: none"> · Know the correct names for private body parts · Know that life cycles exist in nature · Know that aging is a natural process including old age · Know that some changes are out of an individual's control · Know how their bodies have changed from when they were a baby and that they will continue to change as they age 	<ul style="list-style-type: none"> · Know that in animals and humans lots of changes happen between conception and growing up · Know that in nature it is usually the female that carries the baby · Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops · Know that babies need love and care from their parents/carers · Know some of the changes that happen between being a baby and a child 	<p>needed to make a baby</p> <ul style="list-style-type: none"> · Know how the female and male body change at puberty · Know that change can bring about a range of different emotions · Know that personal hygiene is important during puberty and as an adult · Know that change is a normal part of life and that some cannot be controlled and have to be accepted 	<p>becoming a teenager involves various changes and also brings growing responsibility</p> <ul style="list-style-type: none"> · Know what perception means and that perceptions can be right or wrong 	<ul style="list-style-type: none"> · Know how being physically attracted to someone changes the nature of the relationship · Know the importance of self-esteem and what they can do to develop it · Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class
<p><u>Social and Emotional Skills</u></p>	<ul style="list-style-type: none"> · Recognise that changing class can elicit happy and/or sad emotions · Can say how they feel about 	<ul style="list-style-type: none"> · Understand and accept that change is a natural part of getting older · Can suggest ways to manage change, e.g. moving to a 	<ul style="list-style-type: none"> · Can say who they would go to for help if worried or scared · Can say what types of touch they find 	<ul style="list-style-type: none"> · Can express how they feel about puberty · Can say who they can talk to about puberty if they have any worries 	<ul style="list-style-type: none"> · Can appreciate their own uniqueness and that of others · Can express any concerns they have about puberty 	<ul style="list-style-type: none"> · Can celebrate what they like about their own and others' self-image and body image · Can suggest ways to boost 	<ul style="list-style-type: none"> · Recognise ways they can develop their own self-esteem · Can express how they feel about the changes that will happen to



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	<p>changing class/ growing up</p> <ul style="list-style-type: none"> · Can identify how they have changed from a baby · Can say what get older · Can identify positive memories from the past year in school/home 	<p>new class</p> <ul style="list-style-type: none"> · Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) · Can express why they enjoy learning 	<p>comfortable/uncomfortable</p> <ul style="list-style-type: none"> · Be able to confidently ask someone to stop if they are being hurt or frightened. · Can appreciate that changes will happen and that some can be controlled and others not · Be able to express how they feel about changes · Show appreciation for people who are older · Can recognise the independence and responsibilities they have now compared to being a baby or toddler · Can say what greater responsibilities and freedoms they may have in the future · Can say what they are looking forward to in the next year 	<ul style="list-style-type: none"> · Can suggest ways to help them manage feelings during changes they are more anxious about · Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry · Can express how they feel about babies · Can describe the emotions that a new baby can bring to a family · Can identify changes they are looking forward to in the next year 	<ul style="list-style-type: none"> · Have strategies for managing the emotions relating to change · Can express how they feel about having children when they are grown up · Can say who they can talk to about puberty if they are worried · Can apply the circle of change model to themselves to have strategies for managing change 	<p>self-esteem of self and others</p> <ul style="list-style-type: none"> · Recognise that puberty is a natural process that happens to everybody and that it will be OK for them · Can ask questions about puberty to seek clarification · Can express how they feel about having a romantic relationship when they are an adult · Can express how they feel about having children when they are an adult · Can express how they feel about becoming a teenager · Can say who they can talk to if concerned about puberty or becoming a teenager/adult 	<p>them during puberty</p> <ul style="list-style-type: none"> · Understand that mutual respect is essential in a boyfriend/girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to · Recognise how they feel when they reflect on the development and birth of a baby · Can celebrate what they like about their own and others' self-image and body image · Use strategies to prepare themselves emotionally for the transition (changes) to secondary school.
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