

Key

Family and Relationships



Economic Wellbeing



Health and wellbeing



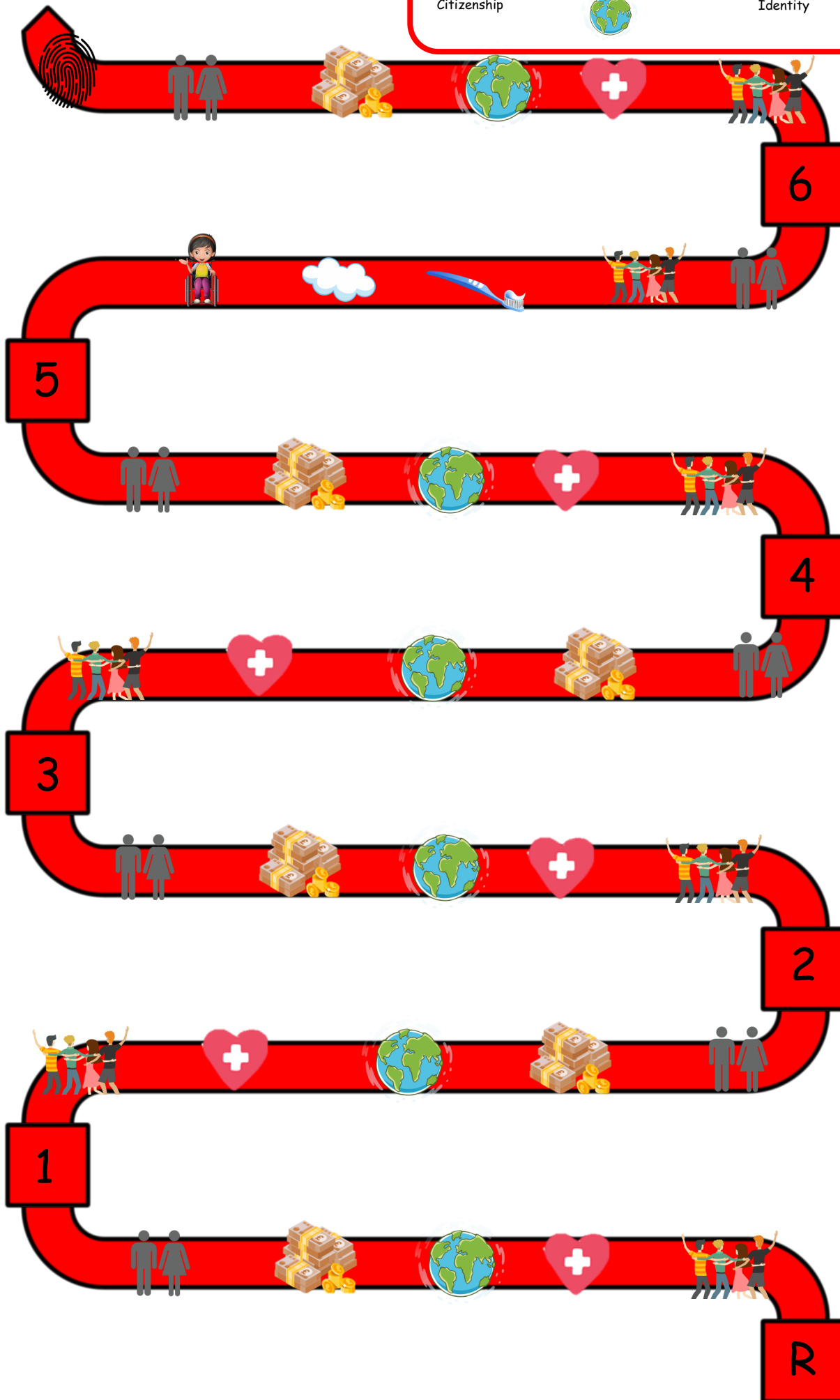
Safety and the changing body



Citizenship



Identity



# Key Stage 1 - Skills

## Families and Relationships

### Year R

Learn how to talk about our families and discuss why we love them

Talk about people that hold a special place in our life.

Develop strategies to help when sharing with others.

Explore what makes a good friend.

Think about what it means to be a valued individual.

Explore the differences between us that makes each person unique.

Consider the perspectives and feelings of others.

Learn to work as a member of a team.

Develop listening skills.

### Year 1

Explore how families are different to each other.

Explore how friendship problems can be overcome

Explore friendly behaviours.

Recognise how other people show their feelings.

Identify ways we can care for others when they are sad.

Explore the ability to successfully work with different people.

### Year 2

Understand ways to show respect for different families.

Understand that families offer love, care and support.

