

# Bridport St Mary's CoE Primary School PSHE and RSE skills progression

Anti-bullying/Diversity theme –to used alongside No More Outsiders to challenge stereotypes

	<u>Year R</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>
<p><b>Autumn 1</b> <b>Heartsmart</b> Get Heartsmart</p>	<ul style="list-style-type: none"> <li>*I can express different feelings and emotions</li> <li>*I am unique</li> <li>*I can make choices independently by selecting resources</li> <li>*I can show concern for others</li> <li>*I can show kindness to others through words and actions</li> <li>*I can begin to explain why someone may be feeling happy, sad, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• I am beginning to understand that my choices can help or hurt myself or others</li> <li>• I am beginning to understand that I am a source of power.</li> <li>• I can name some different emotions I feel.</li> <li>• I can give an example of how I can look after my heart.</li> <li>• I can give an example of a family member or friend who looks after me and say how that makes me feel.</li> <li>• I am beginning to understand what healthy choices for my mind and body look like.</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that the choices I make can help or hurt my own and others hearts and I can use this power in a positive and negative way.</li> <li>• I am beginning to understand that the decisions I make can affect my reputation.</li> <li>• I am beginning to understand how my heart affects my actions, words and behaviours.</li> <li>• I can describe how different people's families may look and describe a way my family shows me love.</li> <li>• I can list a food from each of the 5 food groups.</li> <li>• I can think of a choice I have made that has helped my heart and someone else's</li> </ul>	<ul style="list-style-type: none"> <li>• I can suggest a way to show love to myself and others.</li> <li>• I can list 3 ways to be kind to others.</li> <li>• I can recall a memory and how I felt.</li> <li>• I am beginning to know how to guard my heart and why I need to guard it.</li> <li>• I can name 3 benefits and risks to a healthy life style.</li> <li>• I can name important people in my life and why they are important.</li> </ul>	<ul style="list-style-type: none"> <li>• I can suggest ways to show love to both myself and others.</li> <li>• I can describe some consequences of using kind and unkind words.</li> <li>• I can suggest some characteristics that I would like to see people demonstrate in my classroom and suggest ways that I can cultivate some of those characteristics.</li> <li>• I can name someone that I trust and I can give one reason for why I trust them.</li> <li>• I can list some characteristics of a healthy family life.</li> <li>• I can explain what "mental wellbeing" means and list things that positively or negatively affects my mental wellbeing.</li> <li>• In a 7 week term there is a lesson: I can suggest some ways that I can care for my heart and other people's hearts.</li> </ul>	<p><b>Lesson 1:</b> I can suggest some ways that I can care for my heart and explain how that makes me feel</p> <p><b>Lesson 2:</b> I can suggest some ways that I can care for other people's hearts and how that may make them feel</p> <p><b>Lesson 3:</b> I can describe how words can be used to lead others in a positive way rather than words that are bossy or try to control them.</p> <p><b>Lesson 4:</b> I can describe some qualities of the heart reputation I would like to have.</p> <p><b>Lesson 5:</b> I can describe how what I watch can impact my emotions and how to make positive viewing choices .</p> <p><b>Lesson 6:</b> I can explain how another person has supported or encouraged me and how that made me feel.</p> <p><b>Lesson 7</b> I can suggest some ways to help myself sleep well and why this is important.</p>	<ul style="list-style-type: none"> <li>• I can share a positive thing about a classmate</li> <li>• I can suggest three ways that I can hurt my heart and how I can soften it when it has been hurt.</li> <li>• I can give two ways that I can change my posture to make myself feel more confident.</li> <li>• I can give an example of when a secret should be kept and when it should be shared.</li> <li>• I can describe what a commitment is and give examples within my own and my families lives.</li> <li>• I can plan a healthy Meal (to revisit in T4 topic)</li> </ul>
<p><b>Physical Health and Fitness (PHF)&amp; Healthy Eating (HE)</b></p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• PHF: Link to GHS unit Lesson 5 – L1 of Keeping myself safe unit SCARF – Healthy Me</li> <li>• HE: SCARF UNIT Being my best – I can eat a rainbow lesson &amp; Eat Well</li> <li>• Know that fruit and vegetables and important in a daily diet</li> <li>• Know that eating at least 5 fruit and veg helps maintain health</li> <li>• State foods we need to eat more of or less of to stay healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Muck mess and mixture cover different types of food and the maths time unit looks at my day</li> <li>• Understand they have choices</li> <li>• Explain some choices can be either healthy or unhealthy and can make a difference to their health</li> </ul>	<ul style="list-style-type: none"> <li>• HE: SCARF Being my best unit – Derek cooks dinner</li> <li>• Explain how each food group benefits the body - Science</li> <li>• Explain the term balanced diet - Science</li> <li>• Give examples of what make a healthy meal - science</li> </ul>	<ul style="list-style-type: none"> <li>• Burps, Bottoms and Bile topic covers caring for our bodies- hygiene, food, water, sleep and exercise</li> <li>• Understand the body gets energy from food, water and oxygen and that sleep and exercise are important to our health.