

PSHE Overview

EYFS - Foundation Stage 1

Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Feelings Curricular Goal: Pupils can begin to understand how they and others feel Learning Objective:</p> <ul style="list-style-type: none"> To understand how it feels to belong and that we are similar and different To understand how feeling happy and sad can be expressed To be able to work together and consider other people’s feelings To be able to use gentle hands and understand that it is good to be kind to people To begin to understand children’s rights and this means we should all be allowed to learn and play To be able to learn what being responsible means 	<p>Key Concept – Difference/ Being Unique Curricular Goal: Pupils can begin to talk about how people like and are good at different things Learning Objective:</p> <ul style="list-style-type: none"> To understand how it feels to be proud of something I am good at. To be able to say one way I am special and unique. To know that all families are different. To know there are lots of different houses and homes. To be able to say how I could make new friends. To be able to use my words to stand up for myself. 	<p>Key Concept – Improving Curricular Goal: Pupils can begin to understand that with practice people can get better Learning Objective:</p> <ul style="list-style-type: none"> To understand what a challenge means To be able to keep trying until I can do something To be able to set a goal and work towards it To know some kind words to encourage people with To begin to think about the jobs I might like to do when I’m older To be able to feel proud when I achieve a goal 	<p>Key Concept – Healthy Curricular Goal: Pupils can begin to understand what the word ‘healthy’ means and some of the ways this can be achieved Learning Objective:</p> <ul style="list-style-type: none"> To know the names for some parts of my body and am starting to understand that I need to be active to be healthy To be able to say some of the things I need to do to be healthy To know what the word ‘healthy’ means and that some foods are healthier than others To know how to help myself go to sleep and that sleep is good for me To be able to wash my hands and know it is important to do this before I eat and after I go to the toilet To know what to do if I get lost and how to say NO to strangers 	<p>Key Concept – Family and Friends Curricular Goal: Pupils can talk about their family Pupils can begin to understand that people have friends and how they can be a good friend to others Learning Objective:</p> <ul style="list-style-type: none"> To be able to talk about my family To understand how to make friends if I feel lonely To be able to talk about some of the things I like about my friends To know what to say and do if somebody is mean to me To be able to use Calm Me time to manage my feelings To be able to work together and enjoy being with my friends 	<p>Key Concept – Growing Curricular Goal: Pupils can begin to talk about their bodies and how they change as they grow Learning Objective:</p> <ul style="list-style-type: none"> To be able to name parts of my body and show respect for myself To be able to talk about some things I can do and some food I can eat to be healthy To understand that we all start as babies and grow into children and then adults To know that I grow and change To be able to talk about how I feel moving to School from Nursery To be able to remember some fun things about Nursery this year

EYFS - Foundation Stage 2

Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Feelings Curricular Goal: Pupils can begin to understand how their actions can impact on others Learning Objective: To understand how it feels to belong and that we are similar and different To be able to start to recognise and manage my feelings To be able to enjoy working with others to make school a good place to be To understand why it is good to be kind and use gentle hands To be able to start to understand children’s rights and this means we should all be allowed to learn and play To be able to learn what being responsible means</p>	<p>Key Concept – Difference Curricular Goal: Pupils can talk about what makes them special or the same as others including their families and homes. Pupils can talk about being a kind friend and how words can be used to stop behaviour they don’t like Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify something I am good at and understand everyone is good at different things To understand that being different makes us all special To know we are all different but the same in some ways To be able to say why I think my home is special to me To be able to say how to be a kind friend To know which words to use to stand up for myself when someone says or does something unkind 	<p>Key Concept – Success Curricular Goal: Pupils can talk about what it means to set themselves a goal and describe what it means to be proud Learning Objective:</p> <ul style="list-style-type: none"> To understand that if I persevere, I can tackle challenges To be able to talk about a time I didn’t give up until I achieved my goal To be able to set a goal and work towards it To be able to use kind words to encourage people To understand the link between what I learn now and the job I might like to do when I’m older To be able to say how I feel when I achieve a goal and know what it means to feel proud 	<p>Key Concept – Health and Safety Curricular Goal: Pupils can describe how to keep themselves healthy and safe Learning Objective:</p> <ul style="list-style-type: none"> To understand that I need to exercise to keep my body healthy To understand how moving and resting are good for my body To know which foods are healthy and not so healthy and can make healthy eating choices To know how to help myself go to sleep and understand why sleep is good for me To be able to wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet To know what a stranger is and how to stay safe if a stranger approaches me 	<p>Key Concept – Friends Curricular Goal: Pupils can describe what