



Wentworth Primary School

Key Skills & Knowledge Progression Map

'Striving for Excellence'

PSHE and RSE

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><u>Living in the Wider World</u></p>	<p>I will turn on my listening ears and listen carefully to my teacher.</p> <p>I will join in with activities and try my best to follow instructions.</p> <p>I will try to be kind with my words and my hands.</p> <p>I will identify things that I like about myself.</p> <p>I will talk about my favourite games, toys, and the things I like to do.</p> <p>I will know that I am special and be proud to be me.</p>	<p>Name some rules we have spoken about.</p> <p>Say which rules are for home and which are for school.</p> <p>Explain why rules help us.</p> <p>Name some digital devices.</p> <p>Talk about ways people use the internet every day.</p> <p>Say why we should not spend too much time online.</p> <p>Name some things people can do on the internet.</p> <p>Talk about ways we can keep ourselves</p>	<p>Identify different ways that people paid for things in the past.</p> <p>Describe how money has changed from the Stone Age to the modern-day.</p> <p>Explain why money has changed over time.</p> <p>Identify different ways to pay for things.</p> <p>Identify the best payment method in different situations.</p> <p>Explain why we need to be careful when choosing a payment method.</p> <p>Identify different ways adults and children get money.</p>	<p>Identify examples of different jobs and careers people do.</p> <p>Identify examples of skills that employers often look for in the workplace.</p> <p>Identify skills or interests that you would like to develop.</p> <p>Identify examples of the routes people can take into different types of careers.</p> <p>Identify examples of gender stereotypes.</p> <p>Identify examples of rules and laws.</p> <p>Identify examples of rights including those that apply to children.</p>	<p>Identify different ways that we can spend our money responsibly.</p> <p>Identify factors that affect how people choose to spend their money.</p> <p>Identify different ways that we can keep track of money.</p> <p>Identify key features of online adverts.</p> <p>Identify examples of gambling.</p> <p>To recognise differences and similarities between people in our community.</p> <p>Identify examples of different types of communities.</p>	<p>Identify what we can do if we ever feel unsafe or worried about ourselves or someone we know.</p> <p>Identify examples of widely used social media platforms and how people typically use them.</p> <p>Identify the meaning of the term 'fake news' as well as reasons why someone may want to spread false information.</p> <p>Identify tell-tale signs that online images have been digitally altered or faked.</p> <p>Define the term 'digital footprint' in your own words.</p>	<p>Identify our own different identities.</p> <p>Identify different ways we are a diverse community.</p> <p>Explain what we mean by the terms 'equality' and 'equity' and reflect on what it means to be treated fairly.</p> <p>Identify the problems with bartering and using items like shells and stones as payment. Give examples of goods and services.</p> <p>Identify different attitudes people have towards money and how to spend it.</p> <p>Identify examples of outgoings that make</p>

	<p>I will know what a goal is.</p> <p>I will know why it is good to have a goal. I will know how to set a simple goal for myself.</p> <p>I will always ask a grown-up first if I want to go online.</p> <p>I will use my heart and be kind to others on the internet.</p> <p>I will keep my information private and be careful about what I share online.</p> <p>I will know what screen time is.</p> <p>I will name some of the things that I like to do that don't involve a screen.</p> <p>I will know why I need to balance screen time with other activities.</p> <p>I will remember to hold a grown-up's hand when I am near a busy road.</p>	<p>safe when using the internet.</p> <p>Create a simple set of online safety dos and don'ts.</p> <p>Say what your strengths and interests are.</p> <p>Talk about the strengths and interests of others.</p> <p>Explain how everyone's strengths and interests make them unique.</p> <p>Name some jobs that people do.</p> <p>Say what people need to be good at for different jobs.</p> <p>Say what people with different jobs might enjoy doing.</p> <p>Know that all living things need food, water, and a safe place to live.</p> <p>Talk about ways we can care for living things.</p> <p>Describe how our choices can help keep</p>	<p>Describe how we can save up for the things we want. Explain why it is good to wait and not have what we want right away.</p> <p>Identify reasons why people save their money.</p> <p>Describe how we can manage our money using spend, save and share jars.