Understand difficulties in friendships and discuss action that can be taken.

Learn how other people show their feelings and how to respond to them.

Explore the conventions of manners in different situations.

Explore how loss and change can affect us.

## Health and Wellbeing

### Year R

Discuss ways that we can take care of ourselves.

Explore how exercise affects different parts of the body.

Identify how characters within a story may be feeling.

Identify and express feelings.

Explore coping strategies to help regulate emotions.

Explore different facial expressions and identify the different feelings they can represent.

Explore ways to moderate behaviour, socially and emotionally.

Cope with challenge when problem solving.

### Year 1

Learn how to wash hands properly.

Learn how to deal with an allergic reaction.

Explore positive sleep habits.

Explore two different methods of relaxation: progressive muscle relaxation and laughter.

Exploring health-related jobs and people who help look after our health.

Identify personal strengths and qualities.

Identify different ways to manage feelings.

### Year 2

Explore the effect that food and drink can have on my teeth.

Explore some of the benefits of exercise on body and mind.

Explore some of the benefits of a healthy balanced diet.

Suggest how to improve an unbalanced meal.

Learn breathing exercises to aid relaxation.

Explore strategies to manage different emotions.

Develop empathy.

Identify personal goals and how to work towards them.

Explore the need for perseverance and develop a growth mindset.

Develop an understanding of self respect.

## Citizenship

### Year R

Begin to understand why rules are important in school.

### Year 1

Recognise why rules are necessary and the consequences of not following rules.

Discuss how to meet the needs of different pets

Explore the differences between people.

Recognise the groups that we belong to.

### Year 2

Explain why rules are in place in different settings.

Identify positives and negatives about the school environment.

Learn how to discuss issues of concern to me.

Recognise the importance of looking after the school environment.

Identify ways to help look after the school environment.

Recognise the contribution people make to the local community.

## Economic Wellbeing

### Year 1

Explore how money is used by people.

Discuss how to keep money safe.

Discuss what to do if we find money.

Explore choices people make about money.

Develop an understanding of how bands work.

Listen to descriptions of professionals.

Think about questions they would like to ask others about their job.

Describe what different people do in their jobs.

### Year 2

Explain adult money sources.

Identify whether something is a want or need.

Compare and contrast 'wants' and 'needs'

Identify the main features of bank account cards.

Explore personal skills and talents.

Explore the reasons why people choose certain jobs.

Identify some ways to make an environment inclusive and fair.

Reflect on the importance of individuality and diversity.

## Safety and the Changing Body

### Year R

Consider why it is important to follow rules.

Explore what it means to be a safe pedestrian.

### Year 1

Practise what to do if lost

Identify hazards that may be found at home.

Understand people's roles within the local community that help keep us safe.

Learn what is and is not safe to put in or on our bodies.

Practise making an emergency phone call.

### Year 2

Discuss the concept of privacy.

Explore ways to stay safe online.

Learn how to behave safely near the road and when crossing the road.

Explore what people can do to feel better when they are ill.

Learn how to be safe around medicines

# Key Stage 2 - Skills

## Families and Relationships

### Year 3

Learn that problems can occur in families and that there is help available if needed.

Explore ways to resolve friendship problems.

Develop an understanding of the impact of bullying and what to do if bullying occurs.

Identify who I can trust.

Learn about the effects of non verbal communication.

Explore the negative impact of stereotyping.

### Year 4

Use respectful language to discuss different families.

Explore physical and emotional boundaries in friendships.

Explore how my actions and behaviour can affect other people.

Discuss how to help someone who has experienced a bereavement.

## Health and Wellbeing

### Year 3

Discuss why it is important to look after teeth.

Learn stretches which can be used for relaxation.

Develop the ability to plan for a healthy lifestyle with physical activity a balanced diet and rest.

Explore my own identify through the groups I belong to.

Identify my strengths and explore how I use them to help others.

Breakdown a problem into smaller parts to overcome it

### Year 4

Develop independence in looking after teeth.

Identify what makes me feel calm and relaxed.

Learn visualisation as a tool to aid relaxation.

Explore how my skills can be used to undertake certain jobs.

Explore ways we can make ourselves feel happy or happier.

Develop the ability to appreciate the emotions of others in different situations.

Learning to take responsibility for my emotions by knowing that I can control some things but not others.

Develop a growth mindset.

## Citizenship

### Year 3

Explore how children's rights help them and other children.

Consider the responsibilities that adults and children have to maintain children's rights.

Discuss ways we can make a difference to recycle rates at home/school.

Identify local community groups and discuss how these support the community.

### Year 4

Discuss how we can help to protect human rights.

Identify ways items can be reused.

