

Emmer Green Primary School

PSHE Progression of Skills and Curriculum Overview

Reception

Topic	Theme and lesson objective
<p>Being Me 6 lessons + charter lesson</p>	<p>Rights and Responsibilities - I know that we need to work together to create a safe and happy classroom/class charter My Class - I can begin to remember the rules for circle time. I am starting to know the other children in my class/group. I am getting to know the children in my class/group Self-identity - I can share something special about me Understanding feelings - I can identify comfortable and uncomfortable feelings. I can describe my feelings I can begin to manage uncomfortable feelings Supporting my class - I can begin to support others to manage uncomfortable feelings Being gentle - I know that it is ok to feel different ways but ok is not ok to hurt people because of it.</p>
<p>Celebrating Difference 5 lessons</p>	<p>What am I good at? - I can identify something I am good at and understand everyone is good at different things I'm special, I'm me - I understand that being different makes us special Families - I know we are all different but the same in some ways Making friends - I can tell you how to be a kind friend Standing up for yourself - I know which words to use to stand up for myself when someone says or does something unkind</p>
<p>Healthy Me 8 lessons</p>	<p>Exercising Bodies - I understand that I need to exercise to stay healthy Healthy food - I know which foods are healthy and not so healthy and can make healthy eating choices Sleep - I know how to help myself go to sleep and understand why sleep is good for me Keeping Clean - I know how to clean my hands to remove germs. I know how to blow my nose to minimise infection. (Lesson 1/2 - Spread of infection: Hand Hygiene/Nose Blowing) I know how to clean me own teeth and why it's important (Lesson 3: Oral Hygiene) I know that sensible amount of screen time is better for me Road Safety - 1. Stepping stones to safety - I know the Stop, Look, Listen and Think sequence. I know that pedestrians walk on the pavement and vehicles travel on the road. I know how to walk safely with a grown up and hold hands when walking near the road. https://www.think.gov.uk/resource/lesson-1-stepping-stones-to-road-safety/ 2. Be Bright, Be Seen - I know how to help others see me in the dark. I know how to ride a bike/scooter and cycle/scoot safely. I understand why it is important to be bright and be seen. https://www.think.gov.uk/resource/lesson-2-be-bright-be-seen/</p>
<p>Relationships</p>	<p>Family Life - I can say some of the jobs I do at home and how I feel like I belong</p>

6 lessons	<p>Friendships - I know how to make friends</p> <p>Breaking friendships - I can think of ways to solve problems and stay friends</p> <p>Falling out - I am starting to understand how unkind words can make someone feel.</p> <p>Managing feelings - I can begin to recognise my feelings (zones of regulation) and have tools to regulate myself</p> <p>Being a good friend - I know how to be a good friend</p>
Dreams and Goals 5 lessons	<p>Challenges - I understand that if I persevere I can tackle challenges</p> <p>Never Giving Up - I can tell you about a time I didn't give up until I reached my goal</p> <p>Obstacles and Support - I can use kind words to encourage people</p> <p>Knowing others - I know that everyone has feelings and can treat others with thought and kindness (old Term 1 Owl Babies)</p> <p>Achieving goals - I can see that what I learn links to a job I might do in the future.</p>
Economic Wellbeing (UTW)	Jobs for people - I understand that people do jobs. I know important jobs people do in my community
Changing Me 6 lessons	<p>My body - I know the names of parts of my body.</p> <p>Respecting my body - I can tell you some things I can do and I can eat to be healthy</p> <p>Growing up - I understand that we all grow from babies to adults</p> <p>Fun and fears - I can express how I feel about moving to Year 1</p> <p>Fun and Fears - I can talk about any worries, as well as the things I am looking forward to in Year 1</p>

