

PSHE						
Reception						
Communication and Language			<ul style="list-style-type: none">• Use talk to help work out problems and organise thinking and activities, explain how things work and why they might happen.• Develop social phrases.			
Personal, Social and Emotional Development			<ul style="list-style-type: none">• See themselves as a valuable individual.• Build constructive and respectful relationships.• Express their feelings and consider the feelings of others.• Show resilience and perseverance in the face of challenge.• Identify and moderate their own feelings socially and emotionally.• Think about the perspectives of others.• Manage their own needs.			
Physical Development			<ul style="list-style-type: none">• Know and talk about the different factors that support their overall health and wellbeing:<ul style="list-style-type: none">- regular physical activity- healthy eating- toothbrushing- sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian• Further develop the skills they need to manage the school day successfully:<ul style="list-style-type: none">- lining up and queuing- mealtimes- personal hygiene			
Understanding the World			<ul style="list-style-type: none">• Talk about members of their immediate family and community.• Name and describe people who are familiar to them.• Recognise that people have different beliefs and celebrate special times in different ways.			
ELG						
Communication and Language		Listening, Attention and Understanding		<ul style="list-style-type: none">• Hold conversation when engaged in back-and-forth exchanges with their teachers and peers.		
		Speaking		<ul style="list-style-type: none">• Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.		
Personal, Social and Emotional Development		Self-Regulation		<ul style="list-style-type: none">• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.• 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.		
		Managing Self		<ul style="list-style-type: none">• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.• Explain the reasons for rules, know right from wrong and try to behave accordingly.• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.		
		Building Relationships		<ul style="list-style-type: none">• Work and play cooperatively and take turns with others.• Form positive attachments to adults and friendships with peers.• Show sensitivity to their own and others' needs.		
Physical Development		Gross Motor Skills		<ul style="list-style-type: none">• Negotiate space and obstacles safely, with consideration for themselves and others.		
Understanding the World		Past and Present		<ul style="list-style-type: none">• Talk about the lives of people around them and their roles in society.		
Year 1		Year 2		Year 3		Year 4
						Year 5
						Year 6
Families and the people who care for me						
a I can identify the members of my family and understand that there are lots of different types of families b I am starting to understand the life cycles of animals and humans c I can tell you about changes that have happened in my life	a I can identify the different members of my family, understand my relationship with each of them including marriage and know why it is important to share and cooperate b I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret	a I understand that everybody's family is different and important to them b I understand that differences and conflicts sometimes happen among family members and how to recognise if family relationships are making me feel unhappy	a I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm b I can recognise situations which can cause jealousy in relationships c I can identify someone			Children know: a I understand how an individual's behaviour can impact on a group b I understand how being different could affect someone's life c I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about

		<p>c I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p> <p>d I can start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>e I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>f I know how to express my appreciation to my friends and family</p> <p>g I can start to recognise stereotypical ideas I might have about parenting and family roles</p>	<p>I love and can express why they are special to me</p> <p>d I know how to show love and appreciation to the people and animals who are special to me</p>		having a girlfriend/boyfriend
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Caring friendships

<p>a I know how to make new friends</p> <p>b I can identify what being a good friend means to me</p> <p>c I know who can help me in my school community</p> <p>d I can recognise my qualities as a person and a friend</p> <p>e I can tell you what bullying is</p> <p>f I know some people who I could talk to if I was feeling unhappy or being bullied</p> <p>g I can identify what being a good friend means to me</p>	<p>a I can recognise what is right and wrong and know how to look after myself</p> <p>b I understand that it is OK to be different from other people and to be friends with them</p> <p>c I can tell you some ways I am different from my friends</p> <p>d I can identify some of the things that cause conflict with my friends</p> <p>e I recognise and appreciate people who can help me in my family, my school and my community</p> <p>f I can express my appreciation for the people in my special relationships</p>	<p>a I know what it means to be a witness to bullying</p> <p>b I know that witnesses can make the situation better or worse by what they do</p> <p>c I recognise that some words are used in hurtful ways</p> <p>d I can tell you about a time when my words affected someone's feelings and what the consequences were</p> <p>e I can identify some of the things that cause conflict with my friends</p> <p>f I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</p>	<p>a I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure</p> <p>b I recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p>c I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations</p> <p>d I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>e I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure</p> <p>f I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p>	<p>a I understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>b I can explain the difference between direct and indirect types of bullying</p> <p>c I understand that belonging to an online community can have positive and negative consequences</p> <p>d I can explain how to stay safe when using technology to communicate with my friends</p>	<p>a I can explain some of the ways in which one person or a group can have power over another</p> <p>b I know some of the reasons why people use bullying behaviours</p> <p>c I understand that some people can be exploited and made to do things that are against the law</p> <p>d I can recognise when people are trying to gain power or control</p> <p>e I can judge whether something online is safe and helpful for me</p> <p>f I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p>
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Respectful Relationships

