

Reception					
					
Being me in my World	Being in my world with others	My relationship with me	My healthy body & healthy mind	My relationship with others	Looking after my health around others
<p>I can:</p> <ul style="list-style-type: none"> Keep safe at school Say home I am feeling today Share & work as part of a team Celebrate my uniqueness 	<p>I can:</p> <ul style="list-style-type: none"> Identify my strengths Talk about people that are special to me Think about what makes a good friend 	<p>I can:</p> <ul style="list-style-type: none"> Keep going when I find things tricky Set simple goals to help me get better at something Support my friends Share my dreams & wishes 	<p>I can:</p> <ul style="list-style-type: none"> Understand how exercise benefits my body Sort healthier/ less-healthy food choices Understand that sleep is important for me Keep my body clean Recognise my safe adults 	<p>I can:</p> <ul style="list-style-type: none"> Make new friend Use kind words Begin to resolve conflicts with others Use different tools to help myself to feel calm when I am angry or upset 	<p>I can:</p> <ul style="list-style-type: none"> Label body parts Respect my body Recognise how I change as I grow up Talk about my worries Celebrate my year



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	Have strategies to stand up for myself & my friends				
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Year 1					
					
My Relationship with Me:	My relationship with others	My healthy body & healthy mind	Looking after my health around others	Being me in my world	Being with others in the world/ changes
<p>I can:</p> <ul style="list-style-type: none"> Listen to others Play cooperatively Recognise & name feelings Demonstrate kind behaviour 	<p>I can:</p> <ul style="list-style-type: none"> Celebrate my uniqueness Make friends Listen to other people Play & work cooperatively Talk about my family 	<p>I can:</p> <ul style="list-style-type: none"> Share things that I like about me Talk about the different groups I belong to Recognise different people from our community Make healthier choices 	<p>I can:</p> <ul style="list-style-type: none"> Identify risks at home Identify risks outside of the home Cross the road safely with an adult Respect other people's boundaries 	<p>I can:</p> <ul style="list-style-type: none"> Think about ways to care for living things Identify people with different responsibilities in school Keep my money safe Make a plan for spending/ saving 	<p>I can:</p> <ul style="list-style-type: none"> Show care for living things Look after the environment Identify how animals/ humans change as they grow Name the main parts of the body (including external genitalia) Recognise



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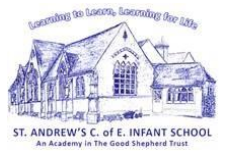


			Say no if I feel uncomfortable		Prepare for change (moving to year 2)
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Year 2					
					
My relationship with me	My relationship with others	My healthy body & healthy mind	Being in the world with others	Being me in my world	Looking after my health around others
<p>I can:</p> <ul style="list-style-type: none"> Notice how different emotions feel in my body Recognise how my behaviour can impact on others Advocate for my personal space 	<p>I can:</p> <ul style="list-style-type: none"> Use a range of words to describe my feelings Recognise how others might be feeling Resolve arguments positively 	<p>I can:</p> <ul style="list-style-type: none"> Identify healthy/less healthy food choices Find a physical activity I enjoy Recognise the importance of playing outside/having screen breaks 	<p>I can:</p> <ul style="list-style-type: none"> Help care for animals and other living things Help care for and protect the environment Tell the difference between a need & a want Look after my money 	<p>I can:</p> <ul style="list-style-type: none"> Identify key people in my community Talk about my feelings Recognise my role at school and the community Think about how to make the community better 	<p>I can:</p> <ul style="list-style-type: none"> Recognise risk in everyday situations Get help in an emergency Know the things we put on or in our bodies can affect us



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		<p>Begin to manage big feelings I know when to ask for help with big feelings</p>		<p>Identify things that make me feel good</p>	<p>Identify how our needs change as we grow Use the correct anatomical names for male & female body parts Explore my feelings as I prepare to move key stage</p>
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Year 3					
					
My relationship with me	My relationships with others	My healthy body & healthy mind	Looking after my health around others	Being me in my world	Being in my world with others
<p>I can:</p> <ul style="list-style-type: none"> Build respectful relationships Recognise & develop healthy relationships Advocate for my personal space 	<p>I can:</p> <ul style="list-style-type: none"> Identify features of positive friendships Include others Say no to things that make me feel uncomfortable Respond to hurtful or unkind behaviour 	<p>I can:</p> <ul style="list-style-type: none"> Identify the elements of a healthy lifestyle Recognise positive and negative habits Get help if I am feeling poorly 	<p>I can:</p> <ul style="list-style-type: none"> Recognise what contributes to a healthy lifestyle Manage my time online 	<p>I can:</p> <ul style="list-style-type: none"> Identify my strengths & share things I am proud of Set goals for myself Persevere when things are difficult Think about using money in a way that does good 	<p>I can:</p> <ul style="list-style-type: none"> Begin to understand peoples career choices Think about the type of job I might enjoy Identify skills that will help me in my future roles Explore me feelings as I prepare for a new year group



