

## Significant people Community Equality & Justice Environmental Responsibility

Autumn T	erm	Knowledge Gained	Skills Learnt	Vocabulary
Year 1	Me and my relationships	To understand that classroom rules help everyone to learn and be safe. To know a range of feelings To know how feelings might make us behave To know that people's bodies and feelings can be hurt To know that they belong to various groups and communities such as their family To know simple qualities of friendship; To know what positive feedback is.	To explain their classroom rules and be able to contribute to making these To suggest strategies for someone experiencing 'not so good' feelings to manage these To suggest ways of dealing with different kinds of hurt To explain how these people help us and we can also help them to help us To Suggest simple strategies for making up. To give and receive positive feedback, and experience how this makes them feel.	feelings, emotions sad, happy, excited, tired, ill, angry, mad, upset, annoyed, help, rules, facial expressions, positive, negative, friends, friendship
		To know we can give thanks to God in different ways To know we are part of God's family To know saying sorry is important and can mend friendships.	To reflect and pray to God To say sorry and forgive	Gods family, sorry, forgiveness

Ver 2	Growing and changing	To know Jesus cared for others and had expectations of them and how they should act To know we should love other people in the same way God loves us. To know the names of major internal body parts To understand the simple bodily processes associated with them To understand some of the tasks required to look after a baby To know the things they could do as a baby, a toddler and can do now; To know the difference between a secret and a nice surprise; To know who they can talk to if they feel uncomfortable about any secret they are told, or told to keep	To explain the simple bodily processes associated with them To explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding To Identify the people who help/helped them at those different stages. To identify situations as being secrets or surprises To recognise the range of feelings that are associated with loss	ask, changing, development, differences, similarities, eye contact, cuddling, washing, changing, feeding, baby, toddler organ heart lungs intestines brain stomach oxygen digested body, head, neck, shoulders, elbow, hands, stomach, fingers, hips, knee, leg, foot, ankle toes
Year 2	Me and My Relationships	To know what would make a positive classroom environment T know a range of words to describe feelings; To know that people have different ways of expressing their feelings;	To suggest actions that will contribute positively to the life of the classroom To make a pledge based on actions discussed. To collaboratively write classroom rules To identify situations as to whether they are incidents of teasing or bullying. To rehearse strategies of dealing with bullying.	express feelings controlled way fear surprise nervousness bullying teasing hurtful

	To know helpful ways of responding to other's feelings	To explain the difference between bullying and isolated unkind behaviour	repetition power imbalance
	To know what is meant by the terms	To identify some of the ways that good friends care	intentional
	'bullying' and 'teasing' showing an	for each other.	physical
	understanding of the difference between	To explain where someone could get help if they	verbal
	the two	were being upset by someone else's behaviour.	emotional
	To know strategies for dealing with bullying	were being upset by someone else's benaviour.	online/cyber
	To know that that there are different types		indirect
	of bullying and unkind behaviour		mancet
	To know that bullying and unkind		
	behaviour are both unacceptable ways of		
	behaving		
	To know that friendship is a special kind of		Grateful
	relationship;		Faith
	To know how to deal with feelings		Personhood
	To know we can give thanks to God in		
	different ways		
Valuing	To know that a person's behaviour can	To explain how a person's behaviour can affect other	making eye contact,
Difference	affect other people.	people.	nodding head, making
	To know people who are special to them;	To explain why someone is special to them.	positive noises, not
	To know how it can make someone feel to	To explain how it feel to be left out of a group	being distracted,
	be left out of a group.	To identify groups there are part of	
	To know ways of helping someone who is	To explain how they can help someone who is	negotiate
	feeling left out.	feeling left out	compromise
	To know what kind and unkind mean	To identify act of kindness and unkindness	act of kindness
	To know that being kind and unkind to	To suggest kind words and actions	polite
	people can impact others feelings.	To list ways to show we are actively listening	courteous
	To know acts of kindness.	To suggest strategies for dealing with a range of	
	To know how we show someone we are	common situations where negotiation is involved.	
	actively listening.		
	To know what it means to negotiate.		

