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| Foundation Stage  n.b. For EYG please see the Jigsaw Foundation overview in the appendix. | | | |
| Year group and overview: F2 | Success Criteria | Vocabulary | |
| ***Being Me in My World***  To know how to help others to feel welcome  To try to make our foundation Stage community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To work well with others  To choose to follow the Learning Charter | I understand how it feels to belong and that we are similar and different.  I can start to recognise and manage my feelings.  I enjoy working with others to make school a good place to be.  I understand why it is good to be kind and use gentle hands.  I am starting to understand children’s rights and this means we should all be allowed to learn and play.  I am learning what being responsible means. | like  favourite  same  different  happy  sad  angry  excited | feelings  share  kindness  gentle  mistakes  hurting  allowed  rules |
| ***Celebrating Difference***  To accept that everyone is different.  To include others when working and playing.  To know how to help if someone is being bullied.  To try to solve problems.  To try to use kind words.  To know how to give and receive compliments. | I can identify something I am good at and understand everyone is good at different things  I understand that being different makes us all special  I know we are all different but the same in some ways  I can tell you why I think my home is special to me  I can tell you how to be a kind friend  I know which words to use to stand up for myself when someone says or does something unkind | proud  achievements  unique  special  unkind  friendships | |
| ***Dreams and Goals***  To stay motivated when doing something challenging.  To keep trying even when it is difficult.  To work well with a partner or in a group.  To have a positive attitude.  To help others to achieve their goals.  To work hard to achieve their own dreams and goals. | I understand that if I persevere I can tackle challenges  I can tell you about a time I didn’t give up until I achieved my goal  I can set a goal and work towards it  I can use kind words to encourage people  I understand the link between what I learn now and the job I might like to do when I’m older  I can say how I feel when I achieve a goal and know what it means to feel proud | challenge  tricky  achieve  practice  goal | kind  support  job  future  achievement |
| ***Healthy Me***  To know how to make a healthy choice  Have eaten a healthy, balanced diet  To have been physically active  To try to keep themselves and others safe  To know how to be a good friend and enjoy healthy friendships  To know how to keep calm and deal with difficult situations | I understand that I need to exercise to keep my body healthy  I understand how moving and resting are good for my body  I know which foods are healthy and not so healthy and can make healthy eating choices I know how to help myself go to sleep and understand why sleep is good for me  I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet  I know what a stranger is and how to stay safe if a stranger approaches me | healthy  moving  resting  still  tired  clean  stranger |  |
| ***Relationships***  Know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they feel upset and hurt  Know and show what makes a good relationship | I can identify some of the jobs I do in my family and how I feel like I belong  I know how to make friends to stop myself from feeling lonely  I can think of ways to solve problems and stay friends  I am starting to understand the impact of unkind words  I can use Calm Me time to manage my feelings  I know how to be a good friend | family  friends  lonely  problems  unkind |  |
| ***Changing Me***  To understand that everyone is unique and special  Can express how they feel when change happens  Understand and respect the changes that they see in themselves  Understand and respect the changes that they see in other people  Know who to ask for help if they are worried about change  Are looking forward to change | I can name parts of the body  I can tell you some things I can do and foods I can eat to be healthy  I understand that we all grow from babies to adults  I can express how I feel about moving to Year 1  I can talk about my worries and/or the things I am looking forward to about being in Year 1  I can share my memories of the best bits of this year in Reception | body  healthy  babies  adults  grow  worries  memories  excited  nervous |  |
| Key Stage One | | | |
| Year group and overview: Year 1 | Success Criteria | Vocabulary | |
| ***Being Me***  To know how to help others to feel welcome  To try to make our school community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To know how to work well with others  To choose to follow the Learning Charter  To discuss hopes and fears for the year. | I know how to use my Jigsaw Journal  I understand the rights and responsibilities as a member of my class  I understand the rights and responsibilities for being a member of my class  I know my views are valued and can contribute to the Learning Charter  I can recognise the choices I make and understand the consequences  I understand my rights and responsibilities within our Learning Charter | * Happy * Special * Proud * rules * Safe * Environment * Rights * Responsibilities * Reward * Consequence | |
| ***Celebrating difference***  Accept that everyone is different  Include others when working and playing  Know how to help if someone is being bullied  Try to solve problems  Use kind words  Know how to give and receive compliments | I can identify similarities between people in my class  I can identify differences between people in my class  I can tell you what bullying is I understand how being bullied might feel I know some people who I could talk to if I was feeling unhappy or being bullied  I know how to make new friends  I can tell you some ways I am different from my friends  I understand these differences make us all special and unique | * Similarities * Differences * Bullying * Emotions * Unique | |
