



**St Alfege
with St Peter's**
Church of England Primary School

PSHE/RSHE – Yearly Overview

This document outlines explicit teaching within PSHE/RSHE lessons and theme days/weeks related to PSHE/RSHE.

Details of PSHE/RSHE within the wider context of school life and other areas of the curriculum are provided elsewhere.

Key:

Blue – changes made to Jigsaw lesson or lesson sourced outside of Jigsaw scheme (all changes are outlined in alterations document produced for each unit).

Green – external provider.

Yellow – theme day/week.

PSHE/RSHE SCHEME OF WORK –YEAR 1

Autumn		Spring		Summer	
Being Me in My World	Celebrating Differences	Healthy Me	Dreams and goals	Relationships	Changing Me
<u>Special and safe</u> Feeling special and safe in my class.	<u>The same as...</u> Identify similarities between people in my class.	<u>Being healthy</u> Understand the difference between being healthy and unhealthy and know some ways to keep myself healthy.	<u>My treasure chest of success</u> Identify things I do well and how this makes me feel.	<u>Families</u> Identify the members of my family and understand that there are lots of different types of families.	<u>Life cycles</u> Start to understand life cycles of animals and humans.
<u>My class</u> Know that I belong to my class.	<u>Different from...</u> Identify differences between people in my class.	<u>Healthy choices</u> Know how to make healthy lifestyle choices.	<u>Steps to goal</u> Set a goal and work out how to achieve it.	<u>Making friends</u> Identify what it means to be a good friend.	<u>Changing me</u> Know some things about me that have changed and some that are the same.
<u>Rights and responsibilities</u> Understand my rights and responsibilities as a member of my class.	<u>What is bullying?</u> Know what bullying is and understand how it might feel.	<u>Clean and healthy</u> Know how to keep clean and healthy, and understand how germs cause disease/illness. Know that all household products including medicine can be harmful if not used properly	<u>Achieving together</u> Understand how to work well with a partner and be able to celebrate our achievement.	<u>Greetings</u> Know appropriate ways to greet my friends and identify which types of physical contact I prefer.	<u>My changing body</u> Know how my body has changed since I was a baby.

<u>Rewards and feeling proud</u> Know that my views are valued and know how it feels to be proud of an achievement.	<u>What do I do about bullying?</u> Know who to talk to if feeling unhappy or am being bullied.	<u>Medicine safety</u> Understand that medicines can make me feel better and know how to use them safely.	<u>Stretchy learning</u> Tackle a new challenge and understand this can stretch my learning.	<u>People who help us</u> Know who can help me in my school community and how to ask for help. <u>Stranger Danger</u> Understand what a stranger is and identify safer strangers who can help me.	<u>NSPCC: Pants Rule</u> Know that my body belongs to me and understand that certain parts of my body are private.
<u>Consequences</u> Recognise that choices have consequences.	<u>Making new friends</u> Know how to make friends.	<u>Road safety</u> Know how to cross the road safely and identify people who can help me stay safe.	<u>Overcoming obstacles</u> Identify obstacles which make it difficult to achieve a new challenge and work out how to overcome them. <u>Celebrating my success</u> Identify how it feels when I succeed in a new challenge and how I can celebrate my success.	<u>Being my own best friend</u> Know my positive qualities as a person and as a friend.	<u>Boys' and girls' bodies</u> Know body parts of boys and girls and use the correct names: penis, testicles and vulva.
<u>Owning our Learning Charter</u> Understand my rights and responsibilities within our learning charter.	<u>Celebrating differences: Celebrating me.</u> Identify ways I am different from my friends and understand that these differences make us all special and unique.	<u>Happy healthy me</u> Know how to keep my amazing body safe and healthy.	<u>How we get money and how we keep it safe</u> Recognise some of the different ways we get money and some of the different forms it comes in.	<u>Celebrating my special relationships</u> Know why someone is special to me.	<u>Learning and growing</u> Know every time I learn something new I change a little bit.
<u>Recycling and the environment</u> Understand my responsibilities to take care of the world and know about recycling and litter.		<u>Dental hygiene</u> Know how to keep my teeth clean and healthy.			<u>Coping with changes</u> Talk about changes that have happened in my life.
		<u>First Aid (Help Saves Lives)</u> Know how to react in an emergency situation including how to call 999.			

