

	EYFS <i>Linked to Early Learning Goals</i>	End of KS1	End of LKS2	End of UKS2
Relationships <i>Friends</i>	<p>Personal, Social and Emotional Development Self-Regulation</p> <p>Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Building Relationships</p> <p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>Understand that there is a difference between close friends, friends, acquaintances and strangers</p> <p>Understand that friends do not always agree with each other, but we can resolve our differences kindly, and with mutual respect</p> <p>Understand that difference can be a positive thing in our relationships</p> <p>Understand that friends should treat each other well and be fair</p> <p>Understand that there is not an ideal number of friends [You can have as many as you like]</p> <p>Understand that being controlling of other people is bad and that excluding other children is hurtful</p> <p>Understand that friends should not tell us what to do, although we should listen politely</p> <p>Empathise with other people and understand why bullying is so hurtful</p> <p>Know how to put a stop to bullying</p>	<p>Appreciate that we have responsibilities to our friends</p> <p>Acknowledge that other people's emotions are important</p> <p>Understand that our actions can affect other people's feelings</p> <p>Learn what we can do to maintain healthy relationships</p> <p>Understand that differences in gender, skin colour, religion, culture, sexuality and (dis)ability should not inhibit friendship or cause negative treatment</p> <p>Discuss the similarities and differences between boys and girls</p> <p>Understand that relationships come with a mixture of positive and negative emotions</p> <p>Appreciate that friendships are not always perfect</p> <p>Understand that it is normal to disagree with your friends</p> <p>Develop techniques to deal with conflict within friendships</p> <p>Understand when a relationship is unhealthy when support is required</p>	<p>Understand what it takes to be a good friend</p> <p>Empathise with people who are excluded</p> <p>Understand that we don't have to be the same as everyone else to have friends</p> <p>Appreciate that we should respect other people, irrespective of their unique characteristics</p> <p>Understand that friendships change over time, and our friends often have different opinions, feelings and motivations to ours</p> <p>Understand that friendship is not just about doing what someone says and that boundaries are healthy and an essential part of any relationship</p> <p>Appreciate that friends should make us feel good and safe</p> <p>Identify behaviour that is controlling or manipulative</p> <p>Identify issues around consent and coercion</p> <p>Identify the reasons why some children bully</p> <p>Understand that violence is always wrong, our body belongs to us</p> <p>Develop skills to avoid conflict and reconcile differences</p> <p>Understand what stereotypes are</p> <p>Critique media and identify stereotypes in the world around them</p> <p>Learn how to challenge stereotypes when they see them</p> <p>Accurately use language relating to gender, sexuality and identity</p> <p>Understand that gay, bisexual, transgender and non-binary people may face discrimination</p> <p>Appreciate that we should treat everyone with respect, regardless of their physical appearance</p> <p>Analyse stereotypes around gender</p> <p>Analyse representation of gender in the media</p> <p>Understand what sexism looks like</p> <p>Understand the difference between an average and an essential difference</p> <p>Understand what it looks like to be an anti-sexist ally</p>
Relationships <i>Family</i>		<p>Understand that families are made up of a special group of people, which gradually changes over time</p> <p>Understand that these people are all connected in different ways, and that these connections are important</p> <p>Understand how changes and events can influence our feelings</p>	<p>Understand that families can change</p> <p>Understand that parents can split up and people can die</p> <p>Know that these events are not the fault of the child</p> <p>Appreciate that there are many differences between families and all families are unique</p> <p>Understand that there are far more similarities than there are differences</p>	<p>Understand why some people get married</p> <p>Appreciate that not everyone wants to get married</p> <p>Know that forced marriage is illegal</p> <p>Identify the positive features that should be present in a family</p> <p>Learn how to disagree with respect</p> <p>Know the difference between secrets and surprises (when to break confidentiality)</p> <p>Understand the concept of consent</p>

