

PSHE Progressive Curriculum Reception – Year 6 (2 year cycle A & B)

Reception (Repeats for Cycle A & B)

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Being Me in My World Who am I and how do I fit?</p>	<p>Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique</p>	<p>Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this</p>	<p>Healthy Me Being and keeping safe and healthy</p>	<p>Relationships Building positive, healthy relationships</p>	<p>Changing Me Coping positively with change</p>
<p>1. Who... Me?! To understand how it feels to belong and that we are similar and different</p> <p>2. How am I feeling today? To start to recognise and manage my feelings</p> <p>3. Being at School To enjoy working with others to make school a good place to be</p> <p>4. Gentle hands I understand why it is good to be kind and use gentle hands</p> <p>5. Our Rights To start to understand children's rights and</p>	<p>1. What am I good at? To identify something I am good at and understand everyone is good at different things</p> <p>2. I'm Special, I'm Me! To understand that being different makes us all special</p> <p>3. Families To know we are all different but the same in some ways</p> <p>4. Houses and Homes To tell you why I think my home is special to me</p> <p>5. Making Friends To tell you how to be a kind friend</p>	<p>1. Challenge To understand that if I persevere I can tackle challenges</p> <p>2. Never Giving Up To tell you about a time I didn't give up until I achieved my goal</p> <p>3. Setting a goal To set a goal and work towards it</p> <p>4. Obstacles and Support To use kind words to encourage people</p> <p>5. Flight to the Future To understand the link between what I learn now and the job I might like to do when I'm older</p>	<p>1. Everybody's Body To understand that I need to exercise to keep my body healthy</p> <p>2. We like to move it, move it! To understand how moving and resting are good for my body</p> <p>3. Food Glorious Food To know which foods are healthy and not so healthy and can make healthy eating choices</p> <p>4. Sweet Dreams To know how to help myself go to sleep and understand why sleep is good for me</p> <p>5. Keeping Clean To wash my hands</p>	<p>1. My Family and Me! To identify some of the jobs I do in my family and how I feel like I belong</p> <p>2. Make friends, make friends, never ever break friends Part 1 To know how to make friends to stop myself from feeling lonely</p> <p>3. Make friends, make friends, never ever break friends Part 2 To think of ways to solve problems and stay friends</p> <p>4. Falling Out and Bullying Part 1 To start to understand the impact of unkind words</p>	<p>1. My Body To name parts of the body</p> <p>2. Respecting My Body To tell you some things I can do and foods I can eat to be healthy</p> <p>3. Growing Up To understand that we all grow from babies to adults</p> <p>4. Fun and Fears Part 1 To express how I feel about moving to Year 1</p> <p>5. Fun and Fears Part 2 To talk about my worries and/or the things I am looking forward to about being</p>

<p>this means we should all be allowed to learn and play</p> <p>6. Our responsibilities To learn what being responsible means</p>	<p>6. Standing Up for Yourself To know which words to use to stand up for myself when someone says or does something unkind</p>	<p>6. Footprint Awards To say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>thoroughly and understand why this is important especially before I eat and after I go to the toilet</p> <p>6. Stranger Danger To know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>5. Falling Out and Bullying Part 2 To use Calm Me time to manage my feelings</p> <p>6. Being the best friends we can be To know how to be a good friend</p>	<p>in Year 1</p> <p>6. Celebration To share my memories of the best bits of this year in Reception</p>
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Key Stage 1 Cycle A