| ***Dreams and Goals***  Stay motivated when doing something challenging  Keep trying even when it is difficult  Work well with a partner or in a group  Have a positive Attitude  Help others to achieve their goals  Are working hard to achieve their  own dreams and goals | I can set simple goals  I can set a goal and work out how to achieve it  I understand how to work well with a partner  I can tackle a new challenge and understand this might stretch my learning  I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them  I can tell you how I felt when I succeeded in a new challenge and how I celebrated it | * Goal * Achievement * Challenge * Obstacles * Success * Succeeded * Attitude * Positive | |
| ***Healthy Me***  Have made a healthy choice  Have eaten a healthy, balanced diet  Have been physically active  Have tried to keep themselves and others safe  Know how to be a good friend and enjoy healthy friendships  Know how to keep calm and deal with difficult situations | I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy  I know how to make healthy lifestyle choices  I know how to keep myself clean and healthy, and understand how germs cause disease/illness  I know that all household products including medicines can be harmful if not used properly  I understand that medicines can help me if I feel poorly and I know how to use them safely  I know how to keep safe when crossing the road, and about people who can help me to stay safe  I can tell you why I think my body is amazing and identify some ways to keep it safe and healthy | * Healthy * Unhealthy * Lifestyle * Choice * Germs * Disease * Medicines * Harmful | |
| ***Relationships***  Know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they  feel upset or hurt  Know and show what makes a good relationship | I can identify the members of my family  and understand that there are lots of different types of families  I can identify what being a good friend means to me  I know appropriate ways of physical contact to greet my friends and know  which ways I prefer  I know who can help me in my school community  I can recognise my qualities as person and a friend  I can tell you why I appreciate someone who is special to me | * Families * Relationships * Appropriate * Physical * Greeting * Community * Qualities | |
| ***Changing Me***  Understand that everyone is unique and special  Can express how they feel when change happens  Understand and respect the changes that they  see in themselves  Understand and respect the changes that they  see in other people  Know who to ask for help if they are worried about change  Are looking forward to change | I am starting to understand the life cycles of animals and humans  I can tell you some things about me that have changed and some things about me that have stayed the same  I can tell you how my body has changed since I was a baby  I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus  I understand that every time I learn something new I change a little bit  I can tell you about changes that have happened in my life. | * Changes * Lifecycles * Humans * Penis * Testicles * Vagina * Vulva * Anus | |
| Year group and overview : Year 2 | Success Criteria | Vocabulary | |
| ***Being Me***  To know how to help others to feel welcome  To try to make our school community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To know how to work well with others  To choose to follow the Learning Charter  To discuss hopes and fears for the year. | I can identify some of my hopes and fears for this year  I understand the rights and responsibilities for being a member of my class and school  I understand the rights and responsibilities for being a member of my class  I can listen to other people and contribute my own ideas about rewards and consequences  I understand how following the Learning Charter will help me and others learn  I can recognise the choices I make and understand the consequences  I am choosing to follow the Learning Charter  . | * welcome * hopes * fears * rights * responsibilities * consequences | |
| ***Celebrating difference***  Accept that everyone is different  Include others when working and playing  Know how to help if someone is being bullied  Try to solve problems  Try to use kind words  Know how to give and receive compliments | I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.  I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.  I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)  I understand that bullying is sometimes about difference I can recognise what is right and wrong  and know how to look after myself  I understand that it is OK to be different from other people and to be friends with them  I can tell you some ways I am different from my friends | * bullying * stereotypes * gender / sex * assumptions * judgement | |
| ***Dreams and Goals***  Stay motivatedwhen doing something challenging  Keep trying even when it is difficult  Work well with a partner or in a group  Have a positive attitude  Help others to achieve their goals  Are working hard to achieve their own dreams and goals | I can choose a realistic goal and think about how to achieve it  I carry on trying (persevering) even when I find things difficult  I can recognise who I work well with and who it is more difficult for me to work with  I can work well in a group  I can tell you some ways I worked well with my group  I know how to share success with other people | * goal * achievement * success * failure * perseverance * resilience | |
| ***Healthy Me***  To know how to make a healthy choice  To understand a healthy, balanced diet  To know the importance of being physically active  To have tried to keep themselves and others safe  To know how to be a good friend and enjoy healthy friendships  To know how to keep calm and deal with difficult situations | I know what I need to keep my body healthy  I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed  I understand how medicines work in my body and how important it is to use them safely  I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy  I can make some healthy snacks and explain why they are good for my body  I can decide which foods to eat to give my body energy | * healthy * relaxed * stressed * mental health * mental well-being * mindfulness * medicine / drug * energy | |