Year 1

Topic	Theme and lesson objective
<p>Being Me Reference 1 and 3 5 Ways to Wellbeing</p> <p>Objectives 1-3 in mini-topic</p> <p>3 lessons</p>	<p>Rights and Responsibilities - I can work with my class members to create a fair class charter</p> <p>Owning the class charter - I can see how working as a class will help me to be happy and learn in school</p> <p>Consequences - I understand what a consequence means and what consequences we have in class</p> <p>Knowing my emotions - I can name some feelings I have and can describe how they feel</p> <p>Feeling proud - I can say how I feel when I have done something well or acted kindly</p> <p>Feeling special - I can understand what makes me special</p>
<p>Celebrating Difference Reference 1 and 5. 5 Ways to Wellbeing</p> <p>4 lessons</p>	<p>Making new friends - I can identify ways in which to make good friendships and how to look after them</p> <p>Similarities and differences - I know some ways that people can be similar or different</p> <p>Celebrating the difference in everyone - I can celebrate the differences of peoples looks and personality</p> <p>Understanding bullying and knowing how to deal with it - I can recognise what bullying looks like and how to get help (1) I understand how bullying can make someone feel (2)</p>
<p>Dreams and Goals Reference 4</p>	<p>Setting goals - I can set small goals for my year at school (target setting)</p> <p>Learning styles - I can understand how to learn in different ways</p>

<p>5 Ways to Wellbeing 3 lessons</p>	<p>Tackling new challenges - I have some strategies for when I find something difficult Working well and celebrating achievements - I can celebrate my achievements</p>
<p>Healthy Me Reference 2. 5 Ways to Wellbeing 11 lessons</p>	<p>Keeping myself healthy: I can make healthy choices about sleep and exercise (2) I can make healthy choices about food and drink (1) Healthier lifestyle choice - I can begin to understand why it is better for my health to spend short amounts of time watching TV and using screen devices Keeping clean - I know how to keep clean and why it helps my health (handwashing included) Teeth - I can look after my teeth by regularly cleaning, flossing and visiting the dentist. (Dora the explorer story and look at brushes and floss) Being safe - I understand the word 'privacy' and rights to keep things private (including online) Medicine safety and household cleaning safety - I know about medicines and how they can keep people healthy Road safety (3 Safety First) - 1. I know how to ride a bike/ scooter and cycle/scoot safely 2. I know why I need a child car seat when I travel in a car 3. I know how to behave when I travel in a car or a bus. https://www.think.gov.uk/resource/lesson-3-safety-first/ Road Safety (4 Road Rangers) 1. I know that pedestrians walk on the pavement and vehicles travel on the road 2. I know safer crossing places and how to use them 3. I know the Stop, Look, Listen and Think sequence 4. I know how to ride a bike/scooter and cycle/scoot safely 5. I know how to use the correct behaviour to keep myself safe https://www.think.gov.uk/resource/lesson-4-road-rangers/ Help in our community - I know the special people who help others and to call 999 in an emergency Healthy and happy - mindfulness - I have everyday tools to help me keep my mind happy and healthy (Revisit 5 ways to wellbeing then Cosmic yoga session)</p>
<p>Relationships Reference 1 & 5 5 Ways to Wellbeing 6 lessons</p>	<p>Belonging to a family - I know about the different groups or family I belong to Making friends and being a good friend - I can use words to describe what makes a good friend and how they make me feel Physical contact preferences - I can choose what happens to my body (Split into 2 lessons) People who help us - I know who looks after me, who makes me feel safe and who to go to if I'm worried (reference in school designated people for health, safety and wellbeing) Courtesy and manners - I know a range of ways to be both polite and respectful at school and home Being a good friend to myself - I can be kind to myself by thinking good and kind thoughts about myself</p>
<p>Economic Wellbeing Reference 5 5 Ways to Wellbeing (can be referenced in Yr1) 4 lessons</p>	<p>I can explain where money comes from and why we need it I can explain how we can keep money safe and why this is important I can explain choices I have about spending money and why it is important to keep track of what I spend I can explain the difference between things we want and things we need.</p>
<p>Changing Me Reference 1</p>	<p>Coping with change - I can discuss how change and loss makes me feel</p>

5 Ways to Wellbeing 1 lesson	Transition - I can find out more about Year 2 to help my transition (including Infant Project)
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Year 2