<p>a I understand the rights and responsibilities for being a member of my class</p> <p>b I understand my rights and responsibilities within our Learning Charter</p> <p>c I can identify similarities between people in my class</p> <p>d I can identify differences between people in my class</p> <p>e I know how to make new friends</p> <p>f I can tell you some ways I am different from my friends</p> <p>g I understand how to work well with a partner</p> <p>h I know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>i I know who can help me in my school community</p>	<p>a I understand the rights and responsibilities for being a member of my class and school</p> <p>b I understand how following the Learning Charter will help me and others learn</p> <p>c I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>d I understand that bullying is sometimes about difference</p> <p>e I can recognise what is right and wrong and know how to look after myself</p> <p>f I understand that it is OK to be different from other people and to be friends with them</p>	<p>a I can recognise who I work well with and who it is more difficult for me to work with I can tell you some ways I worked well with my group</p> <p>b I know how to share success with other people</p> <p>c I know which types of physical contact I like and don't like and can talk about this</p> <p>d I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>e I understand how it feels to trust someone</p> <p>f I am confident to say what I like and don't like and can ask for help</p> <p>g I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</p> <p>h I know how to make others feel valued</p> <p>i I can work cooperatively in a group</p> <p>j I understand my actions affect others and try to see</p>	<p>a I understand who is in my school community, the roles they play and how I fit in</p> <p>b I understand how democracy works through the School Council</p> <p>c I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p>d I understand how groups come together to make decisions</p> <p>e I understand what influences me to make assumptions based on how people look</p> <p>f I can identify what is special about me and value the ways in which I am unique</p> <p>g I can tell you a time when my first impression of someone changed when I got to know them</p> <p>h I know that reflecting on positive and happy experiences can help me to counteract disappointment</p> <p>i I know how to work out the</p>	<p>a I understand my rights and responsibilities as a citizen of my country and as a member of my school</p> <p>b I understand how an individual's behaviour can impact on a group</p> <p>c I understand how democracy and having a voice benefits the school community and know how to participate in this</p> <p>d I understand that cultural differences sometimes cause conflict. I respect my own and other people's cultures</p> <p>e I understand what racism is</p> <p>f I can explain the difference between direct and indirect types of bullying</p> <p>g I can describe the dreams and goals of young people in a culture different to mine</p> <p>h I understand that communicating with someone in a different</p>	<p>a I know that there are universal rights for all children but for many children these rights are not met</p> <p>b I understand that my actions affect other people locally and globally</p> <p>c I understand there are different perceptions about what normal means</p> <p>d I understand how being different could affect someone's life</p> <p>e I can explain some of the ways in which one person or a group can have power over another</p> <p>f I can give examples of people with disabilities who lead amazing lives</p> <p>g I can explain ways in which difference can be a source of conflict and a cause for celebration</p> <p>h I can work with other people to help make the world a better place</p> <p>i I know what some people in my class like or admire about me and can accept their praise</p>
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<p>j I respect my body and understand which parts are private</p>		<p>things from their points of view</p> <p>k I know some ways of helping to make someone who is bullied feel better</p> <p>l I can problem-solve a bullying situation with others</p> <p>m I recognise that some words are used in hurtful ways</p> <p>n I can give and receive compliments and know how this feels</p> <p>o I can manage the feelings of frustration that may arise when obstacles occur</p>	<p>steps to take to achieve a goal, and can do this successfully as part of a group</p> <p>j I can identify the contributions made by myself and others to the group's achievement</p> <p>k I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations</p> <p>l I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>m I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>n I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older</p>	<p>culture means we can learn from each other and I can identify a range of ways that we could support each other</p> <p>i I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p> <p>j I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>k I understand there are rights and responsibilities in an online community or social network</p> <p>l I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p> <p>m I am aware of my own self-image and how my body image fits into that</p>	<p>j I can take responsibility for my health and make choices that benefit my health and well-being</p> <p>k I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>l I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p> <p>m I know how to take care of my mental health</p> <p>n I can recognise when people are trying to gain power or control</p> <p>o I am aware of my own self-image and how my body image fits into that</p> <p>p I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p>q I am aware of the importance of a positive self-esteem and what I can do to develop it</p>
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Online Relationships