Explain why reusing items is of benefit to the environment

Identify the benefits different groups bring to the local community.

Discuss the positives diversity brings to a community.

## Economic Wellbeing

### Year 3

Consider pros and cons of payment methods.

Contemplate budgeting benefits.

Plan and calculate within a budget.

Discuss attitudes and feelings about money.

Develop empathy in financial situations.

Handle negative financial emotions.

Make ethical spending decisions.

Assessing impact of spending choices.

Reflect on future job based on goals

Challenge and understand workplace stereotypes.

Rank factors influencing job choices.

### Year 4

Recognise value for money.

Understand differing opinions on spending.

Recognise how to track money spent and saved.

Understand reasons for using a bank.

Explore how to safeguard money effectively.

Identify influences on job choices.

Understand careers can change.

Challenge workplace stereotypes.

## Safety and the Changing Body

### Year 3

Explore ways to respond to cyber-bullying or unkind behaviour online.

Develop skills as a responsible digital citizen

Identify things people might do near roads which are unsafe.

Begin to recognise unsafe digital content.

Explore that people and things can influence me and that I need to make the right decision for me.

Explore choices and decisions that I can make.

Learn what to do in a medical emergency, including calling the emergency services.

### Year 4

Discuss how to seek help if needed.

Explore what to do if an adult makes me feel uncomfortable.

Learn about the benefits and risks of sharing information online.

Discuss the benefits of being a non-smoker.

Discuss some physical and emotional changes during puberty.

Learn how to help someone who is having an asthma attack.

# Key Stage 2 - Skills

## Families and Relationships

### Year 5

Identify ways families might make children feel unhappy or unsafe.

Explore the impact that bullying might have.

Explore issues which might be encountered in friendships and how these might impact the friendship.

Explore and question the assumptions we make about people based on how they look.

Explore our positive attributes and being proud of these.

### Year 6

Identify ways to resolve conflict through negotiation and compromise.

Discuss how and why respect is an important part of relationships.

Identify ways to challenge stereotypes.

Explore the process of grief and understand that it is different for different people.

## Health and Wellbeing

### Year 5

Develop independence for protecting myself in the sun.

Understanding the relationship between stress and relaxation.

Considering calories and food groups to plan healthy meals.

Develop greater responsibility for ensuring good quality sleep.

Take responsibility for my own feelings.

### Year 6

Consider ways to prevent illness.

Identify some actions to take if I worried about my health or friends' health.

Identify a range of relaxation strategies and situations in which they would be useful

Explore ways to maintain good habits.

Set achievable goals for a healthy lifestyle.

Explore personal qualities and how to build on them.

Develop strategies for being resilient in challenging situations.

## Citizenship

### Year 5

Explain why reducing the use of materials is positive for the environment.

Discuss how rights and responsibilities link.

Explore the right to a freedom of expression.

Identify the contribution people make to the community and how this is recognised.

Develop an understanding of how parliament and Government work.

Identify ways people can bring about change in society.

### Year 6

Learn about environmental issues relating to food.

Discuss how education and other human rights protect us.

Identify causes which are important to us.

Discuss how people can influence what happens in parliament.

Discuss ways to challenge prejudice and discrimination.

Identify appropriate ways to share views and ideas with others.

## Economic Wellbeing

### Year 5

Discuss money risks and management.

Make and prioritise budgets.

Discuss money's role in career choices.

Assess loan and borrowing responsibilities and suitability.

Implement money safeguarding strategies.

Navigate emotional implications in financial situations.

Seek guidance for financial dilemmas.

Integrate factors to inform career decisions.

### Year 6

Develop emotional intelligence related to financial matters.

Apply coping strategies for managing financial emotions.

Assess risks in both physical and digital financial environments.

Implement safeguarding measure for money in real-world scenarios.

Adapt to financial changes associated with transitioning to secondary school.

Identify different forms of gambling and understanding their risks.

Apply responsible gambling attitudes in real-world situations.

Recognise various workplace environments and their characteristics.

Identify career options in multiple sectors.

Evaluating the suitability of different career paths.

Aligning career options with personal interests and strengths.

## Safety and the Changing Body

### Year 5

Develop an understanding of how to ensure relationships online are safe.

Learn to make 'for' and 'against' arguments to help with decision making.

Learn about the emotional changes during puberty.

Identify reliable sources of help with puberty.

Learn about how to help someone who is bleeding.

### Year 6

Develop an understanding about the reliability of online information.

Explore online relationships including dealing with problems.

Discuss the reasons why adults may or may not drink alcohol.

Discuss problems which might be encountered during puberty and use knowledge to help.

Learn how to help someone who is choking.

Place an unresponsive patient into the recovery position.