		o learn that we are unique, with individual ifts, talents and skills.		unique individual gifts, talents skills
Year 3 Me an relatio	onships Ta di Ta br Ta Ta Ta co Ta ta Ta ta Ta ta Ta ta Ta ta ta Ta ta ta Ta ta ta Ta ta ta ta ta ta ta ta ta ta ta ta ta ta	o know why we have rules o know that different age groups have ifferent rules in regards to online activities o know that there are consequences for reaking rules o know that feelings are normal and our esponse to different situations. o know what cooperation and ollaboration are. o know that working together in a ollaborative manner can help everyone to chieve success. o know what a dare is and that no one ad the right to them in to doing a dare. o know they can express their opinions nd should listen to those of others.	To suggest appropriate rules for a range of settings To explain how someone might feel when they have lost something important to them To identify the different skills that people can bring to a group task To suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare To practise explaining the thinking behind their ideas and opinions	social media online gaming following regulations age restricted content age restrictions PG film stereotyping gambling violence bad language cooperation collaboration teamwork appropriate and proportionate behaviour loss dare hazards respect others <i>in God's image and likeness</i> <i>personal and communal</i> <i>prayer</i> <i>reconciliation</i> <i>sustain a relationship</i> <i>Prodigal Son</i>

	To know that God loves, embraces, guides, forgives and reconciles us with him and one another. To know the importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. To know that relationships take time and effort to sustain. To know we reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness. To know that in Baptism God makes us His adopted children and 'receivers' of His love To know that by regularly receiving the Sacrament of Reconciliation, we grow in good deeds		
Valuing difference	To know that there are many different types of family; To understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.' To know what the term 'community' and what communities that they belong to; To know examples of listening skills To know that you can challenge another's viewpoint but it must be done respectfully To know that people living in the UK have different origins; To know what factors make people similar to and different from each other To know that repeated name calling is a form of bullying	To list the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing. To give examples of respectful language. To give examples of how to challenge another's viewpoint, respectfully. To identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds To identity some of the qualities that people from a diverse range of backgrounds need in order to get on together To suggest strategies for dealing with name calling (including talking to a trusted adult).	adoption fostering community step-mum step-dad step-sister step-brother respect/ respectfully tolerance diverse range of backgrounds prejudiced view

		To know what it means to have prejudiced views To know ways to maintain and develop good, positive, trusting relationships. To know that there are different types of relationships including those between acquaintances, friends, relatives and family; To know good friendship is when both persons enjoy each other's company and also want what is truly best for the other; To know the difference between a group of friends and a 'clique'.		acquaintances relatives clique
Year 4	Me and My Relationships	To know 'good' and 'not so good' feelings To know that feelings can affect our physical state To know different words can express the intensity of feelings. To know what we mean by a 'positive, healthy relationship'; To know that there are times when they might need to say 'no' to a friend; To define successful qualities of teamwork and collaboration. To identify a wide range of feelings; To know that different people can have different feelings in the same situation; To know that our feelings might change towards someone or something To understand and give examples of who or where pressure to behave in an unhealthy,	To explain what feelings are good and not so good for them. To explain ways that feelings change our physical state. To describe some of the qualities that they admire in others To Describe appropriate assertive strategies for saying 'no' to a friend To demonstrate strategies for working on a collaborative task To explain how feelings can be linked to physical state. To demonstrate a range of feelings through their facial expressions and body language	content relaxed excited concentrate on things heart rate steady muscles relaxed lonely ashamed guilty threatened teeth clenched, heart rate increased, sweating, tensed muscles, inability to sleep, butterflies in tummy positive, healthy relationship body language

	unacceptable or risky way might come from.	To give examples of strategies to respond to being bullied, including what people can do and say	peer pressure
	To know we are created individually by God who is Love, designed in His own image and likeness To know God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose To know every human life is precious from the beginning of life (conception) to natural death To know personal and communal prayer and worship are necessary ways of growing in our relationship with God		
Valuing Difference	<ul> <li>To define the terms 'negotiation' and 'compromise';</li> <li>To understand the need to manage conflict or differences and</li> <li>To understand that they have the right to their personal body space</li> <li>To know that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);</li> <li>To know that there are many ways we are all different and that is okay.</li> <li>To know what behaviour is considered aggressive.</li> <li>To understand and identify stereotypes, including those promoted in the media</li> </ul>	To suggest ways managing conflict or differences through negotiation and compromise To Recognise how others' non-verbal signals indicate how they feel when people are close to their body space To give examples of features of these different types of relationships, including how they influence what is shared To list some of the ways that people are different to each other (including differences of race, gender, religion To recognise potential consequences of aggressive behaviour; To suggest strategies for dealing with someone who is behaving aggressively	negotiation (appeared. prev.) compromise (appeared. prev.) non-verbal signals conflict personal body space diversity friendly disposition aggressive behaviour stereotype

