

EYFS

Being Me in My World

Making relationships

ELG - They work as part of a group or class, and understand and follow the rules
 ELG - Talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable

Self-confidence and self-awareness

ELG - Children are confident to try new things
 ELG - They adjust their behaviour to different situations, and take changes of routine in their stride

Celebrating Difference

Making relationships

ELG - Children play co-operatively, they show sensitivity to others' needs and feelings, and form positive relationships with adults and other children
 ELG - They show sensitivity to others' needs and feelings

Self-confidence and self-awareness

ELG - Children say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help

Managing feelings and behaviour

ELG - Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules

Dreams & Goals

Making relationships

ELG - They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children
 ELG - Children play co-operatively.
 ELG - Take account of one another's ideas about how to organise their activity

Self-confidence and self-awareness

ELG - They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities

Managing feelings and behaviour

ELG - talk about their own and others' behaviour, and the consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules

Healthy Me

Understanding the world

ELG - Children know the importance for good health of physical exercise and a healthy diet, and to talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently

Relationships

Managing relationships

ELG - Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children

Self-confidence and self-awareness

ELG - Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help

Managing feelings and behaviour

ELG - Children talk about how they and others show feelings, talk about their own and others' behaviour. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride

Changing Me

Making relationships

ELG - They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children
 ELG - They show sensitivity to others' needs and feelings

Self-confidence and self-awareness

ELG - Say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas

Managing feelings and behaviour

ELG - Children talk about how they and others show feelings
 ELG - They work as part of a group or class, and understand and follow the rules

Year 1

Being Me in My World

To feel special and safe in my class
 To understand the rights and responsibilities as a member of my class
 To know that I belong to my class
 To understand the rights and responsibilities of being a member of my class
 To know how to make my class a safe place for everybody to learn
 To know my views are valued and can contribute to the Learning Charter
 To recognise how it feels to be proud of an achievement
 To recognise the choices I make and understand the consequences
 To recognise the range of feelings when I face certain consequences
 To understand my rights and responsibilities within our Learning Charter
 To understand my choices in following the Learning Charter

Celebrating Difference

To identify similarities between people in my class
 To tell you some ways in which I am the same as my friends
 To identify differences between people in my class
 To tell you some ways I am different from my friends
 To tell you what bullying is
 To understand how being bullied might feel
 To know some people who I could talk to if I was feeling unhappy or being bullied
 To be kind to children who are bullied
 To know how to make new friends
 To know how it feels to make a new friend
 To tell you some ways I am different from my friends
 To understand these differences make us all special and unique

Dreams & Goals

To set simple goals
 To identify my successes and achievements
 To set a goal and work out how to achieve it
 To tell you how I learn best
 To understand how to work well with a partner
 To celebrate achievement with my partner
 To tackle a new challenge and understand this might stretch my learning
 To identify how I feel when I am faced with a new challenge
 To identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them
 To know how I feel when I see obstacles and how I feel when I overcome them
 To tell you how I felt when I succeeded in a new challenge and how I celebrated it
 To know how to store the feelings of success in my internal treasure chest

Healthy Me

To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
 To feel good about myself when I make healthy choices
 To know how to make healthy lifestyle choices
 To feel good about myself when I make healthy choices
 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 understand that medicines can help me if I feel poorly and I know how to use them safely
 To know some ways to help myself when I feel poorly
 To know how to keep safe when crossing the road, and about people who can help me to stay safe
 To recognise when I feel frightened and know who to ask for help
 To tell you why I think my body is amazing and can identify some ways to keep it safe and healthy
 To recognise how being healthy helps me to feel happy

Relationships

To identify the members of my family and understand that there are lots of different types of families
 To know how it feels to belong to a family and care about the people who are important to me
 To identify what being a good friend means to me
 To know how to make a new friend
 To know appropriate ways of physical contact to greet my friends and know which ways I prefer
 To recognise which forms of physical contact are acceptable and unacceptable to me
 To know who can help me in my school community
 To know when I need help and know how to ask for it
 To recognise my qualities as person and a friend
 To know ways to praise myself
 To tell you why I appreciate someone who is special to me
 To express how I feel about them