Topic	Theme and lesson objective
Being Me Reference 1 and 3 5 Ways to Wellbeing Objectives 1 -3 mini topic 2 lessons	Rights and responsibilities - I can work with my class members to create a fair class charter Rewards and consequences - I understand the class rewards and the consequences for poor choices Choices - I know that the choices I make lead to different outcomes Safe and fair learning environment - I can work with my class-mates to make a fair and safe learning environment. Recognising feelings and emotions - I can recognise when I or someone feels lonely and what I can do about it
Celebrating Difference Reference 1 and 5. 5 Ways to Wellbeing 6 lessons	Assumptions/gender diversity - I know that boys and girls can like the same things Gender diversity - I know that both boys and girls have the same rights and opportunities (circle time follow-up lesson) Celebrating difference in friendship - I can celebrate my friends differences Making new friends - I have some tools to solve friendship problems and arguments Understanding bullying - I can recognise that bullying is repeated behaviour and I can name ways in which people bully (name-calling, physical, excluding, by-standing) (remind this is online also) Standing up for self and others - I can support myself and others if people are bullying (reporting/getting help)
Dreams and Goals Reference 4 5 Ways to Wellbeing 3 lessons	Achieving realistic goals - I can set myself goals to achieve (targets) Perseverance - I know what persevere means and how it can help me in my life Group co-operation - I know how to listen and respond to others when in a group Sharing success - I can work as a team and share the success
Healthy Me Reference 2. 5 Ways to Wellbeing 7 lessons	Self-motivation - I can choose to do things without others telling me to Healthier choices - I can look after myself in the sun to avoid sun damage(including eyes)(taught also in Y3 Science) Relaxation and self-care - I have some activities in my toolkit to help me relax or change my mood (5 ways ref 2) Healthy eating and nutrition (including snacks) - I know about a range of foods that help my health and the risks of too much sugar Medical Safety Rules - I know the rules for keeping safe around medicines and other household products Self-respect and happiness - I have a range of people and activities that support me to feel good about myself (e.g. playing with friends, family get-togethers, enough sleep) Keeping safe online (emotionally and physically) - I know the basic rules to stay safe online (what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them and who they can tell in school (Online and Healthy Me - Who Can I see?))

	Keeping safe outside - 1. I know how to keep safe on the road when on holiday 2. I know how to walk safely with a grown up and hold hands when walking near the road 3. I know how to behave when I travel in a car or a bus - THINK! Lesson 5
Relationships Reference 1 & 5 5 Ways to Wellbeing 7 lessons	Appreciation for special relationships - I can talk about the special relationships I have and how important they are to me. Characteristics of family - I can talk about how a healthy family supports one another Good friends - I understand the qualities of a good friend and can see if I contribute these. Friendship and conflict - I understand that friendships have ups and downs and I have some ways in which to solve problems. I can keep myself safe by responding to others by saying 'yes', 'no', 'I'll ask' and 'I'll tell' (I know who I can talk to if I feel this way Physical contact boundaries - I can judge what kind of physical contact is acceptable/comfortable and what is not acceptable. Secrets (reference Healthy Me- Who can I see?): I know the difference between secrets (for example - a nice surprise) and a secret which makes me feel uncomfortable, worried or afraid (I know who I can talk to if I feel this way) (circle time to follow up previous lesson)
Economic Wellbeing Reference 5 5 Ways to Wellbeing 1 lesson	I can begin to recognise that people have more or less money than me and to be respectful of this I can understand why I may give money to charities (school events coupled with)
Changing Me Reference 1 5 Ways to Wellbeing 2 lessons	Increasing independence - I can talk about the things I do independently and name some things I am working on or would like to do independently Assertiveness - I know as I get older I am able to share how I feel and think more Differences in male and female bodies (terminology) Growing from young to old Preparing for transition - I can discuss my thoughts and feelings about moving to Year 3 (also Infant Project)

Year 3

Topic	Theme and lesson objective
Being Me Reference 1 and 3 5 Ways to Wellbeing First 3 objectives mini-topic 3 lessons	Rules, rights and responsibilities - I can make sensible suggestion for the class charter which will help us to learn in class Rewards and consequences - I understand the reward system in class and the consequences in class and school Responsible choices - I understand what a responsible choice is and the results of making a good or bad choice Self-identity and worth - I have pride in myself and others Seeing things from others' perspectives - I can work with others and respect what they give Being Considerate: I can be considerate of others
Celebrating Difference Reference 1 and 5.	Assumptions/stereotypes of gender - I know that I am able to achieve my goals whether I am a boy or a girl Family stereotypes - I know that families can look different and it is important to respect this Family conflict and how to manage it (child centred) I know that families can argue and I know how I can be understanding of this.

