

Foundation (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)								
Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know what a family is (RE1)</p> <p>Know who is in their family (RE3)</p>	<p>Know what friendship is (RE7, RE8)</p> <p>Know what makes a good friend (RE8)</p>	<p>Know why it is important to use good manners and be courteous to others (RE17)</p> <p>Know how we can show good manners and courtesy to others (RE17)</p> <p>Know what a relationship is (RE13)</p>	<p>Know the basic rules for keeping safe online (RE22)</p>	<p>Know how to identify the feelings of being unsafe (RE29)</p> <p>Know how to describe feelings of being unsafe and seek help from an appropriate grown-up (RE30)</p> <p>Know about school rules regarding safety, including around what kind of touch is appropriate (RE25, RE27)</p>	<p>Know how to identify simple range of feelings in themselves and others (HE3)</p> <p>Know who to go to if they need help with how they are feeling (HE9)</p>	<p>Know about how the internet is useful and the ways that it can be used (HE11)</p> <p>Know basic safety rules for using the internet in school and at home (HE13)</p>	<p>Know that their bodies are special and they can do lots of things to keep themselves healthy, including being active (HE18)</p>	<p>Know how to recognise a variety of fruits and vegetables (HE22)</p> <p>Know why eating fruit and vegetables every day is important (HE22)</p>

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Drugs, Alcohol and Tobacco	Health and Prevention	First Aid	Body and its changes	Sex Education	Economic Wellbeing: Money	Economic Wellbeing: Aspirations and careers	Shared responsibilities	Communities
<p>Know what medicines are and why they are useful (HE25)</p> <p>Know simple rules about medicines (HE25)</p>	<p>Know how to wash their hands properly and why this is important (HE30)</p>	<p>Know when, and how, to seek help from an appropriate person if they or someone they know hurts themselves (HE33)</p>			<p>Know how to recognise the coins and notes we use and that we have to pay for what we buy (L10)</p>	<p>Know how to talk about the jobs of people who help us (L16)</p> <p>Know the names of some different jobs that people do (L16)</p>	<p>Know and follow the rules in a game (L1)</p> <p>Know the meaning of and follow the rules in the classroom, on the playground and around school (L1)</p> <p>Know how to play a full part in the life of my classroom (L2,4)</p>	<p>Know which things we can recycle and what to do with them (L3)</p> <p>Know how to play full part in the life of my classroom (L2,4)</p> <p>Know where they live and what makes it special (L4)</p> <p>Know how to talk about school and what makes it special (L4)</p> <p>Know how to make simple choices by voting e.g. show of hands for which book to read (British values)</p>

Year 1 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)

Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know how to talk about why families are important for children growing up. (RE1) (R1)</p> <p>Know what a supportive family life is (RE2) (R2)</p> <p>Know similarities and differences in families, including own family (RE3) (R3)</p> <p>Know how to demonstrate respect for other people's families (RE3) (R3)</p> <p>Know and name people in my family that support and care for them (RE4) (HE7) (HE9) (R1,2)</p>	<p>Know reasons why friendships are important (RE7) (R6)</p> <p>Know and show some of the characteristics and skills needed to make and maintain positive friendships (RE8) (RE19) (R6)</p> <p>Know that healthy friendships are positive and welcoming not excluding others (RE9) (R6,7,11,12)</p> <p>Know and demonstrate that we do not hurt our friends (not hitting) (RE10) (R8,10)</p>	<p>Know what a relationship is and give some examples of their relationships (RE13) (R1)</p> <p>Know some of the ways they are similar and different to other people (RE12) (R23)</p> <p>Know what respect is and demonstrate it at school (RE12) (R22)</p> <p>Know how people show respect / disrespect (RE12) (R21,22)</p> <p>Know how being disrespectful can affect others (RE17) (R21,22)</p> <p>Know how to demonstrate courtesy and manners in school (RE14) (R24,25)</p> <p>Know what self-respect is (RE15) (R23,22)</p>	<p>Know how to explain some safety rules for using the Internet (RE22) (R14, H28,34)</p> <p>Know how to show safe Internet use (RE22) (R12,4, H28,34)</p>	<p>Know the NSPCC Pants Are Private rule to state which parts of the body are private (RE26; RE27) (R13)</p> <p>Know the NSPCC Pants Are Private rule to understand appropriate (help to clean; medical reason) as opposed to inappropriate touching of genitals. (RE26; RE27) (R13,16)</p> <p>Know and understand that their body cannot be touched without their permission (RE27) (R13,16,19)</p> <p>Know and understand that they cannot touch others without their permission (RE27) (R13)</p> <p>Know and name safety rules on and offline (RE28) (L7-9 ,H28,34,R14)</p> <p>Know and name people they can speak to if worried about something or to report concerns or abuse (RE31; RE32) (R20)</p>	<p>Know that being healthy includes physical health and mental health (HE1) (H13)</p> <p>Know a range of words to identify and describe feelings and emotions (HE2) (H11,12,13,16)</p> <p>Know how to describe own feelings (HE3) (H11,12,.)</p> <p>Know how to explain things that make them feel happy (HE5; HE6) (H17)</p> <p>Know and name people they can talk to about their feelings (HE9) (H19)</p>	<p>Know benefits of the Internet (HE11) (L7-9)</p> <p>Online safety basic safety rules including not sharing personal information online (HE13) (L7-9 ,H28,34,R14)</p>	<p>Know different activities which contribute an active lifestyle (HE18) (H1,3)</p> <p>Know how to talk about how an active lifestyle helps to keep a healthy body and healthy mind (HE18) (H1,3)</p> <p>Know opportunities to be physically active in the day (HE19) (H1,3)</p>	<p>Know names of fruits and vegetables (HE22) (H1,2)</p> <p>Know names of variety of healthy snacks (HE22) (H1,2)</p> <p>Know how to make healthy food choices (HE23) (H1,2)</p>