Changing Me

To start to understand the life cycles of animals and humans
 To understand that changes happen as we grow and that this is OK
 To tell you some things about me that have changed and some things about me that have stayed the same
 To know that changes are OK and that sometimes they will happen whether I want them to or not
 To tell you how my body has changed since I was a baby
 To understand that growing up is natural and that everybody grows at different rates
 To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina
 To respect my body and understand which parts are private
 To understand that every time I learn something new I change a little bit
 To enjoy learning new things
 can tell you about changes that have happened in my life
 To know some ways to cope with changes

Year 2

Being Me in My World

To identify some of my hopes and fears for this year
 To recognise when I feel worried and know who to ask for help
 To understand the rights and responsibilities for being a member of my class and school
 To recognise when I feel worried and know who to ask for help
 To understand the rights and responsibilities for being a member of my class
 To help to make my class a safe and fair place
 To listen to other people and contribute my own ideas about rewards and consequences
 To understand how following the Learning Charter will help me and others learn
 To work cooperatively
 To help make my class a safe and fair place

Celebrating Difference

To understand that sometimes people make assumptions about boys and girls (stereotypes)
 To understand some ways in which boys and girls are similar and feel good about this
 To start to understand that sometimes people make assumptions about boys and girls (stereotypes)
 To understand some ways in which boys and girls are different and accept that this is ok
 To understand that bullying is sometimes about difference
 To tell you how someone who is bullied feels
 To be kind to children who are bullied
 To recognise what is right and wrong and know how to look after myself
 To know when and how to stand up for myself and others
 To know how to get help if I am being bullied
 To know some ways to make new friends
 To know how it feels to be a friend and have a friend
 To tell you some ways I am different from my friends
 To understand these differences make us all special and unique

Dreams & Goals

To choose a realistic goal and think about how to achieve it
 To identify my successes and achievements and know how this makes me feel (proud)
 To persevere even when I find tasks difficult
 To tell you some of my strengths as a learner
 To recognise who it is easy for me to work with and who it is more difficult for me to work with
 To understand how working with other people can help me to learn
 To work cooperatively in a group to create an end product
 To work with other people to solve problems
 To explain some of the ways I worked cooperatively in my group to create the end product
 To express how it felt to be working as part of this group
 To know how to share success with other people
 To know how contributing to the success of a group feels and I can store those feelings in my internal treasure chest (proud)

Healthy Me

To know what I need to keep my body healthy
 To be motivated to make healthy lifestyle choices
 To show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
 To tell you when a feeling is weak and when a feeling is strong
 To understand how medicines work in my body and how important it is to use them safely
 To feel positive about caring for my body and keeping it healthy
 To sort foods into the correct food groups and know which foods my body needs every day to keep me healthy
 To have a healthy relationship with food and know which foods I enjoy the most
 To decide which foods to eat to give my body energy
 To have a healthy relationship with food and I know which foods are most nutritious for my body
 To make some healthy snacks and explain why they are good for my body
 To express how it feels to share healthy food with my friends

Relationships

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 accept that everyone's family is different and understand that most people value their family
 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 know which types of physical contact I like and don't like and can talk about this
 To identify some of the things that cause conflict with my friends
 To demonstrate how to use the positive problem solving technique to resolve conflicts 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 know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this
 To recognise and appreciate people who can help me in my family, my school and my community
 To understand how it feels to trust someone
 To express my appreciation for the people in my special relationships
 To be comfortable accepting appreciation from others

Changing Me

To recognise cycles of life in nature
 To understand there are some changes that are outside my control and can recognise how I feel about this
 To tell you about the natural process of growing from young to old and understand that this is not in my control
 To identify people I respect who are older than me
 To recognise how my body has changed since I was a baby and where I am on the continuum from young to old
 To feel proud about becoming more independent
 To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private
 To tell you what I like/don't like about being a boy/girl
 To understand there are different types of touch and can tell you which ones I like and don't like
 To be confident to say what I like and don't like and can ask for help
 To identify what I am looking forward to when I am in Year 3
 To start to think about changes I will make when I am in Year 3 and know how to go about this

Year 3

Being Me in My World

To recognise my worth and can identify positive things about myself and my achievements.
 To set personal goals
 To value myself and know how to make someone else feel welcome and valued
 To face new challenges positively, make responsible choices and ask for help when I need it
 To recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions
 To understand why rules are needed and how they relate to rights and responsibilities
 To know how to make others feel valued
 To understand that my actions affect myself and others and I care about other people's feelings
 To understand that my behaviour brings rewards/consequences
 To make responsible choices and take action
 To work cooperatively in a group
 To understand my actions affect others and try to see things from their points of view