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Year 4					
					
My relationship with me	My relationship with others	My healthy body & healthy mind	Looking after my health around others	Being me in my world	Being in the world with others
<p>I can:</p> <p>Influence my friends positively & respond to negative peer pressure</p> <p>Get help if a friendship on/ off line is worrying me</p>	<p>I can:</p> <p>Identify features of a positive friendship</p> <p>Recognise & challenge discrimination</p> <p>Make conscious choices with my money</p>	<p>I can:</p> <p>Support my mental & physical health</p> <p>Reflect on my strengths/skills/ achievements</p> <p>I can manage setbacks/ perceived failures</p> <p>Take care of my personal hygiene</p>	<p>I can:</p> <p>Evaluate my habits</p> <p>Balance my screen time with other activities</p> <p>Recognise the difference between medicine and drugs</p> <p>Use simple first aid techniques</p>	<p>I can:</p> <p>Think about how to use money consciously</p> <p>Identify different ways to pay for things</p> <p>Plan & track my saving/ spending</p>	<p>I can:</p> <p>Identify my rights and responsibilities</p> <p>Show compassion for others</p> <p>Manage my emotions about changing year groups</p>





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			Look after the local environment	Understand how feelings can affect spending choices	
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Year 5					
					
My relationship with me	My relationships with others	My healthy body & healthy mind	Being in my world with others	Being me in my world	Looking after my health around others
<p>I can:</p> <ul style="list-style-type: none"> Seek advice & support if a friendship/ relationship is worrying me Manage peer pressure effectively Act as a positive influence on others Treat myself & others with respect 	<p>I can:</p> <ul style="list-style-type: none"> Appreciate diversity within our community Recognise & challenge negative stereotypes Respond to hurtful behaviour witnessed or experienced 	<p>I can:</p> <ul style="list-style-type: none"> Plan activities that support my mental health Recognise warning signs for mental health & wellbeing Reframe unhelpful thinking Recognise key physical & emotional changes 	<p>I can:</p> <ul style="list-style-type: none"> Talk about feelings that might come up with change & loss Recognise safe & healthy ways to manage feelings Use problem solving or coping strategies to deal with change Recognise my strengths 	<p>I can:</p> <ul style="list-style-type: none"> Tell the difference between a need & a want Consider ethical spending choices Use a tracker to track my spending Recognise how advertising can influence spending 	<p>I can:</p> <ul style="list-style-type: none"> Maintain good personal hygiene Link puberty to reproduction Use basic first aid Say 'no' if someone is pressuring me Understand how our responsibilities change as we grow up



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		that happen during puberty	Identify skills that will help me in my future career Set meaningful goals		
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Year 6					
					
My relationship with me	My relationship with others	My healthy body & healthy mind	Looking after my health around others	Being me in my world	Being in my world with others
<p>I can:</p> <ul style="list-style-type: none"> Seek advice & support if a friendship/relationship is worrying me Manage peer pressure effectively Act as a positive influence on others Cross the road safely 	<p>I can:</p> <ul style="list-style-type: none"> Behave with kindness & respect (on & offline) Maintain positive relationships Listen respectfully to the views of others Challenge views I do not agree with Manage changing friendships 	<p>I can:</p> <ul style="list-style-type: none"> Express my feelings in a safe way Develop strategies to respond to feelings appropriately Keep myself & my personal information safe online Critically evaluate what I see online (and recognise 	<p>I can:</p> <ul style="list-style-type: none"> Assess and manage risks at home Keep myself safe in the local area Recognise the risks of everyday legal drugs Think critically about what I see in the media 	<p>I can:</p> <ul style="list-style-type: none"> Recognise what influences my spending Compare items and identify good value for money Keep my money & personal information safe Begin to understand how money can support the wider community 	<p>I can:</p> <ul style="list-style-type: none"> Identify different careers & their pathways Identify skills that will help me in my future Identify my feelings around moving to secondary Manage my emotions around transition



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		when I might be being misled) Explore my personal identity			
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