		To know that similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; To know that self-confidence arises from being loved by God (not status, etc)		<i>self-confidence</i>
Year 5	Me and my relationships	To understand what collaboration means; To understand what is meant by the terms negotiation and compromise; To know what things make a relationship unhealthy; To know the characteristics of passive, aggressive and assertive behaviours; To know their basic emotional needs, understand that they change according to circumstance; To understand that online communication can be misinterpreted; To know responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face. <i>To know that we were created individually by</i> <i>God who cares for us and wants us to put our</i> <i>faith in Him.</i> <i>To know that physically becoming an adult is a</i> <i>natural phase of life.</i> <i>To know lots of changes will happen during</i> <i>puberty and sometimes it might feel confusing,</i>	To give examples of how they have worked collaboratively To describe the attributes needed to work collaboratively To describe strategies for resolving difficult issues or situations To Give examples of some key qualities of friendship To Reflect on their own friendship qualities To rehearse assertiveness skills To identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.	collaboration (appeared. prev.) cooperation (appeared. prev.) negotiation (appeared. prev.) compromise (appeared. prev.) assertiveness passive, aggressive behaviour assertive behaviour healthy/unhealthy relationship mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties risk taking risk factors

	but it is all part of God's great plan and the results will be worth it		emotional needs cyberbullying misinterpretation online relationships face-to-face relationships
Valuing different	To know key qualities of friendship; To know how to respond respectfully and appropriately to others. To understand what discrimination is and its injustice, To know how discriminatory behaviour can be challenged. To Identify and describe the different groups that make up their school/wider community/other parts of the UK; To know the importance of mutual respect for different faiths and beliefs and how we demonstrate this. To understand that the information we see online, either text or images, is not always true or accurate; To know that some people post things online about themselves that aren't true, sometimes this is so that people will like them;	To describe ways of making a friendship last To explain why friendships sometimes end. To empathise with people who have been, and currently are, subjected to injustice, including through racism To describe the benefits of living in a diverse society To identify the consequences of positive and negative behaviour on themselves and others To be able to give examples of how individual/group actions can impact on others in a positive or negative way.	pubertycompassionauthoritydiscriminationdiscriminatory bahaviourinjusticeracismempathy/empathisewider communitydiverse societycustomsreligious practisesexgender identitygender expression andsexual orientation
	To know that God calls us to love others.		Sou s cuning

	To know ways in which we can participate in God's call to us.		
Year 6 Me and relation	•	To demonstrate a collaborative approach to a task To suggest positive strategies for negotiating and compromising within a collaborative task To demonstrate positive strategies for negotiating and compromising within a collaborative task To list some assertive behaviours To recognise and empathise with patterns of behaviour in peer-group dynamics To suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about To suggest ways that people can respond more positively to others	reaching an agreement (negotiation) mutual concession(compromise) peer influence peer pressure peer-group dynamics assertiveness skills

Valuing differences	To know that bullying and discriminatory behaviour can result from disrespect of people's differences; To know that all people are unique but that we have far more in common with each	To suggest strategies for dealing with bullying, as a bystander To describe positive attributes of their peers To consider how a bystander can respond to someone being rude, offensive or bullying someone	discriminatory behaviour disrespect bystander offensive behaviour <b>prejudice</b> (appeared
	other than what is different about us To know ways of offering support to someone who has been bullied To understand and explain the term prejudice; To know the benefits of living in a diverse society	else To identify and describe the different groups that make up their school/wider community/other parts of the UK To describe qualities of a strong, positive friendship To describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative).	prev.) <b>stereotype</b> (appeared prev.) stereotypical gender portrayals
	To know the importance of mutual respect for different faiths and beliefs and how we demonstrate this. To know the difference between a friend and an acquaintance; To define what is meant by the term stereotype; To know how the media can sometimes reinforce gender stereotypes;		
	<ul> <li>To know that people fall into a wide range of what is seen as normal;</li> <li>To know they can challenge stereotypical gender portrayals of people.</li> <li>To know that similarities and differences between people arise as they grow and</li> </ul>		
	mature, and that by living and working together ('teamwork') we create community;		

To know that self-confidence arises from	
being loved by God (not status, etc)	