makes a good friend and show this in their actions Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify some of the jobs I do in my family and how I feel like I belong To know how to make friends to stop myself from feeling lonely To be able to think of ways to solve problems and stay friends To begin to understand the impact of unkind words To be able to use Calm Me time to manage my feelings To know how to be a good friend 	<p>Key Concept – Growing Curricular Goal: Pupils can talk about their bodies understanding the effects of healthy foods and how people change as they grow Learning Objective:</p> <ul style="list-style-type: none"> I can name parts of the body I can tell you some things I can do and foods I can eat to be healthy I understand that we all grow from babies to adults I can express how I feel about moving to Year 1 I can talk about my worries and/or the things I am looking forward to about being in Year 1 I can share my memories of the best bits of this year in Reception

Year 1					
Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Feelings Curricular Goal: Pupils can explain and give examples as to why their class is a happy and safe place to learn Learning Objective: To understand how to feel special and safe in my class To understand the rights and responsibilities as a member of my class To know my views are valued and can contribute to the class rules To be able to recognise how it feels to be proud of an achievement To understand that people make choices, and some choices have a consequence</p>	<p>Key Concept – Being Unique Curricular Goal: Pupils can explain how they are different and similar to other members of their class, understanding everyone is unique. They understand what bullying is and how being bullied might make someone feel Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify similarities and differences between people in my class To understand what bullying is and how it might feel To know some people who I could talk to if I was feeling unhappy or being bullied To know how to make new friends and how it feels to make a new friend To be able to identify ways I am different from my friends and how this makes me special and unique 	<p>Key Concept – Success Curricular Goal: Pupils can explain and celebrate what it is to be successful understanding why their internal treasure chest is an important place to store positive feelings Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify what I do well To be able to set a goal and work out how to achieve it To understand how to work well with a partner to celebrate an achievement To be able to tackle a new challenge and understand this might stretch my learning To be able to identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them To be able to identify how I felt when I succeeded in a new challenge and how it can be celebrated. 	<p>Key Concept – Health and Safety Curricular Goal: Pupils can explain why they think their body is amazing. They can identify a range of ways to keep it safe and healthy understanding how this can make them feel happy Learning Objective:</p> <ul style="list-style-type: none"> To understand the difference between being healthy and unhealthy, and know how to make healthy lifestyle choices To know how to keep myself clean and healthy, and understand how germs cause disease/illness To know that all household products including medicines can be harmful if not used properly To know how to keep safe when crossing the road, and about people who can help me to stay safe To be able to say why I think my body is amazing and can identify some ways to keep it safe and healthy 	<p>Key Concept – Family and Friends Curricular Goal: Pupils can explain why they have special relationships with some people, how this can help them feel safe and good about themselves and they can explain how their own qualities help these relationships. They can identify different examples of behaviour in other people that they appreciate, or they don't like Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify the members of my family and understand that there are lots of different types of families To be able to identify what being a good friend means to me To know appropriate ways of physical contact to greet my friends and know which are acceptable or unacceptable to me To know when I need help and who can help me in my school community To be able to recognise my qualities as person and a friend To be able to say why I appreciate someone who is special to me 	<p>Key Concept – Growing Curricular Goal: Pupils can compare how they are now to when they were a baby and explain some of the changes that will happen as they get older understanding that some changes might feel better than others. Learning Objective:</p> <ul style="list-style-type: none"> To be able to understand the life cycles of animals and humans and that there are changes during growth To know some things about me that have changed and that have stayed the same To know how my body has changed since I was a baby and that everybody grows at different rates To be able to identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus To understand that every time I learn something new, I change a little bit To be able to talk about the changes that have happened in my life
Year 2					
Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Feelings Curricular Goal: Pupils can explain how their behaviour can impact on other people in their class and compare their own and others choices. Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify some of my hopes and fears for this year To understand the rights and responsibilities for being a member of my class and school To be able to listen to other people and contribute my own ideas about rewards and consequences To be able to work cooperatively To be able to recognise the choices I make and understand the consequences 	<p>Key Concept – Being Unique Curricular Goal: Pupils can explain how it feels to have friends and be friends. They understand that friends can be different and sometimes this can lead to bullying Learning Objective:</p> <ul style="list-style-type: none"> To begin to understand that sometimes people make assumptions about boys and girls To understand that bullying is sometimes about difference To be able to recognise what is right and wrong and know how to look after myself To understand that it is OK to be different from other people and to be friends with them To be able to describe some ways I am different from my friends and know these differences make me special and unique 	<p>Key Concept – Success Curricular Goal: Pupils can take part in group activities identifying how it feels to work as a group and explaining how they and others used different skills to play their part. Learning Objective:</p> <ul style="list-style-type: none"> To be able to choose a realistic goal and think about how to achieve it To be able to persevere even when I find things difficult To be able to explain how sometimes working with other people helps me learn To be able to work with others in a group to solve problems To be able to explain how being part of a successful group feels 	<p>Key Concept – Health and Safety Curricular Goal: Pupils can describe why some foods and medicines can be good for our bodies and why others are less healthy or are unsafe. They can express how it feels to make a healthy/ safe choice Learning Objective:</p> <ul style="list-style-type: none"> To know what I need to keep my body healthy To be able to explain what relaxed means To know some things that make me feel relaxed and some that make me feel stressed To be able to understand how medicines work in my body and how important it is to use them safely To be able to sort foods into the correct food groups and know which foods my body needs every day to keep me healthy To be able to make some healthy snacks and explain why they are good for my body To know which foods to eat to give my body energy 	<p>Key Concept – Family and Friends Curricular Goal: Pupils can compare relationships that might make them feel uncomfortable with those that make them feel safe and special and can provide examples of some problem-solving techniques and how they might be used Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not To be able to identify some of the things that cause conflict with my friends To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret To be able to recognise and appreciate people who can help me in my family, my school and my community To be able to express my appreciation for the people in my special relationships 	<p>Key Concept – Difference Curricular Goal: Pupils can explain what they like/ don't like about being a boy or girl and getting older. They recognise that other people may feel different to them. Learning Objective:</p> <ul style="list-style-type: none"> To be able to recognise cycles of life in nature To be able to describe the natural process of growing from young to old and understand that this is not in my control To be able to recognise how my body has changed since I was a baby and where I am on the continuum from young to old To be able to recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private To understand there are different types of touch and can tell you which ones I like and don't like To be able to identify what I am looking forward to when I move to my next class

Year 3					
Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Feelings Curricular Goal: Pupils can explain how their behaviour can affect how others feel and behave, and they understand the importance of rules Learning Objective:</p> <ul style="list-style-type: none"> To be able to recognise my worth and can identify positive things about myself and my achievements. To be able to set personal goals To be able to face new challenges positively, make responsible choices and ask for help when I need it To understand why rules are needed and how they relate to rights and responsibilities To understand that my actions affect myself and others and I care about other people's feelings To be able to make responsible choices and take action To understand my actions, affect others and try to see things from their points of view 	<p>Key Concept – Feelings/ Difference Curricular Goal: Pupils can describe different conflicts that might happen in family or friendship groups. They understand how words can be used in kind or hurtful ways, explain how this can make people feel and can offer strategies to help the situation Learning Objective:</p> <ul style="list-style-type: none"> To understand that everybody's family is different and important to them To understand that differences and conflicts sometimes happen among family members To know what it means to be a witness to bullying To know that witnesses can make the situation better or worse by what they do To be able to recognise that some words are used in hurtful ways To be able to describe a time when my words affected someone's feelings and what the consequences were 	<p>Key Concept – Success Curricular Goal: Pupils can explain the different ways in which they learn and understand what they could do to improve. They are confident to share success and know these feelings can be stored in their internal treasure chest Learning Objective:</p> <ul style="list-style-type: none"> To know about a person who has faced difficult challenges and achieved success To be able to identify a dream/ambition that is important to me To be able to enjoy facing new learning challenges and working out the best ways for me to achieve them To be motivated and enthusiastic about a new challenge To be able to recognise obstacles which might hinder my achievement and can take steps to overcome them To be able to evaluate my own learning process and identify how it can be better next time 	<p>Key Concept – Feelings/ Health and Safety Curricular Goal: Pupils can explain how anxious, scared and unwell feels. They can identify things, people and places that they need to keep safe from and can explain some strategies for keeping themselves safe and