</p> <p>Explain why we should save money for a rainy day.</p> <p>Identify examples of wants and needs.</p> <p>Describe the difference between wants and needs.</p> <p>Explain why we can't always have the things that we want.</p> <p>Name some devices we can use to 'go online'.</p> <p>Describe some good and bad things about the internet.</p>	<p>Identify different ways people help their community, such as volunteering, fundraising, or caring for shared spaces.</p> <p>Identify online sources of information that are trustworthy, as well as ones that might not be. Know what makes a source reliable or not.</p> <p>Recognise whether games, TV and films are appropriate for your age group.</p> <p>Identify ways to spot unreliable news stories and information online.</p>	<p>Define prejudice and discrimination in your own words. Identify different types of discrimination.</p> <p>Define racism in your own words. Identify examples of racism.</p>	<p>Identify the potential risks and health hazards of using fireworks and sparklers.</p> <p>Identify examples of how we can show good manners and polite behaviour in different situations, like at home, school, or in public.</p> <p>Identify our strengths, achievements and positive personal qualities.</p> <p>Identify opportunities and responsibilities that you may experience as you become older and more independent.</p> <p>Identify the factors that could influence our future career choices and reflect on the suitability of different roles in relation to our own abilities.</p> <p>Identify ways to protect the planet from climate change.</p> <p>Identify ways to protect the planet from climate change.</p>	<p>up a person's cost of living.</p> <p>Identify examples of change and loss, along with the feelings people often experience.</p> <p>Identify challenges we may face when starting a new school.</p>
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	<p>I will know how to find a safe place to cross.</p> <p>I will always stop, look, listen, think, and hold a grown-up's hand before I try to cross.</p> <p>I will name some things I can do to take care of myself.</p> <p>I will name some things I can do to take care of others.</p> <p>I will know why it is important to take care of ourselves and others.</p> <p>I will know some of the things that are bad for the Earth.</p> <p>I will know what I can do to take better care of our planet.</p> <p>I will know why it is important to take care of our world.</p> <p>I will use everyday language to talk about money.</p>	<p>endangered animals safe.</p> <p>Say what an object is made from e.g. paper, glass, metal or plastic. Sort objects that can be recycled into the right groups.</p> <p>Say what recycling is and why we should do it.</p> <p>Name objects that are made from plastic.</p> <p>Say what can happen when plastic gets into rivers and oceans.</p> <p>Explain why plastic is a problem and what we can do to help.</p> <p>Say how we know the Earth is getting hotter.</p> <p>Name some things that are good or bad for the Earth.</p> <p>Say what could happen if the Earth keeps getting warmer.</p> <p>To help each other take care of our shared spaces.</p> <p>To name jobs or roles that keep our</p>	<p>Explain how people use the internet in everyday life.</p> <p>Say what personal information is and name some examples.</p> <p>Describe how we can keep our information private whenever we go online.</p> <p>Explain why we should keep our personal information private whenever we go online.</p> <p>Remember and follow our online safety rules.</p> <p>Describe how we can look for information safely online.</p> <p>Explain why we should think before we click on or believe something online.</p> <p>Identify ways to find information we can rely on.</p> <p>Describe how we can check if something we find online is true.</p> <p>Explain why we need to be careful when</p>				
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	<p>I will understand that coins have different values.</p> <p>I will begin to identify the value of different coins (1p, 2p, 5p, 10p).</p> <p>I will know that we are all different and we are all amazing.</p> <p>I will know what makes me special.</p> <p>I will be proud of who I am and the things that make me, me.</p> <p>I will know what a community is.</p> <p>I will know that I am part of different communities.</p> <p>I will know that being kind and helpful makes our community a better place.</p> <p>I will learn about community helpers and the different jobs they do.</p>	<p>classroom clean, safe, and tidy.</p> <p>To explain how our class is like a family and why sharing jobs helps us all.</p> <p>Name at least three people who help us in the community.</p> <p>Find the best person to help us in different situations.</p> <p>Describe how different people in our community help us.</p>	<p>looking for information online.</p> <p>Recognise that people can belong to many different groups.</p> <p>Identify which groups you are a part of and what role you play in each group.</p> <p>Describe how we can help people from different groups to feel welcome and included.</p> <p>Identify ways that you are the same as and different from other people.</p> <p>Describe what it means to be unique.</p> <p>Explain why it's good to be different.</p>				
