

Being Me in My World – Autumn 1

Year 1 – Prior Learning

- Able to relate to their own identify.
- Children have an understanding of their feelings.
- They have an understanding of their rights and responsibilities.

Year 2 – Prior Learning

- Children able to explain why their class is a happy and safe place to learn.
- Children give examples of where they are able to make people happy and safe.
- They can give examples of how others made them happy and feel safe.

Year 3 – Prior Learning

- Children able to explain why their behaviour can have an effect on other people in their class.
- The children can compare their own and their friends' choices.
- They can express why some choices are better than others.

Year 4 – Prior Learning

- The children are able to explain how their behaviour can affect how others feel and behave.
- Able to explain why it is important to have rules and how that helps them to learn.
- They are able to explain why it is important to feel valued.

Year 5 – Prior Learning

- The children can explain why being listened to and listening to others is important in the school community.
- The children are able to explain the term 'democratic' and why being democratic is important.
- Being democratic can help you to feel valued.

Year 6 – Prior Learning

- Children can compare their life with other people in their country.
- Able to explain that rules, rights and responsibilities make our school community a fair place.
- Explain how the actions of one person can affect others in our school and the wider community.
- The children can give examples of how their behaviour affects others.

Celebrating differences – Autumn 2

Year 1 – Prior Learning

- Able to identify their talents. Know that each person is special and unique.
- Families are diverse. Can make friends and can stand up for themselves.

Year 2 – Prior Learning

- The children can say some ways that they are different and similar to other people in their class and why this makes them special.
- Can explain what bullying is and how being bullied might make someone feel.

Year 3 – Prior Learning

- The children can explain that sometimes people are bullied because they are different. This could include people who do not conform to gender stereotypes.

- They can explain how it feels to have a friend and to be a friend.
- They understand that it is OK to be different from their friends.

Year 4 – Prior Learning

- Can describe different conflicts that might happen in the family or friendship groups.
- Understand how words can be used in hurtful or unkind ways when conflicts happen.
- They can explain how being involved in a conflict makes them feel.
- They can offer strategies to help solve the problem.

Year 5 – Prior Learning

- The children can talk about a time when their first impression of someone changed as they got to know the person.
- They can explain why bullying might be difficult to spot.
- The children understand that it is good to accept themselves and others for who they are.

Year 6 – Prior Learning

- Able to explain the differences between direct and indirect types of bullying.
- Can offer strategies to help themselves and others if they become involved directly or indirectly.
- Able to explain why racism and other forms of discrimination are unkind.
- They are able to express how they feel about discriminatory behaviour.

Dreams and Goals – Spring 1

Year 1 – Prior Learning

- The children understand that there are challenges in life.
- Perseverance will help to reach our goals. We can seek help to reach our goals. We can identify different goals – long, medium and short term.

Year 2 – Prior Learning

- The children can explain how they feel when they are successful. They understand how this can be celebrated positively.
- They can say why it is good to store their positive feelings internally.

Year 3 – Prior Learning

- The children can explain how they can work together as a group for an end product.
- They can explain how their skills complement each other.

Year 4 – Prior Learning

- The children can explain the different ways that help them to learn and what they need to do to improve.
- They are confident and positive when they share their success with others.
- The children are positive and confident when they share their success with others.
- They can explain how these feelings are stored internally and why this is important.

Year 5 – Prior Learning

- The children can plan and set new goals, even after a disappointment.
- They can explain what it means to be resilient and to have a positive attitude.

Year 6 – Prior Learning

- The children can compare their hopes and dreams with those of young people from different cultures.

- They can reflect on the hopes and dreams of your people from other culture and explain how this makes them feel.

Healthy Me – Spring 2

Year 1 – Prior Learning

- The children know that physical activity and healthy foods are good for us.
- Children know that the right amount of sleep is important.
- The children know to keep their bodies clean.

Year 2 – Prior Learning

- The children can explain why they think their body is amazing.
- They can identify ways to keep it safe and healthy.
- They can give examples of when being healthy makes them happy.