<p>5 Ways to Wellbeing 7 lessons</p>	<p>Witnessing bullying and how to solve it - I know I have a responsibility to help others by reporting bullying (revise types of bullying and that it is repeated behaviour) Recognising how words can be hurtful - I know how unkind words can make me and others feel Giving and receiving compliments - I can give other people compliments and enjoy receiving them back Awareness of how other children have different lives - I know that British people are different and recognise this is good</p>
<p>Dreams and Goals Reference 4 5 Ways to Wellbeing 4 lessons</p>	<p>New challenges - I can approach new challenges in learning positively Dreams and ambitions - I know I can aim high to reach my goals and dreams Recognising and trying to overcome obstacles - I have tools in which to overcome obstacles Managing feelings - I can recognise that making mistakes can lead to improving</p>
<p>Healthy Me Reference 2. 5 Ways to Wellbeing 9 lessons</p>	<p>Exercise - I know that being fit and healthy is good for my mind and body Food labelling and healthy swaps - I know the traffic light system on food packaging and how I can make some healthier food swaps. Rest and repair - I know the importance of sleep and routine (5 ways) Hygiene - I know the importance of hygiene to stop the spread of diseases Attitudes towards drugs - I know about the safe use of medicines and household products Respect for myself - I can respect myself by caring for own health (reference previous lessons) Healthy and safe in school - I know about the health and safety rules in school and why we have them First Aid - I know basic first aid for bites and stings (St Johns Ambulance Lesson - Bites and Stings) Media wise and media safe - I can identify some ways the media tries to influence the way I feel.</p>
<p>Relationships Reference 1 & 5 5 Ways to Wellbeing 5 lessons</p>	<p>Family role and responsibilities - I can value and understand the roles people have in a family (consider gender equality opportunity) Expressing appreciation for family and friends - I can show people I care about how I feel about them Friendships and negotiation - I have tools to help me solve problems within my friendship group Keeping safe online and who to go to for help - I know that negative behaviour online can make people feel unhappy and anxious. I know who I can talk to about this. Being a global citizen - I can talk about ways I support my community and wider world (5 ways)</p>
<p>Economic Wellbeing Reference 5 5 Ways to Wellbeing (can be referenced) 3 lessons</p>	<p>Where does it come from? - I understand where money comes from and why we need it Different types of payment - I understand the different ways to pay and what credit is. Lending and borrowing - I understand what it means to lend and borrow and begin to understand the idea of debt</p>
<p>Changing Me Reference 1 5 Ways to Wellbeing</p>	<p>Transition - I can reflect on what has gone well this year. I can make a few suggestions about what I would like to change next year or try out.</p>