| ***Relationships***  To know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they feel upset or hurt  Know and show what makes a good relationship | I can identify the different members of my family, understand my relationship with  each of them and know why it is important to share and cooperate  I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not  I can identify some of the things that cause conflict with my friends  I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret  I recognise and appreciate people who can help me in my family, my school and my community  I can express my appreciation for the people in my special relationships | * relationship * cooperate * disagreement * conflict * resolution * appreciation | |
| ***Changing Me***  Understandthat everyoneis unique andspecial.  Can express how they feel when change happens.  Understand and respect the changes that they see in themselves.  Understand and respect the changes that they see in other people.  Know who to ask for help if they are worried about change.  Are looking forward to change. | I can recognise cycles of life in I can tell you about the natural process of growing from young to old and understand that this is not in my control  I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old  I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private  I understand there are different types of touch and can tell you which ones I like and don’t like  I can identify what I am looking forward to when I move to my next class | * cycle * process * mammal * physical * appearance * penis * anus * testicles * vagina * vulva * privacy | |
| Key Stage Two | | | |
| Year group and overview :Year 3 | Success Criteria | Vocabulary | |
| ***Being Me***  To know how to help others to feel welcome  To try to make our school community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To know how to work well with others  To choose to follow the Learning Charter | I recognise my worth and can identify positive things about myself and my achievements.  I can face new challenge positively, make responsible choices and ask for help when I need it  I understand why rules are needed and how they relate to rights and responsibilities  I understand that my actions affect myself and others and I care about other people’s feelings  I can make responsible choices and take action  I understand my actions affect others and try to see things from their points of view | * positive * achievement * rights * responsibilities * affect | |
| ***Celebrating difference***  Accept that everyone is different  Include others when working and playing  Know how to help if someone is being bullied  Try to solve problems  Try to use kind words  Know how to give and receive compliments | I understand that everybody’s family is different and important to them  I understand that differences and conflicts sometimes happen among family  members  I know what it means to be a witness to bullying  I know that witnesses can make the situation better or worse by what they do  I recognise that some words are used in hurtful ways  I can tell you about a time when my words affected someone’s feelings and what the consequences were | * difference * similarity * bullying * targeting * conflicts * witness * consequences | |
| ***Dreams and Goals***  Stay motivatedwhen doing something challenging  Keep trying even when it is difficult  Work well with a partner or in a group  Have a positive attitude  Help others to achieve their goals  Are working hard to achieve their own dreams and goals | I can tell you about a person who has faced difficult challenges and achieved success  I can identify a dream/ambition that is important to me  I enjoy facing new learning challenges and working out the best ways for me to achieve them  I am motivated and enthusiastic about achieving our new challenge  I can recognise obstacles which might hinder my achievement and can take steps to overcome them  I can evaluate my own learning process and identify how it can be better next time | * success * ambition * ambitious * achievement * motivated * enthusiastic * obstacles * evaluate | |
| ***Healthy Me***  To know how to make a healthy choice  To understand a healthy, balanced diet  To know the importance of being physically active  To have tried to keep themselves and others safe  To know how to be a good friend and enjoy healthy friendships  To know how to keep calm and deal with difficult situations | I understand how exercise affects my body and know why my heart and lungs are such important organs  I know that the amount of calories, fat and sugar I put into my body will affect my health  I can tell you my knowledge and attitude towards drugs  I can 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  I can identify when something feels safe or unsafe  I understand how complex my body is and how important it is to take care of it  I respect my body and appreciate what it does for me | * risk * calories * drugs * peer pressure * strategies | |
| ***Relationships***  To know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they  feel upset or hurt  Know and show what makes a good  relationship | I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females  I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener  I know and can use some strategies for keeping myself safe online  I can explain how some of the actions and work of people around the world help and influence my life  I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.  I can empathise with children whose lives are different to mine and appreciate what I may learn from them  I know how to express my appreciation to my friends and family | * responsibilities * expectations * stereotypes * influence * influential * human rights | |