Year 3 – Prior Learning

- The children can explain why foods and medicines can be good for their body.
- They can compare healthy and unhealthy foods and medicines.
- They can explain unsafe choices.

Year 4 – Prior Learning

- Children identify things, people and places that they need to keep safe from.
- They can tell you some strategies for keeping themselves safe and healthy.
- They understand who to go to for help.
- They can express how it feels to be anxious or scared.

Year 5 – Prior Learning

- The children can recognise when people are putting them under pressure.
- They can explain ways to resist this when they want to.
- They can identify feelings of anxiety and fear that are associated with peer pressure.

Year 6 – Prior Learning

- The children can explain different roles that food and substances play in people's lives.
- They can explain how people can develop eating problems that relate to body image pressures.
- They understand how smoking and alcohol misuse is unhealthy.
- They can summarise different ways that they respect and value their bodies.

Relationships – Summer 1

Year 1 – Prior Learning

- The children know that relationships are made up of different groups of people – family, friends, school etc.
- Sometimes we fall out with our friends, but we can be friends again.

<ul style="list-style-type: none"> • The children learn to recognise bullying and how they can deal with this. • They understand what being a good friend looks like.
Year 2 – Prior Learning <ul style="list-style-type: none"> • The children can explain why they have special relationships with some people. They can explain how these relationships help them to feel safe and good about themselves. • They can explain how their own qualities help these relationships. • They can give examples of behaviour in other people that they appreciate and behaviours that they don't like.
Year 3 – Prior Learning <ul style="list-style-type: none"> • The children can explain why some things might make them feel uncomfortable in a relationship and compare this with relationships that make them feel safe and special. • They can give examples of some different problem solving techniques and explain how they might use them in certain situations in their relationships.
Year 4 – Prior Learning <ul style="list-style-type: none"> • The children can explain how their life is influenced positively by people I know and also by people from other countries. • They can explain why their choices might affect their family, friendships and people around the world who I don't know.
Year 5 – Prior Learning <ul style="list-style-type: none"> • The children can recognise how people are feeling when they miss a special person or animal. • They can give ways that might help them manage their feelings when they miss a special person or animal.
Year 6 – Prior Learning <ul style="list-style-type: none"> • The children can compare different types of friendships and the feelings that are associated with them. • They can explain how to stay safe when using technology to communicate with their friends, including how to stand up for themselves, negotiate and resist peer pressure. • They can apply strategies to manage their feelings. • They understand that they may face pressures when using technology that could cause harm to themselves or others.

Changing Me – Summer 2

Year 1 – Prior Learning <ul style="list-style-type: none"> • The children respect their bodies. • They understand that they are growing and their bodies will begin to change. • Sometimes when things change it can be fun but sometimes it can feel scary. • Change can be a time for celebration.
Year 2 – Prior Learning <ul style="list-style-type: none"> • The children can compare how they are now to when they were a baby. • They can explain some of the changes that will happen as they get older. • They can use the correct names for the genitals and give reasons why they are private.

- They can explain why some changes might feel better than others.

Year 3 – Prior Learning

- The children use the correct terms to describe the genitals.
- They can explain why some types of touches are OK and others don't.
- They can explain what they like and don't like about getting older.
- The children recognise that other people might feel differently to them.

Year 4 – Prior Learning

- The children can explain how boys' and girls' bodies change on the inside and outside when they are growing up.
- They can tell you why these changes are necessary so that their bodies can make babies when they grow up if they wish.
- They recognise how they feel about the changes and can suggest some ideas to cope with the feelings of change.

Year 5 – Prior Learning

- Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older if they wish.
- Explain some of the choices they might make in the future and some of the choices that they have no control over.
- Offer some suggestions about how they might manage their feelings when changes happen.

Year 6 – Prior Learning

- Explain how boys and girls change during puberty and why it is important to look after themselves physically and emotionally.
- Summarise the process of conception.
- They can express how they feel about the changes that will happen to them during puberty.
- They access these changes might happen at different times to their friends.