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Drugs, Alcohol and Tobacco	Health and Prevention	First Aid	Body and its changes	Sex Education	Economic Wellbeing: Money	Economic Wellbeing: Aspirations and careers	Shared responsibilities	Communities	Media Literacy and digital resilience (link to online safety)
<p>Know why we have medicine and describe safety rules for their use (HE25) (H6)</p> <p>Know how to identify substances in the household that may be helpful and/or harmful (HE25)</p> <p>Know when something is dangerous and what to do (school, home, wider community) (H30,31)</p>	<p>Know how to clean teeth well and follow teeth cleaning routine and visit the dentist regularly (HE29) (H7)</p> <p>Know that germs can be spread through sneezing and coughing (HE30) (H5)</p> <p>Know and demonstrate how to prevent spread of germs by using tissues and washing hands (HE30) (H5)</p> <p>Know when something is dangerous and what to do (school, home) (H29,32)</p> <p>Know how to behave around electrical appliances and things that can cause fire (H30)</p>	<p>Know how to make a phone call to emergency services if necessary (HE32) (H36)</p> <p>Know names of adults they can ask for help and how to access them (HE33) (H35,36)</p>	<p>Know what makes me special(H21)</p> <p>Identify what am good at; likes and dislikes (H23)</p> <p>Know some of the ways to start to manage when finding things difficult and who to talk to (H24, R5,25) (HE7,9)</p>		<p>Know the coins and notes we use and choose the correct value of coins (L10)</p> <p>Know that we have to pay for what we buy (L10)</p> <p>Know how to keep money safe (L13)</p> <p>Know that I don't have to spend my money but can save it to use later (L11)</p>	<p>Know the work that people do in my family, my school and where I live. (L16)</p>	<p>Know the meaning of and follow the rules for my group, classroom and school. L1</p> <p>Know some of the ways that our core Christian values help us to look after others and the world. L1,2</p> <p>Know some of the ways in which some people's needs may not be like mine and that I must try to care for them.L2</p>	<p>Know how to talk about the groups I belong to L4</p> <p>Know how to talk about how different adults in school are in charge of different things L5</p> <p>Know what the role of the school council is L5</p> <p>Know how to talk about some of the ways I am the same and different from those I know L6 (and PSHE and Science)</p>	<p>Know why some websites, games and social media sites have age restrictions (HE14) (L7)</p> <p>Know how to make links between online and offline world e.g. strangers (L7) (HE13,15)</p>

Year 2 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)

Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know the ways that people in families make each other feel safe and secure (RE1) (HE9) (R1,2)</p> <p>Know and show respect for other people's families (RE3) (R3)</p> <p>Know some ways that people in families show that they love and care for one another (RE3) (R4)</p> <p>Know the names of people to speak to if family relationships are making them feel unhappy or unsafe (RE6) (HE7) (R5)</p>	<p>Know the characteristics of a good friend / friendship (RE8) (R6)</p> <p>Know how to show some positive friendship skills including; sharing, co-operative play, taking turns, permission-seeking/giving and listening (RE8, RE19) (R6,12)</p> <p>Know why positive friendship skills are important in friendships (RE8, RE9) (R6,12)</p> <p>Know that friends can sometimes have ups and downs but these can be repaired and even strengthened (RE10) (R7,8,9,10,11)</p>	<p>Know that people may be similar and different to them in lots of ways including ethnicity, religion and family background (RE12) (R23)</p> <p>Know why difference is something to be celebrated and respected (RE12) (R22,23)</p> <p>Know how to show courtesy and manners (RE14) (R24,24)</p> <p>Know what self-respect is and how it links to their own happiness (RE15) (R22)</p> <p>Know what bullying is and why it is wrong (RE17) (R10,12)</p> <p>Know how to explain what a stereotype is (RE18) (R22)</p>	<p>Know some risks of using the internet (RE22) (R14, H34)</p> <p>Know how to keep safe online (RE22)) (R14, H28,34)</p>	<p>Know and talk about what sorts of boundaries are appropriate in friendships (RE25) (R13,17)</p> <p>Know what private means (RE26) (R13)</p> <p>Know when it is ok to keep secrets and when it is not (RE26) (R18)</p> <p>Know they can say yes or no if someone asks to touch them (RE27) (R15,16,19)</p> <p>Know they shouldn't touch others without permission (RE27) (R17)</p> <p>Know that private parts of the body should not be touched by others unless there are particular reasons why (help to clean; medical reason) (RE27) (R17)</p> <p>Know how to recognise when I feel unsafe (RE29) (R19,20)</p> <p>Know the names of people who can support if worried (RE32) (R20)</p> <p>Know how to ask for help (RE31; RE32) (R20)</p>	<p>Know that being healthy includes physical health and mental health (HE1) (H13)</p> <p>Know and describe feelings, using clues from facial expression, body language and behaviour (HE2) (H12,14,15)</p> <p>Know times when they have felt strong emotions, and describe what happened to their body and mind at these times (HE3, HE4) (H12,17)</p> <p>Know and demonstrate positive strategies for dealing with strong emotions including about change and loss, including death (HE3, HE4) (H18,19,20)</p> <p>Know ways that people can care for their mental wellbeing as self-care techniques (HE5, HE6) (H18,19,20)</p>	<p>Know examples of private information that should not be shared on the internet and explain why e.g. name, address, school (HE13) (L7)</p> <p>Know safety rules for the internet including not sharing private information (HE13) (L7-9 ,H28,34,R14)</p>	<p>Know why physical activity is important for health and the risks of an inactive lifestyle (HE19, HE20) (H1,3)</p> <p>Know the ways they are physically active in a day/ week (HE19, HE20) (H1,3)</p> <p>Know why sleep and balancing a range of activities is important(HE6,28) (H4,9)</p>	<p>Know types of food that make up a healthy diet (HE22) (H1,2)</p> <p>Know foods that should only be eaten occasionally and in moderation (HE22) (H1,2)</p> <p>Know how to and prepare a healthy snack from range of options (HE22, HE23) (H1,2)</p>