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	<p>I will know that some community helpers wear special clothes.</p> <p>I will know that some community helpers use special tools to do their jobs.</p>						
<u>Key Vocabulary</u>	<p>Listening</p> <p>Following instructions</p> <p>Kindness</p> <p>Self-confidence</p> <p>Feelings</p> <p>Pride</p> <p>Goals</p> <p>Internet safety</p> <p>Privacy</p> <p>Screen time</p> <p>Balance</p> <p>Road safety</p> <p>Caring for myself</p> <p>Caring for others</p> <p>Environment</p> <p>Planet</p> <p>Money</p> <p>Community</p> <p>Helpers</p> <p>Respect</p>	<p>Rules</p> <p>Responsibility</p> <p>Safety</p> <p>Digital devices</p> <p>Internet</p> <p>Online safety</p> <p>Balance</p> <p>Strengths</p> <p>Interests</p> <p>Uniqueness</p> <p>Jobs</p> <p>Skills</p> <p>Living things</p> <p>Care</p> <p>Recycling</p> <p>Plastic</p> <p>Environment</p> <p>Climate</p> <p>Community</p> <p>Cooperation</p>	<p>Money</p> <p>Barter</p> <p>Coins</p> <p>Notes</p> <p>Digital payment (or Online payment)</p> <p>Debit card</p> <p>Credit card</p> <p>Saving</p> <p>Spending</p> <p>Sharing</p> <p>Wants</p> <p>Needs</p> <p>Budget</p> <p>Patience</p> <p>Internet</p> <p>Personal information</p> <p>Online safety</p> <p>Trustworthy</p> <p>Community</p> <p>Unique</p>	<p>Jobs</p> <p>Careers</p> <p>Skills</p> <p>Talents</p> <p>Interests</p> <p>Experience</p> <p>Training</p> <p>Education</p> <p>Apprenticeship</p> <p>Stereotype</p> <p>Equality</p> <p>Rules</p> <p>Laws</p> <p>Rights</p> <p>Responsibilities</p> <p>Community</p> <p>Volunteering</p> <p>Reliable</p> <p>Unreliable</p> <p>Age-appropriate</p>	<p>Responsible spending</p> <p>Choice</p> <p>Budget</p> <p>Price</p> <p>Needs</p> <p>Wants</p> <p>Savings</p> <p>Record keeping</p> <p>Receipt</p> <p>Advertisement</p> <p>Online advert</p> <p>Influence</p> <p>Gambling</p> <p>Community</p> <p>Similarities</p> <p>Differences</p> <p>Prejudice</p> <p>Discrimination</p> <p>Racism</p> <p>Respect</p>	<p>Safety</p> <p>Support</p> <p>Worry</p> <p>Trusted adult</p> <p>Social media</p> <p>Platform</p> <p>Fake news</p> <p>Misinformation</p> <p>Digital editing</p> <p>Manipulated image</p> <p>Digital footprint</p> <p>Risk</p> <p>Hazard</p> <p>Firework safety</p> <p>Manners</p> <p>Respect</p> <p>Strengths</p> <p>Responsibility</p> <p>Independence</p> <p>Climate change</p>	<p>Identity</p> <p>Individual</p> <p>Diversity</p> <p>Community</p> <p>Equality</p> <p>Equity</p> <p>Fairness</p> <p>Barter</p> <p>Payment</p> <p>Goods</p> <p>Services</p> <p>Attitudes</p> <p>Money values</p> <p>Income</p> <p>Outgoings</p> <p>Cost of living</p> <p>Change</p> <p>Loss</p> <p>Feelings</p> <p>New beginnings</p>

Relationships
Education

<p>I will know how it feels when someone is kind to me.</p> <p>I will know how to use kind words when I talk to my friends.</p> <p>I will know how I can be kind to the people around me.</p> <p>I will know what I can say to make a new friend.</p> <p>I will ask questions to find out what my friends like and dislike.</p> <p>I will listen to my friends and try to be kind.</p> <p>I will ask if I want to play with a toy that someone else has.</p> <p>I will take turns when playing with my friends.</p> <p>I will know why it is important to share and take turns.</p> <p>I will know how to say, "I'm sorry."</p>	<p>Recognise the importance of treating people with respect.</p> <p>Recognise the importance of being polite.</p> <p>Recognise the importance of sharing when playing with others.</p> <p>Identify examples of unhelpful behaviour.</p> <p>Identify an example of when someone has shown kindness to you.</p> <p>Identify ways a person's body or feelings can be hurt.</p> <p>Talk about people in my life who are important to me.</p> <p>Identify people who can help me in different ways.</p> <p>Say how an important person in my life cares for me.</p> <p>I can say how families can be different.</p>	<p>Name some ways we can meet new people.</p> <p>Describe what you could say when you want to make a new friend.</p> <p>Explain what you could do to help a new friendship grow.</p> <p>Identify qualities that are important in a good friend.</p> <p>Describe how you can be a good friend and why this is important.</p> <p>Explain why it's good to have friends who are the same and different from us.</p> <p>Identify ways we can play well with others.</p> <p>Describe what playing fairly looks and sounds like.