</li> <li>• Plan a menu giving a healthy balance of foods across the food groups</li> </ul>	<ul style="list-style-type: none"> <li>• PHF/HE: lesson SCARF – Rights and Responsibilities unit – What's the story lesson</li> <li>• Discuss issues currently in the media concerning health</li> <li>• Express opinions on health and wellbeing</li> <li>• Make recommendations on nan issue concerning health</li> </ul>	<p>PHF/HE: SCARF lesson -5 ways to wellbeing lesson from being my best unit</p> <p>Explain what the 5 ways are and how they contribute to a healthy lifestyle.</p> <p>Gives examples of how they can be implemented in people's lives.</p> <p>T4 unit – Blood heart covers a lot regarding healthy living and protecting your body.</p>

<p><b>Autumn 2</b> <b>Heartsmart</b> Don't forget to let love in</p>	<ul style="list-style-type: none"> <li>• I am learning to talk about how we demonstrate different emotions</li> <li>• I am beginning to understand that we all like different things and that is one of the ways we are unique.</li> <li>• I am beginning to understand that I am unique.</li> <li>• I am beginning to understand that other are unique and special too.</li> <li>• I can talk about things I like.</li> <li>• I enjoy receiving praise from others.</li> </ul>	<ul style="list-style-type: none"> <li>• I am starting to describe myself in a positive way.</li> <li>• I can suggest touch that I like and touch that I don't like.</li> <li>• I am beginning to understand the difference between the truth and lies and can give an example.</li> <li>• am beginning to understand that I am Unique and make choices based on my preferences.</li> <li>• I am beginning to understand that there is a difference between spending and saving.</li> <li>• I can identify different ways that I can take care of myself and some of the objects I use for this eg toothbrush.</li> <li>• I am beginning to be able to recall a kind word or action from my week.</li> </ul>	<ul style="list-style-type: none"> <li>• Lesson 1 I can recall a way someone has shown love to me through kind words or actions.</li> <li>• Lesson 2 I can describe something I like about myself, say some of my strengths and understand that I am unique.</li> <li>* Lesson 3 I understand the difference between truths and lies.</li> <li>* Lesson 4 I can use positive adjectives to describe myself.</li> <li>• Lesson 5 I understand that thankfulness changes my attitude.</li> <li>• Lesson 6 I can find my pulse and I can describe how I feel after physical activity.</li> </ul> <p>• Ongoing I can recall a kind word or action from the week.</p> <p>• I can share the best thing about me.</p>	<ul style="list-style-type: none"> <li>• I am starting to describe myself in a positive way and name some amazing things about myself.</li> <li>• I can think of words to encourage others and how to accept encouragement from others (recall a way that others have shown love to me – actions or words).</li> <li>• I can identify what love is and what it isn't.</li> <li>• I can list some things that I am grateful for and why I am grateful for them.</li> <li>• I am beginning to understand that some choices I make will affect my physical health.</li> <li>• I can recall examples of kind words or actions from the week.</li> </ul>	<ul style="list-style-type: none"> <li>• I can recall different ways someone has shown me love through kind words or actions and can describe myself in a positive way.</li> <li>• I can identify some ways that I most feel love and give an example of a time when I have been loved.</li> <li>• I can identify some of my strengths and achievements.</li> <li>• I can record and list some unique facts and figures about me.</li> <li>• I can highlight five things about my body that I am grateful for and explain why</li> <li>-I understand that love sometimes looks like stopping the spread of bacteria</li> <li>• I can recall examples of kind words or actions from the week and share several amazing things about myself.</li> </ul>	<p><b>Lesson 1:</b> I reflect on ways that people show me love through kind words or actions and how that helps me to feel positive.</p> <p><b>Lesson 2:</b> I understand that I have value and purpose.</p> <p><b>Lesson 3:</b> I am aware of how the words I listen to about myself can make me feel and identify whether they are a truth or a lie.</p> <p><b>Lesson 4:</b> I am beginning to understand and demonstrate different ways I can respond to pressured scenarios</p> <p><b>Lesson 5:</b> I understand how choices I make can impact others.</p> <p><b>Lesson 6:</b> I can say who is significant in my life and I know someone I can go to when I need help.</p>	<ul style="list-style-type: none"> <li>• I can share an example where someone has shown me love through their actions and an example where they have shown me love through words.</li> <li>• I can share three positive things about myself.</li> <li>• I can encourage others by sharing kind and positive words.</li> <li>• I can recall three significant events and three significant people in My life. I can explain one of these</li> <li>• I can list three things that I am grateful for.</li> <li>• I can suggest two early signs of illness.</li> </ul>