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Drugs, Alcohol and Tobacco	Health and Prevention	First Aid	Body and its changes	Sex Education	Economic Wellbeing: Money	Economic Wellbeing: Aspirations and careers	Shared responsibilities	Communities	Media Literacy and digital resilience (link to online safety)
<p>Know what to do if medicines are found that belong to someone else (HE25) (H30,37)</p> <p>Know why medicines are harmful if not used properly (HE25) (H6,31,37)</p> <p>Know and understand rules for medicines (HE25) (H6,31,37)</p>	<p>Know ways to look after my health and wellbeing focussed on personal hygiene (HE30) (H5)</p> <p>Know when something is dangerous and what to do (school, home, wider community) (H29,32)</p>	<p>Know how to make a phone call to emergency services and understand the rules for this (HE32) (H35,36)</p> <p>Know about people who help us in the community and can describe their roles (HE32) (H33)</p> <p>Know how to keep safe in the sun (HE27) (H8)</p>	<p>Know how they have changed since birth (HE34) (H26)</p> <p>Understand the changes that happen as people grow from young to old (HE34) (H26)</p> <p>Know how people's needs change as they grow (HE34) (H26)</p> <p>Know main parts of body including external genitalia (HE34) (H25)</p> <p>Know what makes me special and us all unique (H21,22)</p> <p>Understand how to manage when finding things difficult and who to talk to (H24, R5,25) (HE7,9)</p> <p>Be prepared to move to KS2 (H27)</p>		<p>Know that we can pay for things in a range of ways and that even when not using cash, money is being used (L10)</p> <p>Choose the correct value of coins and calculate change (L10)</p> <p>Know the difference between needs and wants (L12)</p> <p>Know that individuals and families have to find ways to balance wants and needs (L12)</p> <p>Know why it may not be possible to have everything you want straight away, if at all (L12)</p>	<p>Know some strengths and interests someone may need to do different jobs (L17)</p>	<p>Know why we need rules L1</p> <p>Follow the rules for my group, classroom and school and know why different groups may need different rules. L1</p> <p>Know the school Christian values and how they help me to look after others and the world whilst knowing how precious I am L2,3</p> <p>Know why that different people may have different needs and I have a responsibility to care for them L2</p> <p>Know what improves and harms the environment and know some ways to look after my environment L3</p> <p>Know about Fair Trade and what it means L2</p> <p>Know some ways in which needs and wants are not the same L2</p>	<p>Know that I belong to different groups and communities ie school, family and that my role is different in each L4</p> <p>Know that different people in Edwinstowe and beyond have different roles and responsibilities L5</p> <p>Know the role of the school council and I am able to talk about why I would vote for the members L5</p> <p>Know the ways that I am the same and different from others I know or have learnt about L6</p>	<p>Know what a digital footprint is and that it contains information about a person (L7) (HE13)</p> <p>Know some of the risks when communicating online and how to reduce these (L7) (HE13,15)</p> <p>Know that games and programmes have an age restriction and why it is important to adhere to them (L7) (HE14)</p> <p>Know that the internet has many benefits but that there need to be a balance of time on and offline (L7,8) (HE12)</p> <p>Know that not all information seen online is true (L9) (HE16)</p>