Spring Ter	m	Knowledge Gained	Skills Learnt	Vocabulary
Year 1	Valuing difference	To know that everybody is different. To know that we should celebrate everyone's differences To know 'special people' (their parents, carers, friends, parish priest) and what makes them special The know the importance of being close to and trusting special people and telling them if something is troubling them To know their behaviour affects other people, and that there is appropriate and inappropriate behaviour To know Different types of teasing and that all bullying is wrong and unacceptable. To know that when we are unkind to others, we hurt God also and should say sorry to him as well To know that we should forgive like Jesus forgives.	To identify the differences and similarities between people To recognise when they have been unkind and say sorry To recognise when people are being unkind and how we can respond	Different, similar, celebrate, values, respect, unfair, fair, special people, opinion, expression, compare

	Keeping myself safe	To know that the body gets energy from food, water and air (oxygen) To know that exercise and sleep are important parts of a healthy lifestyle. To understand safe and unsafe situations, including online. To know Some basic principles of First Aid To know Medicines are drugs, but not all drugs are good for us. To know Alcohol and tobacco are harmful substances. To know our bodies are created by God, so we should take care of them and be careful about what we consume. To know that they are entitled to bodily privacy To know that there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. To know the difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them	To explain why sleep and exercise are important to our health. <i>To call 99 in and emergency and ask for ambulance</i> <i>police and/fire</i> <i>To explain times when basic first aid would be needed</i> <i>and when we might need to call 999.</i> <i>To perform basic principles of first aid.</i>	Healthy balance diet sleep, water, food, nutrition, warm, sad, upset, lonely, uncomfortable, medicine
Year 2	Keeping Myself Safe	To know that medicines can sometimes make people feel better when they're ill To know we have to be careful with medicines. To know what its means to feel safe and unsafe. To know what to do or who to ask for help in unsafe situations. To know what to say to keep themselves and safe	To give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell To explain simple issues of safety and responsibility about medicines and their use. To identify situations in which they would feel safe or unsafe To suggest actions for dealing with unsafe situations including who they could ask for help	medicines unwell sleep to feel safe/unsafe safety getting help touch hurt uncomfortable

	<ul> <li>To know that some touches are not fun and can hurt or be upsetting;</li> <li>To know that they can ask someone to stop touching them</li> <li>To know who they can talk to if someone touches them in a way that makes them feel uncomfortable.</li> <li>To know that not all secrets are good (safe and unsafe secrets).</li> <li>To know the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.</li> <li>To know how some touches will make other feel</li> <li>To know that it is natural for us to relate to and trust one another;</li> <li>To know that we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc);</li> <li>To learn a language to describe our feelings.</li> </ul>	To identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe. To identify safe secrets (including surprises) and unsafe secrets To identify how inappropriate touch can make someone feel To explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop. To talk about how they feel To explain what they are feeling	private private parts consent permission support network environment responsibility <i>likes/ dislikes</i> <i>tastes</i> <i>choices</i> <i>consequences</i> <i>attentive</i>
Rights and Responsibilitie	To know who the special people in the school and community who can help to keep them safe; To know how to ask for help	To identify any problems with the school environment (e.g. things needing repair); To make suggestions for improving the school environment	

		To know that they all have a responsibility for helping to look after the school environment. To know the difference between feelings and actions. To know choices have consequences To know that is we make a mistake we are called to receive forgiveness To know that Jesus died on the cross so that we would be forgiven.		
Year 3	Keeping myself safe	To know the difference between safe and unsafe situations To understand the words danger and risk and explain the difference between the two To know strategies of dealing with a risky situation	To suggest strategies for keeping safe. To identify risk factors in given situations To suggest ways of reducing or managing those risks.	trust danger/dangerous risk/ risky risk factors
		To develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong To learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. To know that just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others	To suggest ways of responding to bullies. To recognise that their increasing independence brings increased responsibility to keep themselves and others safe How to report and get help if they encounter inappropriate materials or messages.	harassment exploitation inappropriate material healthy/ ill password personal information drugs alcohol tobacco harmful

	To know Medicines are drugs, but not all drugs are good for us. To know Alcohol and tobacco are harmful substances. To know our bodies are created by God, so we should take care of them and be careful about what we consume.		substance
ights and esponsibilities	To know what a volunteer is To understand why people volunteer, including mental health and wellbeing benefits to those who volunteer. To understand the difference between 'fact' and 'opinion'; To Understand how an event can be perceived from different viewpoints; To know what is meant by the environment; To understand the terms 'income', 'saving' and 'spending'; To know that there are times we can buy items we want and times when we need to save for items; To know that people earn their income through their jobs and the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)	To identify people who are volunteers in the school community To identify key people who are responsible for them to stay safe and healthy To plan, draft and publish a recount using the appropriate language To evaluate and explain different methods of looking after the school environment To suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)	volunteer wellbeing mental health fact opinion viewpoint earning income saving spending waste
	To know what is considered bad language and bad behaviour are inappropriate	To be able to report and get help if they encounter inappropriate materials or messages.	