| ***Changing Me***  Understandthat everyoneis unique andspecial.  Can express how they feel when change happens.  Understand and respect the changes that they see in themselves.  Understand and respect the changes that they see in other people.  Know who to ask for help if they are worried about change.  Are looking forward to change. | I 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  I understand how babies grow and develop in the mother’s uterus  I understand what a baby needs to live and grow  I understand that boys’ and girls’ bodies need to change so that when they grow up their bodies can make babies  I can identify how boys’ and girls’ bodies change on the outside during this growing up process  I can 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  I can start to recognise stereotypical ideas I might have about parenting and family roles  I can identify what I am looking forward to when I move to my next class  start to think about changes I will make next year and know how to go about this | * conception * life cycle * uterus * reproduction * reproductive cycle * penis * anus * testicles * vagina * vulva * privacy | |
| Year group and overview :Year 4 | Success Criteria | Vocabulary | |
| ***Being Me***  To know how to help others to feel welcome  To try to make our school community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To know how to work well with others  To choose to follow the Learning Charter | I know my attitudes and actions make a difference to the class team  I understand who is in my school community, the roles they play and how I fit in  I understand how democracy works through the School Council  I understand that my actions affect myself and others; I care about other people’s feelings and try to empathise with them  I understand how groups come together to make decisions  I understand how democracy and having a voice benefits the school community | * collaboration * democracy * affect * contribution * community * empathy | |
| ***Celebrating difference***  Accept that everyone is different  Include others when working and playing  Know how to help if someone is being bullied  Try to solve problems  Try to use kind words  Know how to give and receive compliments | I understand that, sometimes, we make assumptions based on what people look like  I understand what influences me to make assumptions based on how people look  I 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  I can tell you why witnesses sometimes join in with bullying and sometimes don’t tell  I can identify what is special about me and value the ways in which I am unique  I can tell you a time when my first impression of someone changed when I got to know them | * assumptions * judgements * influences * witness * impression | |
| ***Dreams and Goals***  Stay motivatedwhen doing something challenging  Keep trying even when it is difficult  Work well with a partner or in a group  Have a positive attitude  Help others to achieve their goals  Are working hard to achieve their own dreams and goals. | I can tell you about some of my hopes and dreams  I understand that sometimes hopes and dreams do not come true and that this can hurt  I know that reflecting on positive and happy experiences can help me to counteract disappointment  I know how to make a new plan and set new goals even if I have been disappointed  I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group  I can identify the contributions made by myself and others to the group’s achievement | * reflecting * hopes * ambition * dream * goal * achieve | |
| ***Healthy Me***  To know how to make a healthy choice  To understand a healthy, balanced diet  To know the importance of being physically active  To have tried to keep themselves and others safe  To know how to be a good friend and enjoy healthy friendships  To know how to keep calm and deal with difficult situations | I recognise how different friendship groups are formed, how I fit into them and the friends I value the most  I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations  I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke  I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others  I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol  I can recognise when people are putting me under pressure and can explain ways to resist this when I want  I can identify feelings of anxiety and fear associated with peer pressure  I know myself well enough to have a clear picture of what I believe is right and wrong | * leadership * peer pressure * inadequacy * resist * assertive * affects * anxiety | |
| ***Relationships***  To know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they feel upset or hurt  Know and show what makes a good relationship | I can recognise situations which can cause jealousy in relationships  I can identify someone I love and can express why they are special to me  I know how most people feel when they lose someone or something they love  I can tell you about someone I know that I no longer see  I can recognise how friendships change, know how to make new friends and how  to manage when I fall out with my friends  I know how to stand up for myself and how to negotiate and compromise  I understand what having a boyfriend/ girlfriend might mean and that it is a  special relationship for when I am older  I know how to show love and appreciation to the people and animals who are special to me | * jealousy * loss * grief * negotiate * compromise * appreciation | |
| ***Changing Me***  Understandthat everyoneis unique andspecial.  Can express how they feel when change happens.  Understand and respect the changes that they see in themselves.  Understand and respect the changes that they see in other people.  Know who to ask for help if they are worried about change.  Are looking forward to change. | I 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  I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby  I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult  I can 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  I have strategies to help me cope with the physical and emotional changes I will experience during puberty  I know how the circle of change works and can apply it to changes I want to make in my life  I can identify changes that have been and may continue to be outside of my control that I learnt to accept  I can identify what I am looking forward to when I move to a new class | * characteristics * genetic * internal * external * sperm * egg * periods * menstruation * emotional * puberty * transition * penis * anus * testicles * vagina * vulva * privacy | |