Celebrating Difference

To understand that everybody's family is different and important to them
 To appreciate my family/the people who care for me
 To understand that differences and conflicts sometimes happen among family members
 To know how to calm myself down and can use the 'Solve it together' technique
 To know what it means to be a witness to bullying
 To know some ways of helping to make someone who is bullied feel better
 To know that witnesses can make the situation better or worse by what they do
 To problem-solve a bullying situation with others
 To recognise that some words are used in hurtful ways
 To try hard not to use hurtful words (e.g. gay, fat)
 To tell you about a time when my words affected someone's feelings and what the consequences were
 To give and receive compliments and know how this feels

Dreams & Goals

To tell you about a person who has faced difficult challenges and achieved success
 To respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
 To identify a dream/ambition that is important to me
 To imagine how I will feel when I achieve my dream/ambition
 To enjoy facing new learning challenges and working out the best ways for me to achieve them
 To break down a goal into a number of steps and know how others could help me to achieve it
 To be motivated and enthusiastic about achieving our new challenge
 To know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge
 To recognise obstacles which might hinder my achievement and can take steps to overcome them
 To manage the feelings of frustration that may arise when obstacles occur
 To evaluate my own learning process and identify how it can be better next time
 To be confident in sharing my success with others and can store my feelings in my internal treasure chest

Healthy Me

To understand how exercise affects my body and know why my heart and lungs are such important organs
 To set myself a fitness challenge
 To understand how exercise affects my body and know why my heart and lungs are such important organs
 To set myself a fitness challenge
 To tell you my knowledge and attitude towards drugs
 To identify how I feel towards drugs
 To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help
 To express how being anxious or scared feels
 To understand that, like medicines, some household substances can be harmful if not used correctly
 To take responsibility for keeping myself and others safe at home
 To understand how complex my body is and how important it is to take care of it
 To respect my body and appreciate what it does for me

Relationships

To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females
 To describe how taking some responsibility in my family makes me feel
 To identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener
 To know how to negotiate in conflict situations to try to find a win-win solution
 To know and can use some strategies for keeping myself safe
 To know who to ask for help if I am worried or concerned
 To explain how some of the actions and work of people around the world help and influence my life
 To show an awareness of how this could affect my choices
 To understand how my needs and rights are shared by children around the world and can To identify how our lives may be different.
 To empathise with children whose lives are different to mine and appreciate what I may learn from them
 To know how to express my appreciation to my friends and family
 To enjoy being part of a family and friendship groups

Changing Me

To understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby
 To express how I feel when I see babies or baby animals
 To understand how babies grow and develop in the mother's uterus
 To understand what a baby needs to live and grow
 To express how I might feel if I had a new baby in my family
 To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies
 To identify how boys' and girls' bodies change on the outside during this growing up process
 To recognise how I feel about these changes happening to me and know how to cope with those feelings
 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 recognise how I feel about these changes happening to me and know how to cope with these feelings
 To start to recognise stereotypical ideas I might have about parenting and family roles
 To express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
 To identify what I am looking forward to when I am in Year 4
 To start to think about changes I will make when I am in Year 4 and know how to go about this

Year 4

Being Me in My World

To know my attitudes and actions make a difference to the class team
 To know how good it feels to be included in a group and understand how it feels to be excluded
 To try to make people feel welcome and valued
 To understand who is in my school community, the roles they play and how I fit
 To take on a role in a group and contribute to the overall outcome
 To understand how democracy works through the school council
 To recognise my contribution to making a Learning Charter for the whole school
 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 rewards and consequences motivate people's behaviour
 To understand how groups come together to make decisions
 To take on a role in a group and contribute to the overall outcome
 To understand how democracy and having a voice benefits the school community
 To understand why our school community benefits from a Learning Charter and can help others to follow it

Celebrating Difference

To understand that, sometimes, we make assumptions based on what people look like
 To try to accept people for who they are
 To understand what influences me to make assumptions based on how people look
 To question why I think what I do about other people
 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 know how it might feel to be a witness to and a target of bullying
 To tell you why witnesses sometimes join in with bullying and sometimes don't tell
 To problem-solve a bullying situation with others
 To identify what is special about me and value the ways in which I am unique
 To like and respect the unique features of my physical appearance can tell you a time when my first impression of someone changed when I got to know them
 To explain why it is good to accept people for who they are