<p><b>Term 2</b> Antibullying</p> <p>Health and Prevention: flu jab week HP5&amp;6 Parliament Week - democracy</p>		<ul style="list-style-type: none"> <li>• Explain the difference between teasing and bullying</li> <li>• Give examples of what they can do if they experience or witness bullying</li> <li>• Say who they could get help from in a bullying situation</li> </ul>	<p>Lesson 6 don't hold on to whats wrong - crumpled hearts</p>	<p>Explain the role of the bystander and how it can influence bullying or other anti-social behaviour</p> <p>Recognise that they can play a role in influencing outcomes of situations by their actions</p> <p>Spirituality – others adults model restorative practice.</p>	<p>Democracy covered in our term 3 topic: Gods and Mortals (Ancient Greece)</p>	<p>Recognise that some people can get bullied because of the way they express their gender</p> <p>Give examples of how bullying behaviours can be stopped</p>	<p>Election groups – creating their own parties and policies.</p>

<p><b>Spring 1 Heartsmart</b> Too much selfie isn't healthy</p>	<ul style="list-style-type: none"> <li>I am beginning to understand how to respond to the needs of others.</li> <li>I know that all families are special.</li> <li>I know that some families might be different to mine.</li> <li>I am beginning to notice how other people are feeling.</li> <li>I can think of ways to show love and care and appreciation.</li> <li>I can think of ways to thank people.</li> </ul>	<ul style="list-style-type: none"> <li>Lesson 1 I am beginning to demonstrate ways to love and help others by giving.</li> <li>Lesson 2: I am beginning to think and notice others around me.</li> <li>Lesson 3: I am beginning to think about ways I have been helped by others and how I can help others.</li> <li>Lesson 4: I am beginning to think about who looks after me and how I can show appreciation of their care.</li> <li>Lesson 5: I am beginning to understand how to work as a team.</li> <li>Lesson 6: I am beginning to think about some ways to keep safe online.</li> </ul>	<p>Lesson 1 I can suggest a way to show love for others and demonstrate love to others.</p> <p>Lesson 2 I am learning to suggest ways to 'look out' for other people's needs and the needs of the environment around me.</p> <p>Lesson 3 I am learning to spot and act on opportunities to do something kind for others.</p> <p>Lesson 4 I can list the people working in my local community that look after and protect me and I am learning to appreciate the important work they do.</p> <p>Lesson 5 - I can list ways that we are all different and I can list ways that we are all the same.</p> <p>Lesson 6 - I can suggest some ways to keep safe in real life and I understand that online safety rules are similar to safety rules in real life.</p>	<ul style="list-style-type: none"> <li>I can suggest and demonstrate ways to show love for others.</li> <li>I can describe how the person I helped felt and how it made me feel.</li> <li>I can name an example of an emergency and one example that is not an emergency.</li> <li>I can give an example of when kindness has been celebrated.</li> <li>I can listen, share ideas and work together with others to complete a task.</li> <li>I can list four pieces of personal information that would identify me and why it is important to keep it private.</li> </ul>	<ul style="list-style-type: none"> <li>I can suggest ways to show love for others and demonstrate ways to love others.</li> <li>I am becoming more aware of my surroundings and the people around me by noticing differences.</li> <li>I can suggest who the unseen heroes of my community are.</li> <li>I can suggest times when I need help from others and demonstrate good teamwork skills (clear communication, listening and negotiating).</li> <li>I can suggest ways to use my technology devices responsibly.</li> <li>I can suggest ways that I have shown love for others and describe how caring for others makes people feel</li> </ul> <p>If 7 weeks:</p> <ul style="list-style-type: none"> <li>I can suggest how a person is feeling from their expression and body language.</li> </ul>	<ul style="list-style-type: none"> <li><b>Lesson 1:</b> I understand there are many different ways I can show love for others and I can demonstrate ways to love others.</li> <li><b>Lesson 2:</b> I can think of someone to go to or things that I can do if I feel lonely.</li> <li><b>Lesson 3:</b> I can list some skills needed to listen to others well and know when these skills would be most useful.</li> <li><b>Lesson 4:</b> I can suggest ways I can demonstrate honour and show respect towards others and understand how this quality supports me and others in my life.