Year 4	Keeping Myself Safe	To define the terms 'danger', 'risk' and 'hazard' and explain the difference between them To understand how quickly images online are shared and how hard they are to remove. To identify images that are safe/unsafe to share online; To understand the implications of sharing images online without consent. To define what is meant by the word 'dare'; To understand that medicines are drugs; To know the safety issues for medicine use To understand some of the key risks and effects of smoking and drinking alcohol	To identify situations which are either dangerous, risky or hazardous TO Suggest simple strategies for managing risk TO explain strategies for safe online sharing To identify from given scenarios which are dares and which are not To suggest strategies for managing dares To used strategies to limit the spread of germs. (hand washing, catch it, bin it, kill it.)	hazard/hazardous privacy privacy settings online security <b>assertive</b> social norm
		To understand that images in the media do not always reflect reality and can affect how people feel about themselves.		media representations <b>stereotypes (app. prev)</b> fake reality
	Rules, Rights and Responsibilities	To know how different people in the school and local community help them stay healthy and safe; To define what is meant by 'being responsible'; To know and understand the reason we have rules;	To describe the various responsibilities of those who help them stay healthy and safe To suggest ways they can help the people who keep them healthy and safe To suggest and engage with ways that they can contribute to the decision-making process in school (school council, equality council, eco council)	being responsible reliable trustworthy anti-social behaviour witness conservation rules democracy

		To know that everyone can make a difference within a democratic process. To know what a bystander is and how it can influence bullying or other anti-social behaviour To know that they can play a role in influencing outcomes of situations by their actions. To understand some of the ways that various national and international environmental organisations work to help take care of the environment; To understand and explain the value of this work. To define the terms 'income' and 'expenditure'; To explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT'; To understand how a payslip is laid out showing both pay and deductions;	To list some of the items and services of expenditure in the school and in the home To prioritise items of expenditure in the home from most essential to least essential To prioritise public services from most essential to least essential.	income (app prev) expenditure essential income tax National Insurance VAT deductions public services
Year 5	Keeping myself safe	To explain what a habit is and give examples. To describe why and how a habit can be hard to change. To know that there are positive and negative risks To know what is meant by a dare; To know why someone might give a dare	To be able to how to weigh up risk factors when making a decision To describe some of the possible outcomes of taking a risk To be able to suggest ways of standing up to someone who gives a dare To be able to recognise disrespectful behaviour online and know how to respond to it	habit addiction pros cons weigh up risk resist pressure

То	know what information is safe/unsafe		
to	share offline and online, and reflect on		
	e consequences of not keeping		
pe	ersonal information private		
	know that people aren't always who		
	ey appear to be online and explain risks		
	being friends online with a person they		
	ave not met face-to-face		
	know how to protect personal		
	formation online;		
		To recognize instances of cyberbullying.	
То	know what the term cyberbullying means		
То	know what cyberbullying feels like for the		positive/ negative
	ctim;		impact on health
То	know how to get help if they experience		
-	berbullying.		
	understand the effect that a range of		
	bstances including drugs, tobacco and		
	cohol can have on the body.		
	learn how to make good choices about		
	bstances that will have a positive impact on either the either either either either either either either either		
	how that our bodies are created by God,		
	we should take care of them and be careful		
	pout what we consume.		
To	know how they may come under pressure		
	hen it comes to drugs, alcohol and tobacco		
То	learn that they are entitled to say "no" for		
all	l sorts of reasons, but not least in order to		
pro	otect their God-given bodies		