	<p>Anti-bullying week</p> <p>Road Safety Day</p>	<p>Safer internet day</p> <p>Children's mental health week</p> <p>Understand that there is a range of human emotions, be able to identify and talk about my own and others' feelings, and know how to ask for help if I am feeling sad.</p>	<p>Career's/STEM week</p> <p>Recognise different jobs that people they know or people who work in the community do.</p> <p>Identify the kind of job that they might like to do when they are older.</p>		

PSHE/RSHE SCHEME OF WORK – JIGSAW – YEAR 2

Autumn		Spring		Summer	
Being Me in My World	Celebrating Differences	Healthy Me	Dreams and goals	Relationships	Changing Me
<p><u>Hopes and fears for the year</u> Identify some hopes and fears for this year.</p>	<p><u>Boys and girls</u> Understand that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>Identify some ways that boys and girls are similar.</p>	<p><u>Being healthy</u> Know what I need to keep my body healthy.</p>	<p><u>Goals to success</u> Identify how I feel when I achieve my goals.</p> <p>Choose a realistic goal and think about how to achieve it.</p>	<p><u>Families</u> Identify members of my family, understand my relationship with them and know why it is important to share and cooperate.</p> <p>Understand that everyone's family is different.</p>	<p><u>Life cycles in nature</u> Recognise life cycles in nature.</p>
<p><u>Rights and responsibilities</u> Understand rights and responsibilities as a class and school member.</p>	<p><u>Boys and girls</u> Understand some ways that boys and girls are different (which may or may not be related to their gender) and accept that this is okay.</p>	<p><u>Being relaxed</u> Know what relaxed means and identify what makes me feel relaxed and what doesn't.</p>	<p><u>My learning strengths</u> Know to persevere when tasks are difficult.</p>	<p><u>Keeping safe</u> Know there are lots of forms of physical contact and some is acceptable and some is not.</p>	<p><u>Growing from young to old</u> Know about the natural process of growing from young to old and identify people that I respect that are older than me.</p>
<p><u>Rewards and consequences</u> Help to make my class a fair and safe place to learn.</p>	<p><u>Why does bullying happen?</u> Know that bullying is sometimes about differences and identify how being bullied feels.</p>	<p><u>Medicine safety</u> Understand how medicines work and how it is important to use them safely.</p>	<p><u>Learning with others</u> Understand how working with others can help me to learn and achieve my goals.</p>	<p><u>Friends and conflict</u> Identify some things that cause conflict with friends and identify strategies to resolve conflicts.</p>	<p><u>My changing body</u> Know how my body has changed since I was a baby.</p>
<p><u>Rewards and consequences</u> Listen to others and contribute ideas about rewards and consequences.</p>	<p><u>Standing up for myself and others</u> Know what is right and wrong and be able to stand up for myself and others if I am being bullied.</p>	<p><u>Healthy eating</u> Sort food into correct food groups and which I need to eat every day to keep healthy.</p>	<p><u>A group challenge</u> Work cooperatively in a group to solve problems and create an end product.</p>	<p><u>Secrets</u> Understand that sometimes it is good to keep a secret and sometimes it is not.</p> <p>Know who to talk to if I am asked to keep a secret I do not want to keep.</p>	<p><u>Boys' and girls' bodies</u> Recognise differences between boys and girls and use the correct names for parts of the body including: penis, testicles, vagina, anus, vulva.</p>
<p><u>Our learning charter</u> Know how the learning charter will help me and others.</p>	<p><u>Gender diversity</u> Understand that it is okay to be different from other people and that all boys and girls don't have to like the same thing.</p> <p>Recognise that we can be friends with people who are different from us.</p>	<p><u>Healthy eating</u> Decide which foods to eat to give my body energy.</p> <p><u>Happy, healthy Me</u> Make healthy snacks and explain why they are good for my body.</p>	<p><u>Continuing our group challenge</u> Explain some of the ways I worked cooperatively to create the end product.</p>	<p><u>Trust and appreciation</u> Recognise and appreciate people who I can trust and who can help me in my family, my school and my community.</p>	<p><u>Assertiveness</u> Understand there are different types of touch and say which I like and I don't like.</p> <p>Be confident to say what I don't like and be able to ask for help.</p>
<p><u>Owning our Learning Charter</u></p>	<p><u>Celebrating differences and still being friends</u></p>	<p><u>Sun safety</u> Identify ways of staying safe in the sun.</p>	<p><u>Celebrating our achievement</u></p>	<p><u>Celebrating my special relationships</u></p>	<p><u>Looking ahead</u> Identify what I am looking forward to in year 3.</p>