<p>a I can identify ways that the internet can be used safely to find things out and communicate in everyday life</p> <p>b I recognise that not everything that is online is true</p>	<p>a I can recognise what is right and wrong and know how to look after myself</p> <p>b I understand that bullying is sometimes about difference</p> <p>c I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p>	<p>a I understand that my actions affect myself and others and I care about other people's feelings</p> <p>b I recognise that some words are used in hurtful ways</p> <p>c identify things, people and places that I need to keep safe from know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p>d I can identify when something feels safe or unsafe</p> <p>e I know and can use some strategies for keeping myself safe online</p>	<p>a I understand what influences me to make assumptions based on how people look</p> <p>b I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure</p> <p>c I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations</p> <p>d I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>e I know myself well enough to have a clear picture of what I believe is right and wrong</p>	<p>a I understand that belonging to an online community can have positive and negative consequences</p> <p>b I understand there are rights and responsibilities in an online community or social network</p> <p>c I know there are rights and responsibilities when playing a game online</p> <p>d I can recognise when I am spending too much time using devices (screen time)</p> <p>e I can explain how to stay safe when using technology to communicate with my friends</p>	<p>a I can explain some of the ways in which one person or a group can have power over another</p> <p>b I can judge whether something online is safe and helpful for me</p> <p>c I can use technology positively and safely to communicate with my friends and family</p>
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Being Safe

<p>a I can tell you what bullying is</p> <p>b I know some people who I could talk to if I was feeling unhappy or being bullied</p> <p>c I know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>d I know who can help me in my school community</p> <p>e I can recognise my qualities as person and a friend. I Know how to help myself and others when they feel upset or hurt</p> <p>f I respect my body and understand which parts are private</p>	<p>a I recognise when I feel worried and know who to ask for help</p> <p>b I can recognise what is right and wrong and know how to look after myself</p> <p>c I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>d I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>e I recognise and appreciate people who can help me in my family, my school and my community</p> <p>f I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and</p>	<p>a I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</p> <p>b I recognise that some words are used in hurtful ways</p> <p>c I know what it means to be a witness to bullying</p> <p>d I know that witnesses can make the situation better or worse by what they do</p> <p>e I can identify things, people and places that I need to keep safe from know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p>f I can identify when something feels safe or unsafe</p> <p>g I know and can use some strategies for keeping myself safe online</p>	<p>a I understand what influences me to make assumptions based on how people look</p> <p>b I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure</p> <p>c I can tell you why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>d I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>e I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>f I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurized into having a boyfriend/girlfriend</p>	<p>a I understand what racism is</p> <p>b I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one</p> <p>c I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p> <p>d I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>e I understand there are rights and responsibilities in an online community or social network</p>	<p>a I can explain some of the ways in which one person or a group can have power over another</p> <p>b I know some of the reasons why people use bullying behaviours</p> <p>c I am motivated to care for my physical and emotional health</p> <p>d I understand that some people can be exploited and made to do things that are against the law</p> <p>e I know why some people join gangs and the risks this involves</p> <p>f I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>g I can help myself and others when worried about a mental health problem</p> <p>h I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to</p>
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		appreciate that some parts of my body are private				<div>i</div> I can judge whether something online is safe and helpful for me
	<div>g</div>	I understand there are different types of touch and can tell you which ones I like and don't like				<div>j</div> I can use technology positively and safely to communicate with my friends and family
Mental Wellbeing						
<div>a</div> I feel special and safe in my class	<div>a</div>	I recognise when I feel worried and know who to ask for help			<div>a</div>	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities
<div>b</div> I recognise how it feels to be proud of an achievement	<div>b</div>	I understand that bullying is sometimes about difference			<div>b</div>	I understand there are different perceptions about what normal means
<div>c</div> I can recognise the choices I make and understand the consequences	<div>c</div>	I can recognise what is right and wrong and know how to look after myself			<div>c</div>	I understand how being different could affect someone's life
<div>d</div> I can tell you what bullying is and I know some people who I could talk to if I was feeling unhappy or being bullied	<div>d</div>	I understand that it is OK to be different from other people and to be friends with them			<div>d</div>	I can explain some of the ways in which one person or a group can have power over another
<div>e</div> I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	<div>e</div>	I can tell you some ways I am different from my friends			<div>e</div>	I know some of the reasons why people use bullying behaviours
<div>f</div> I know how to make healthy lifestyle choices	<div>f</div>	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed			<div>f</div>	I can explain ways in which difference can be a source of conflict and a cause for celebration
<div>g</div> I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	<div>g</div>	I know what I need to keep my body healthy			<div>g</div>	I can identify problems in the world that concern me and talk to other people about them
<div>h</div> I know when I need help and know how to ask for it	<div>h</div>	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret			<div>h</div>	I can take responsibility for my health and make choices that benefit my health and well-being
<div>i</div> I know that changes are OK and that sometimes they will happen whether I want them to or not	<div>i</div>	I recognise and appreciate people who can help me in my family, my school and my community			<div>i</div>	I am motivated to find ways to be happy and cope with life's situations without using drugs
<div>j</div> I can tell you about changes that have happened in my life					<div>j</div>	I understand that some people can be exploited and made to do things that are against the law
					<div>k</div>	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness
					<div>l</div>	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.
					<div>m</div>	I understand that people can get problems with their mental health and that it is nothing to be ashamed of
					<div>n</div>	I can help myself and others when worried about a mental health problem
					<div>o</div>	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve
					<div>p</div>	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
					<div>q</div>	I am aware of my own self-image and how my body image fits into that
					<div>r</div>	I can express how I feel about the changes that will happen to me during puberty
					<div>s</div>	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
					<div>t</div>	I know how to prepare myself emotionally for the