Autumn Cycle A		Spring Cycle A		Summer Cycle A	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Being Me in My World Who am I and how do I fit?</p>	<p>Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique</p>	<p>Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this</p>	<p>Healthy Me Being and keeping safe and healthy</p>	<p>Relationships Building positive, healthy relationships</p>	<p>Changing Me Coping positively with change</p>
<p>1. Special and Safe To feel special and safe in my class</p> <p>2. My Class To know that I belong to my class</p> <p>3. Rights and Responsibilities To know how to make my class a safe place for everybody to learn</p> <p>4. Rewards and Feeling Proud To recognise how it feels to be proud of an achievement</p> <p>5. Consequences To recognise the range of feelings when I face certain</p>	<p>1. The same as... To be able to tell you some ways in which I am the same as my friends</p> <p>2. Different from.. To be able to tell you some ways I am different from my friends</p> <p>3. What is 'bullying'? To understand how being bullied might feel</p> <p>4. What do I do about bullying? To be kind to children who are bullied</p> <p>5. Making new</p>	<p>1. My Treasure Chest of Success To be able to tell you about a thing I do well</p> <p>2. Steps to Goals To be able to tell you how I learn best</p> <p>3. Achieving Together To be able to celebrate achievement with my partner</p> <p>4. Stretchy Learning To be able to identify how I feel when I am faced with a new challenge</p> <p>5. Overcoming Obstacles To be able to know how I feel when I see</p>	<p>1. Being Healthy To feel good about myself when I make healthy choices</p> <p>2. Healthy Choices To feel good about myself when I make healthy choices</p> <p>3. Clean and Healthy To know I am special so I keep myself safe</p> <p>4. Medicine Safety To know some ways to help myself when I feel poorly</p> <p>5. Road Safety To recognise when I feel frightened and know who to ask for help</p>	<p>1. Families To know how it feels to belong to a family and care about the people who are important to me</p> <p>2. Making Friends To know how to make a new friend</p> <p>3. Greetings To recognise which forms of physical contact are acceptable and unacceptable to me</p> <p>4. People Who Help Us To know when I need help and know how to ask for it</p>	<p>1. Life cycles To understand that changes happen as we grow and that this is OK</p> <p>2. Changing Me To know that changes are OK and that sometimes they will happen whether I want them to or not</p> <p>3. My Changing Body To understand that growing up is natural and that everybody grows at different rates</p> <p>4. Boys' and Girls' Bodies To respect my body and understand which parts are private</p>

<p>consequences</p> <p>6. Owing our Learning Charter</p> <p>To understand my choices in following the Learning Charter</p>	<p>friends</p> <p>To know how it feels to make a new friend</p> <p>6. Celebrating difference; celebrating me</p> <p>To understand these differences make us all special and unique</p>	<p>obstacles and how I feel when I overcome them</p> <p>6. Celebrating My Success</p> <p>To be able to know how to store the feelings of success in my internal treasure chest</p>	<p>6. Happy, Healthy Me</p> <p>To recognise how being healthy helps me to feel happy</p>	<p>5. Being My Own Best Friend</p> <p>To know ways to praise myself</p> <p>6. Celebrating My Special Relationships</p> <p>To express how I feel about someone who is special to me</p>	<p>5. Learning and Growing</p> <p>To enjoy learning new things</p> <p>6. Coping with Changes</p> <p>To know some ways to cope with changes</p>
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Key Stage 1 Cycle B