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Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know that family structures can vary and can compare these to their own (RE3) (R1,7,8)</p> <p>Know that marriage is formal and legal commitment intended to be lifelong (RE5) (R3)</p> <p>Know the names of people to speak to if family relationships are making them feel unhappy or unsafe (RE6) (RE7) (R9)</p> <p>Know people in my family that support and care for them (RE4) (HE9) (R1,6)</p>	<p>Know and show how to include people in friendships (RE8; RE9) (R11, 14.)</p> <p>Know and show how to listen and respect the view of others even if it differs from their own (RE8) (R14,33,34)</p> <p>Know what feelings of loneliness and exclusion are and how to avoid these (RE9) (R14,)</p> <p>Know that sometimes there are disagreements within friendships (RE10) (R17,)</p> <p>Know and use strategies to resolve disagreements (RE10) (R17,)</p>	<p>Know and show how to show respect for others who are very different from them (RE12) (R31,32)</p> <p>Know how to show courtesy and manners (RE14) (R32,33)</p> <p>Know own strengths and share these with others (RE15) (R31,L25)</p> <p>Know what bullying is and the harm it causes (RE17) (R19,)</p> <p>Know strategies to respond to bullying or other negative behaviours they experience or witness (RE17) (R20,29,)</p> <p>Know what a stereotype is (RE18) (R21,L9,)</p> <p>Know how to recognise stereotypes and challenge them (RE18) (R21,L9,)</p>	<p>Know that people can behave differently online including pretending to be someone different. (RE20) (R12,)</p> <p>Know how to show respect when communicating online (RE21) (R11,)</p> <p>Know how to use the internet safely and demonstrate this (RE22) (R20, H37,L11,15,)</p>	<p>Know the difference between secrets and surprises (RE26) (R27,28,)</p> <p>Know how to recognise secrets that need to be shared with trusted adults (RE26) (R27,28,29)</p> <p>Know how to judge the differences between appropriate and inappropriate or unsafe physical and other contact (RE27) (R22,24,25,26)</p> <p>Know the names of people they can ask for help and advice (RE30) (RE32) (R29,)</p>	<p>Know what mental wellbeing and mental ill health mean (HE1) (H15)</p> <p>Know there is a normal range of emotions and people's emotions change in different situations (HE2) (H17,18)</p> <p>Know own feelings and judge if they are appropriate and proportionate (HE4) (H20)</p> <p>Know that feeling lonely and bullying can affect our mental health (HE7; HE8) (H18)</p> <p>Know the names of adults you can discuss your feelings with and to seek support from (HE7) (H21,22)</p> <p>Know that many people experience mental ill health (HE1, HE10) (H22)</p>	<p>Know what the benefits of rationing time spent online are (HE12) (H13)</p> <p>Know and demonstrate safety rules when playing, working and communicating online (HE13) (H42)</p> <p>Know that the Internet can be a negative place which can have a negative impact on mental health (HE15) (H13,11)</p> <p>Know that some information online is not necessarily true / discuss source of information (HE16) (I12,16)</p> <p>Know where and how to get help if worried about something online (HE17) (r12,18,h42)</p> <p>Know how to use the Internet safely to exchange information and collaborate with others within and beyond school (HE11) (H42)</p>	<p>Know how to set a target to increase physical activity and monitor it (HE19) (H1,2,3,7)</p>	<p>Know why it is important to drink water regularly (HE22) (H6)</p> <p>Know what constitutes a healthy meal / range of healthy meals (HE23) (H6)</p> <p>Know the names of and describe foods that may contribute towards tooth decay (HE24) (H6)</p>

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<p>Know there are a range of legal substances that affect a person including caffeine, tobacco and alcohol (HE25) (H3,4,46,47)</p> <p>Know the importance of taking medicines correctly and following instructions for household products (H40)</p>	<p>Know how to be Sun Safe to keep skin protected from the sun (HE27) (H12)</p> <p>Know how to brush teeth well in the morning and before bed using toothpaste (HE29) (H11)</p> <p>Know and show good handwashing technique (HE30) (H9)</p>	<p>Know how to show through role play how to make a call to emergency services and know when this action might be required (HE32) (H44)</p>	-		<p>Know how to look after and handle money in everyday situations (L18)</p> <p>Know how to make simple financial decisions and consider how to spend money, including pocket money and contributions to charity L18,19)</p> <p>Know there are different ways to gain money, including earning it through work (L17)</p> <p>Know that money is a finite resource for individuals, institutions and the community (L20)</p> <p>Know some of the reasons why we have charities (L19)</p>	<p>Know the range of jobs carried out by people they know L26</p> <p>Know how to positively about personal likes and aspirations for the future L25</p>	<p>Know why different rules are needed in different situations (and RE lesson) (L1)</p> <p>Know how to and show how to participate in making and changing rules (I1, British Values)</p> <p>Know the school core values and why they are important (L2, 3, 6)</p> <p>Know that the choices made can impact on local, national and global communities (L4,6)</p> <p>Know how choices may impact on environment e.g. impact of litter and recycling (L4,5)</p> <p>Know about Fair trade and what it means (L5)</p>	<p>Know the core values and why they are important (RE12-14,16) (L2, 3, 6)</p> <p>Know that the choices made can impact on local, national and global communities (L4,6)</p> <p>Know how to contribute positively to the life of the class by undertaking monitor jobs (L7)</p>	<p>Know that the internet has many benefits but that there need to be a balance of time on and offline and keep to age restrictions on games(HE12,14) (L11)</p> <p>Know what an online community is and recognise positive and negative points of these(RE20,21) (L11)</p> <p>Know more about the range of risks when communicating online and demonstrate ways of reducing risk to ensure I and others are safe online(RE23,24) (L15)</p>