</li> <li><b>Lesson 5:</b> I am starting to understand the purpose and role of groups, e.g., charities, raising awareness, and why these groups might be set up.</li> <li><b>Lesson 6:</b> I know what I should and shouldn't share online and can talk about the consequences of sharing online.</li> </ul>	<ul style="list-style-type: none"> <li>I can name two ways that I intend to show love for others this year.</li> <li>I can celebrate three ways that my class and I are different and three ways that we are the same.</li> <li>I can share and practise two ways of active listening.</li> <li>I can suggest people who have left a legacy and how they have left a legacy for others in the world.</li> <li>I can share three characteristics of a healthy friendship</li> <li>I can share 3 benefits and 3 dangers of social media, that I could face.</li> </ul>
<p><b>Internet Safety Day</b></p>	<ul style="list-style-type: none"> <li><b>CEOP resource Jessie and Friends 3 lessons</b> understand the importance of permission and consent, in particular in relation to sharing images and videos</li> <li>identify signs of manipulative behaviour and respond safely to it</li> <li>understand the difference between online and offline friendships and the importance of being kind online</li> <li>understand the importance of identifying and seeking help from a trusted adult when they need it and how to do this</li> </ul> <ul style="list-style-type: none"> <li><b>CEOP resource Play/Like/Share 3 lessons – pack in central resources</b></li> <li>understand healthy and unhealthy behaviours within online and offline friendships and relationships</li> <li>understand the importance of permission and consent, in particular in relation to sharing images and videos</li> <li>identify signs of manipulative, pressurising or threatening behaviour and respond safely to it</li> <li>understand the importance of seeking help from a trusted adult when they need it</li> <li><b>POSSIBLE USE OF CEOP LIVE SKILLS RESOURCE – 3 20MIN VIDEOS FOR yr 5/6?</b></li> <li>How to identify the type of tactics offenders use on live streaming platforms</li> <li>The skills to think critically about the people they meet</li> <li>How to identify and respond to pressure and manipulation online</li> <li>How to deal with issues such as low confidence and self-esteem that may make them particularly vulnerable 'when live' and build resilience</li> <li>How to identify what is online sexual abuse and the sources of support</li> </ul>						

<p><b>Spring 2 Heartsmart</b> <b>Don't hold on to what's wrong</b></p>	<ul style="list-style-type: none"> <li>I am beginning to understand how to be a good friend</li> <li>I can think of ways to include everyone.</li> <li>I am beginning to understand the importance of listening to others.</li> <li>I am beginning to understand the importance of kind words.</li> <li>I am beginning to understand that I can choose to be kind.</li> <li>I am beginning to understand why it is important to say sorry.</li> </ul>	<ul style="list-style-type: none"> <li>Lesson 1: I am beginning to understand how to help my heart not hold onto what's wrong.</li> <li>Lesson 2: I am beginning to understand that what I do affects others.</li> <li>Lesson 3: I am beginning to understand that forgiveness helps my heart.</li> <li>Lesson 4: I can suggest different ways to let out negative emotions.</li> <li>Lesson 5: I can explore different ways to handle disappointments.</li> <li>Lesson 6: I can recognise that my words can affect others.</li> </ul>	<p>Lesson 1 I am beginning to understand that forgiveness helps my heart and I understand that letting the bad feelings out of my heart helps me feel happy again.</p> <ul style="list-style-type: none"> <li>Lesson 2 I understand that what I do affects others</li> <li>Lesson 3 I am beginning to understand when I need to say sorry.</li> </ul> <p>Lesson 4 I can give an example of a person, place or activity that helps my heart when I am sad.</p> <ul style="list-style-type: none"> <li>Lesson 5 I am beginning to understand ways to help me let go of hurt or disappointment and I can suggest something I can do if I feel sad or mad.</li> </ul> <p>Lesson 6 I can suggest a way I can protect myself and others from bullying.</p>	<ul style="list-style-type: none"> <li>I can make a link/give an example between saying sorry and the feeling of regret for an action and name one way to show forgiveness-</li> <li>I can give an example of how holding onto a hurt can make us feel sad and an example of letting go of a hurt made us feel happy.</li> <li>I can give two actions that show trust and two actions that show a betrayal and explain how this might feel.</li> <li>I can give an example of a stereotype.</li> <li>I can suggest a couple of things I can do if I feel sad or mad</li> </ul>	<ul style="list-style-type: none"> <li>I can suggest a way to fix a broken friendship.</li> <li>I can describe some benefits of forgiveness.</li> <li>I can sort scenarios into positive and negative stress and suggest ways to manage negative stress.</li> <li>I can suggest some healthy boundaries I can use both in life and online.</li> <li>I can recognise online abuse and know who to report it to.</li> <li>I can suggest positive uses of the internet.