healthy including who to go to for help Learning Objective:</p> <ul style="list-style-type: none"> To understand how exercise affects my body and know why my heart and lungs are such important organs To know that the number of calories, fat and sugar I put into my body will affect my health To be able to explain my knowledge and attitude towards drugs To be able to identify things, people and places that I need to keep safe from and know some strategies for keeping myself safe, who to go to for help and how to call emergency services To be able to identify when something feels safe or unsafe To understand how complex my body is and how important it is to take care of it 	<p>Key Concept – Family and Friends/ The Wider World Curricular Goal: Pupils can explain how their life is influenced positively by people they know and those around the world. They can explain how their own choices might affect their family, friendships and people around the world Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females To be able to identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener To know and can use some strategies for keeping myself safe online To be able to explain how some of the actions and work of people around the world help and influence my life To understand how my needs and rights are shared by children around the world and can identify how our lives may be different. To know how to express my appreciation to my friends and family 	<p>Key Concept – Feelings/ Growing Curricular Goal: Pupils can explain how boys and girl's bodies change on the inside/ outside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up. Pupils can recognise how they feel about these changes and can suggest some ideas to cope with these feelings Learning Objective:</p> <ul style="list-style-type: none"> To understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby To understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies, I can identify how boys' and girls' bodies change on the outside during this growing up process To be able to identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up To begin to recognise stereotypical ideas I might have about parenting and family roles To be able to identify what I am looking forward to when I move to my next class
Year 4					
Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Democracy Curricular Goal: Pupils can explain why being listened to and listening to others is important in our school community. They can explain why being democratic is important for people to feel valued Learning Objective:</p> <ul style="list-style-type: none"> To know my attitudes and actions make a difference to the class team To understand who is in my school community, the roles they play and how I fit in To understand how democracy works through the School Council To understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them To understand how groups come together to make decisions To understand how democracy and having a voice benefits the school community 	<p>Key Concept – Feelings/ Difference Curricular Goal: Pupils can discuss a time when their first impression of someone changed as they got to know them and that it is good to accept people for who they are. They can explain how bullying can sometimes be hard to spot and what to do about it if they are unsure. Learning Objective:</p> <ul style="list-style-type: none"> To understand that, sometimes, we make assumptions based on what people look like To understand what influences me to make assumptions based on how people look To know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure To understand why witnesses sometimes join in with bullying and sometimes don't tell To be able to identify what is special about me and value the ways in which I am unique To be able to explain a time when my first impression of someone changed when I got to know them 	<p>Key Concept – Success/ Resilience Curricular Goal: Pupils can explain what it means to be resilient, they can plan and set new goals even after disappointment and are able to demonstrate a positive attitude Learning Objective:</p> <ul style="list-style-type: none"> To be able to talk about some of my hopes and dreams To understand that sometimes hopes and dreams do not come true and that this can hurt To know that reflecting on positive and happy experiences can help me to counteract disappointment To know how to make a new plan and set new goals even if I have been disappointed To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group To be able to identify the contributions made by myself and others to the group's achievement 	<p>Key Concept – Feelings Curricular Goal: Pupils can identify feelings of anxiety and fear associated with peer pressure. They recognise when people are putting them under pressure and can explain ways to resist this when they want to Learning Objective:</p> <ul style="list-style-type: none"> To be able to recognise how different friendship groups are formed, how I fit into them and the friends I value the most To understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations To understand the facts about smoking and its effects on health, and some of the reasons some people start to smoke To understand the facts about alcohol and its effects on health, particularly the liver, and some of the reasons some people drink alcohol To be able to recognise when people are putting me under pressure and can explain ways to resist this when I want To know myself well enough to have a clear picture of what I believe is right and wrong 	<p>Key Concept – Feelings Curricular Goal: Pupils can explain how people feel when they miss a special person or animal and can give examples of how to help manage these feelings Learning Objective:</p> <ul style="list-style-type: none"> To be able to recognise situations which can cause jealousy relationships To be able to identify someone I love and can express why they are special to me To understand that we can remember people even if we no longer see them To be able to recognise