Dreams & Goals

To tell you about some of my hopes and dreams
 To know how it feels to have hopes and dreams
 To understand that sometimes hopes and dreams do not come true and that this can hurt
 To know how disappointment feels and can identify when I have felt that way
 To know that reflecting on positive and happy experiences can help me to counteract disappointment
 To know how to cope with disappointment and how to help others cope with theirs
 To know how to make a new plan and set new goals even if I have been disappointed
 To know what it means to be resilient and to have a positive attitude
 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 enjoy being part of a group challenge
 To identify the contributions made by myself and others to the group's achievement
 To know how to share in the success of a group and how to store this success experience in my internal treasure chest

Healthy Me

To recognise how different friendship groups are formed, how I fit into them and the friends I value the most
 To recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions
 To recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations
 To be aware of how different people and groups impact on me and can recognise the people I most want to be friends with
 To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke
 To relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others
 To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol
 To relate to the feelings of shame and guilt and know how to act assertively to resist pressure from myself and others
 To recognise when people are putting me under pressure and can explain ways to resist this when I want
 To identify feelings of anxiety and fear associated with peer pressure
 To know myself well enough to have a clear picture of what I believe is right and wrong
 To tap into my inner strength and know how to be assertive

Relationships

To identify the web of relationships that I am part of, starting from those closest to me and including those more distant
 To know how it feels to belong to a range of different relationships and can identify what I contribute to each of them
 To identify someone I love and can express why they are special to me
 To know how most people feel when they lose someone or something they love
 To tell you about someone I know that I no longer see

Changing Me

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 appreciate that I am a truly unique human being
 To correctly label the internal and external parts of male and female bodies that are necessary for making a baby
 To understand that having a baby is a personal choice and can express how I feel about having children when I am an adult

To understand that we can remember people even if we no longer see them
To explain different points of view on an animal rights issue
To express my own opinion and feelings on this
To understand how people feel when they love a special pet
To understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet#
To know how to show love and appreciation to the people and animals who are special to me
To love and be loved

To describe how a girl's body changes in order 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 have strategies to help me cope with the physical and emotional changes I will experience during puberty
To know how the circle of change works and can apply it to changes I want to make in my life
To be confident enough to try to make changes when I think they will benefit me
To identify changes that have been and may continue to be outside of my control that I learnt to accept
To express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
To identify what I am looking forward to when I am in Year 5
To reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this

Year 5

Being Me in My World

To face new challenges positively and know how to set personal goals
 To know what I value most about my school and can identify my hopes for this school year
 To understand my rights and responsibilities as a British citizen
 To empathise with people in this country whose lives are different to my own
 To understand my rights and responsibilities as a British citizen and a member of my school
 To empathise with people in this country whose lives are different to my own
 To make choices about my own behaviour because I understand how rewards and consequences feel
 To understand that my actions affect me and others
 To understand how an individual's behaviour can impact on a group
 To contribute to the group and understand how we can function best as a whole
 To understand how democracy and having a voice benefits the school community and know how to participate in this
 To understand why our school community benefits from a Learning Charter and can help others to follow it

Celebrating Difference

To understand that cultural differences sometimes cause conflict
 To be aware of my own culture
 To understand what racism is
 To be aware of my attitude towards people from different races
 To understand how rumour-spreading and name-calling can be bullying behaviours
 To tell you a range of strategies in managing my feelings in bullying situations and for problem-solving when I'm part of one
 To explain the difference between direct and indirect types of bullying
 To know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied
 To compare my life with people in the developing world
 To appreciate the value of happiness regardless of material wealth
 To enjoy the experience of a culture other than my own
 To respect my own and other people's cultures

Dreams & Goals

To understand that I will need money to help me achieve some of my dreams
 To identify what I would like my life to be like when I am grown up
 To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs
 To appreciate the contributions made by people in different jobs
 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 appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future
 To describe the dreams and goals of young people in a culture different to mine
 To reflect on how these relate to my own
 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 appreciate the similarities and differences in aspirations between myself and young people in a different culture
 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
 To understand why I am motivated to make a positive contribution to supporting others

Healthy Me

To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.
 To make an informed decision about whether or not I choose to smoke and know how to resist pressure
 To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart
 To make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
 To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations
 To know how to keep myself calm in emergencies
 To understand how the media and celebrity culture promotes certain body types
 To reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am
 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 respect and value my body
 To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy
 To be motivated to keep myself healthy and happy