</p> <p>Explain why listening and taking turns help us enjoy playing together.</p> <p>Be respectful: share your ideas politely and listen carefully to others.</p>	<p>Describe how we can show respect and set a good example for our friends.</p> <p>Describe what it means to be polite and to treat others with respect.</p> <p>Identify different types of family structures.</p> <p>Describe the meaning of a caring, supportive relationship.</p> <p>Describe how we can show compassion to the environment, animals and those who are in need.</p> <p>Describe how to ask for, give or refuse permission in different scenarios.</p> <p>Describe how we can protect our privacy online.</p> <p>Describe how we can set friendship boundaries with others.</p> <p>Describe how we can be assertive when sharing our own needs, while also responding to other people's needs</p>	<p>Describe ways we can balance the time we spend online with other activities.</p> <p>Describe how seeing or playing inappropriate content could harm our safety and wellbeing.</p> <p>Describe why we need to be careful how we express ourselves when sending written messages to others.</p> <p>Describe how online friendships are the same and different from real-life friendships, and how both can affect feeling included or lonely.</p> <p>Describe how we can protect ourselves from harmful content or contact online.</p> <p>Describe when it is right to keep a secret and when it is important to share a secret.</p> <p>Describe how we can support friends and classmates who are bullied.</p>	<p>Describe the positive and negative effects that our behaviour can have on others.</p> <p>Describe what makes a good friend and reflect on how to turn a new acquaintance into a lasting friendship.</p> <p>Describe ways to build positive friendships that make everyone feel welcome and included.</p> <p>Describe the best strategies to use in specific case studies to overcome peer pressure.</p> <p>Describe how we can resist pressure to participate in risky behaviour.</p> <p>Describe what it means to be an upstander.</p> <p>Explain ways dangerous people seek out the vulnerable and how not to fall for their traps.</p> <p>Describe how loving, stable relationships</p>	<p>Identify how we can reduce conflict, respect the views of others and disagree with people respectfully.</p> <p>Identify examples of positive male role models who have had a beneficial influence on the world.</p> <p>Describe the similarities and differences between face-to-face bullying and bullying online.</p> <p>Describe the practical steps we can take to protect ourselves online, as well as what we should do if we are concerned.</p> <p>Explain how cyberbullying can occur through messaging apps and online gaming and identify strategies to prevent and respond to it.</p> <p>Describe basic ways to protect online privacy, such as using strong passwords and</p>
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<p>I will know when I need to apologise.</p> <p>I will know how to be sincere when I say sorry to someone.</p> <p>I will know the difference between telling the truth and telling a lie.</p> <p>I will know why it is important to always tell the truth.</p> <p>I will know what it means to trust someone.</p> <p>I will talk about the people in my family who are important to me.</p> <p>I will talk about happy memories and special times with my family.</p> <p>I will know that all families are special and unique.</p> <p>I will know what good choices are and can give examples.</p>	<p>I can name people who make up different kinds of families.</p> <p>I can say what it means to be a family.</p> <p>Name some ways loving families spend time together.</p> <p>Talk about special times or celebrations that families enjoy.</p> <p>Share something special about your family or a family you know well.</p> <p>Name body parts that are private.</p> <p>Say who we can talk to if we are worried about our private parts.</p> <p>Say what it means to keep our private parts private.</p> <p>Recognise different types of touch.</p> <p>Say whether a touch is wanted or unwanted.</p> <p>Know what to do and who to tell if a touch feels wrong.</p>	<p>Be a team player: work together and help your group make decisions.</p> <p>Explain why listening and working as a team are important.</p> <p>Identify ways that we can show respect to others.</p> <p>Describe the Golden Rule in your own words.</p> <p>Explain how we can apply the Golden Rule to different situations.</p> <p>Name some reasons why two people might disagree or begin to argue.</p> <p>Describe what you should do if you find yourself disagreeing with someone.</p> <p>Explain how we can make friends and get along again after a disagreement.</p> <p>Identify things we can do to feel better if we ever feel sad or lonely.