Recognise the choices I make and understand the consequences.	Know some ways I am different to my friends and understand that these differences make me special and unique.		Know how to share success with others and how achieving a goal makes me feel.	Express appreciation for people in my special relationships.	
My responsibility to the environment Identify some of the ways I can take care of the environment.					
		First Aid (Help Saves Lives) Know how to react in an emergency situation including how to call 999.			
	Anti-bullying week Road Safety Day	Safety internet day Children's mental health week Understand that there is a range of human emotions, be able to identify and talk about my own and others' feelings, and know how to ask for help if I am feeling sad.	Career's/STEM week Recognise different jobs that people they know or people who work in the community do. Identify the kind of job that they might like to do when they are older.		

PSHE/RSHE SCHEME OF WORK – JIGSAW – YEAR 3

Autumn		Spring		Summer	
Being Me in My World	Celebrating Differences	Healthy Me	Dreams and goals	Relationships	Changing Me
<u>Getting to know each other</u> Identify positive things about myself and set personal goals.	<u>Families</u> Understand everybody's family is different and important to them.	<u>Being fit and healthy</u> Understand how exercise affects the body and know why the heart and lungs are important organs. Recognise the risks associated with an inactive lifestyle (e.g. obesity).	<u>Dreams and goals</u> Know about a person who has faced difficult challenges and achieved success.	<u>Family role and responsibilities</u> Know roles of family members and reflect on expectations of males and females.	<u>How babies grow/babies</u> Understand that in animals and humans lots of changes happen between conception and growing up. Understand what a baby needs to live and grow.
<u>Our nightmare school</u> Face new challenges positively, make responsible choices and ask for help when I need it.	<u>Family conflict</u> Understand that differences and conflicts sometimes happen among family members and identify strategies for dealing with them.	<u>Being fit and healthy</u> Know that the amount of calories, fat and sugar I put into my body will affect my health. Recognise the risks associated with unhealthy eating, including obesity and tooth decay.	<u>My dreams and ambitions</u> Recognise a dream/ambition that is important to me.	<u>Friendship</u> Know and put into practice the skills of friendship.	<u>Personal space</u> Gain an understanding of personal space and apply this to my interactions at school.
<u>Our dream school</u> Understand why rules are needed and how they relate to rights and responsibilities.	<u>Witness and feelings</u> Know that bullying is sometimes about differences and be able to make someone who is being bullied feel better.	<u>Healthy gums and teeth</u> Identify different ways that I can take care of my oral hygiene, including dental flossing and dentist check-ups, and why this is important.	<u>A new challenge</u> Face a new challenge and work out the best ways to achieve it.	<u>Keeping myself safe online</u> Know some strategies for keeping myself safe online.	<u>Gender stereotypes in popular culture</u> Identify gender stereotypes in popular culture and gain an understanding of the impact of stereotypes.
<u>Rewards and consequences</u> Understand that my actions affect myself and others and care about others feelings.	<u>Witness and solutions</u> Know that witnesses to bullying can make the situation better or worse by what they do and problem-solve a bullying situation.	<u>Being safe</u> Identify things, people and places to keep safe from, know strategies for keeping safe and know who to go to for help.	<u>Our new challenge</u> Show motivation and enthusiasm about achieving our new challenge.	<u>Being a global citizen</u> Appreciate the interconnectedness of the world. Explain how some of the actions and work of people around the world can influence my life and understand how my choices can influence others.	<u>Gender stereotypes (jobs)</u> Recognise that gender stereotypes are unfair and understand that boys and girls should not be limited by their gender.
<u>Our learning charter</u> Make responsible choices and take action.	<u>Words that harm</u> Recognise that some words are used in hurtful ways.	<u>Safe or unsafe</u> Identify when something feels safe or unsafe. (Including	<u>Our new challenge – overcoming obstacles</u>	<u>Being a global citizen</u> Understand that my needs and rights are shared by	<u>Family stereotypes</u> Start to recognise stereotypical ideas I might