Autumn Cycle B		Spring Cycle B		Summer Cycle B	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Being Me in My World Who am I and how do I fit?</p>	<p>Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique</p>	<p>Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this</p>	<p>Healthy Me Being and keeping safe and healthy</p>	<p>Relationships Building positive, healthy relationships</p>	<p>Changing Me Coping positively with change</p>
<p>1. Hopes and Fears for the Year To recognise when I feel worried and know who to ask for help</p> <p>2. Rights and Responsibilities To recognise when I feel worried and know who to ask for help</p> <p>3. Rewards and Consequences To help make my class a safe and fair place</p> <p>4. Rewards and Consequences To help make my class a safe and fair place</p> <p>5. Our Learning</p>	<p>1. Boys and girls To understand some ways in which boys and girls are similar and feel good about this</p> <p>2. Boys and girls To understand some ways in which boys and girls are different and accept that this is OK</p> <p>3. Why does bullying happen? To tell you how someone who is bullied feels and to be kind to children who are bullied</p> <p>4. Standing up for myself and others To know when and how to stand up for myself and others. I know how to get help if I am being bullied</p> <p>5. Gender Diversity To understand we</p>	<p>1. Goals to Success To tell you things I have achieved and say how that makes me feel</p> <p>2. My Learning Strengths To tell you some of my strengths as a learner</p> <p>3. Learning with Others To tell you how working with other people helps me learn</p> <p>4. A Group Challenge To work with others in a group to solve problems</p> <p>5. Continuing Our Group Challenge To tell you how I felt about working in my group</p> <p>6. Celebrating Our Achievement To tell you how being part of a successful group</p>	<p>1. Being Healthy To be motivated to make healthy lifestyle choices</p> <p>2. Being Relaxed To tell you when a feeling is weak and when a feeling is strong</p> <p>3. Medicine Safety To feel positive about caring for my body and keeping it healthy</p> <p>4. Healthy Eating To have a healthy relationship with food and know which foods I enjoy the most</p> <p>5. Healthy Eating To express how it feels to share healthy food with my friends</p> <p>6. Happy, Healthy Me! To have a healthy</p>	<p>1. Families To accept that everyone's family is different and understand that most people value their family</p> <p>2. Keeping Safe - exploring physical contact To know which types of physical contact I like and don't like and can talk about this</p> <p>3. Friends and Conflict To demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends</p> <p>4. Secrets To know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</p>	<p>1. Life Cycles in Nature To understand there are some changes that are outside my control and can recognise how I feel about this</p> <p>2. Growing from Young to Old To identify people I respect who are older than me</p> <p>3. The Changing Me To feel proud about becoming more independent</p> <p>4. Boys' and Girls' Bodies To tell you what I like/don't like about being a boy/girl</p> <p>5. Assertiveness To be confident to say what I like and don't like and can ask for help</p> <p>6. Looking Ahead</p>

<p>Charter To work cooperatively</p> <p>6. Owning our Learning Charter To choose to follow the Learning Charter</p>	<p>shouldn't judge people if they are different and to know how it feels to be a friend and have a friend</p> <p>6. Celebrating difference and still being friends To understand our differences make us all special and unique</p>	<p>feels and to store these feelings in my internal treasure chest</p>	<p>relationship with food and I know which foods are most nutritious for my body</p>	<p>5. Trust and Appreciation To understand how it feels to trust someone</p> <p>6. Celebrating My Special Relationships To be comfortable accepting appreciation from others</p>	<p>To start to think about changes I will make when I am in my next class and know how to go about this</p>
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Lower Key Stage 2 Cycle A

Autumn Cycle A		Spring Cycle A		Summer Cycle A	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Being Me in My World Who am I and how do I fit?</p>	<p>Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique</p>	<p>Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this</p>	<p>Healthy Me Being and keeping safe and healthy</p>	<p>Relationships Building positive, healthy relationships</p>	<p>Changing Me Coping positively with change</p>
<p>1. Getting to Know Each Other To value myself and know how to make someone else feel welcome and valued</p> <p>2. Our Nightmare School To recognise how it feels to be happy, sad or scared and be able to identify if other people are feeling these emotions</p> <p>3. Our Dream School To know how to make others feel valued</p> <p>4. Rewards and Consequences To understand that my behaviour brings rewards/consequence</p>	<p>1. Families To appreciate my family/the people who care for me</p> <p>2. Family conflict To know how to calm myself down and use the 'Solve it together' technique</p> <p>3. Witness and feelings To know some ways of helping to make someone who is bullied feel better</p> <p>4. Witness and solutions To problem-solve a bullying situation with others</p> <p>5. Words that harm To try hard not to</p>	<p>1. Dreams and Goals To respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)</p> <p>2. My Dreams and Ambitions To imagine how I will feel when I achieve my dream/ambition</p> <p>3. A New Challenge To break down a goal into a number of steps and know how others could help me to achieve it</p> <p>4. Our New Challenge To know that I am responsible for my own learning and can use my strengths as a learner to achieve the</p>	<p>1. Being Fit and Healthy To set myself a fitness challenge</p> <p>2. Being Fit and Healthy To know what it feels like to make a healthy choice</p> <p>3. What Do I Know About Drugs? To identify how I feel towards drugs</p> <p>4. Being Safe To express how being anxious or scared feels</p> <p>5. Safe or Unsafe To take responsibility for keeping myself and others safe</p>	<p>1. Family Roles and Responsibilities To describe how taking some responsibility in my family makes me feel</p> <p>2. Friendship To know how to negotiate in conflict situations to try to find a win-win solution</p> <p>3. Keeping Myself Safe Online To know who to ask for help if I am worried or concerned about anything online</p> <p>4. Being a Global Citizen 1 To show an awareness of how the actions and work of people around the</p>	<p>1. How Babies Grow To understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby</p> <p>2. Babies To understand how babies grow and develop in the mother's uterus and what a baby needs to live and grow</p> <p>3. Outside Body Changes To understand how boys' and girls' bodies need to change on the outside so that when they grow up their bodies can make</p>