</p> <p>Describe how we can spot loneliness in</p>	<p>and wishes in a kind and fair way.</p> <p>Describe how we can model respectful behaviour in different scenarios.</p> <p>Describe how teasing and joking can affect people differently.</p>	<p>Describe how we should respond if we witness or experience hurtful behaviour ourselves.</p> <p>Describe how our attitudes and ideas about marriage have changed over time.</p> <p>Describe how we can tell if someone is trustworthy or not, and what we should do if someone ever breaks our trust.</p> <p>Describe how qualities such as trust, respect and shared interests can help us to build positive relationships with others.</p>	<p>help children feel safe and secure.</p> <p>Identify common signs of abuse and explain how to report abuse if you or someone you know may be affected.</p> <p>Describe how the law protects girls from FGM and how we can assist others who might be at risk, including ourselves.</p> <p>Describe in detail the ways that someone could behave differently online, such as trolling or pretending to be someone they are not.</p> <p>Describe how to safely respond to a stranger and identify key warning signs if approached online.</p>	<p>not sharing personal details with strangers.</p> <p>Describe how much personal space we are all allowed to have and how we are all in charge of what happens to our own bodies.</p> <p>Describe the concept of 'sexual harassment' and its connection to the principles of consent and respecting personal boundaries.</p> <p>Identify different types of attraction and the types of people we might find attractive.</p> <p>Identify some of the different ways loving couples may decide to have children (e.g., natural conception, IVF, and adoption).</p> <p>Describe how family structures and ways of showing commitment have changed over time.</p> <p>Describe safe bedtime practices and nappy changing, highlighting</p>
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	<p>I will know what bad choices are and can give examples.</p> <p>I will know how to make good choices.</p> <p>I will know what good manners are.</p> <p>I will know how to show good manners.</p> <p>I will know when someone is rude.</p> <p>I will know the difference between right and wrong.</p> <p>I will know what being unkind is.</p> <p>I will know what bullying is.</p> <p>I will know what personal space is.</p> <p>I will know how to give personal space to others.</p> <p>I will know how to help others understand when I need personal space.</p> <p>I will know how to respect other people's</p>	<p>Know when it is important to ask first.</p> <p>Ask for permission using simple, polite words.</p> <p>Respect the answer if someone says no.</p>	<p>others, and ways we can help.</p> <p>Explain how buddy benches can help children feel included and less lonely.</p> <p>Identify different types of bullying, such as unkind words or leaving someone out.</p> <p>Describe bullying in your own words and say how it might make someone feel.</p> <p>Explain what you can do if someone is being bullied, including telling a trusted adult.</p> <p>Name some examples of kind and unkind words.</p> <p>Say how kind and unkind words can make people feel.</p> <p>Explain what we should do if someone uses hurtful words.</p> <p>Name some ways people can be kind or unkind.</p> <p>Say how it feels when someone is kind or mean.</p>				<p>how these routines strengthen caregiver-child relationships.</p>
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	<p>personal space and their personal things.</p> <p>I will know what permission is and how to ask others if I can share their space.</p> <p>I will know how to be respectful of others.</p> <p>I will know what a secret is.</p> <p>I will know the difference between good and bad secrets.</p> <p>I will know what to do with bad secrets.</p>		<p>Explain how we all have the power to make kindness grow.</p>				
<p><u>Key Vocabulary</u></p>	<p>Kind Happy Sad Friendly Sharing Turn Listen Respect Please Thank you Sorry Truth Trust Family Choice Manners Rude Bullying Space Secret</p>	<p>Respect Polite Sharing Kindness Feelings Hurt Behaviour Family Caring Support Different Belonging Private Body Touch Safe Worry Permission Choice Trust</p>	<p>Friendship Trust Qualities Kindness Respect Listening Turn-taking Fairness Teamwork Cooperation Polite Feelings Lonely Included Disagreement Apologise Forgive Bullying Unkind Support</p>	<p>Respect Polite Role model Compassion Empathy Supportive Family structures Responsibility Environment Permission Boundaries Privacy Online safety Assertive Needs Fairness Teasing Joking Intent Impact</p>	<p>Balance Screen time Wellbeing Inappropriate Safety Online Message Tone Friendship Included Lonely Trust Trustworthy Secret Bullying Hurtful Support Respect Relationship Boundaries</p>	<p>Behaviour Impact Friendship Inclusion Belonging Peer pressure Influence Risky behaviour Upstander Vulnerable Manipulation Trust Secure Abuse Report Law Protection Online identity Stranger Warning signs</p>	<p>Conflict Respect Perspective Role model Influence Bullying Cyberbullying Online safety Privacy Password Personal space Boundaries Consent Harassment Attraction Commitment Family structures Parenting Trust Responsibility</p>