Year 4

Topic	Theme and lesson objective
<p>Being Me Reference 1 and 3 5 Ways to Wellbeing</p> <p>First 3 objectives in mini-topic</p> <p>6 lessons</p>	<p>Rights, responsibilities and democracy: I understand what my rights are as a citizen of the school and how my behaviour impacts this (1) I can contribute to the class charter with this in mind (2)</p> <p>Rewards and consequences - I understand the consequences of actions and how important making the right choices is (3)</p> <p>I know what democracy is and its importance</p> <p>I know what rules and laws are</p> <p>What motivates behaviour - I can talk about what motivates me to be positive and try my best</p> <p>Being a school citizen (respect expectations) I know what it means to be a positive role model for younger pupils in school</p> <p>Group decision making - I understand the etiquettes of working in a group collaboratively</p> <p>Having a voice - I know that my opinion is valid and I should try to contribute in group work</p>
<p>Celebrating Difference Reference 1 and 5. 5 Ways to Wellbeing</p> <p>6 lessons</p>	<p>Judging by appearance - I understand the problem with judging another by their looks or behaviour</p> <p>Challenging assumptions - I can challenge others when they make assumptions about me or other people</p> <p>Accepting self and others - gratitude affirmations - I understand what a daily affirmation is and can add it to my wellbeing toolkit</p> <p>Identifying how special and unique everyone is - I can admire others for their special and unique qualities.</p> <p>Understanding bullying - I understand the difference between teasing and bullying and how it can affect people.</p> <p>Challenging bullying - I can tackle bullying for myself and others</p>
<p>Dreams and Goals Reference 4 5 Ways to Wellbeing</p> <p>5 lessons</p>	<p>Positive attitude and mindfulness -</p> <p>I understand that focusing on the positive is good for my mind (5 Ways Wellbeing)</p> <p>I have a range of tools to keep my mind happy and positive (explore mindfulness, breathing, meditation etc)</p> <p>Achieving goals - I know it is positive to set achievable goals</p> <p>Overcoming disappointment - I know that when things go wrong, I have tools to help me overcome this.</p> <p>Resilience - I am starting to understand that when I overcome problems, I feel stronger and more able to face other ones.</p>
<p>Healthy Me Reference 2. 5 Ways to Wellbeing</p> <p>6 lessons</p> <p>*notify parents prior to teaching</p>	<p>Group dynamics - I understand that group dynamics can change behaviours</p> <p>Peer pressure - I know that I may experience pressure from close friends to do things which are unhealthy for me</p> <p>Smoking and Alcohol - I know that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health</p> <p>Healthier friendships (mind) - I can make choices about whether a friendship is good for me or not (relate to peer pressure)</p> <p>Celebrating inner strength - I can take pride in resisting pressures for others and doing the right thing for me (circle time reflecting on previous lessons)</p> <p>First Aid - I have basic first aid skills for people with asthma (St John's Ambulance lesson plan)</p>
<p>Relationships Reference 1 & 5 5 Ways to Wellbeing</p> <p>4 lessons</p>	<p>Jealousy - I understand that jealousy is a negative emotion for me and others</p> <p>Getting on and falling out - I can understand how to be a good friend and work on my friendships</p> <p>Love and loss - I understand how love feels and how loss can make you feel.</p> <p>Memories of loved ones - I can use memories of loved ones to help support my feelings of loss</p>

<p>Economic Wellbeing Reference 5 5 Ways to Wellbeing (can be referenced)</p> <p>2 lessons</p>	<p>Need and wants - I can begin to budget by recognising the difference between wants and needs Keeping track - I can begin to keep track of what I spend</p>
<p>Changing Me Reference 1 5 Ways to Wellbeing</p> <p>(Parents notified prior to teaching) Circle time prior to teaching to promote respect and sensitivity to others)</p>	<p>I understand the changes that happen when boys and girls reach puberty. (2 lessons) See appendix (including a Q&A session for boys and girls)</p> <p>Preparing for transition - I can consider the hopes I have for my year in Year 5, next year</p>

Year 5

Topic	Theme and lesson objective
<p>Being Me Reference 1 and 3 5 Ways to Wellbeing</p> <p>First 3 objectives - mini-topic</p> <p>2 lessons</p>	<p>Rights and responsibilities - I understand I have rights as a citizen in school and the wider world Rewards and consequences - I can explain the reward system in class and consequences in school.</p> <p>Planning for forthcoming year - I can suggest ideas and aims that I have for the forthcoming year (to include targets) How behaviour effects groups - I know that the group dynamic can be changed by its members behaviour Law and Order - I understand the importance of respecting British Law</p>
<p>Celebrating Difference Reference 1 and 5. 5 Ways to Wellbeing</p> <p>3 lessons</p>	<p>Cultural differences and religious differences - I can talk about a range of faiths and ethnicities and identify ways of showing respect Racism - I understand what racism is and the negative ways it can affect lives Enjoying and respecting other cultures - I can recognise the value of enjoying other cultures</p>
<p>Dreams and Goals Reference 4 5 Ways to Wellbeing</p> <p>2 lessons</p>	<p>Future dreams and how to get there - I can discuss my future dream and start to map out a path Jobs and careers - I can recognise and discuss my strengths and begin to consider future jobs</p>