		<p>Understand that children and adults both have responsibilities to each other</p> <p>Understand that we should feel loved, cared for and safe in our homes</p> <p>Know what to do if our needs are not being met</p> <p>Understand that other people need permission before they can touch us</p> <p>Understand that some parts of our bodies are more private than others</p> <p>Know that if someone doesn't want us to touch them, we must respect that</p> <p>Understand that certain parts of our bodies are very private, and only we get to decide what happens to them</p> <p>Understand that secrets and surprises are different</p> <p>Know how to report concerns</p>	<p>Understand there is no one set family structure</p> <p>Appreciate that any type of family can provide love and support</p> <p>Understand that all people deserve respect, even if they are different to other people</p> <p>Appreciate that we all have different abilities and find different things challenging</p>	<p>Revisit that "My body belongs to me"</p> <p>Understand the diversity of home lives</p> <p>Appreciate that many people have heritage from other countries and may have dual heritage</p> <p>Understand that the cultural differences between families do not make people better or worse and often present an opportunity for learning and fun</p>
<p>Health and Well-Being <i>Physical Health</i></p>	<p>Personal, Social and Emotional Development</p> <p>Managing Self</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Physical Development</p> <p>Gross Motor Skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p>Understand that active lifestyles including regular exercise can keep our bodies more healthy</p> <p>Appreciate that some people live with disabilities</p> <p>Understand that we can't always have healthy bodies, because sometimes we get ill or injured</p> <p>Identify the components of a balanced diet</p> <p>Understand that germs are spread by coughs, sneezes and physical contact with dirt and other people</p> <p>Understand that we can prevent the spread of germs by washing our hands with soap, especially when we go to the toilet, eat or are unwell</p> <p>Understand that we can prevent tooth decay by brushing our teeth regularly</p> <p>Identify common dangers that they may encounter both at home and in the wider world</p> <p>Know how to treat burns</p> <p>Know how to support someone who is having an asthma attack</p> <p>Know what medicines are</p> <p>Know what hazardous substances are</p> <p>Know how we stay safe</p>	<p>Understand the reasons why active lifestyles and healthy diets can have a positive effect on our lives</p> <p>Appreciate that they need to balance choices that are 'good for them' and choices that bring joy</p> <p>Know how to make informed choices about the activities they do and the things they eat</p> <p>Understand the importance of sleep and the potential barriers to a good night's sleep</p> <p>Know how to eat a healthy diet</p> <p>Understand the importance of hygiene, especially hand washing</p> <p>Understand how to keep our teeth healthy</p> <p>Understand the dangers of diseases caused by the sun how to stay safe from these</p> <p>Know how to stop bleeding</p> <p>Know how to treat broken bones</p> <p>Understand the effects and health risks of smoking</p> <p>Understand the effects and health risks of alcohol</p>	<p>Analyse representations of beauty in the media</p> <p>Understand that the images we see in the media affect the way we see and judge ourselves and others</p> <p>Appreciate that many of the photos we see are the result of hours of hard work and luck</p> <p>Understand how regular exercise and a balanced diet can keep our body healthy and make us less likely to become ill</p> <p>Know what a balanced diet looks like</p> <p>Understand why getting the right amount of sleep is important</p> <p>Know strategies to help them to sleep better</p> <p>Identify the ways to avoid damage caused by the sun</p> <p>Understand that many people have illnesses or disabilities that are not because of anything they have done</p> <p>Understand that some drugs help us, and some do not</p> <p>Understand some of the reasons why people take recreational and addictive drugs</p> <p>Understand that not all information is accurate, even if it appears to be</p> <p>Identify inaccurate health information</p> <p>Know where to find accurate sources of health information</p> <p>Identify common hazards</p> <p>Know basic first aid techniques</p> <p>Understand how to react in emergency situations</p> <p>Know how to treat a head injury</p> <p>Know how to respond to someone who is choking</p> <p>Understand the difference between legal and illegal drugs</p> <p>Understand the effects and health risks of cannabis and VSA</p>