Growing and	To know the people who can be trusted	To be able to describe strategies for dealing with	trust
changing	in their life.	situations in which they would feel uncomfortable,	resilience
	To understand what kinds of touch are	particularly in relation to inappropriate touch.	unwanted attention
	acceptable or unacceptable;	To Recognise how our body feels when we're relaxed	unwanted touch
	To describe how to be resilient in order	To List some of the ways our body feels when it is	separation
	to find someone who will listen to you.	nervous or sad	fostered
	To explain the difference between a safe	To identify situations where someone might need to	hormones
	and an unsafe secret	break a confidence in order to keep someone safe.	compromise
	To know that some people can get	To give examples of how bullying behaviours can be	respect
	bullied because of the way they express	stopped	mood swings
	their gender		in confidence
			break a confidence
			confidential
	To learn about how thoughts and feelings	To use strategies to positively impact their actions.	prejudice
	impact on actions, and develop strategies		verbal abuse
	that will positively impact their actions;		physical abuse
	To know the correct naming of genitalia;		
	To know what changes will happen to boys		puberty
	during puberty; To know what changes will happen to girls		perspiration
	during puberty		genitalia
	To know about the nature and role of		semen
	menstruation in the fertility cycle, and that		vagina
	fertility is involved in the start of life;		menstruation
	To know some practical help on how to		period
	manage the onset of menstruation.		egg
			menstrual cycle
			womb/uterus
			womb lining
			ovaries
			fallopian tube
			sanitary towel
			tampon

				menstruation cup sanitary protection
Year 6	Keeping myself safe	To know that responsible and respectful behaviour is necessary when interacting with others online and face-to-face To understand the ease with which something posted online can spread. To know what is meant by addiction, To understand that all humans have basic emotional needs To know how drugs can be categorised into different groups depending on their medical and legal context; To understand that drugs can have both medical and non-medical uses To understand the actual norms around drinking alcohol and the reasons for common misperceptions of these; To know some of the effects and risks of drinking alcohol. To understand and give examples of conflicting emotions; To understand and reflect on how independence and responsibility go together. To know the legal age (and reason behind these) for having a social media account;	To explain some of our basic needs can be met To explain in simple terms some of the laws that control drugs in this country	social media parental consent trolling addiction emotional needs legal drug illegal drug medical non-medical drug laws age restrictions possess supply produce illegal penalties alcohol short-term effects long-term effects norms conflicting emotions

	To understand why people don't tell the truth and often post only the good bits about themselves, online; To know that people's lives are much more balanced in real life, with positives and negatives.		
Rights and responsibilities	To define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them; To describe the language and techniques that make up a biased report; To know the different ways money can be saved, To describe the costs that go into producing an item; To know what is meant by the term <i>interest</i> . To know the the different types of tax (income tax and VAT) which help to fund public services; To explain what we mean by the terms voluntary, community and pressure (action) group; To describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group. To explain what is meant by living in an environmentally sustainable way;	To analyse a report also extract the facts from it To explain some benefits of saving money To outline the pros and cons of different saving methods To suggest sale prices for a variety of items, taking into account a range of factors To recognise and explain that different jobs have different levels of pay and the factors that influence this To evaluate the different public services and compare their value To suggest actions that could be taken to live in a more environmentally sustainable way	saving bank (building society) account Junior ISA interest debit card cash value <b>tax (app prev.)</b> income tax (PAYE) <b>VAT (app prev.)</b> voluntary group community group pressure (action) group mission statement values beneficiary campaign bid pitch grant environmentally sustainable

		composting
		recycling
		energy
		transport
		shop local
		food miles
		Fair Trade
		reuse
		election
		manifesto
		candidate
		voting
		policies
		voting booth
		ballot slip
		ballot box
		constituencies
		House of Commons
		MP
		proposal
		debate
		amendments
		penalties
		enforcement
		majority
		House of Commons
		House of Lords
		Royal Assent

Summer <sup>-</sup>	Term	Knowledge Gained	Skills Learnt	Vocabulary
EYFS Year 1				
	Being my best	To know the importance of fruit and vegetables in their daily diet To know that eating at least five portions of vegetables and fruit a day helps to maintain health. To know that everyone has different tastes in foods. To know how germs can spread To know simple strategies for preventing the spread of diseases To understand that a new skill requires practice and the opportunity to fail, safely. To learn simple strategies for resolving conflict situations To learn that God is love: Father, Son and Holy Spirit To learn that being made in His image means being called to be loved and to love others	To select foods to make a healthy lunch. To list food we should eat more of and eat less of. To explain what we need to do to stop illness spreading. To use a learning line to describe one of their learning process. To use simple strategies for resolving conflict situations	Struggling, persevere, resilience, balanced diet, achievement, germs, praise, learning, practice
	Rights and responsibilities	To know importance of regular hygiene routines To know who cares for and looks after the school environment To know what it means to look after something.	To sequence personal hygiene routines into a logical order To say what they like about the school environment; To explain how to look after something To list some of the things that money may be spent on in a family home	personal hygiene, environment, responsibility, respect, hurt, adult, money, bank, saving, coins, notes