					changes next year.
Internet Safety and Harms					
	<p>a I understand that bullying is sometimes about difference</p> <p>b I can recognise what is right and wrong and know how to look after myself</p> <p>c I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</p> <p>d can identify some of the things that cause conflict with my friends</p>	<p>a I recognise that some words are used in hurtful ways</p> <p>b I can identify things, people and places that I need to keep safe from and know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p>c I can identify when something feels safe or unsafe</p> <p>d I know and can use some strategies for keeping myself safe online</p>	<p>a I can tell you why witnesses sometimes join in with bullying and sometimes don't tell</p>	<p>a I understand that belonging to an online community can have positive and negative consequences</p> <p>b I understand there are rights and responsibilities in an online community or social network</p> <p>c I know there are rights and responsibilities when playing a game online</p> <p>d I can recognise when I am spending too much time using devices (screen time)</p> <p>e I can explain how to stay safe when using technology to communicate with my friends</p>	<p>a I can explain some of the ways in which one person or a group can have power over another</p> <p>b I know some of the reasons why people use bullying behaviours</p> <p>c I understand that some people can be exploited and made to do things that are against the law</p> <p>d I know why some people join gangs and the risks this involves</p> <p>e I can use different strategies to manage stress and pressure</p> <p>f I can judge whether something online is safe and helpful for me</p> <p>g I can use technology positively and safely to communicate with my friends and family</p>
Physical health, fitness & Healthy Eating					
<p>a I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</p> <p>a I know how to make healthy lifestyle choices</p> <p>b I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly</p> <p>c I understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>d I know how to keep safe when crossing the road, and about people who can help me to stay safe</p>	<p>a I know what I need to keep my body healthy</p> <p>b I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</p> <p>c I understand how medicines work in my body and how important it is to use them safely</p> <p>d I can sort foods into the correct food</p> <p>e I understand food groups and know which foods my body needs every day to keep me healthy</p> <p>f I can make some healthy snacks and explain why they are good for my body</p>	<p>a I understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>b I know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p>c I can tell you my knowledge and attitude towards drugs</p> <p>d I understand how complex my body is and how important it is to take care of it</p>	<p>a I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p>b I 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>c</p>	<p>a I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>b I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>c I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>	<p>a I can take responsibility for my health and make choices that benefit my health and well-being</p>
Drugs, Alcohol & Tobacco					
<p>a I understand that medicines can help me if I feel poorly and I know how to use them safely</p>	<p>a I understand how medicines work in my body and how important it is to use them safely</p>	<p>a I can tell you my knowledge and attitude towards drugs</p>	<p>a I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p>b I 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>a I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>b I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p>	<p>a I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>b I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p>
Health & Prevention					
<p>a I know what to wear to keep myself safe from the sun I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>b I can explain why we need sleep and how it helps our bodies rest and recover.</p>	<p>a I can recognise the sun is good for me but I need to play in it safely</p> <p>b I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel</p>	<p>a I know that the amount of calories, fat and sugar I put into my body will affect my health</p>		<p>a I understand how exposure to the sun can be harmful and know how to stay safe in the sun</p> <p>b I can identify things I can do to reduce screen time, so my health isn't affected</p>	<p>a I can make an informed decision about how to keep myself safe in the sun and to respect and value my body</p> <p>b I understand that vaccinations help our immune systems keep us healthy and prevent us</p>

c	I know how to keep my body and teeth clean and healthy, and understand how germs cause disease/illness	stressed			c	identify different ways that I can take care of my oral hygiene and why this is important	from catching some diseases.		
Basic First Aid									
			a	identify things, people and places that I need to keep safe from know some strategies for keeping myself safe, who to go to for help and how to call emergency services		a	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations		
Changing Adolescent Body									
a	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	a	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	a	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies	a	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	a	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally
		b	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private	b	I can identify how boys' and girls' bodies change on the outside during this growing up process	b	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	b	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born
						c	I understand that sexual intercourse can lead to conception and that is how babies are usually made		
						d	I also understand that sometimes people need IVF to help them have a baby		