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Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know some things that people in families do to make their family life happy and healthy (RE2) (R6,8)</p> <p>Know that there are a range of different families and partnerships in society (RE3) (R1,2,5,7)</p>	<p>Know and demonstrate some characteristics of friendships (RE8) (R10,11, 14,)</p> <p>Know and show some characteristics of a trustworthy person and a trusting relationship (RE11) (R10,11, 14,18)</p>	<p>Know how and why others may have different views and show respect for these (RE12, RE13) (R30-34)</p> <p>Know how to recognise feelings of others and demonstrate care (RE12) (R19,20,30)</p> <p>Know how to demonstrate courtesy and manners (RE14) (R32,33)</p>	<p>Know how to recognise situations where help is needed with an online issue and how to get help from a trusted adult (RE22) (R12,H42,)</p> <p>Know the ways that data is shared and used online (RE24) (L13,15)</p> <p>Know how to recognise aggressive and anti-social behaviours both on and offline such as bullying and discrimination and their effects on individuals and communities such as travellers, migrants and asylum seekers. (and computing lessons)(L10) (HE12,16 RE 17,18)</p>	<p>Know what personal boundaries are (RE25) (R22,24,25,)</p> <p>Know how to set own boundaries in relationships with others (RE25) (R22,24,25,)</p> <p>Know they and others have a right to privacy (RE25, RE26) (R22,26,28)</p> <p>Know when it is not appropriate to keep secrets (RE26) (R27,)</p>	<p>Know how to recognise own strong emotions and know ways to manage these safely and appropriately (HE2, HE4) (H17,18,20)</p> <p>Know how to recognise feelings in others and respond appropriately (HE3) (H18,H21,22)</p> <p>Know how to identify and celebrate own positive qualities and skills (HE6) (H27,28)</p> <p>Know that mistakes are an opportunity to learn and develop (HE6) (H24,29)</p>	<p>Know how to protect privacy online (HE13) (H42)</p> <p>Know how to recognise manipulative / persuasive behaviour online and discuss how to respond appropriately (HE15) (H42, R11)</p> <p>Know not everything on the internet is accurate and identify sites that are likely to be accurate (HE16) (L12,16)</p> <p>Know how to report concerns and get help with issues online (HE17) (H42r18)</p> <p>Know that certain games, social media and websites have age restrictions and know to ask a trusted adult to help find appropriate websites (HE14) (L12)</p>	<p>Know different types of physical activity and describe the mental and physical benefits (HE18. HE19) (H1,3,7)</p> <p>Know who can offer help and when to seek support if worried about physical health (HE21) (H14)</p>	<p>Know how to make healthy food choices (HE22) (H6)</p> <p>Know which food groups are more nutritionally healthy for the body than others (HE22) (H6)</p>

Year 4 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)									
Drugs, Alcohol and Tobacco	Health and Prevention	First Aid	Body and its changes	Sex Education	Economic Wellbeing: Money	Economic Wellbeing: Aspirations and careers	Shared responsibilities	Communities	Media Literacy and digital resilience (link to online safety)
<p>Know the effects and risks of legal substances including caffeine, tobacco and alcohol (HE25) (H46,47,48)</p>	<p>Know the importance of good oral hygiene (HE29) (H11)</p> <p>Know how to clean teeth effectively and for how long (HE29) (H11)</p> <p>Know and use good handwashing technique (HE30) (H9)</p> <p>Know hazards (incl fire) that may cause harm in the home and how to reduce risk and keep safe (H39)</p> <p>Know and use strategies for keeping safe in local environment and unfamiliar places and firework safety; use of digital devices when out and about (H41)</p>	<p>Know how to identify situations when it would be appropriate to make a call to emergency services (HE32) (H44)</p>	<p>Know that ethnicity, gender, faith, culture, hobbies, likes and dislikes contribute to who we are (H25)</p>		<p>Know how to look after and save money ((L21,22)</p> <p>Know that people have different financial circumstances (L20)</p> <p>Know a reason for the different values and attitudes that people have with regard to money L18</p>	<p>Know why people work and the different jobs that people do and can challenge some of the work stereotypes(RE18) L27</p> <p>Know what a stereotype is and that everyone does have the same choices and opportunities in learning, careers and work (genders, different ethnicities, different backgrounds, etc) (RE18) L27</p> <p>Know how I will develop skills for work in the future L30</p>	<p>Know the school core values and suggest how they can be achieved (L3,6)</p> <p>Know about Fair trade and how it can contribute to the dignity of all (L5)</p>	<p>Know what democracy is (L6, 7)</p> <p>Describe the British Values and give examples of what they mean in school and society (British Values)</p> <p>Know how to contribute positively to the life of the class by undertaking monitor jobs (L7)</p> <p>Know how to empathise with other people and situations through topical issues, problems and local and global events (L7)</p> <p>Know the school core values and suggest how they can be achieved (RE12-14,16) (L3,6)</p> <p>Know how to recognise and challenge stereotypes based on race or gender (L9)</p> <p>Know how to recognise aggressive and anti-social behaviours both on and offline such as bullying and discrimination and their effects on individuals and communities such as travellers, migrants and asylum seekers (and computing). (L10)</p>	<p>Know why it is dangerous to share important information about myself online and how to keep myself safe (RE13) (L15)</p> <p>Know that not everything online is true and know what to do if I access something that makes me uncomfortable or(unhappy HE16,17) . (L12,16)</p> <p>Know why we need to keep some information private in order to protect myself online (L15) (HE13,RE22)</p>