		safety in the home (e.g. household products/medication) and environmental/man-made hazards outside the home).	Recognise obstacles that might hinder achievements and take steps to overcome them.	children around the world but recognise that not all children's needs and rights are fulfilled.	have about parenting and family roles.
<u>Owning our Learning Charter</u> Understand actions affect others and try to see things from others' point of view.	<u>Celebrating differences: compliments</u> Understand the consequences of my words, both positive and negative, and be able to give and receive compliments.	<u>My amazing body</u> Know how complex my body is and how important it is to care of it (all aspects of keeping healthy e.g. exercise, healthy eating, hygiene (germs), sleep, dental care etc).	<u>Celebrating my learning</u> Evaluate learning process and identify how to make it better next time.	<u>Celebrating my web of relationships</u> Know how to express appreciation to my family and friends.	<u>Looking ahead</u> Identify what I am looking forward to in year 4
<u>Money – needs vs wants</u> Know the difference between things that we need to spend money on and things that we want.					
		<u>First Aid (Help Saves Lives)</u> Know how to react in an emergency situation including how to call 999.			
	<u>Anti-bullying week</u> <u>Road Safety Day</u>	<u>Safety internet day</u> <u>Children's mental health week</u> Understand, be able to recognise, and talk about the range of human emotions. Identify ways I can improve my mental wellbeing and happiness, including simple self-care techniques.	<u>Career's/STEM week</u> Understand that there are a broad range of different jobs/careers that people can have. Recognise stereotypes in the workplace which may deter people from aspiring to certain jobs and understand that a person's aspirations should not be limited by them.		

PSHE/RSHE SCHEME OF WORK – JIGSAW – YEAR 4

Autumn		Spring		Summer	
Being Me in My World	Celebrating Differences	Healthy Me	Dreams and goals	Relationships	Changing Me
<u>Becoming a class team</u> Know that my attitude and actions make a difference to the class team.	<u>Judging by appearance</u> Understand that we sometimes make assumptions about people based on how they look.	<u>My friends and me</u> Recognise how different friendship groups are formed, how I fit into them and which friendships I value most.	<u>Hopes and dreams</u> Talk about some of my hopes and dreams.	<u>Jealousy</u> Recognise situations which can cause jealousy in relationships and suggest strategies to problem-solve when this happens.	<u>Unique me</u> Understand that some personal characteristics come from my birth parents and appreciate my uniqueness.
<u>Being a school citizen</u> Understand who is in my school community, the roles they play and how I fit in.	<u>Understanding influences</u> Understand what influences me to make assumptions on the way people look and be able to challenge these assumptions.	<u>Group dynamics</u> Understand the different roles people take on within a group and be able to identify the role I have taken on in different situations.	<u>Broken dreams</u> Understand that sometimes hopes and dreams don't always come true and this can hurt.	<u>Love and loss</u> Identify someone I love and express why they are special to me.	<u>Puberty – External body changes (boys and girls)</u> Identify how boys' and girls' bodies change on the outside during the growing up process and be able to identify this as puberty.
<u>Rights and responsibilities</u> Understand how democracy works in our school.	<u>Understanding bullying</u> Understand that bullying is sometimes hard to spot and know what to do if I think it is happening, including cyber bullying.	<u>Smoking</u> Understand the impact of smoking on health and know some reasons people start smoking, including the impact of peer pressure.	<u>Overcoming disappointment</u> Know that reflecting on positive and happy experiences can help counteract disappointment. Identify strategies for coping with disappointment.	<u>Memories</u> Talk about, and remember positively, someone I know that I no longer see.	<u>Puberty and menstruation</u> Have a basic understanding of menstruation including answers to common questions, and be aware of different period products.
<u>Rewards and consequences</u> Understand that my actions affect others and be able to show empathy.	<u>Problem solving</u> Know why witnesses sometimes join in with bullying and don't tell anyone. Problem-solve what I should do in a bullying situation.	<u>Alcohol</u> Understand the impacts of alcohol on health, particularly the liver, and know some reasons why people drink alcohol, including the impact of peer pressure.	<u>Creating new dreams</u> Know how to make a new plan and goals even after being disappointed. Develop resilience in approaching my dreams and goals.	<u>Getting on and falling out</u> Recognise how friendships can change and how to manage/resolve the situation when I fall out with my friends.	<u>Circles of change</u> Know how the circle of change works and apply it to changes I want to make.
<u>Our learning charter</u> Understand how groups can work together to make decisions and achieve an outcome.	<u>Special me</u> Know what is special about me and value the ways in which I am unique.	<u>What do I know about drugs?</u> Explain my knowledge and attitude towards drugs.	<u>Achieving goals</u> Know how to work out the steps to achieving a goal and be able to do this as part of a group. <u>We did it!</u> Identify mine and others contributions to a group achievement.	<u>My relationship with technology: screen time</u> Recognise when I am spending too much time using devices (screen time).	<u>Accepting change</u> Identify changes that have been and may still be out of my control that I learnt to accept.
<u>Owning our Learning Charter</u>	<u>Celebrating difference: how we look</u>	<u>Healthy friendships</u>	<u>Money risks</u>	<u>Celebrating my relationships with people and animals</u>	<u>Looking ahead</u>