<p><u>Health and Well-being</u></p>	<p>I will know how to wash my hands.</p> <p>I will know when I need to wash my hands.</p> <p>I will know why I need to wash my hands.</p> <p>I will know why it is important to take care of my body.</p> <p>I will know what I need to do to get washed and dressed.</p> <p>I will try to manage my own hygiene and personal needs.</p> <p>I will know what tools I need to clean my teeth.</p> <p>I will know how often I should clean my teeth.</p> <p>I will know why I need to clean my teeth.</p> <p>I will know which foods I need to eat to stay healthy.</p> <p>I will know which foods should only be eaten sometimes.</p>	<p>Recognise that we all vary in our likes, dislikes, strengths, and interests.</p> <p>Recognise that people grow and change as they get older.</p> <p>Recognise clues that can help to tell us how a person feels.</p> <p>Recognise that everyone experiences change and loss.</p> <p>Recognise that there are different ways we can play and learn.</p> <p>Recognise risk in everyday situations and how that might make you feel.</p> <p>Name one or more ways we can keep our bodies clean.</p> <p>Say when we need to wash our hands.</p> <p>Explain how handwashing can help to keep our bodies healthy.</p> <p>Say why it is important to take care of our teeth.</p>	<p>Identify habits and routines that are good for our health.</p> <p>Describe how habits and routines help us to stay healthy.</p> <p>Explain why it is important to look after the health of our bodies and minds.</p> <p>Identify foods and drinks that are good or bad for your teeth.</p> <p>Describe how to brush your teeth correctly.</p> <p>Explain why it is important to take good care of your teeth.</p> <p>Name some reasons why someone might find it hard to get to sleep.</p> <p>Describe a healthy bedtime routine.</p> <p>Explain why sleep is important.</p> <p>Identify different types of medicine.</p> <p>Describe how medicines help people to stay healthy or feel</p>	<p>Identify suitable strategies to manage difficult emotions.</p> <p>Identify strategies to manage setbacks.</p> <p>Identify reasons why regular exercise is good for our health and some of the risks of living an inactive lifestyle.</p> <p>Define the key terms 'grief' and 'loss,' and identify situations when we might feel them.</p> <p>Identify qualities and characteristics that make up your identity.</p> <p>Identify strengths and achievements you are proud of.</p> <p>Predict, assess and manage risky situations.</p> <p>Identify fire hazards around the home.</p> <p>Describe how to respond to burns and scalds, including what not to do.</p> <p>Describe the key components of a healthy, balanced diet,</p>	<p>Identify what we have to do to feel well and be healthy.</p> <p>Describe what good physical health means and how we can tell if something is wrong.</p> <p>Describe how to respond to both mild and severe allergic reactions.</p> <p>Describe how handwashing can help to prevent the spread of germs.</p> <p>Describe how to take medicines correctly and identify some of the effects of different drugs.</p> <p>Describe what a vaccine does and give examples of different types of germs.</p> <p>Describe how girls' bodies change during puberty.</p> <p>Describe how we can manage changes during puberty e.g. body odour.</p> <p>Describe ways to manage our feelings during puberty and</p>	<p>Describe in detail the benefits of healthy habits and routines and the consequences of unhealthy ones.</p> <p>Create a healthy, balanced meal and describe its role in meeting our bodies' nutritional needs.</p> <p>Explain how different types of exercise can help our bodies to stay fit and healthy.</p> <p>Create a healthy, balanced meal and describe its role in meeting our bodies' nutritional needs.</p> <p>Explain how different types of exercise can help our bodies to stay fit and healthy.</p> <p>Describe how we can maintain good physical health including when it would be appropriate to seek help from a medical professional.</p> <p>Describe the differences between viruses and bacteria and identify strategies to prevent the spread of germs.</p> <p>Describe what mental health problems are</p>	<p>Describe how risks present themselves in household settings and how we can avoid these.</p> <p>Describe how dopamine reinforces both healthy and unhealthy habits.</p> <p>Describe the meaning of 'free sugars', how much we should be consuming, and how this relates to the consumption of fizzy drinks.</p> <p>Describe the short and long-term effects of alcohol consumption and the reasons why people have differing views on whether to drink it.</p> <p>Describe how we can recognise different drugs, how they affect people and their health consequences.</p> <p>Describe what vaping is, how it differs from smoking, and explain why it's important for young people to understand the risks.</p> <p>Describe how our genes influence the</p>