		To know why they need to look after things that belong to themselves or to others. To know where people get money from To know that different notes and coins have different monetary value To know how to keep money safe To understand the concept of 'saving money' <i>To know that they belong to various</i> <i>communities such as home, school, parish, the</i> <i>wider local community, nation and global</i> <i>community;</i> <i>To know that we have a duty of care for others</i> <i>and for the world we live in (charity work,</i> <i>recycling etc.);</i> <i>To learn about what harms and what improves</i> <i>the world in which we live.</i>	To identify safe places to keep money To give examples of how they can help at home with practical tasks	
Year 2	Being My Best	To know that it takes to learn new things To know what a positive mindset means To know some positive mindset strategies. To know and give examples of things they can choose themselves and things that others choose for them To know that everyone has different likes and dislikes To know that some choices are healthy and some are unhealthy choices and these make a difference to their health. To know that we must complete hygiene routines to keep ourselves healthy.	To explain the stages of the learning line showing an understanding of the learning process To identify and describe where they are on the learning line in a given activity To use positive mindset strategies in their work. To explain things that they like and dislike, and understand that they have choices about these things To explain how healthy and unhealthy choices effect their health. To describe simple hygiene routines such as hand washing	practice encourage goal achieve challenge choose choices healthy unhealthy vaccination injection disease hygiene spending

	To know that vaccinations can help to prevent certain illnesses To know that people have choices about what they do with their money; To know that money can be saved for a use at a future time; To know that money can be spent on items which are essential or non-essential; To Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this. To know our bodies are good and we need to look after them; To know what constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; To know the importance of sleep, rest and recreation for our health; To know how to maintain personal hygiene.	To explain how they might feel when they spend money on different things. To explain what essential and non essential item they might have to spend money on.	teeth dental hygiene
Growing and Changing	To know the range of feelings that are associated with losing (and being reunited) with a person they are close to. To know what privacy means; To know that you are not allowed to touch someone's private belongings without their permission; To know how food, water and air get into the body and blood.	To give positive feedback to others. To give examples of different types of private information. To explain how food, water and air get into our body and blood	help support supportive privates privacy first aid risk accident danger hazard kettle

		To know and appreciate that there are natural life stages from birth to death, and what these are <b>To learn the names of the parts of our bodies*</b> To know that girls and boys have been created by God to be both similar and different and together make up the richness of the human family. (Non-genitalia lesson)		safe burn scald accident lungs small intestine large intestine baby teenage adults
Year 3	Being my best	To know how each of the food groups on the Eatwell Guide benefit the body To know what is meant by the term 'balanced diet'; To know how some infectious illnesses are spread from one person to another; To know medical and non-medical ways of treating an illness. To know what health and wellbeing issues are relevant to them To understand different view points based on research To know that it is important to celebrate achievements To know that people may say kind things to help us feel good about ourselves To know that some groups of people are not represented as much on television/in the media.	To give examples what foods might make up a healthy balanced meal To explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses To identify their achievements and areas of development To explain why some groups of people are not represented as much on television/in the media TO explain how the brain sends and receives messages through the nerves To explain some of the different talents and skills that people have and how skills are developed To recognise their own skills and those of other children in the class.	balanced diet proteins muscles dairy teeth bones starchy carbohydrates energy fruit & veg infection cleanliness rest sleep drug dose safety instructions debate discussion

	To understand how the brain sends and receives messages through the nerves. To know that different people have different talents and that they have to develop these skills. To know they have their own talents.		continuum justify goals goal setting ambitions improve achieve intelligence
browing and hanging	To know what the terms 'secret' and 'surprise' mean To know that secrets and surprises will make us feel different ways. To know who they can ask for help if a secret made them feel uncomfortable or unsafe.	To give examples of secrets and surprises. To list who they can ask for help	first aid emergency abuse Holy Trinity Church family
	To know what physical contact is acceptable or unacceptable To know quick reactions in an emergency can save a life. To know God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship' To know the human family is to reflect the Holy Trinity in mutual charity and generosity To know the church family comprises of home, school and parish (which is part of the diocese).	To be able to respond to unacceptable contact To remain calm in an emergency To be able to help in an emergency	