Understand how democracy and having a voice benefits the school community.	Identify a time when my first impression of someone changed when I got to know them.	<p>Recognise when people are putting me under pressure and identify ways to resist this.</p> <p><u>Celebrating my inner strength and assertiveness</u> Know my own self well enough to have a clear picture of what is right and wrong.</p>	Identify ways of keeping my money safe, the risks associated with spending money online and the consequences of scams.	Know how to show love and appreciation to people and animals that are special to me.	Identify what I am look forward to in year 5.
<p><u>Money – priorities, needs and wants</u> Have an understanding of different ways to pay and keep track of money and recognise how/why people decide to spend their money.</p>					
		<p><u>First Aid (Help Saves Lives)</u></p> <p>Know how to react in an emergency situation including how to call 999.</p>			
	<p>Anti-bullying week</p> <p>Road Safety Day</p>	<p>Safety internet day</p> <p>Children's mental health week</p> <p>Understand, be able to recognise, and talk about the range of human emotions.</p> <p>Identify ways I can improve my mental wellbeing and happiness, including simple self-care techniques.</p>	<p>Career's/STEM week</p> <p>Understand that there are a broad range of different jobs/careers that people can have.</p> <p>Recognise stereotypes in the workplace which may deter people from aspiring to certain jobs and understand that a person's aspirations should not be limited by them.</p>		

PSHE/RSHE SCHEME OF WORK – JIGSAW – YEAR 5

Autumn		Spring		Summer	
Being Me in My World	Celebrating Differences	Healthy Me	Dreams and goals	Relationships	Changing Me
<p><u>My year ahead</u> Face new challenges positively and know how to set personal goals.</p>	<p><u>Different cultures</u> Have an awareness of my own culture and understand that cultural differences can cause conflict.</p>	<p><u>Smoking</u> Know the health risks of smoking including how tobacco affects the lungs, liver and heart.</p>	<p><u>When I grow up (My dream lifestyle)</u> Identify what I would like my life to be like when I am grown up and understand that money will be needed to achieve some of my dreams.</p>	<p><u>Recognising me</u> Have an accurate picture of who I am as a person in terms of characteristics and personal qualities and develop a positive self-esteem about who I am.</p>	<p><u>Self and body image</u> Be aware of own self-image and how my body fits into that image.</p>
<p><u>Being me in Britain</u> Understand my rights and responsibilities as a British citizen.</p>	<p><u>Racism</u> Understand what racism is.</p>	<p><u>Alcohol</u> Know some of the risks with misusing alcohol, including anti-social behaviour and how it affects the liver and heart.</p>	<p><u>Investigate jobs and careers</u> <u>Know about a range of jobs carried out by people and explore how much people earn in different jobs.</u></p>	<p><u>Safety with online communities</u> Understand that belonging to an online community can have positive and negative consequences. Recognise when an online community feels unsafe or uncomfortable.</p>	<p><u>Girls' bodies</u> <u>Explain how a girl's body changes during puberty so that they can have a baby when they are older (including menstruation).</u></p>
<p><u>Year 5 responsibilities</u> Understand my rights and responsibilities as a member of my school and class.</p>	<p><u>Rumours and name calling</u> Understand how rumour spreading and name-calling can be bullying behaviours.</p>	<p><u>Emergency aid</u> Know and put into practice basic emergency aid procedures (including the recovery position) and know how to get help in emergency situations.</p>	<p><u>My dream job</u> Identify a job I would like to do when I grow up and understand what motivates me. Identify what I need to achieve it, including the value of education in helping me build my future.</p>	<p><u>Being in an online community</u> Understand that there are rights and responsibilities in an online community or social network.</p>	<p><u>Boys' bodies</u> <u>Explain how boys' bodies change during puberty, including an awareness of erections, ejaculation and wet dreams.</u></p>
<p><u>Rewards and consequences</u> Make choices about behaviour because I know how rewards and consequences work. Understand how my actions affect me and others.</p>	<p><u>Types of bullying</u> Explain the differences between direct and indirect types of bullying and identify ways of dealing with these behaviours.</p>	<p><u>Body image</u> <u>Understand how the media and celebrity culture promotes certain body types.</u> <u>Real self and ideal self</u> <u>Understand the importance of positive self-esteem and what I can do to develop it.</u></p>	<p><u>Dreams and goals of young people in other cultures</u> Describe dreams and goals of young people in a culture different from mine.</p>	<p><u>Online gaming</u> <u>Know there are rights and responsibilities when playing a game online.</u> <u>Recognise when online gaming is becoming unhelpful or unsafe (including when I am spending too much time using devices).</u></p>	<p><u>Puberty and self-care</u> Understand how to take care of your body during puberty including physical hygiene, sleep hygiene, good nutrition and mental health.</p>
<p><u>Our learning charter</u> Understand how an individual's behaviour can impact a group.</p>	<p><u>Does money matter?</u> Compare my life with people in the developing world and identify the value of happiness regardless of material wealth.</p>	<p><u>Healthy me</u> <u>Know what makes a healthy lifestyle, including healthy eating and choices, and identify the role of the media and social media in this.</u> <u>Including sun safety – safe and unsafe exposure to the sun, how to reduce the risk of sun</u></p>	<p><u>How can we support each other</u> Understand that communicating with someone in a different culture means we can learn from each other and identify ways we could support each other.</p>	<p><u>Relationships and technology</u> Understand how to stay safe when using technology to communicate with friends.</p>	<p><u>Puberty and emotions</u> Understand how puberty affects emotions and behaviour and learn strategies for dealing with changes associated with puberty.</p>