| Year group and overview :Year 5 | Success Criteria | Vocabulary | |
| ***Being Me***  To know how to help others to feel welcome  To try to make our school community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To know how to work well with others  To choose to follow the Learning Charter | I can face new challenges positively and know how to set personal goals  I understand my rights and responsibilities as a citizen of my country  I understand my rights and responsibilities as a citizen of my country and as a  member of my school  I can make choices about my own behaviour because I understand how rewards and consequences feel  I understand how an individual’s behaviour can impact on a group  I understand how democracy and having a voice benefits the school community and know how to participate in this | * goal * target * ambition * personal * rights * responsibilities * individual * democracy | |
| ***Celebrating difference***  Accept that everyone is different  Include others when working and playing  Know how to help if someone is being bullied  Try to solve problems  Try to use kind words  Know how to give and receive compliments | I understand that cultural differences sometimes cause conflict  I understand what racism is I am aware of my attitude towards people from different races  I understand how rumour-spreading and name-calling can be bullying behaviours  I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I’m part of one  I can explain the difference between direct and indirect types of bullying  I can compare my life with people in the developing world  I can understand a different culture from my own | * conflict * culture * racism * rumours * prejudice * direct * indirect | |
| ***Dreams and Goals***  Stay motivatedwhen doing something challenging  Keep trying even when it is difficult  Work well with a partner or in a group  Have a positive attitude  Help others to achieve their goals  Are working hard to achieve their own dreams and goals | I understand that I will need money to help me achieve some of my dreams  I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs  I can identify a job I would like to do when  I can describe the dreams and goals of young people in a culture different to mine  I 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  I appreciate the similarities and differences in aspirations between myself and young people in a different culture  I can 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 | * achieve * financial * earnings * salary * culture * aspiration * peers * sponsorship | |
| ***Healthy Me***  To know how to make a healthy choice  To understand a healthy, balanced diet  To know the importance of being physically active  To have tried to keep themselves and others safe  To know how to be a good friend and enjoy healthy friendships  To know how to keep calm and deal with difficult situations | I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.  I can make an informed decision about whether or not I choose to smoke and know how to resist pressure  I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart  I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I know how to keep myself calm in emergencies  I understand how the media, social media and celebrity culture promotes certain body types  I can 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  I can 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  I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy | * tobacco * peer pressure * misuse * anti-social * emergency * promotes * disorder * anorexia * bulimia * lifestyle | |
| ***Relationships***  To know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they feel upset or hurt  Know and show what makes a good relationship | I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities  I know how to keep building my own self-esteem I understand that belonging to an online community can have positive and negative consequences  I can recognise when an online community feels unsafe or uncomfortable  I understand there are rights and responsibilities in an online community or social network  I know there are rights and responsibilities when playing a game online themselves and others when they feel upset or hurt  I can recognise when I am spending too much time using devices (screen time)  I can identify things I can do to reduce screen time, so my health isn’t affected  I can explain how to stay safe when using technology to communicate with my friends  I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others | * characteristics * personal qualities * attributes * online community * devices * risky | |
| ***Changing Me***  Understandthat everyoneis unique andspecial.  Can express how they feel when change happens.  Understand and respect the changes that they see in themselves.  Understand and respect the changes that they see in other people.  Know who to ask for help if they are worried about change.  Are looking forward to change. | I am aware of my own self-image and how my body image fits into that  I know how to develop my own self esteem  I can explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally  I understand that puberty is a natural process that happens to all and that it will be ok for me  I can describe how boys’ and girls’ bodies change during puberty  I can express how I feel about the changes that will happen to me during puberty  I understand that sexual intercourse can lead to conception and that is how babies are usually made  I also understand that sometimes people need IVF to help them have a baby  I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)  I can identify what I am looking forward to when I move to my next class. | * sexual intercourse * puberty * conception * IVF * self-image * penis * anus * testicles * vagina * vulva * privacy | |