</li> </ul>	<ul style="list-style-type: none"> <li><b>Lesson 1:</b> I can describe forgiveness and understand that it keeps my heart healthy.</li> <li><b>Lesson 2:</b> I can describe some practical steps I could take to resolve conflict and reflect on my own experiences.</li> <li><b>Lesson 3:</b> I can learn from others about forgiveness.</li> <li><b>Lesson 4:</b> I can describe how different emotions feel and can explain why emotions are important</li> <li><b>Lesson 5:</b> I can describe some healthy ways to respond to my mistakes.</li> <li><b>Lesson 6:</b> I can recognise bullying behaviours and suggest ways to deal with bullying.</li> <li><b>Lesson 7:</b> I can list different types of negative emotion and identify when I am experiencing negative emotion.</li> <li>I can suggest ways that will help me when I am experiencing negative emotion</li> </ul>	<ul style="list-style-type: none"> <li>I can talk about my experiences of forgiveness and unforgiveness</li> <li>I can practise strategies that help resolve conflicts.</li> <li>I can practise and observe ways that my tone and body language can communicate my words.</li> <li>I can give two examples of how a trustworthy friend behaves.</li> <li>I can explain when it is ok to break a confidence.</li> <li>I can list some effects bullying can have.</li> <li>I can explain how to get help if I or someone I know are being bullied.</li> <li>I can identify when I am experiencing negative emotion.</li> </ul>
<p><b>NSPCC</b> Speak out and stay safe program <b>Being Safe 1-5</b></p>	<p>PANTS resource – know the Pants RULES:</p> <ul style="list-style-type: none"> <li>*Know that privates are private</li> <li>*Know my body belongs to me</li> <li>*Know that no means no</li> <li>*Talk about secrets that upset me</li> <li>*Know I can speak up and someone will help me</li> </ul>	<p>THESE 3 OBJECTIVES ARE THE SAME FOR YR1-6 SO WE NEED TO LOOK AT WHAT IS DIFFERENT</p> <ul style="list-style-type: none"> <li>*Understand abuse in all its forms and recognise the signs of abuse</li> <li>*Understand abuse is never their fault and they have the right to be safe</li> <li>*Know how to get help and sources of help available, including childline</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<p>Understand what is meant by the term body space (or personal space)</p> <p>Identify when it is appropriate or inappropriate to allow someone into their body space</p> <p>Rehearse strategies for when someone is inappropriately in their body space</p>	<p>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret</p> <ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<p>Know where someone could get support if they were concerned about their own or another person's safety</p> <p>Explain the difference between a safe and an unsafe secret</p> <p>Identify situations where someone might need to break a confidence in order to keep someone safe</p>

<p><b>Summer 1</b> <b>Heartsmart</b> Fake is a mistake</p>	<ul style="list-style-type: none"> <li>I am beginning to explore the importance of telling the truth.</li> <li>I can think of kind and encouraging things to say about other people.</li> <li>I am beginning to understand what it means to be honest.</li> <li>I can say positive things about myself and others.</li> <li>I can talk about things I am thankful for.</li> <li>I can talk about special places and special things in my home / family.</li> </ul>	<p>Lesson 1: I can suggest an amazing fact about myself and explain why we don't need to lie about ourselves.</p> <p>Lesson 2 : I am beginning to understand that I can be myself!</p> <p>Lesson 3: I am beginning to understand some reasons why being 'see-through' in friendship is important.</p> <p>Lesson 4: I can name a person I can talk to when I feel upset.</p> <p>Lesson 5: I am beginning to understand that small lies can have a big impact.</p> <p>Lesson 6: I can suggest some ways to look after my teeth.</p>	<p>Lesson 1: I can state 2 amazing facts about myself and I can explain why we don't need to lie about ourselves.</p> <ul style="list-style-type: none"> <li>Lesson 2 I can name something unique about myself.</li> </ul> <p>Lesson 3: I can name an unkind thought that I have about myself and I can name a kind thought I have about myself.</p> <p>Lesson 4: can describe how an emotion feels and can describe times when I have felt different emotions</p> <p>Lesson 5: I can suggest some ways to demonstrate good manners and I can demonstrate different ways to greet another person.</p> <p>Lesson 6: I can describe some ways to stay safe in the sun.</p>	<ul style="list-style-type: none"> <li>I can suggest two of amazing facts about myself.</li> <li>I can discuss how pretending to like/dislike something to make someone like me may make me feel about myself.</li> <li>I can name two good feelings and two bad feelings that I could have in different scenarios.</li> <li>I can suggest appropriate and inappropriate types of touch and suggest safe people I can talk to if I am concerned.</li> <li>I can give an example of how telling the truth to a friend made me and my friend feel and why this is important to build a friendship.