<p>5. Our Learning Charter To work cooperatively in a group</p> <p>6. Owing our Learning Charter To choose to follow the Learning Charter</p>	<p>use hurtful words (e.g. gay, fat)</p> <p>6. Celebrating difference: compliments To give and receive compliments and know how this feels</p>	<p>challenge</p> <p>5. Our New Challenge - Overcoming Obstacles To manage the feelings of frustration that may arise when obstacles occur</p> <p>6. Celebrating My Learning To be confident in sharing my success with others and to store my feelings in my internal treasure chest</p>	<p>6. My Amazing Body To respect my body and appreciate what it does for me</p>	<p>world help and influence my life and could affect my choices</p> <p>5. Being a Global Citizen 2 To empathise with children whose lives are different to mine and appreciate what I may learn from them</p> <p>6. Celebrating My Web of Relationships To enjoy being part of a family and friendship groups</p>	<p>babies</p> <p>4. Inside Body Changes To know how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary</p> <p>5. Family Stereotypes To express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p> <p>6. Looking Ahead To start to think about changes I will make next year and know how to go about this</p>
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Lower Key Stage 2 Cycle B

Autumn Cycle B		Spring Cycle B		Summer Cycle B	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Being Me in My World Who am I and how do I fit?</p>	<p>Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique</p>	<p>Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this</p>	<p>Healthy Me Being and keeping safe and healthy</p>	<p>Relationships Building positive, healthy relationships</p>	<p>Changing Me Coping positively with change</p>
<p>1. Becoming a Class 'Team' To know how good it feels to be included in a group, how it feels to be excluded and try to make people feel welcome and valued</p> <p>2. Being a School Citizen To take on a role in a group and contribute to the overall outcome</p> <p>3. Rights, Responsibilities and Democracy To understand how democracy works through the School Council</p> <p>4. Rewards and</p>	<p>1. Judging by Appearances To try to accept people for who they are</p> <p>2. Understanding influences To question why I think what I do about other people</p> <p>3. Understanding Bullying To know how it might feel to be a witness to and a target of bullying</p> <p>4. Problem-solving To problem-solve a bullying situation with others</p>	<p>1. Hopes and Dreams To know how it feels to have hopes and dreams</p> <p>2. Broken Dreams To know how disappointment feels and to identify when I have felt that way</p> <p>3. Overcoming Disappointment To know how to cope with disappointment and how to help others cope with theirs</p> <p>4. Creating New Dreams To know what it means to be resilient and to have a positive attitude</p>	<p>1. My Friends and Me To identify the feelings I have about my friends and my different friendship groups</p> <p>2. Group Dynamics To be aware of how different people and groups impact on me and recognise the people I most want to be friends with</p> <p>3. Smoking To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p>4. Alcohol</p>	<p>1. Jealousy To identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</p> <p>2. Love and Loss To know how most people feel when they lose someone or something they love</p> <p>3. Memories To understand that we can remember people even if we no longer see them</p> <p>4. Getting on and Falling Out To know how to stand up for myself and how</p>	<p>1. Unique Me To understand that some of my personal characteristics have come from my birth parents and that this is because I am made from the joining of their egg and sperm</p> <p>2. Having a Baby To correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>3. Girls and Puberty To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that</p>