Year 5 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)								
Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know unhealthy or unsafe behaviours in family relationships (RE2, RE6) (R9)</p> <p>Know people who can help if they feel unhappy or unsafe in their family (RE6) (HE7) (HE9) (R9)</p>	<p>Know what makes them a good friend (RE8) (R10,11, 14,15,17)</p> <p>Know qualities that they value in a friend (RE8) (R10,11, 14,15,17)</p> <p>Know how to resolve differences effectively (RE10) (R10,11, 14,15,17,18)</p>	<p>Know they can identify and challenge disrespectful behaviour (RE13) (r20, 31)</p> <p>Know reasons for self-respect (RE15)(R31)</p> <p>Know what makes a healthy, respectful relationship (RE16) (R11)</p> <p>Know the impact of bullying (RE17) (HE8) (R19)</p> <p>Know what to do to stop bullying (RE17) (R19,20,25,28,29)</p> <p>Know that being a bystander to bullying is unacceptable (RE17) (R28,29)</p> <p>Know when a relationship has become abusive and know who to talk to (RE17) (r23,27,29)</p> <p>Know that all genders and all people are equal and have equal rights (RE18) (R31,32,33,L2)</p>	<p>Know why there is the need to show the same respect to people online as in face to face relationships (RE21) (R11.)</p> <p>Know, identify and discuss risks online (RE22, RE23, RE20) (R12,23,H38,H42.)</p> <p>Know how to report a concern online for example social media (RE22) (R12,H42.)</p>	<p>Know and use strategies to assess, manage and resist pressure and make positive healthy and safe choices (RE25) (R22,23,28,.)</p> <p>Know difference between appropriate and inappropriate touch (RE27) (R25,.)</p> <p>Know who, and how, to seek help if experience inappropriate touching, and continuing to seek help until heard (RE27, RE30, RE31, RE32) (R28,29,.)</p> <p>Know how to identify own feelings of being unsafe (RE29) (R18,28,29,.)</p>	<p>Know how to recognise range of emotions in yourself and in others (HE3) (H17,19)</p> <p>Know strategies for managing own feelings appropriately (HE3) (H20,21)</p> <p>Know vocabulary to explain the intensity of own feelings to others (HE3) (H19)</p> <p>Know what a growth mind set is and what resilience is and have strategies to build own skills (HE6) (H16,1920,24,29)</p> <p>Know when to seek support for own or others' mental wellbeing (HE9) (H21,22)</p> <p>Know how change and loss (including death)can affect feelings; ways to express and manage grief (HE2) (H23)</p>	<p>Know how to use the Internet safely to exchange information and collaborate with others within and beyond school (HE11) (H42)</p> <p>Know potential risks of providing personal information online (HE13) (H42)</p> <p>Know strategies for protecting personal information, including passwords, addresses and images of self and others (HE13) (H42)</p> <p>Know how to present self safely online (HE13)) (H14,42 L15)</p> <p>Understand risks of online streaming and sending images of self online (HE13) (H42)</p> <p>Know how computer games are classified and understand why (HE14) (L12)</p> <p>Know that some people use online technology to bully other people and know how to seek help if this happens (HE15)) (R11)</p> <p>Know how to respond if asked to send naked image (RE22, HE15)) (R18,22,26,28 H,42 L15)</p> <p>Know that not all information online is accurate or unbiased (HE16)) (L12,16)</p>	<p>Know how to make small changes to increase amount of activity in daily routine (HE19) (H1,3,7)</p> <p>Know the risks of an inactive lifestyle (HE20) (H4,7)</p>	<p>Know the main components of a healthy diet (HE22) (H6)</p> <p>Know the possible consequences of a poor diet (HE24) (H6)</p>

Year 5 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)									
Drugs, Alcohol and Tobacco	Health and Prevention	First Aid	Body and its changes	Sex Education	Economic Wellbeing: Money	Economic Wellbeing: Aspirations and careers	Shared responsibilities	Communities	Media Literacy and digital resilience (link to online safety)
Know which commonly available substances and drugs are legal and illegal, and their effects and risks (HE25) (H46-49)	Know the importance of good quality sleep and how this contributes to physical and emotional health (HE28) (H8) Know that good hygiene and regular washing is important during puberty and beyond (RE30) (H32)	Know how to show basic first aid for common injuries (HE33) (H43) Know situations when it would be appropriate to make a call to emergency services (HE32) (H44)	Know parts of the reproductive system in male and female bodies (HE34) (H30) Know ways in which people grow and develop during puberty both physically and emotionally (HE34) (H31) Understand stages of the menstrual cycle (HE35) (H31) Know how menstruation can be managed (HE30, HE35) (H31) Know that people's emotions may change during puberty and have a range of strategies for managing feelings towards self and others in a positive way (HE2, HE4, HE34) (H31,34) Know that for some people their gender identity doesn't correspond to their biological sex (H26)		Know how to make considered decisions about saving, spending and giving L22 L21 Know how to differentiate between essentials and desires - needs and wants L20 Know the 'value for money' and can make informed choices to get 'value for money' L18 Know how to assess 'best buys' in a range of circumstances L18 Know and manage feelings about money, my own and others L18	Know about the range of jobs carried out by people and some of the stereotypes surrounding some career choices and I am aware of some of the rights and responsibilities when it comes to treating people fairly L27 Know and understand how I can develop skills to make a contribution in the future L30 Know how to consider what I like, what I am good at and what I enjoy doing and can talk positively about my strengths L25 Know that there are a range of earnings for different jobs L29 Understand that there are a range of benefits from employment, not just financial (making a difference, caring for others, etc) L28	Know that individual and community rights and responsibilities need to be taken into account when making decisions (e.g. public enquiries, planning decisions for new houses/roads etc. (L2, 3) Know and demonstrate the school core values and talk about the difference which having them makes to school and wider life (RE12-14,16) (I3,6) Know and demonstrate respect when taking part in democratic events in the school: voting and campaigning for school council; Health and Safety Team Eco team; mock elections (I3,4) Know that resources can be allocated in different ways and that economic choices affect individuals, communities and the environment. (L4) Know that choices we make as individuals, a community and nation impact internationally (L4) Know how to be a valued member of the school community by becoming a Playground Buddy (L5) Know how I have made choices that support the sustainability of the environment and can help other people to be more eco-friendly. (L4,5)	Know and demonstrate the school core values and talk about the difference which having them makes to school and wider life RE12-14,16) (I3,6) Know what democracy is and understand how it works in the UK at a local, regional and national scale. (L6,L7, British Values Know that there are other forms of government that are not democratic and can give examples of these (British values and History: Ancient Greece as founders of democracy) Know what it means to be British (British Values) Know the value of the range of national, regional, religious and ethical issues in the U.K. and the benefits of being a multi-cultural nation (I8) (and British Values) Know that circumstances in in other countries and cultures may be different from our own (L7-10) Know why some people have chosen to leave their country and migrate to the U.K. (L7-10) Understand the difference between economic migrant, asylum seeker and refugee(L7-10) Know that different people and groups contribute to community (L7,8) Know how to recognise and challenge stereotypes e.g. race, gender (L9)	Know that the internet has many benefits but that there need to be a balance of time on and offline and keep to age restrictions on games and social media (HE12-14)(L11) Know how to use range of strategies to protect personal information including passwords, addresses and images of myself and others (L15) (HE12, RE 23,24) Know how to manage requests for images of myself or others ; what is and isn't appropriate to share or ask of and who to talk to if I am concerned (HE12,17 RE 23,24,29,32) (L15) Know that media can edit photographs online (body image) (L16) Know that not all information on the website is accurate or unbiased and have strategies for identifying the origin of a website (I12,16)