<p>Health and Well-Being <i>Mental Health</i></p>	<p>Personal, Social and Emotional Development Self-Regulation Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Managing Self Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Communication and Language Listening Attention and Understanding Express their ideas and feelings about their experiences.</p>	<p>Understand that we have a range of emotions, depending on our experiences and situations Know what to do when we experience strong emotions Build language to talk about feelings Understand that each of us has skills and talents that are valuable Understand that we are important, unique people who deserve kindness and respect Appreciate that other people are important, no matter how good they are at certain things Understand the connection between their actions and the feelings of themselves and others Discover how our choice of activities can affect our happiness</p>	<p>Understand the range and depth of feelings that we all experience Learn strategies to deal with these feelings and know when to seek support Understand that we have responsibilities for some things but cannot control everything Understand the range of powerful emotions that we can have Learn what to do if we experience low moods Build self esteem</p>	<p>Develop our ability to communicate our own feelings, listen to other people's feelings and respond appropriately Identify comfortable and uncomfortable emotions and the impact these have on our mental wellbeing Identify our own triggers for uncomfortable emotions Understanding that some people find it hard to read and express emotions Explore how big events such as loss, separation, divorce and bereavement can affect our mental and emotional health Explore ways of coping with big and small life events. Understand why it is better to demonstrate self-control and restraint in emotional situations, staying calm and making good choices, even when others are not Practise strategies for resolving conflict with peers Learn to express our sense of identity Understand that our brains can get poorly and can be treated (just like our bodies) Know that mental wellbeing varies and is not constant</p>
<p>Health and Well-Being <i>Growing Up</i></p>		<p>Y2 (Life Cycles) Recognise the 5 key stages of human life Understand how their bodies will change as they age Consider how their lives will change as they get older Appreciate how increasing independence presents new dangers, challenges, benefits and responsibilities</p>		<p>Y5 (Menstruation) Understand the process of menstruation and how to manage it effectively Y6 (Puberty) Understand the physical changes that people go through during puberty Understand the emotional and mental changes that people go through when they reach puberty Understand the importance of hygiene during puberty</p>
<p>Living in the Wider World <i>Community</i></p>	<p>Understanding the World Past and Present Talk about the lives of the people around us and their roles in society. People, Culture and Communities Know some similarities and differences between different religious and cultural communities in this country Explain some similarities and differences between life in this country and life in other countries Personal, Social and Emotional Development Managing Self Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Understand why we have rules and how they help us learn and be happy Understand how to behave appropriately and how to contribute to school life Appreciate how important school is to them Identify their special people in school Know what range of communities live near school Appreciate that they should treat people with respect and kindness, regardless of difference Understand what to do if they feel uncomfortable, either with strangers or with people they know Name their body parts, including external genitalia Discuss the similarities and differences between boys and girls, including ideas that challenge gender stereotypes Explore the meaning of the words 'race' and 'racism'</p>	<p>Understand what is meant by 'the rule of law' [link to British Values] Understand the basics of how laws are made and enforced Appreciate the reasons why we need laws and that these are not always the same for everyone (some people need more protection for example children) Appreciate that the world is not fair, and it is our responsibility to help those less fortunate Identify our common values (Link to 'British Values') Understand that we are all part of a wider community of people and know who we rely on Understand that we have a responsibility to support other people in our community when we are able to Know that we should treat the people in our community with respect</p>	<p>Know that unconscious bias exists Understand why some people discriminate Know the protected characteristics Explore the history of prejudice Understand how that history impacts people who are alive today Understand that groups and individuals from minority groups are more likely to be victims of prejudice, harassment and bullying Identify the most common types of prejudice Identify the protected characteristics in the equality act Know what to do if they encounter, experience or witness prejudice Understand that we all rely on the people around us Identify the ways that we can help people around us without upsetting them Understand that changes in our behaviour can allow people to be included</p>

Explore what it means to be 'anti-racist'
Use their knowledge of what race and racism is to challenge myths and stereotypes
Consider the ways in which TV, film and literature can sometimes lead us to think in stereotypical ways
Learn about bias and why it is important that we don't make judgements about people based on the way they look.
Consider how we can be anti-racist in our actions, and why being anti-racist is so important
Reflect on why it is important that we see main characters that look like ourselves in the media
Explore some of the myths and stereotypes that exist surrounding race

Understand that biological parents ("Tummy mummy" and "birth dad") are not always the people that look after a child
Appreciate that the people you live with are not always part of your 'birth family' (adopted/foster care, carers)
Understand that we have the power and responsibility to make our communities better places to live
Explore the meaning of the words 'race' and 'racism'
Consider what it means to be 'anti-racist'
Understand what 'systemic racism' is
Consider the ways in which the messages we receive from various aspects of society shape our understanding of 'race, ourselves and others.