| Year group and overview : Year 6 | Success Criteria | Vocabulary | |
| ***Being Me***  To know how to help others to feel welcome  To try to make our school community a better place  To think about everyone’s right to learn  To care about other people’s feelings  To know how to work well with others  To choose to follow the Learning Charter | I can identify my goals for this year, understand my fears and worries about the future and know how to express them  I know that there are universal rights for all children but for many c these rights are not met  I understand that my actions affect other people locally and globally  I can 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  I understand how an individual’s behaviour can impact on a group  I understand how democracy and having a voice benefits the school community  I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself | * goals * fears * future * ambition * rewards * consequences * democracy * community * individual * rights * responsibilities | |
| ***Celebrating difference***  Accept that everyone is different  Include others when working and playing  Know how to help if someone is being bullied  Try to solve problems  Try to use kind words  Know how to give and receive compliments | I understand there are different perceptions about what normal means  I understand how being different could affect someone’s life  I can explain some of the ways in which one person or a group can have power over another  I know how it can feel to be excluded or treated badly by being different in some way  I know some of the reasons why people use bullying behaviours  I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I’m part of one  I can give examples of people with disabilities who lead amazing lives  I can explain ways in which difference can be a source of conflict and a cause for celebration | * perception * preconception * excluded * included * prejudice * disabilities | |
| ***Dreams and Goals***  Stay motivatedwhen doing something challenging  Keep trying even when it is difficult  Work well with a partner or in a group  Have a positive attitude  Help others to achieve their goals  Are working hard to achieve their own dreams and goals | I 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)  I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these  I can identify problems in the world that concern me and talk to other people about them  I can work with other people to help make the world a better place  I can empathise with people who are suffering or who are living in difficult situations  I can describe some ways in which I can work with other people to help make the world a better place. I know what some people in my class like or admire about me and can accept their praise. | * motivation * empathise * admiration * concern * suffering | |
| ***Healthy Me***  To know how to make a healthy choice  To understand a healthy, balanced diet  To know the importance of being physically active  To have tried to keep themselves and others safe  To know how to be a good friend and enjoy healthy friendships  To know how to keep calm and deal with difficult situations | I can take responsibility for my health and make choices that benefit my health and well-being  I know about different types of drugs and their uses and their effects on the body particularly the liver and heart  I am motivated to find ways to be happy and cope with life’s situations without using drugs  I understand that some people can be exploited and made to do things that are against the law  I can suggest ways that someone who is being exploited can help themselves  I know why some people join gangs and the risks this involves  I can suggest strategies someone could use to avoid being pressurised  I understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illness  I know how to help myself feel emotionally healthy and can recognise when I need help with this  I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. | * physical well-being * mental well-being * exploitation * illegal * misuse * addiction | |
| ***Relationships***  To know how to make friends  Try to solve friendship problems when they occur  Help others to feel part of a group  Show respect in how they treat others  Know how to help themselves and others when they feel upset or hurt  Know and show what makes a good relationship | I know that it is important to take care of my mental health  I understand that people can get problems with their mental health and that it is nothing to be ashamed of  I know how to take care of my mental health  I understand that there are different stages of grief and that there are different types of loss that cause people to grieve  I can recognise when people are trying to gain power or control  I can judge whether something online is safe and helpful for me  I can resist pressure to do something online that might hurt myself or others  I can use technology positively and safely to communicate with my friends and family. | * mental health * stress * depression * anxiety * grief | |
| ***Changing Me***  Understandthat everyoneis unique andspecial.  Can express how they feel when change happens.  Understand and respect the changes that they see in themselves.  Understand and respect the changes that they see in other people.  Know who to ask for help if they are worried about change.  Are looking forward to change. | I am aware of my own self-image and how my body image fits into that  I can explain how girls’ and boys’ bodies change during puberty and understand the importance  of looking after yourself physically and emotionally  I can describe how a baby develops from conception through the nine months of pregnancy, and  how it is born  I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend  I am aware of the importance of a positive self-esteem and what I can do to develop it  I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class. | * puberty * self-image * self-esteem * menstruation * conception * IVF * penis * anus * testicles * vagina * vulva | |