Year 6 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)								
Families & People who Care for Me	Caring Friendships	Respectful Relationships	Online Relationships	Being Safe	Mental Wellbeing	Internet Safety and Harms	Physical Health and Fitness	Healthy Eating
<p>Know how to discuss the importance of family when growing up because they can give love, security and stability (RE1) (R1,6,8)</p> <p>Know what fairness means in relationships (RE2) (R1,4)</p> <p>Know that civil partnerships and marriages are commitments that people in stable, loving relationships may choose to make (RE4, RE5) (R3,7)</p> <p>Know that forcing anyone to marry is a crime (RE5) (R4)</p> <p>Understand that support is available to protect and prevent people being forced into marriage (RE5) (R4)</p> <p>Know people who can help if they feel unhappy or unsafe in their family (RE6) (R9)</p>	<p>Know why friendships may change over time and that new friendships can develop (RE7) (R16)</p> <p>Know how to make others feel included (RE9) (R10,14)</p> <p>Know how to solve problems in a rational manner (RE10) (R17)</p> <p>Know how to show skills needed to make new friends and manage changing friendships (RE10, RE11) (R14,15,17)</p>	<p>Know strategies for resolving friendship and relationship disputes and conflict (RE10, RE13) (R15,16,17,19)</p> <p>Know how to recognise and challenge discrimination, teasing, anti-social and aggressive behaviours in an appropriate way (RE12, RE16, RE17, RE18) (R21,L9,10)</p> <p>Know how to recognise hate crime and know how to report it (RE12, RE16, RE17, RE18) (R19,20,21,L9,10)</p> <p>Know places where people can go to get support if they are experiencing relationship difficulties (RE11, RE19) (R17,18,22,24)</p> <p>Know how to demonstrate courtesy and manners (RE14) (R31,32,33)</p>	<p>Know what grooming is and how to get help if they, or someone they know, is being groomed (RE22, RE23) (R23,24,28,)</p> <p>Keep safe online (RE22) (L11,R20,H37,)</p> <p>Know how to report anything they are unsure about (RE22) (R20)</p> <p>Know the risks around online 'friendships' and know how to keep safe (RE20, RE23) (R12,23)</p> <p>Know how to make decisions about what is ok to share online (RE24) (R22,L15,)</p> <p>Know why and how information and data is shared and used online (RE24) (L13,L15,)</p>	<p>Know what FGM is and who to talk to if worried (RE27) (R25,29 H45)</p> <p>Know how to manage and assess risks in different situations, including physical contact and unknown adults (RE19, RE25, RE26, RE27, RE28, RE29, RE30, RE32) (R22-29,)</p> <p>Know strategies for resisting pressure in different forms including seeking support from a trusted adult (RE25, RE26, RE30, RE31, RE32) (R22,23,28,)</p> <p>Know when it is not appropriate to keep secrets (RE26) (R27,28,)</p>	<p>Know how to identify signs of mental ill health (HE7, HE9, HE10) (H21)</p> <p>Know range of strategies to maintain and improve mental wellbeing including physical exercise and self-care techniques (HE5, HE6) (H16)</p> <p>Know people and organisations that can support them or others with their wellbeing and explain how to access them (HE9, HE10) (H22)</p>	<p>Know and demonstrate safe use of mobile phones and tablets (HE12) (H42)</p> <p>Know and understand the benefits of rationing time spent online (HE12) (H13)</p> <p>Know why respectful language should be used and legal consequences of sending offensive online communications (HE13, RE21) (R11)</p> <p>Know risks and safety rules around forwarding things online (HE13) (H42,R22)</p> <p>Know consequences of sending naked images online (HE13) (R22,26,28 H42, L15)</p> <p>Know how to critically evaluate what is presented online and know why this is important (HE16) (L12,14,16)</p> <p>Know how to get help with issues online and how to report concerns (HE17) (H42,R18)</p>	<p>Know how to include regular exercise in daily and weekly routine (HE19) (H1,3,7)</p> <p>Know the links between physical activity and mental wellbeing (HE5, HE18) (H2,7)</p> <p>Know who they can go to for help if concerned about their health (HE21) (H14)</p>	<p>Know how to plan healthy meal using main food groups (HE23) (H6)</p> <p>Know how healthy nutrition supports body and mind (HE22) (H6)</p>