<p>ConsequencesTo understand how rewards and consequences motivate people's behaviour</p> <p>5. Our Learning Charter To understand how groups come together to make decisions</p> <p>6. Owing our Learning Charter To understand how democracy and having a voice benefits the school community</p>	<p>5. Special Me To like and respect the unique features of my physical appearance</p> <p>6. Celebrating Difference: how we look To explain why it is good to accept people for who they are</p>	<p>5. Achieving Goals To enjoy being part of a group challenge</p> <p>6. We Did It! To know how to share in the success of a group and how to store this success experience in my internal treasure chest</p>	<p>To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p>5. Healthy Friendships To identify feelings of anxiety and fear associated with peer pressure</p> <p>6. Celebrating My Inner Strength and Assertiveness To tap into my inner strength and know how to be assertive</p>	<p>to negotiate and compromise</p> <p>5. Girlfriends and Boyfriends To understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend</p> <p>6. Celebrating My Relationships with People and Animals To know how to show love and appreciation to the people and animals who are special to me</p>	<p>menstruation (having periods) is a natural part of this</p> <p>4. Circles of Change To be confident enough to try to make changes when I think they will benefit me</p> <p>5. Accepting Change To express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p> <p>6. Looking Ahead To reflect on the changes I would like to make next year and can describe how to go about this</p>
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Upper Key Stage 2 Cycle A

Autumn Cycle A		Spring Cycle A		Summer Cycle A	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Being Me in My World Who am I and how do I fit?</p>	<p>Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique</p>	<p>Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this</p>	<p>Healthy Me Being and keeping safe and healthy</p>	<p>Relationships Building positive, healthy relationships</p>	<p>Changing Me Coping positively with change</p>
<p>1. My Year Ahead To know what I value most about my school and identify my hopes for this school year</p> <p>2. Being a Citizen of My Country To understand my rights and responsibilities as a citizen of my country</p> <p>3. Responsibilities To empathise with people in this country whose lives are different to my own</p> <p>4. Rewards and Consequences To make choices about my own behaviour because I</p>	<p>1. Different cultures To understand that cultural differences sometimes cause conflict</p> <p>2. Racism To understand what racism is</p> <p>3. Rumours and Name-calling To understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>4. Types of Bullying To explain the difference between direct and indirect types of bullying</p>	<p>1. When I Grow Up (My Dream Lifestyle) To understand that I will need money to help me achieve some of my dreams</p> <p>2. Investigate Jobs and Careers To know about a range of jobs carried out by people I know and explore how much people earn in different jobs</p> <p>3. My Dream Job. Why I want it and the steps to get there To appreciate the opportunities that learning and education are giving me and understand how this</p>	<p>1. Smoking To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>2. Alcohol To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>3. Emergency Aid To know how to keep myself calm in emergencies</p> <p>4. Body Image To understand how the media, social media and celebrity</p>	<p>1. Recognising Me To know how to keep building my own self-esteem</p> <p>2. Safety with Online Communities To recognise when an online community feels unsafe or uncomfortable</p> <p>3. Being in an Online Community To recognise when an online community is helpful or unhelpful to me</p> <p>4. Online Gaming To recognise when an online game is becoming unhelpful or unsafe</p>	<p>1. Self and Body Image To be aware of my own self-image and how my body image fits into that</p> <p>2. Puberty for Girls To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>3. Puberty for boys To describe how boys' and girls' bodies change during puberty</p> <p>4. Conception To understand that sexual intercourse can lead to conception and that is how babies are</p>