</li> </ul>	<ul style="list-style-type: none"> <li>I can list 3 great things about myself and explain that I am not what I 'do'.</li> <li>I can recognise the difference between kind and unkind voices in my life.</li> <li>I am growing in courage to always tell the truth and give examples of when I have been afraid to tell the truth.</li> <li>I can explain when dares are no longer fun and explain the consequences of dares.</li> <li>I can list some of the risks associated with smoking.</li> <li>I can list what I have learned about why 'Fake is a Mistake'</li> </ul>	<p><b>Lesson 1:</b> I can explain why we don't need to lie about ourselves and can list 5 great things about myself.</p> <p><b>Lesson 2:</b> I can discuss how unrealistic images can make me feel.</p> <p><b>Lesson 3:</b> I can explain some things I can do when I feel like I need to hide how I really feel.</p> <p><b>Lesson 4:</b> I can give a simple description of what vulnerability is and identify the qualities that build trust for vulnerability.</p> <p><b>Lesson 5:</b> I can explain why growing feedback is important and I can identify the difference between 'No Entry' and 'Welcome' responses to feedback.</p> <p><b>Lesson 6:</b> I can list some risks associated with alcohol use in young people and give some advice against drinking alcohol.</p>	<ul style="list-style-type: none"> <li>I can share 3 unique characteristics that I have</li> <li>I can discuss my experience of different feelings.</li> <li>I can practise how to replace negative self-talk with positive self-talk.</li> <li>I can discuss and give an example of a boundary that can help me to have respectful friendships</li> <li>I can research vaccinations and identify credible sources.</li> <li>I can research and list three physical or mental health risks associated with taking drugs.</li> <li>I can present different opinions respectfully.</li> <li>I can explain how to communicate the truth lovingly.</li> <li>I understand we are loved just as we are.</li> <li>I can explain how using boundaries means we can have respectful friendships.</li> </ul>
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<p><b>Health &amp; Prevention</b> <b>Basic First Aid</b></p> <ul style="list-style-type: none"> <li>• Basic First Aid – Progression and links: <a href="https://firstaidchampions.redcross.org.uk/media/default/jan20/primary-teacher-sequence-first-aid-champions-1.pdf">https://firstaidchampions.redcross.org.uk/media/default/jan20/primary-teacher-sequence-first-aid-champions-1.pdf</a></li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• H&amp;P: Use lesson 5 of this half terms unit in GHS-Smile</li> <li>• Also sun safety: <a href="https://www.sunafeschools.co.uk/register">https://www.sunafeschools.co.uk/register</a></li> <li>• <b>Basic First Aid</b> – Know why first aid is important How to help someone having an asthma attack. Know how to call 999. Kindness as a first aid tool</li> </ul>	<p>SCARF lesson on medicines Sun safety reminders <a href="https://www.sunsafeschools.co.uk">https://www.sunsafeschools.co.uk</a></p> <ul style="list-style-type: none"> <li>• <b>Basic First Aid</b> –</li> <li>• How to deal with burns – cold running water for 20mins. Get help.</li> <li>• Coping skills – how to use breathing to calm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Basic First Aid</b> –</li> <li>• Name some situations where first aid may need to be given.</li> <li>• How to manage bleeding – press hard with fabric, tell an adult and or call 999</li> <li>• Give some examples of dangers in a kitchen</li> </ul>	<p>Medicine and disease covered in Burps, Bottoms and Bile: Explain safety issues for medicine use Suggest alternatives to taking medicines when unwell Strategies for limiting spread of infectious disease</p> <ul style="list-style-type: none"> <li>• <b>Could potentially cover in Mountains topic: Mountain safety-Bothenhampton hill trip:</b></li> <li>• <b>Basic First Aid</b> –</li> <li>• Steps in dealing with a head injury</li> <li>• Evaluate how others can help in a situation</li> </ul>	<p>SCARF – Thinking about habits lesson and Drugs true or false and smoking what is normal. Describe what a habit is and why it can be hard to change. Know all medicines are drugs but not all drugs are medicines Understand ways medicines can be helpful if used safely or harmful if used unsafely. Understand norms around smoking and common misperceptions of these</p> <ul style="list-style-type: none"> <li>• <b>Basic First Aid</b> –</li> <li>• Broken bones</li> <li>• Choking</li> <li>• Emotions and comforting others</li> <li>• Words of kindness</li> </ul>	<ul style="list-style-type: none"> <li>• From SCARF – Drugs it's the law lesson;</li> <li>• Explain some basic laws in relation to drugs. Explain why there are laws relating to drugs</li> <li>• <b>Basic First Aid</b> –</li> <li>• Know what to do if someone is unresponsive and breathing.</li> <li>• Know strategies to keep calm</li> <li>• Assessing danger and staying safe by telling an adult.</li> </ul>