Year 6 (black: DfE statutory guidance reference e.g. RE8; blue: PSHE Association 2020 Scheme of work reference)									
Drugs, Alcohol and Tobacco	Health and Prevention	First Aid	Body and its changes	Sex Education	Economic Wellbeing: Money	Economic Wellbeing: Aspirations and careers	Shared responsibilities	Communities	Media Literacy and digital resilience (link to online safety)
<p>Know the risks and consequences of misusing medicines, alcohol, tobacco, drugs and other substances (HE25) (H46-49)</p> <p>Know what is meant by the term 'habit' and why habits can be hard to change (HE25) (H46-50)</p>	<p>Know some early signs of physical illness (HE26, HE27) (h5)</p> <p>Know and demonstrate sun safety (HE27) (H12)</p> <p>Know about types of immunisation and vaccination and why they are important (HE31) (H10)</p> <p>Know how to predict, assess and manage risk in different situations (H38)</p>	<p>Know and demonstrate basic first aid for CPR (HE33) (H43,44)</p>	<p>Know how to maintain hygiene during puberty (HE30, HE35) (H32)</p> <p>Know how to show maturity, understanding and respect around menstruation (HE35) (H31)</p> <p>Know the impact that puberty has on feelings and emotions (HE2, HE4, HE35) (H31)</p> <p>Know where to get more advice about changing, especially puberty (H34)</p> <p>Know new opportunities and responsibilities increased independence may bring (H35)</p> <p>Know how to use strategies for managing transition to KS3 (H36)</p>	<p>Know how human reproduction occurs, including conception, pregnancy and birth (SE6) (H33)</p> <p>Know that there are lots of things to consider before people choose to have a baby (SE2) (H35)</p> <p>Know pregnancy can be prevented through use of contraception (SE3) (H33)</p> <p>Know the meaning of consent (SE4, SE5)</p> <p>Know the legal age for someone to consent to sexual activity in UK is 16 (SE4, SE5) (H33)</p> <p>Know some people choose to be in romantic and intimate relationships with people of the opposite gender and some have relationships with people of the same gender (SE1) (R2)</p> <p>Know terms to describe different relationships (heterosexual, gay, lesbian, bisexual, pansexual) (SE1) (R2)</p> <p>Know characteristics of healthy romantic and intimate relationships (SE1) (R1,6)</p>	<p>Know that people buy things online and have online bank accounts and passwords to keep money safe L17</p> <p>Know that money can be lost e.g. through gambling and the effects of this on health, wellbeing and future aspirations L23</p> <p>Know how money can impact on people's feelings and emotions L24</p>	<p>Know how people's careers are different and how they develop in different ways and be aware that people feel differently about the different types of work they do L26</p> <p>Know how to reflect on learning about careers, employability and enterprise activities and experiences and how the learning relates to own choices L31</p> <p>Know a range of local businesses and how they are run and the products and / or services they provide L26</p> <p>Know that employers must treat all employees equally and there are certain protected characteristics under the Equalities Act L2</p> <p>Know and recognise and start to demonstrate some of the key qualities and skills that employers are looking for and to be enterprising L30</p> <p>Know positive achievements during my time in Primary School L25</p> <p>Know a variety of routes into careers e.g. college, university, apprenticeship L32</p>	<p>Know the consequences of law breaking and how criminal justice system works in UK. (L1)</p> <p>Know the difference between religious laws and laws of the land ((11)</p> <p>Know that everyone has human rights and that children have their own rights set out in the United Nations Declarations of the Rights of the Child. (L2)</p> <p>Know how to show the core Christian values, understand how these impact on own and others' lives and use these to make a positive contribution to school and wider community and environment. (RE12-14,16) (L3,5,6)</p>	<p>Know what being part of a community means and understand mental health benefits of community participation and volunteering. (L6)</p> <p>Know how to contribute to the life of the whole school by taking on responsibilities e.g. collective worship lead; chair of School Council/ Eco team (L7)</p> <p>Know how to demonstrate core Christian values, understand how these impact on own and others' lives and use these to make a positive contribution to school and wider community and environment. (RE12-14,16) (L3,5,6)</p> <p>Know how to discuss controversial matters in sensitive manner e.g. terrorism, migration and racism (L10, British values)</p> <p>Know that 'poverty' may have different meanings to different people in different circumstances. (British Values)</p> <p>Know how to show value of the different contributions that people and groups make ot community and talk about how we can all learn from each other (L7,8)</p> <p>Know the 'British values' and give examples of what they mean in school and society. (British Values)</p> <p>Know the meaning of and challenge stereotypes and prejudice (racism, disability, hidden disability, sexuality)(RE18) (L9,10)</p>	<p>Know how media present information and that it can be a positive or negative influence (L11,16)</p> <p>Know how to critique how media present information (L16)</p> <p>Know how to research discuss and debate topics, problems and events (L12)</p>