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<p>I will know why we need to eat healthy food.</p> <p>I will know how to give my body a workout.</p> <p>I will know what the word exercise means.</p> <p>I will know how to keep my body fit and healthy.</p> <p>I will know how to protect my eyes and skin from the sun.</p> <p>I will know how to keep my body cool and hydrated during sunny weather.</p> <p>I will know why I need to protect my body from the sun.</p> <p>I will be able to recognise a happy face, a sad face, and an angry face.</p> <p>I will know how it feels to be happy, sad, angry, or scared.</p> <p>I will share my ideas about how a person</p>	<p>Know how often we should brush our teeth and for how long.</p> <p>Talk about ways we can take care of our teeth.</p> <p>Name things we can use to help keep our bodies safe in the sun.</p> <p>Say why it is important to stay safe in the sun.</p> <p>Talk about ways we can keep ourselves safe when it is sunny.</p> <p>Try healthy foods.</p> <p>Know which foods are healthy and which are not.</p> <p>Say why unhealthy foods are not good for our bodies.</p> <p>Name foods that are good for you.</p> <p>Talk about foods that help our bodies in different ways (e.g. energy, growing, staying well).</p> <p>Use scaffolded resources to plan a healthy meal.</p>	<p>Know how often we should brush our teeth and for how long.</p> <p>Talk about ways we can take care of our teeth.</p> <p>Name things we can use to help keep our bodies safe in the sun.</p> <p>Say why it is important to stay safe in the sun.</p> <p>Talk about ways we can keep ourselves safe when it is sunny.</p> <p>Try healthy foods.</p> <p>Know which foods are healthy and which are not.</p> <p>Say why unhealthy foods are not good for our bodies.</p> <p>Name foods that are good for you.</p> <p>Talk about foods that help our bodies in different ways (e.g. energy, growing, staying well).</p> <p>Use scaffolded resources to plan a healthy meal.</p>	<p>better when they are sick.</p> <p>Explain why we need to be careful around medicines.</p> <p>Recognise and name a range of feelings.</p> <p>Use imaginative words and phrases to describe our feelings. Explain why it is good to share our feelings with others.</p> <p>Identify examples of big feelings.</p> <p>Describe how we can manage big feelings.</p> <p>Explain how we can help others with their feelings.</p> <p>Identify stages in the human life cycle.</p> <p>Describe how our bodies change as we grow up.</p> <p>Explain why our needs change as we grow older.</p> <p>Name a range of body parts, including those that are private.</p>	<p>including foods that should be eaten sparingly.</p> <p>Describe how our health habits can affect our bodies in positive and negative ways.</p> <p>Describe how our choices can help or harm our health.</p>	<p>identify where we can find help if we need it.</p> <p>Describe how personal hygiene routines often change during puberty.</p> <p>Describe how poor hygiene and diet can damage teeth and gums.</p> <p>Describe simple steps we can take to improve our sleep.</p> <p>Name the four parts of the Water Safety Code and explain what each one means in your own words.</p> <p>Describe important steps we can take to keep ourselves safe during these activities.</p> <p>Describe how to respond if you suspect someone is having an asthma attack, including when to call the emergency services.</p>	<p>and how we can take care of our mental health.</p> <p>Describe the ways in which external factors can influence our emotions.</p> <p>Use a range of vocabulary to describe our feelings and the effect they can have on our bodies.</p> <p>Describe what positive and negative self-esteem mean.</p> <p>Describe how we can help others develop a positive body image.</p> <p>Describe the changes in detail as well as how and when they will happen.</p> <p>Describe these changes in detail, including when and how they happen.</p>	<p>way our bodies develop during puberty.</p> <p>Describe how these changes vary from person to person, as well as when and how they take place.</p> <p>Describe what happens during the menstrual cycle, highlighting both physical and emotional symptoms and how to manage them.</p> <p>Describe how human reproduction happens at a cellular level and how a baby begins to grow.</p> <p>Describe how the mental and physical changes we experience during puberty can affect us emotionally.</p> <p>Describe what it means to have positive or negative mental wellbeing and how to identify warning signs in others.</p> <p>Describe how the sun can harm us if we</p>
