

	<i>Being Me in My World</i>	<i>Celebrating Differences</i>	<i>Dreams and Goals</i>	<i>Healthy Me</i>	<i>Relationships</i>	<i>Changing Me</i>
Year 3	<p>I recognise my worth and can identify positive things about myself and my achievements</p> <p>I know how to make someone else feel welcome and valued</p> <p>I can face new challenges positively, make responsible choices and ask for help when I need it</p> <p>I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</p> <p>I can explain how my behaviour can affect</p>	<p>I understand that everybody's family is different and important to them</p> <p>I can give and receive compliments and know how this feels</p> <p>I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g.</p>	<p>I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g., through disability)</p> <p>I can identify a dream/ambition that is important to me</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>I can explain the different ways that help me learn and what I need to do to improve.</p> <p>I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>I know what it feels like to make a healthy choice</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</p> <p>I can express how being anxious/ scared and unwell feels.</p>	<p>I know and can use some strategies for keeping myself safe online</p> <p>I can explain how some of the actions and work of people around the world help and influence my life</p> <p>I can empathise with children whose lives are different to mine and appreciate what I may learn from them</p> <p>I know how to express my appreciation to my friends and family</p>	<p>I can explain how boys' and girls' bodies change on the inside/outside 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.</p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>I can express how I feel when my ideas are challenged and might be willing</p>

	<p>how others feel and behave.</p> <p>I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</p>	<p>Solve It Together or asking for help</p>	<p>chest and why this is important.</p>		<p>I can explain how my life is influenced positively by people I know and also by people from other countries.</p> <p>I can explain why my choices might affect my family, friendships and people around the world who I don't know.</p> <ul style="list-style-type: none"> • 	<p>to change my ideas sometimes</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings</p>
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Year 4	<p>I know my attitudes and actions make a difference to the class team</p> <p>I can take on a role in a group and contribute to the overall outcome</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p>I understand how rewards and consequences motivate people's behaviour</p> <p>I can explain why being listened to and listening to others is</p>	<p>I can identify what is special about me and value the ways in which I am unique</p> <p>I understand what influences me to make assumptions based on how people look and I can question why I think what I do about other people</p> <p>I can tell you a time when my first impression of someone changed as I got to know them.</p> <p>I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. I can explain why it is good to accept myself and</p>	<p>I can plan and set new goals even after a disappointment.</p> <p>I know what it means to be resilient and to have a positive attitude</p> <p>I can identify the contributions made by myself and others to the group's achievement</p> <p>I can explain what it means to be resilient and to have a positive attitude.</p> <p>I can enjoy being part of a group challenge</p>	<p>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p>I understand the facts about smoking and alcohol and its effects on health</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>I can identify feelings of anxiety and fear</p>	<p>I can recognise situations which can cause jealousy in relationships</p> <p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>I understand what having a boyfriend/ girlfriend might mean</p>	<p>I appreciate that I am a truly unique human being</p> <p>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</p> <p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p>

	<p>important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>others for who we are.</p>		<p>associated with peer pressure.</p>	<p>and that it is a special relationship for when I am older</p> <p>I know how to show love and appreciation to the people and animals who are special to me</p>	<p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>
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Year 5	<p>I can face new challenges positively and know how to set personal goals</p> <p>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can empathise with people in this country whose lives are different to my own</p> <p>I can explain how the actions of one person can affect another and can</p>	<p>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. I can explain why racism and other forms of discrimination are unkind.</p> <p>I understand that cultural differences sometimes cause conflict</p> <p>I understand what racism is</p> <p>I am aware of my attitude towards</p>	<p>I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future</p> <p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>I can explain different roles that food and substances can play in people's lives.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>I understand how the media, social media and celebrity culture promotes certain body types</p> <p>I can also explain how people can develop eating problems (disorders) relating to body image pressures and how</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>I know how to keep building my own self-esteem</p> <p>I can compare different types of friendships and the feelings associated with them.</p> <p>I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.</p> <p>I can also summarise the process of conception.</p> <p>I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.</p>

	<p>give examples of this from school and a wider community context</p> <p>I understand how democracy and having a voice benefits the school community and know how to participate in this</p>	<p>people from different races, cultures and ethnicities</p> <p>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</p> <p>I can express how I feel about discriminatory behaviour.</p>		<p>smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>	<p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others</p>	
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Year 6	I can identify my goals for this year, understand my fears and worries about the future and know how to express them	I understand there are different perceptions about what normal means	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 take responsibility for my health and make choices that benefit my health and well-being	I know that it is important to take care of my mental health and how to look after it	I am aware of my own self-image and how my body image fits into that
	I know that there are universal rights for all children but for many children these rights are not met	I can empathise with people who are different	I understand why it is important to stretch the boundaries of my current learning	I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.	I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.	I know how to develop my own self-esteem
	I can explain how my choices can have an impact on people in my immediate community and globally.	I understand that everyone has a right to be who they are	I can identify problems in the world that concern me and talk to other people about them	I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure	I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help	I can express how I feel about the changes that will happen to me during puberty
	I can empathise with others in my community and globally and	I appreciate people for who they are	I can explain different ways to work with others to help make the world a better place.	I understand that some people can be exploited and made to do things that are against the law	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.	I recognise how I feel when I reflect on becoming a teenager and how

	<p>explain how this can influence the choices I make.</p> <p>I understand how democracy and having a voice benefits the school community</p>	<p>source of conflict or a cause for celebration.</p>	<p>I can explain what motivates me to make the world a better place</p>	<p>I can suggest strategies someone could use to avoid being pressurised</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p>	<p>me manage these feelings and situations.</p> <p>I can recognise when people are trying to gain power or control</p> <p>I can use technology positively and safely to communicate with my friends and family</p>	<p>I feel about the development and birth of a baby.</p>
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