how friendships change To know how to make friends and how to manage when I fall out with my friends To understand what having a girlfriend / boyfriend might mean and that it is a special relationship for when I am older To be able to show love and appreciation to the people and animals who are special to me 	<p>Key Concept – Feelings/ Growing Curricular Goal: Pupils can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. Pupils can explain some of the choices they might make in the future and some of the choices they have no control over and suggest how these feelings can be managed when changes happen Learning Objective:</p> <ul style="list-style-type: none"> To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm To be able to correctly label the internal and external parts of male and female bodies that are necessary for making a baby. To be able to describe how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this To know how the circle of change works and can apply it to changes I want to make in my life To be able to identify changes that have been and may continue to be outside of my control that I learnt to accept To be able to identify what I am looking forward to when I move to a new class

Year 5					
Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Democracy/ The Wider World Curricular Goal: Pupils can compare their lives with other people in the country, explaining why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. They understand and give examples of how the actions of one person can affect another</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To be able to face new challenges positively and know how to set personal goals To understand my rights and responsibilities as a citizen of my country To understand my rights and responsibilities as a citizen of my country and as a member of my school To be able to make choices about my own behaviour because I understand how rewards and consequences feel To understand how an individual's behaviour can impact on a group To understand how democracy and having a voice benefits the school community and know how to participate in this 	<p>Key Concept – Feelings/ Difference Curricular Goal: Pupils can explain the differences between direct and indirect types of bullying and can support themselves and others if they become involved. They can explain and express their feelings about why racism and other forms of discrimination are unkind</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To understand that cultural differences sometimes cause conflict To understand what racism is To understand how rumour-spreading and name-calling can be bullying behaviours To be able to explain the difference between direct and indirect types of bullying To be able to compare my life with people in the developing world To understand a different culture from my own 	<p>Key Concept – Difference/ The Wider World Curricular Goal: Pupils can compare and reflect on their own hopes and dreams and hopes and dreams of young people from different cultures explaining how this makes them feel</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To understand that I will need money to help me achieve some of my dreams To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs To be able to identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it To be able to describe the dreams and goals of young people in a culture different to mine To understand that communicating with someone in a different culture means we can learn from each other, and I can identify a range of ways that we could support each other To be able to encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship 	<p>Key Concept – Health and Safety Curricular Goal: Pupils can explain different roles that food and substances can play in people's lives and how body image pressures can lead to people developing eating disorders. Pupils can summarise different ways of respecting and valuing their bodies and explain how smoking and alcohol misuse is unhealthy</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations To understand how the media, social media and celebrity culture promotes certain body types To be able to describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy 	<p>Key Concept – Friends / Safety/ Feelings Curricular Goal: Pupils can explain and apply strategies for how to stay safe when using technology for communication, including how to stand up for themselves, negotiate and resist peer pressure so that risks to themselves and others are limited</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To be able to have an accurate picture of who I am as a person in terms of my characteristics and personal qualities To understand that belonging to an online community can have positive and negative consequences To understand there are rights and responsibilities in an online community or social network To know there are rights and responsibilities when playing a game online To be able to recognise when I am spending too much time using devices (screen time) To be able to explain how to stay safe when using technology to communicate with my friends 	<p>Key Concept – Feelings/ Growing Curricular Goal: Pupils can express how they feel and explain how boys and girls change during puberty and why looking after themselves both physically and emotionally is important.</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To know how to be aware of my own self-image and how my body image fits into that To be able to explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally To be able to describe how boys' and girls' bodies change during puberty understanding these changes happen at different times in different people. To understand that sexual intercourse can lead to conception and that is how babies are usually made To understand that sometimes people need IVF to help them have a baby To be able to identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) To be able to identify what I am looking forward to when I move to my next class.