		damage (including skin cancer), and why people do not always protect themselves.			
<u>Owning our Learning Charter</u> Understand how our learning charter benefits the school community.	<u>Celebrating difference across the world.</u> Understand and enjoy the experience of different cultures from my own.	<u>Physical health and illness</u> Recognise signs of physical illness, including weight loss and unexplained body changes, and know what to do if I experience signs of ill health.	<u>Rallying support</u> Encourage peers to support young people here and abroad to meet their aspirations and suggest ways we might do this e.g. through sponsorship.	<u>Girlfriends and boyfriends</u> Understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older.	<u>Looking ahead</u> Identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities.
<u>Money and the environment</u> Understand how people's spending decisions can affect others and the environment (e.g. ethical spending, Fair trade, buying single-use plastics, giving to charity).					
		<u>First Aid (Help Saves Lives)</u> Know how to react in an emergency situation including how to call 999.			
	<u>Anti-bullying week</u> <u>Road Safety Day</u>	<u>Safety internet day</u> <u>Children's mental health week</u> Understand, be able to recognise, and talk about the range of human emotions. Identify ways I can improve my mental wellbeing and happiness, including simple self-care techniques.	<u>Career's/STEM week</u> Understand that there are a broad range of different jobs/careers that people can have and what might influence people's decisions about a job/career. Recognise stereotypes in the workplace which may deter people from aspiring to certain jobs and understand that a person's aspirations should not be limited by them.		