Year 4	Being My Best	To know ways in which everyone is unique; To know that there are times when they will make the same choices as their friends and times when they will choose differently To understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs) To define what is meant by the word 'community'; To know ways in which different people support the school community;	To appreciate their own uniqueness To give examples of choices they make for themselves and choices others make for them To suggest ways the Seven Rs recycling methods can be applied to different scenarios To identify qualities and attributes of people who support the school community.	refuse reduce re-use rot recycle repair re-think minor accident emergency blood nose bleed choking breathing
		their bodies as a gift from God through what they wear, what they eat and what they physically do.		airway unresponsive casualty wound recovery
	Growing and Changing	To know some of the changes that happen to people during their lives; To know who may be able to help them deal with change To define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; To know how different surprises and secrets might make them feel;	To explain how the Learning Line can be used as a tool to help them manage change more easily To suggest reasons why a person would want to be married, or live together, or have a civil ceremony	learning line practice marriage live together civil partnership forced marriage

		To know who they could ask for help if a secret made them feel uncomfortable or unsafe To understand that marriage is a commitment to be entered into freely and not against someone's will; To know that marriage includes same sex and opposite sex partners; To know the legal age for marriage in England or Scotland; To know what behaviour is considered wrong, unacceptable, unhealthy and risky; To know that thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media. To know that God wants His Church to love and care for others. To understand that emotions change as they grow up (including hormonal effects); To know that the intensity of their feelings will change as they grow up and that 'feelings' are not good guides for action; To know what emotional well-being means To know pressure comes in different forms, and what those different forms are	To devise practical ways of loving and caring for others. To use actions to help with emotional wellbeing To be able to talk about their emotional well-being. To suggest strategies for dealing with pressure.	envy inadequacy insecurity hormones rejection reasoning put downs looks
Year 5	Being my best	To know the harmful effects each of smoking/drinking alcohol. To explain the importance of food, water and oxygen, sleep and exercise for the human body and its health.	To explain the function of at least one internal organ To identify their own strengths and talents To identify areas that need improvement and describe strategies for achieving those improvements	body systems

	To understand the actual norms around smoking and the reasons for common misperceptions of these. To know the people who are responsible for helping them stay healthy and safe To describe 'star' qualities of celebrities as portrayed by the media; To know that the way people are portrayed in the media isn't always an accurate reflection of them in real life; To describe 'star' qualities that 'ordinary' people have. <i>To know the recovery position can be used when a person is unconscious but breathing.</i> <i>To know DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.</i>	To be able to put someone in the recovery position To be able to use DR ABC	life threatening conditions
Rights and responsibility	To know how to find current media topics concerning health and wellbeing. To understand the difference between a fact and an opinion To understand what biased reporting is and the need to think critically about things we read. To explain what we mean by the terms voluntary, community and pressure (action) group; To know the costs involved in producing and selling an item	To make recommendations on an issue concerning health and wellbeing To express their opinions on an issue concerning health and wellbeing To give examples of voluntary groups, the kind of work they do and its value To suggest questions a consumer should ask before buying a product To suggest advice for a range of situations involving personal finance.	biased unbiased rent Fair Trade borrow loan credit debit interest council vote/council elections councillors

		To define the terms loan, credit, debt and interest; To explain some of the areas that local councils have responsibility for; To understand that local councillors are elected to represent their local community.		
Year 6	Being my best	To describe the actions needed to set and achieve these. To understand and explain the outcomes of risk-taking in a given situation, including emotional risks. To understand risks related to growing up and explain the need to be aware of these; To know some of the changes they have experienced and their emotional responses to those changes	To identify aspirational goals To present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues. To identify risk factors in a given situation To recognise what risk is; To explain how a risk can be reduced To asssess a risk to help keep themselves safe To suggest positive strategies for dealing with change To identify people who can support someone who is dealing with a challenging time of change	assessing risk weigh up dilemma
	Growing and changing	To understand that fame can be short-lived To know that photos can be changed to match society's view of perfect; To know that images in the media do not always reflect reality and can affect how people feel about themselves	To identify qualities that people have, as well as their looks.	body image self esteem manipulation life before birth childhood puberty adulthood
		To know that thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media		egg (yr5) sperm

To know emotions change as they grow up	penis
(including hormonal effects);	testicles
To know about emotional well-being: that	womb
<ul> <li>beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</li> <li>To know that they were handmade by God with the help of their parents;</li> <li>To know how a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception;</li> <li>To know how conception and life in the womb fits into the cycle of life;</li> <li>To know the basic scientific facts about sexual intercourse between a man and woman;</li> <li>To know the physical, emotional, moral and spiritual implications of sexual intercourse;</li> <li>To know he Christian viewpoint that sexual intercourse should be saved for marriage</li> </ul>	fallopian tube fertilized conception implantation embryo foetus umbilical cord pregnant 9 months