<p>Economic Wellbeing Reference 5 5 Ways to Wellbeing</p> <p>2 lessons</p>	<p>Material wealth and happiness: I understand that a fulfilling career could lead to a happy mind The power of giving - I can help others and understand the positive benefits to both mine and their mental wellbeing</p>
<p>Healthy Me Reference 2. 5 Ways to Wellbeing</p> <p>7 lessons</p>	<p>Power of sleep - I understand why getting enough sleep is important Relationships with food : I know that a healthy relationship with food means balanced eating. I know the health risks of obesity Smoking, including vaping/Alcohol and anti-social behaviour - I understand the harmful effects of using drugs, alcohol and tobacco. Making healthy choices - I can make informed choices to look after my physical and mental wellbeing (5 ways) Immunisation - I know about the correct use of medicines, and how vaccinations and immunisation, can help to maintain health First Aid - I can carry out basic first aid when someone is bleeding (St Johns Ambulance Lesson) (Revise an emergency call)</p>
<p>Relationships Reference 1 & 5 5 Ways to Wellbeing</p> <p>7 lessons</p>	<p>Reducing screen time - I can understand that too much time online can affect my wellbeing (refer back to physical health with focus on mental health) Internet safety rules - I can use the Safety Rules Responsibly Rights and responsibilities online - I know how to consider my actions online to be respectful and responsible Age restrictions - I understand and respect why social media, computer games and online gaming have age restrictions. I understand if this is not adhered to it can affect my mental wellbeing (circle time) Dangers of online - I know that people sometimes pretend to be someone else online. I can report any feelings of being unsafe (reference Healthy Me- Who can I see?) Building self-esteem and self-worth - I know it is important to have a good relationship with myself I know that my body belongs to me and I have control over what happens to it</p>
<p>Changing Me Reference 1 5 Ways to Wellbeing</p> <p>6 lessons</p> <p>(Parents notified prior to teaching) Ground Rules shared to promote respect and understanding.</p> <p>(Taught alongside Y5 Science - Animals, including humans)</p>	<p>I know about menstrual wellbeing including the key facts about the menstrual cycle. (taught together to both boys and girls) (lesson 1)</p> <p>I understand the ways in which girls may experience periods and how to use self-care for my wellbeing. (lesson 2)</p> <p>I understand the products girls can use during periods. (lesson 2)</p> <p>I understand the puberty changes in boys (lesson 3)</p> <p>Q&A - boys and girls separate to ask questions. Focus on learning about well-being reinforced and empathy for people experiencing puberty (lesson 4)</p> <p>Influence of media on self-image - I understand what a positive body image is (Relate to feeling centred around puberty. (lesson 5)</p>

Preparing for transition - I can consider the hopes I have for my year in Year 6, next year (lesson 6)