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<p><b>Summer 2 Heartsmart</b></p> <p>No way through isn't true</p>	<ul style="list-style-type: none"> <li>I can begin to identify when things might have gone wrong.</li> <li>I am beginning to understand what it means to persevere.</li> <li>I can keep trying when I am stuck.</li> <li>I can begin to understand the impact of working hard.</li> <li>I am beginning to understand there might be more than one way to complete a task.</li> <li>I can think about how changes make me feel.</li> </ul>	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>I am beginning to understand when I feel stuck and I can suggest ways to persevere in completing a challenge.</li> </ul> <p>Lesson 2:</p> <ul style="list-style-type: none"> <li>I am starting to explore how I can adapt my strategy and try other things when I feel stuck and I understand the value of having a friend's support when I feel stuck.</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>I can differentiate between secrets I should and shouldn't keep and know what to do if someone asks me to keep a secret that makes me feel</li> </ul> <p>Lesson 4:</p> <p>I am beginning to understand that I have an impact on my class, family and community.</p> <ul style="list-style-type: none"> <li>Lesson 5: I can choose pictures of things I like (to create a dream board).</li> <li>Lesson 6: I can think of a person, pet or toy that I miss. I can share a memory of that person, pet or toy.</li> </ul>	<p>Lesson 1: I am beginning to understand when I feel stuck and I can recall a time when I got stuck and found a way through</p> <ul style="list-style-type: none"> <li>Lesson 2: I am beginning to choose to persevere in completing a challenge.</li> <li>Lesson 3 I am beginning to be able to find alternative solutions to a problem and I can design a map with alternative routes.</li> <li>Lesson 4 I am beginning to think about different ways I can look at situations and I can suggest a different way I could try to overcome a challenging situation.</li> <li>Lesson 5: I can replace worry phrases with positive "what if" phrases.</li> <li>Lesson 6: I can identify signs of energy being used and I can suggest some ways to conserve energy.</li> </ul>	<ul style="list-style-type: none"> <li>I can give an example of when I felt stuck/challenged and an example of when I did something well and discuss how both made me feel.</li> <li>I can give an example of something that challenged me and I wanted to give up and identify 1-2 strategies that might help me try again.</li> <li>I can demonstrate basic first aid skills – for someone having an asthma attack.</li> <li>I can name a dream I have and identify my strengths and what I would need to improve to achieve my dream.</li> <li>I can list two attitudes I would need to achieve my dream.</li> <li>I can describe what 'change' is and give some examples in my life.</li> <li>I can suggest something I can do that helps me to manage change.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe a situation where I felt stuck and suggest some ways I can persevere when I feel stuck.</li> <li>I can identify habits I need to develop or lose in order to achieve my goals.</li> <li>I can think of someone who encourages me and someone I can encourage.</li> <li>I can choose pictures of things that inspire me</li> <li>I can define what puberty is and describe key physical changes that take place as puberty begins.</li> <li>I can recall a time when I felt stuck but found a way through!</li> </ul>	<p><b>Lesson 1:</b></p> <p>I can describe situations where I feel stuck and suggest ways to persevere when I feel stuck.</p> <p><b>Lesson 2:</b></p> <p>I can say when I find a situation difficult or challenging.</p> <p><b>Lesson 3:</b></p> <p>I can give some examples of internal Success and give an example of something I would like to grow in internally to meet a goal I have.</p> <p><b>Lesson 4:</b></p> <p>I can name some tools that help me to live with hope.</p> <p><b>Lesson 5:</b></p> <p>I can explain key facts about the menstrual cycle.</p> <p><b>Lesson 6:</b></p> <p>describe ways to look after my health and wellbeing as I grow up.</p>	<ul style="list-style-type: none"> <li>I can describe situations where I get stuck and can suggest 2 ways to persevere when I or a peer feels stuck.</li> <li>I can explain the importance of practice and give an example where I have improved through practice.</li> <li>I can answer the question "How am I feeling?" and begin to consider "Why am I feeling that way?"</li> <li>I can explain the effects of having hope and identify a place I need hope in my life.</li> <li>I can suggest what could happen when I step outside my comfort zone, into 'Where the magic happens!'?</li> <li>I can describe the changes in my brain as I go through adolescence.</li> <li>I can recall a time when I felt stuck but found a way through</li> </ul>
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<b>SRE Units</b>							