<p>understand how rewards and consequences feel</p> <p>5. Our Learning Charter To understand how an individual's behaviour can impact on a group</p> <p>6. Owing our Learning Charter To understand how democracy and having a voice benefits the school community and know how to participate in this</p>	<p>5. Does Money Matter? To appreciate the value of happiness regardless of material wealth</p> <p>6. Celebrating Difference across the world To respect my own and other people's cultures</p>	<p>will help me to build my future</p> <p>4. Dreams and Goals of Young People in Other Cultures To describe the dreams and goals of young people in a culture different to mine</p> <p>5. How Can We Support Each Other? To appreciate the similarities and differences in aspirations between myself and young people in a different culture</p> <p>6. Rallying Support To encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p>	<p>culture promotes certain body types</p> <p>5. My Relationship with Food To describe the different roles food can play in people's lives and explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>6. Healthy Me To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>	<p>5. My Relationship with Technology: screen time To identify things I can do to reduce screen time, so my health isn't affected</p> <p>6. Relationships and Technology To explain how to stay safe when using technology to communicate with my friends</p>	<p>usually made, but sometimes people need IVF to help them have a baby</p> <p>5. Looking Ahead 1 To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>6. Looking Ahead 2 To start to think about changes I will make next year and know how to go about this.</p>
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Upper Key Stage 2 Cycle B

Autumn Cycle B		Spring Cycle B		Summer Cycle B	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World Who am I and how do I fit?	Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique	Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this	Healthy Me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing Me Coping positively with change
<p>1. My Year Ahead To identify my goals for this year, understand my fears and worries about the future and know how to express them</p> <p>2. Being a Global Citizen 1 To know that there are universal rights for all children but for many children these rights are not met</p> <p>3. Being a Global Citizen 2 To understand that my actions affect other people locally and globally</p> <p>4. The Learning Charter To understand that</p>	<p>1. Am I Normal? To understand there are different perceptions about what normal means</p> <p>2. Understanding Difference To understand how being different could affect someone's life</p> <p>3. Power Struggles To explain some of the ways in which one person or a group can have power over another</p> <p>4. Why Bully To know some of the reasons why people use bullying behaviours</p> <p>5. Celebrating</p>	<p>1. Personal Learning Goals To know my learning strengths and set challenging but realistic goals for myself (e.g. one in-school goal and one out-of- school goal)</p> <p>2. Steps to Success To work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</p> <p>3. My Dream For the World To identify problems in the world that concern me and talk to other people about them</p> <p>4. Helping to Make a Difference</p>	<p>1. Taking responsibility for my health and well-being To take responsibility for my health and make choices that benefit my health and well-being</p> <p>2. Drugs To know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>3. Exploitation To understand that some people can be exploited and made to do things that are against the law</p> <p>4. Gangs To know why some</p>	<p>1. What is Mental Health? To understand that people can get problems with their mental health and that it is nothing to be ashamed of</p> <p>2. My Mental Health To know how to take care of my mental health</p> <p>3. Love and Loss To understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>4. Power and Control To recognise when people are trying to</p>	<p>1. My Self Image To know how to develop my own self esteem</p> <p>2. Puberty To explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>3. Babies: Conception to Birth To describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>4. Boyfriends and Girlfriends To understand that</p>

<p>my actions affect myself and others and to care about other people's feelings and try to empathise with them</p> <p>5. Our Learning Charter To contribute to a group and understand how we can function best as a whole</p> <p>6. Owing our Learning Charter To understand how democracy and having a voice benefits the school community</p>	<p>Difference To give examples of people with disabilities who lead amazing lives</p> <p>6. Celebrating Difference To explain ways in which difference can be a source of conflict and a cause for celebration</p>	<p>To empathise with people who are suffering or who are living in difficult situations</p> <p>5. Helping to Make a Difference To describe some ways in which I can work with other people to help make the world a better place</p> <p>6. Recognising Our Achievements To know what some people in my class like or admire about me and accept their praise</p>	<p>people join gangs and the risks this involves</p> <p>5. Emotional and Mental Health To understand what it means to be emotionally well and to explore people's attitudes towards mental health/illness</p> <p>6. Managing Stress and Pressure To recognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse</p>	<p>gain power or control</p> <p>5. Being Online: Real or Fake? Safe or Unsafe? To judge whether something online is safe and helpful for me</p> <p>6. Using Technology Responsibly To use technology positively and safely to communicate with my friends and family</p>	<p>respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p> <p>5. Real self and ideal self To express how I feel about my self-image and know how to challenge negative 'body-talk'</p> <p>6. The Year Ahead To know how to prepare myself emotionally for the changes next year</p>
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