Year 6

Topic	Theme and lesson objective
<p>Being Me Reference 1 and 3 5 Ways to Wellbeing</p> <p>Objectives 1 & 2 mini topic</p> <p>5 lessons</p>	<p>Children's rights and responsibilities as a global citizen - I am aware of the children's rights charter and why it is so important for all children.</p> <p>Choices, consequences and rewards - I know that making the right choice has a positive impact on my day. I know the school rewards and consequences</p> <p>Group dynamics - I understand the value of compromise in group decision making</p> <p>Managing feelings - I have a range of ways to calm down and manage my feelings when things go wrong</p> <p>Anti-social behaviour - I know the common ways in which anti-social behaviour in young people occurs. I understand its consequences (discuss matters such as dangerous bike riding, littering, low level vandalism, swearing)</p> <p>Role-modelling - I know the ways in which to be a good role model for my buddy and the impact it has</p> <p>Feeling welcome and valued - I can use my understanding of how to value others to ensure the foundation pupils feel welcomed and valued</p>
<p>Celebrating Difference Reference 1 and 5. 5 Ways to Wellbeing</p> <p>6 lessons</p>	<p>Perceptions of normality - I understand that 'normal' families can be very different. I know the core values of any type of family - (Normal families including single parent families, L&G parents, families headed by grandparents, adoptive parents, foster parents/carers)</p> <p>Understanding disability - I understand that people have disabilities in learning and physical ways too.</p> <p>Power struggles - I know that within a group problems can arise as people try to take charge. I understand the value and meaning of equality. I know what skills are needed in groups to enable equality.</p> <p>Understanding bullying - I know the signs of bullying (different types) and what I can do to stop it, for myself and others</p> <p>Inclusion/exclusion - I know that exclusivity in groups and exclusion can lead to the negative well-being of others</p> <p>Empathy - I can show empathy to others by seeing things from their viewpoint</p>
<p>Dreams and Goals Reference 4 5 Ways to Wellbeing</p> <p>3 lessons</p>	<p>Personal goals in and out of school - I know what my goals are and how I can set about achieving them (targets)</p> <p>Emotions in success - I can enjoy success in a respectful way for myself and others (revisit empathy and compliments in terms of this)</p> <p>Self-motivation (mindfulness) I know that I can self-motivate by focusing on positive steps (Ref 3 toolkit)</p> <p>Mindfulness - I know that mental health problems are common. I can use a range of practical ways to support myself. I know what to do if I need more help.</p>
<p>Economic Wellbeing Reference 5 5 Ways to Wellbeing 2 lessons</p>	<p>Budgeting - I understand how and why it is important to budget</p> <p>Borrowing and saving - I understand the consequences of debt and what interest is</p> <p>Community wellbeing - I can see the value in fundraising to support my community (Y6 Young Enterprise)</p>
<p>Healthy Me Reference 2. 5 Ways to Wellbeing</p>	<p>Emotional and mental wellbeing:</p> <p>I can link my thoughts with feelings and behaviours</p> <p>I can recognise the benefits to my mental wellbeing of positive thinking</p>

<p>10 lessons</p> <p>*inform parents prior to teaching</p>	<p>I know that uncomfortable thoughts and feelings affect my behaviours</p> <p>Managing stress (mindfulness)</p> <p>Secrets - I know when it is right or wrong to keep a secret (reference exploitation)</p> <p>Exploitation - I have strategies and people to turn when feeling pressure or uncomfortable by someone or something (introduce the word exploited in terms of being given something to be persuaded to do something to benefit someone else - reminder of Healthy Me- Who can I see?)</p> <p>Understanding of legal and illegal drugs:</p> <p>I know about some of the risks and effects of legal and illegal drug use* (T6)</p> <p>I know the reasons why people use drugs; I can manage situations and peer influence* (T6)</p> <p>First Aid - Choking https://www.youtube.com/watch?v=7G9PuAwoowI&feature=youtu.be (St Johns Ambulance lesson)</p> <p>First Aid - Basic Life Support (St Johns Ambulance lesson) (T6)</p>
<p>Relationships* Reference 1 & 5 5 Ways to Wellbeing</p> <p>*To be taught together</p> <p>3 lessons</p>	<p>Family stability - I can recognise the power of family in helping me feel secure. I can show respect to my family and friends.</p> <p>Loving relationships - see below</p> <p>Sexual Relationships - see below</p> <p>Online boundaries - I know that if I experience something I am uncomfortable with, I know what to do. I know the online rules for safety.</p> <p>Technology safety - Safer online communities - I can be support my online community by reporting negative behaviour such as cyberbullying</p>
<p>Changing Me*</p> <p>Reference 1 5 Ways to Wellbeing</p> <p>6 lessons</p> <p>(Parents notified prior to teaching) Circle time prior to teaching to promote respect and sensitivity to others)</p>	<p>Personal boundaries - I can describe changes to my body during puberty and my rights to protect it from unwanted or inappropriate contact</p> <p>Puberty and emotions - I can understand how thoughts and feelings change during puberty and have tools to deal with them.</p> <p>Body-image - I know that things can influence the way we feel about our bodies. I know there is no such thing as a perfect body.</p> <p>Loving Relationships - I understand what a loving relationship is and that there are many types of relationships (including LGBT and different families)</p> <p>Non-statutory Sex Education: (1 long lesson)</p> <p>I know what conception is.</p> <p>I understand what sexual intercourse is</p> <p>Transition - Y6 teachers liaise with secondary placements to support transition</p>