	<p>Name major internal body parts (heart, lungs, blood, stomach, intestines, brain)</p> <p>Understand and explain the simple bodily processes associated with them</p> <p>Understand some of the tasks required to look after a baby</p> <p>Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding</p> <p>Identify things they could do as a baby, a toddler and can do now</p> <ul style="list-style-type: none"> <li></li> </ul>	<p>Identify different stages of growth (e.g. baby, toddler, child, teenager, adult)</p> <p>Understand and describe some of the things that people are capable of at these different stages</p> <p>Identify which parts of the human body are private</p> <p>Explain that a person's genitals help them to make babies when they are grown up</p> <p>Understand that humans mostly have the same body parts but that they can look different from person to person</p> <p>Explain what privacy means</p> <p>Know that you are not allowed to touch someone's private belongings without their permission</p> <ul style="list-style-type: none"> <li>Give examples of different types of private information</li> </ul>	<p>Identify different stages of growth (e.g. baby, toddler, child, teenager, adult)</p> <p>Understand and describe some of the things that people are capable of at these different stages</p> <p>Identify which parts of the human body are private</p> <p>Explain that a person's genitals help them to make babies when they are grown up</p> <p>Understand that humans mostly have the same body parts but that they can look different from person to person</p> <p>Explain what privacy means</p> <p>Know that you are not allowed to touch someone's private belongings without their permission</p>	<p>Recognise that babies come from the joining of an egg and sperm</p> <p>Explain what happens when an egg doesn't meet a sperm</p> <ul style="list-style-type: none"> <li>Understand that for girls, periods are a normal part of puberty</li> </ul>	<p>Identify parts of the body that males and females have in common and those that are different</p> <p>Know the correct terminology for their genitalia</p> <p>Understand and explain why puberty happens</p> <p>Know the key facts of the menstrual cycle</p> <p>Understand that periods are a normal part of puberty for girls</p> <p>Identify some of the ways to cope better with periods</p> <ul style="list-style-type: none"> <li></li> </ul>	<p>Know the correct words for the external sexual organs</p> <p>Discuss some of the myths associated with puberty</p> <p>Identify some products that they may need during puberty and why</p> <p>Know what menstruation is and why it happens</p> <ul style="list-style-type: none"> <li></li> </ul>	<p>Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it</p> <p>Suggest strategies that would help someone who felt challenged by the changes in puberty</p> <p>Understand what FGM is and that it is an illegal practice in this country</p> <p>Identify the changes that happen through puberty to allow sexual reproduction to occur</p> <p>Know a variety of ways in which the sperm can fertilise the egg to create a baby</p> <p>Know the legal age of consent and what it means</p>



<p><b>Money</b></p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<p>Explain where people get money from</p> <p>List some of the things that money may be spent on in a family home</p> <p>Recognise that different notes and coins have different monetary value</p> <p>Explain the importance of keeping money safe</p> <p>Identify safe places to keep money</p> <p>Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).</p>	<p>Understand that people have choices about what they do with their money</p> <p>Know that money can be saved for a use at a future time</p> <p>Explain how they might feel when they spend money on different things</p> <p>Recognise that money can be spent on items which are essential or non-essential</p> <p>Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.</p>	<p>Understand the terms 'income', 'saving' and 'spending'</p> <p>Recognise that there are times we can buy items we want and times when we need to save for items</p> <p>Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)</p> <p>Explain that people earn their income through their jobs</p> <p>Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)</p>	<p>Define the terms 'income' and 'expenditure'</p> <p>List some of the items and services of expenditure in the school and in the home</p> <p>Prioritise items of expenditure in the home from most essential to least essential</p> <p>Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT'</p> <p>Understand how a payslip is laid out showing both pay and deductions</p> <p>Prioritise public services from most essential to least essential</p>	<p>State the costs involved in producing and selling an item</p> <p>Suggest questions a consumer should ask before buying a product</p> <p>Define the terms loan, credit, debt and interest</p> <p>Suggest advice for a range of situations involving personal finance</p>	<p>Explain some benefits of saving money</p> <p>Describe the different ways money can be saved, outlining the pros and cons of each method</p> <p>Describe the costs that go into producing an item</p> <p>Suggest sale prices for a variety of items, taking into account a range of factors</p> <p>Explain what is meant by the term interest</p> <p>Recognise and explain that different jobs have different levels of pay and the factors that influence this</p> <p>Explain the different types of tax (income tax and VAT) which help to fund public services</p> <p>Evaluate the different public services and compare their value</p>
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