Relationships

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 accept that everyone's family is different and understand that most people value their family
 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 know which types of physical contact I like and don't like and can talk about this
 To identify some of the things that cause conflict with my friends
 To demonstrate how to use the positive problem solving technique to resolve conflicts with my friends

Changing Me

To be aware of my own self-image and how my body image fits into that
 To know how to develop my own self esteem
 To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally
 To understand that puberty is a natural process that happens to everybody and that it will be ok for me
 To describe how boys' and girls' bodies change during puberty
 To express how I feel about the changes that will happen to me during puberty

To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret
To know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this
To recognise and appreciate people who can help me in my family, my school and my community
To understand how it feels to trust someone
To express my appreciation for the people in my special relationships
To be comfortable accepting appreciation from others

To understand that sexual intercourse can lead to conception and that is how babies are usually made
To also understand that sometimes people need IVF to help them have a baby
To appreciate how amazing it is that human bodies can reproduce in these ways
To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
To be confident that I can cope with the changes that growing up will bring
To identify what I am looking forward to when I am in Year 6
To start to think about changes I will make when I am in Year 6 and know how to go about this

Year 6

Being Me in My World

To identify my goals for this year, understand my fears and worries about the future and know how to express them

To feel welcome and valued and know how to make others feel the same

To know that there are universal rights for all children but for many children these rights are not met

To understand my own wants and needs and can compare these with children in different communities

To understand that my actions affect other people locally and globally

To understand my own wants and needs and can compare these with children in different communities

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 that my actions affect myself and others; I care about other people's feelings and try to empathise with them

To understand how an individual's behaviour can impact on a group

To contribute to the group and understand how we can function best as a whole

To understand how democracy and having a voice benefits the school community

To understand why our school community benefits from a Learning Charter and how

To help others to follow it by modelling it myself

Celebrating Difference

To understand there are different perceptions about what normal means

To empathise with people who are living with disabilities

To understand how having a disability could affect someone's life

To be aware of my attitude towards people with disabilities

To explain some of the ways in which one person or a group can have power over another

To know how it can feel to be excluded or treated badly by being different in some way

To know some of the reasons why people use bullying behaviours

To tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one

To give examples of people with disabilities who lead amazing lives

To appreciate people for who they are

To explain ways in which difference can be a source of conflict and a cause for celebration

To show empathy with people in either situation

Dreams & Goals

To know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)

To understand why it is important to stretch the boundaries of my current learning

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 set success criteria so that I will know whether I have reached my goal

To identify problems in the world that concern me and talk to other people about them

To recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations

To work with other people to help make the world a better place

To empathise with people who are suffering or who are living in difficult situations

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

To give praise and compliments to other people when I recognise their contributions and achievements

Healthy Me

To know the impact of food on the body, e.g. creating energy, giving comfort and altering mood

To be motivated to give my body the best combination of food for my physical and emotional health

To know about different types of drugs and their uses and their effects on the body particularly the liver and heart

To be motivated to find ways to be happy and cope with life's situations without using drugs

To evaluate when alcohol is being used responsibly, anti-socially or being misused

To tell you how I feel about using alcohol when I am older and my reasons for this

To know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations

To know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen

To understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness

To know how to help myself feel emotionally healthy and can recognise when I need help with this

To recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse

To use different strategies to manage stress and pressure

Relationships

To identify the most significant people to be in my life so far

To understand how it feels to have people in my life that are special to me

To know some of the feelings we can have when someone dies or leaves

To use some strategies to manage feelings associated with loss and can help other people to do so

To understand that there are different stages of grief and that there are different types of loss that cause people to grieve

Changing Me

To be aware of my own self-image and how my body image fits into that

To know how to develop my own self esteem

To explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally

To express how I feel about the changes that will happen to me during puberty

To ask the questions I need answered about changes during puberty

To recognise when I am feeling those emotions and have strategies to manage them
To recognise when people are trying to gain power or control
To demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening
To take responsibility for my own safety and well-being
To use technology positively and safely to communicate with my friends and family
To take responsibility for my own safety and well-being

To reflect on how I feel about asking the questions and about the answers I receive
To describe how a baby develops from conception through the nine months of pregnancy, and how it is born
To recognise how I feel when I reflect on the development and birth of a baby
To understand how being physically attracted to someone changes the nature of the relationship
To express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this
To identify what I am looking forward to and what worries me about the transition to secondary school
To know how to prepare myself emotionally for starting secondary school