Understand what 'non-violent direct action' is
Understand the significance of non-violent direct action
Consider what positive changes they would like to see in the world
Appreciate that peaceful actions are often more successful and less morally problematic than other methods of protest
Identify the ways that money affects their lives
Understand that not everyone has the same access to money and employment across the world
Identify the ways that money affects their lives
Appreciate that the infrastructure around us is built and maintained by tax payments
Understand that debt results from spending more than you are able to earn
Explore how we earn money and the broad range of jobs and careers that people can have.
Understand why some people must leave their countries
Appreciate why some people choose to come to the U.K
Know that most refugees stay near their country of origin
Understand that some countries are affected by war, poverty and oppression, and this contributes to migration into this, and other, countries
Appreciate that migrants are often the victims of discrimination and ill-treatment and that very few people are illegal immigrants (as opposed to legal immigrants and asylum seekers)
Discuss what it means to belong to a country
Appreciate that people can have more than one nationality
Understand that our country's culture is made up of all of the different immigrants that have come here over thousands of years
Learn about 'unconscious bias', considering the ways in which the messages we receive from society around us can sometimes lead us to stereotype and hold false beliefs about groups of people
Consider what it means to be anti-racist. Understand why the work of anti-racist is so important, and why anti-racism is everyone's responsibility
Consider the ways in which both a lack of representation and misrepresentation can cause harm, negatively affecting how we see ourselves and others
Consider the ways in which racial socialisation contributed to the creation and spreading of myths.