PSHE/RSHE SCHEME OF WORK – JIGSAW – YEAR 6

Autumn		Spring		Summer	
Being Me in My World	Celebrating Differences	Healthy Me	Dreams and goals	Relationships	Changing Me
<p><u>My year ahead</u> Identify my goals for this year, understand my fears and worries and know how to express them.</p>	<p><u>Am I different?</u> Understand there are different perceptions about what normal means and show empathy to those who are different.</p>	<p><u>Taking responsibility for my health and well-being</u> Take responsibility for my health and make choices that benefit my health and well-being.</p>	<p><u>Personal learning goals</u> Know learning strengths and set challenging but realistic goals for myself (one in-school and one out-of-school goal).</p>	<p><u>What is mental health?</u> Understand the importance of taking care of my mental health.</p>	<p><u>Girls' bodies</u> Explain how girls' bodies change during puberty. Identify the internal and external reproductive organs involved in puberty.</p>
<p><u>Being a global citizen</u> Know that there are universal rights for all children but for many children these rights are not met. Compare my own needs and wants to children in different communities.</p>	<p><u>Understanding disability</u> Understand how having a disability could affect someone's life.</p>	<p><u>Drugs</u> Know about different types of drugs and their use and their effects on the body particularly the liver and heart.</p>	<p><u>Steps to success</u> Work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these goals.</p>	<p><u>My mental health</u> Know how to take care of my mental health through simple self-care techniques and be able to ask for help for myself or others if I need it.</p>	<p><u>Boys' bodies</u> Explain how boys' bodies change during puberty. Identify the internal and external reproductive organs involved in puberty.</p>
<p><u>Being a global citizen 2</u> Understand that my actions affect other people locally and globally.</p>	<p><u>Power struggles</u> Explain some of the ways in which one group or person can have power over another and recognise how it might feel to be excluded or treated badly by others.</p>	<p><u>Exploitation</u> Understand that some people can be exploited and made to do things that are against the law. Identify ways that someone being exploited can help themselves.</p>	<p><u>My dream for the world</u> Identify problems in the world that concern me e.g. people suffering or living in difficult situations, and talk to other people about them.</p>	<p><u>Love and loss</u> Understand that there are different stages of grief and that there are different types of loss that can cause people to grieve, and identify ways of dealing with these emotions.</p>	<p><u>Conception</u> Understand that sexual intercourse can lead to conception and that this is how babies are usually made. *Right to withdraw*</p>
<p><u>The Learning charter</u> Understand rewards and consequences and how these relate to my rights, responsibilities and choices.</p>	<p><u>Why bully?</u> Know some of the reasons why people use bullying behaviours.</p>	<p><u>Gangs</u> Know why some people join gangs and the risks this involves. Identify strategies to avoid being pressured.</p>	<p><u>Helping to make a difference</u> Work with other people to help make the world another place.</p>	<p><u>Power and control</u> Recognise when people are trying to gain power or control and demonstrate ways I can stand up for myself.</p>	<p><u>Babies: Conception to birth</u> Describe how a baby develops from conception through the nine months of pregnancy and how it is born. *Right to withdraw*</p>
<p><u>Our learning charter</u> Understand how an individual's behaviour can impact on a group.</p>	<p><u>Celebrating difference</u> Identify and celebrate examples of people with disabilities who lead amazing lives.</p>	<p><u>Emotional and mental health</u> Understand what it means to be emotionally well and explore people's attitudes towards mental health/illness. Identify strategies to promote my emotional health and recognise when I need help with this.</p>	<p><u>Helping to make a difference</u> Describe some ways in which I can work with other to make the world a better place.</p>	<p><u>Adolescent friendships</u> Know myself well enough to maintain positive relationships with others whilst still keeping my identity and staying true to myself.</p>	<p><u>Boyfriends/girlfriends</u> Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend/girlfriend in the future.</p>

<p><u>Owning our Learning Charter</u> Understand how democracy benefits the school community and know how to participate in this.</p>	<p><u>Celebrating differences</u> Explain ways in which difference can be a source of conflict and a cause for celebration and be able to show empathy to others.</p>	<p><u>Managing stress and pressure</u> Recognise when I feel stressed and the triggers that cause this.</p> <p>Understand how stress can cause drug/alcohol misuse and be able to identify other strategies for dealing with stress/pressure.</p>	<p><u>Recognising our achievements</u> Know what some people in my class like or admire about me and accept their praise.</p>	<p><u>Being online: Real or fake? Safe or unsafe?</u> <u>Judge when something online is safe and helpful for me.</u></p> <p>Identify ways of using technology positively and safely to communicate with friends and family.</p>	<p><u>The year ahead</u> Identify what I am looking forward to and what worries me about becoming a teenager and transitioning into secondary school.</p>
<p><u>Climate change</u> Gain an understanding of climate change and issues that affect the environment locally, nationally and globally.</p>					<p>Further transition activities as planned by class teacher to prepare children for secondary school.</p>
		<p><u>First Aid (Help Saves Lives)</u></p> <p>Know how to react in an emergency situation including how to call 999.</p>			
	<p><u>Anti-bullying week</u></p> <p><u>Road Safety Day</u></p>	<p><u>Safety internet day</u></p> <p><u>Children's mental health week</u></p> <p>Understand, be able to recognise, and talk about the range of human emotions.</p> <p>Identify ways I can improve my mental wellbeing and happiness, including simple self-care techniques.</p>	<p><u>Career's/STEM week</u></p> <p>Understand that there are a broad range of different jobs/careers that people can have and what might influence people's decisions about a job/career.</p> <p>Recognise stereotypes in the workplace which may deter people from aspiring to certain jobs and understand that a person's aspirations should not be limited by them.</p>		