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	<p>might be feeling and why.</p> <p>I will recognise when my body feels angry, upset, or out of control.</p> <p>I will know what to do to calm my body and my mind.</p> <p>When I cannot use my words, I will know how to ask a grown-up for help.</p> <p>I will try my best and be proud of what I achieve.</p> <p>I will try new activities and know that it takes time to learn new things.</p> <p>I will keep trying, even when I struggle or find something hard to do.</p> <p>I will know which tasks I should try to do on my own.</p> <p>I will have a go and try my best.</p> <p>When I ask an adult for help, I will watch</p>	<p>Name one or more ways we can help our bodies stay fit and healthy.</p> <p>Move our bodies to have fun, stay active, and learn new skills.</p> <p>Say how being physically active is good for our bodies.</p>	<p>Know which parts of the body are private and understand what this means.</p> <p>Explain why it is important to use the correct names for body parts and how to keep them private.</p> <p>To notice when there is a risk of getting hurt.</p> <p>Describe how to stay safe outdoors (e.g. beach, roads, playground).</p> <p>Explain why we should follow safety rules.</p> <p>Be aware of safety hazards in the home.</p> <p>Describe how to stay safe around these hazards.</p> <p>Create simple home safety rules to help keep everyone safe.</p> <p>Identify safe places to cross a road.</p> <p>Describe how to cross the road safely.</p>				<p>don't protect our skin properly.</p> <p>Describe how hazards can present risks and potentially harm us. Describe how we can stay safe.</p> <p>Describe how to determine whether an injury is minor or more serious and in need of an emergency response.</p> <p>Describe how to help in an emergency, including calling for an ambulance and giving basic First Aid.</p>
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	<p>and listen, then try again with support.</p> <p>I will recognise that people grow and change as they get older.</p> <p>I will understand that we all start our lives as babies.</p> <p>I will correctly identify some of the stages of human life.</p> <p>I will identify parts of the human body.</p> <p>I know what role or function some of our body parts do.</p> <p>I will understand that some of our body parts are private.</p>		<p>Explain how road safety rules help us to stay safe.</p> <p>Identify when someone is badly hurt or needs help.</p> <p>Make a pretend call to the emergency services.</p> <p>Explain why it is important to know what to do if someone is badly hurt.</p>				
<u>Key Vocabulary</u>	<p>Clean</p> <p>Wash</p> <p>Germ</p> <p>Healthy</p> <p>Body</p> <p>Dress</p> <p>Hygiene</p> <p>Teeth</p> <p>Food</p> <p>Exercise</p> <p>Sun</p> <p>Water</p> <p>Happy</p> <p>Sad</p> <p>Angry</p>	<p>Different</p> <p>Likes</p> <p>Dislikes</p> <p>Strengths</p> <p>Interests</p> <p>Growing</p> <p>Change</p> <p>Feelings</p> <p>Risk</p> <p>Clean</p> <p>Handwashing</p> <p>Healthy</p> <p>Teeth</p> <p>Sun safety</p> <p>Food</p>	<p>Habits</p> <p>Routine</p> <p>Healthy</p> <p>Teeth</p> <p>Medicine</p> <p>Sleep</p> <p>Feelings</p> <p>Emotions</p> <p>Manage</p> <p>Growing</p> <p>Life cycle</p> <p>Body</p> <p>Private</p> <p>Risk</p> <p>Safe</p>	<p>Emotions</p> <p>Strategies</p> <p>Setbacks</p> <p>Resilience</p> <p>Exercise</p> <p>Inactive</p> <p>Health</p> <p>Grief</p> <p>Loss</p> <p>Identity</p> <p>Strengths</p> <p>Achievements</p> <p>Risk</p> <p>Hazard</p> <p>Fire safety</p>	<p>Healthy</p> <p>Wellbeing</p> <p>Physical health</p> <p>Germ</p> <p>Hygiene</p> <p>Medicine</p> <p>Vaccine</p> <p>Allergy</p> <p>Reaction</p> <p>Puberty</p> <p>Changes</p> <p>Body odour</p> <p>Feelings</p> <p>Support</p> <p>Teeth</p>	<p>Habits</p> <p>Routine</p> <p>Nutrition</p> <p>Balanced</p> <p>Exercise</p> <p>Fitness</p> <p>Physical health</p> <p>Mental health</p> <p>Wellbeing</p> <p>Virus</p> <p>Bacteria</p> <p>Germ</p> <p>Prevent</p> <p>Emotions</p> <p>Influences</p>	<p>Risk</p> <p>Hazard</p> <p>Safety</p> <p>Dopamine</p> <p>Habit</p> <p>Free sugars</p> <p>Alcohol</p> <p>Drugs</p> <p>Vaping</p> <p>Smoking</p> <p>Puberty</p> <p>Genetics</p> <p>Development</p> <p>Menstrual cycle</p> <p>Reproduction</p>

	Scared Calm Help Growing Private	Exercise Fit Energy Active Safe	Hazard Rules Emergency Help Safety	Burns Scalds Diet Balanced Choices	Sleep Water safety Emergency Asthma Risk	Self-esteem Body image Puberty Changes Support	Wellbeing Mental health Sun safety Emergency First Aid
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