Year 6					
Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Key Concept – Democracy/ The Wider World Curricular Goal: Pupils can empathise with others in their community and globally and explain how this can influence the choices they make and how these choices can impact on others</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To be able to identify my goals for this year, understand my fears and worries about the future and know how to express them To know that there are universal rights for all children but for many children these rights are not met To understand that my actions affect other people locally and globally To be able to make choices about my own behaviour because I understand how rewards and consequences feel, and I understand how these relate to my rights and responsibilities To understand how an individual's behaviour can impact on a group To understand how democracy and having a voice benefits the school community 	<p>Key Concept – Feelings/ Difference Curricular Goal: Pupils can explain ways in which difference can be a source of conflict or a cause for celebration and have empathy with people in either situation</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To understand there are different perceptions about what normal means To understand how being different could affect someone's life To be able to explain some of the ways in which one person or a group can have power over another To know some of the reasons why people use bullying behaviours To be able to give examples of people with disabilities who lead amazing lives To be able to explain ways in which difference can be a source of conflict and a cause for celebration 	<p>Key Concept – Success/ The Wider World Curricular Goal: Pupils can explain how people work together to help to make the world a better place and to justify their own motivation for this</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To know my learning strengths and can set challenging but realistic goals for myself To be able to work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these To be able to identify problems in the world that concern me and talk to other people about them To be able to work with other people to help make the world a better place To be able to describe some ways in which I can work with other people to help make the world a better place To know what some people in my class like or admire about me and can accept their praise 	<p>Key Concept – Health and Safety Curricular Goal: Pupils can evaluate when substances, including alcohol, are being misused and the impact this can have on individuals and others.</p> <p>Pupils can identify and apply skills to keep themselves emotionally healthy, including managing stress and pressure</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To be able to take responsibility for my health and make choices that benefit my health and well-being To know about different types of drugs and their uses and their effects on the body particularly the liver and heart To understand that some people can be exploited and made to do things that are against the law To know why some people, join gangs and the risks this involves To understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness To be able to recognise stress and the triggers that cause this, and I understand how stress can cause drug and alcohol misuse. 	<p>Key Concept – Safety/ Feelings Curricular Goal: Pupils can identify and empathise when they or others may be experiencing feelings of loss. They can identify when people are trying to gain power or control and how to stand up for themselves in real or online situations offering strategies to help</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To know that it is important to take care of my mental health To know how to take care of my mental health To understand that there are different stages of grief and that there are different types of loss that cause people to grieve To be able to recognise when people are trying to gain power or control To be able to judge whether something online is safe and helpful for me To be able to use technology positively and safely to communicate with my friends and family 	<p>Key Concept – Feelings/ Growing Curricular Goal: Pupils can reflect on how they feel about becoming a teenager</p> <p>Pupils can describe how a baby develops from conception through the nine months of pregnancy, and how it is born reflecting on how they feel about this.</p> <p>Learning Objective:</p> <ul style="list-style-type: none"> To be aware of my own self-image and how my body image fits into that To be able to explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally To be able to describe how a baby develops from conception through the nine months of pregnancy, and how it is born To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend To be aware of the importance of a positive self-esteem and what I can do to develop it To be able to identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.