				Consider what we can do as 'anti-racists' to challenge myths about the histories of People of Colour and the world outside of Europe
<p>Living in the Wider World <i>Online Safety</i></p>	<p>Self-Image and Identity Recognise, online or offline, that anyone can say 'no' - 'please stop' - 'I'll tell' - 'I'll ask' to somebody who makes them feel sad, uncomfortable, embarrassed or upset.</p> <p>Online Relationships Recognise some ways in which the internet can be used to communicate.</p> <p>Online Bullying Describe ways that some people can be unkind online.</p> <p>Privacy and Security Identify some simple examples of my personal information (e.g. name, address, birthday, age, location). Describe who would be trustworthy to share this information with; I can explain why they are trusted.</p> <p>Online Reputation Identify ways that I can put information on the internet.</p> <p>Managing Online Information Talk about how to use the internet as a way of finding information online.</p> <p>Health Wellbeing and Lifestyle Identify rules that help keep us safe and healthy in and beyond the home when using technology.</p> <p>Copyright Know that work I create belongs to me.</p>	<p>Self-Image and Identity Know how people online might make someone feel sad, embarrassed or upset Know when and how to get help from a trusted adult if something happens that makes us feel sad, worried, uncomfortable or frightened Know how other people might look and act differently online and offline Understand that issues online might make someone feel sad, worried, uncomfortable or frightened</p> <p>Know how to get help</p> <p>Online Relationships Know when and why we should ask permission to do something online Understand that things one person finds funny or sad online is not always be seen in the same way by others Understand how someone might use technology to communicate with others they don't also know offline and explain why this might be risky Know the different ways to ask for, give, or deny my permission online Know who can help us if we are not sure Know when we should say 'no' or 'I will have to ask someone' Know who can help us if something happens online without consent</p> <p>Online Bullying Know how to behave online in ways that do not upset others Understand what bullying is Understand how people might bully others Understand how bullying might make someone feel Know that bullying is not the fault of the victim</p> <p>Privacy and Security Know how passwords are used to protect information, accounts and devices Know what personal information is Understand why it is important to always ask a trusted adult before sharing any personal information online Know how passwords can be used to protect information, accounts and devices</p>	<p>Self-Image and Identity Understand how people can represent themselves in different ways online Know how someone might change their identity online and why Know how someone's online identity might be different to their offline identity Know how and why others might pretend to be someone else online</p> <p>Online Relationships Understand what it means to know someone online Understand how this might be different to knowing someone offline Know the difference between liking and trusting someone online Understand why we need to be careful with who we trust online Know the reasons why a person may stop trusting someone online Understand why it is important to give and gain permission before sharing things online Know what healthy and unhealthy online behaviours are Understand that content shared online might affect different people differently</p> <p>Online Bullying Know how we can behave appropriately towards other people online and why this is important Know what online bullying behaviour might look like Know what the different platforms are through which people can be bullied online Understand why we need to think carefully about the content that we post Understand what the effect on others might be</p> <p>Privacy and Security Understand the reasons why you should only share information online with people that you trust Know how we can keep personal information private Understand how online services might seek consent to store information about me Know what the the digital age of consent is (16)</p>	<p>Self-Image and Identity Be able to identify online content that relates to gender, race, religion, disability, culture or other groups</p> <p>Online Relationships Recognise it when someone online wishes to do harm to you or others Know what to do if this is the case Know some of the ways that online communities can behave constructively Understand how things shared online can have unintended consequences for others Understand how sharing inappropriate images can impact the sharer and others</p> <p>Online Bullying Understand what online bullying is Understand how online banter might be received as bullying Know how we get help for online bullying Know how we report online bullying concerns in school and at home Know the names of the helpline services that support victims of online bullying Know how we could capture evidence of online bullying Know how we could report online bullying in a range of contexts</p> <p>Privacy and Security Know how we can increase privacy on apps and services Know how we can identify and protect ourselves from online scams and phishing</p> <p>Online Reputation Know the strategies we can use to protect our reputation online</p> <p>Managing Online Information Know how to identify online information that has been commercially sponsored Understand how stereotypes can be amplified and reinforced online Understand how fake news might be harmful Understand why someone might present opinions as facts online Understand how someone might encounter influence, manipulation and persuasion online Understand why information on a large number of sites might still be inaccurate or untrue</p>

Know what is meant by 'private' and 'keeping things private'

Online Reputation

Understand what happens to online information and how long does it stay there
Understand what information we should not put online without asking a trusted adult first
Understand how long online information lasts for

Managing Online Information

Know how we can find information using digital technologies

Identify things that things you like/dislike online

Know what is real and what is made up online

Know the difference between things that are imaginary, 'made up' or 'make believe' and things that are 'true' or 'real'

Health Wellbeing and Lifestyle

Understand the rules to keep ourselves safe when using technology both in and beyond the home

Copyright

Know what content on the internet may belong to other people

Online Reputation

Know how we can search for information about others online

Understand why we need to be careful before sharing anything personal online

Know how personal information online might be copied or shared by others

Managing Online Information

Understand when opinions shared online might not be accepted as true or fair by others

Know how we can get help from a trusted adult if we see content that makes us feel sad, uncomfortable, worried or frightened

Understand why it is important to make our own decisions regarding content

Understand some of the methods used to encourage people to buy things online

Understand why lots of people sharing the same opinions and beliefs may still not make it true

Understand what fake news is

Health Wellbeing and Lifestyle

Understand why some online activities have age restrictions

Understand why it is important to follow them

Understand how technology can be a distraction from other things

Know when we might need to limit the amount of time spent using technology

Copyright

Understand why copying someone else's work from the internet without permission is unfair and what kind of problems might this cause

Understand why we need to consider who owns online content

Know what content we should never use without permission from the owner

Health Wellbeing and Lifestyle

Know some strategies for healthy and well-being in relation to technology

Know why some apps and games might request or take payment for additional content

Know what the rules around this

Know what systems are in place online to regulate age related content

Know what the strategies are that limit the impact of technology on health