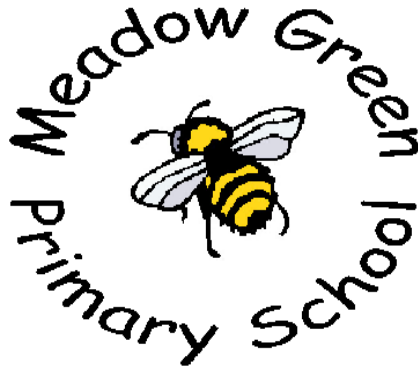


# Meadow Green Primary School



PSHE

## Programme of Study

(including RHE guidelines 2020)

# **Contents**

**Introduction**

**Curriculum Cycle**

**EYFS Programme of Study**

**Year 1/2 Programme of Study**

**Year 3/4 Programme of Study**

**Year 5/6 Programme of Study**

## Introduction

### **WHOLE SCHOOL PSHE and Relationships CURRICULUM**

Our PHSE and Relationship Curriculum is mapped over a two year cycle to sit alongside our class structure and to tie in with our thematic curriculum cycles. There are 12 themes which cover all aspects of the PHSE Curriculum. As a school we will focus on a key theme each half term. These will be covered from Early Years to Year 6. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing the knowledge of when and how children can ask for help. As a school we have chosen to use the Twinkl Life's PSHE and Citizenship resource as it is fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study, which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools.

The programme of Study follows the three core areas of Health and Wellbeing, Relationships and Living in the Wider World and fulfils the requirements of 2020 Statutory Relationships and Health Education.

	CYCLE A		CYCLE B	
AUTUMN	BE YOURSELF	VIPS	ONE WORLD	TEAM
SPRING	THINK POSITIVE	DIVERSE BRITAIN	DIGITAL WELLBEING	MONEY MATTERS
SUMMER	IT'S MY BODY	AIMING HIGH	SAFETY FIRST	GROWING UP (SRE)

## 2 Year Curriculum Cycle

CYCLE A	EYFS	Year 1/2	Year 3/4	Year 5/6
		This is me	Ancient Egypt	Invaders
Autumn 1	Be Yourself			
		This is me	Modern Egypt	Vikings and Saxons
Autumn 2	VIPS (important people)			
		Our amazing world	Settlements	Extreme Survival
Spring 1	Think Positive			
		Our amazing world	Local Study - Wythall	Wonders of the World
Spring 2	Diverse Britain			
		Sun Sea and sand	Shang Dynasty	Bombs, Battles & Bravery
Summer 1	Aiming High			
		Sun Sea and sand	Road trip USA	Bombs, Battles & Bravery
Summer 2	It's my body (Y1/3/5)		Growing Up (SRE) (Y2/4/6)	
CYCLE B	EYFS	Year 1/2	Year 3/4	Year 5/6
		Move and Play	Stone Age to Iron Age	Water, Rivers and coast
Autumn 1	One World			
		Move and Play	The Romans	The World's kitchen
Autumn 2	Team			
		London's Burning	Mexico	Ancient Greeks
Spring 1	Digital wellbeing			
		London's Burning	Mayans	Ancient Greeks
Spring 2	Money Matters			
		Wonderful Weather	The UK	Mountains
Summer 1	Safety First			
		Wonderful Weather	Crime and punishment	Volcanoes, earthquakes and tsunamis
Summer 2	It's my body (Y1/3/5)		Growing Up (SRE) (Y2/4/6)	



## EYFS Programme of Study

### **Meadow Green Primary School**

### **PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT NURSERY**

#### **Autumn Term Nursery**

- Become more outgoing with unfamiliar people, in the safe context of their setting.
- Develop their sense of responsibility and membership of a community/group
- Play with one or more other children, extending and elaborating play ideas.
- Increasingly follow rules, understanding why they are important.

#### **Spring Term Nursery**

- Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
- Show more confidence in new social situations.
- Develop appropriate ways of being assertive.
- Talk with others to solve conflicts.

#### **Summer Term Nursery**

- Understand gradually how others might be feeling.
- Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.
- Remember rules without needing an adult to remind them
- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.
- Show more confidence in new social situations. (TRANSITION)



**Meadow Green Primary School**

**PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT RECEPTION**

**Autumn Term Reception**

- See themselves as a valuable individual.
- Manage their own needs.
- Build constructive and respectful relationships.

**Spring Term Reception**

- Express their feelings and consider the feelings of others.
- Identify and moderate their own feelings socially and emotionally.

**Summer Term Reception**

- Think about the perspectives of others.
- Show resilience and perseverance in the face of challenge.
- Show more confidence in new social situations. (TRANSITION)



## Year 1/2 Programme of Study

### PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Year 1/2 Cycle A

#### Autumn 1 Cycle A Year 1/2 Be Yourself

##### 1. Marvellous me

I can talk about what makes me special

##### 2. Positive Learners

I can explain how a positive learning attitude can help me.

##### 3. Bright Futures

I can talk about jobs that people can do and tell my friends what I want to be when I grow up.

##### 4. Jobs For All

I can understand that it is a person's interests and skills that make them suited to doing a job.

##### 5. Going for Goals

I can think about things I would like to achieve in the future.

##### 6. Looking Forward

I can think about changes which might happen to me and consider how I feel about them.

#### Autumn 2 Cycle A Year 1/2 Important People

##### 1. Who Are Your VIPs?

I can talk about the very important people in my life and explain why they are special.

##### 2. Families

I can describe why families are important.

##### 3. Friends

I can describe what makes someone a good friend.

##### 4. Falling Out

I can describe ways to help resolve arguments and disagreements without being unkind.

##### 5. Working Together

I can cooperate with others to achieve a task.

##### 6. Showing You Care

I can describe how I can show my special people that I care about them and I understand why this is important

#### Spring 1 Cycle A Year 1/2 Think positive

##### 1. Think Happy Feel Happy

I can understand how happy thoughts can make me feel good.

##### 2. It's Your Choice

I can make good choices and consider the impact of my decisions.

##### 3. Go-Getters

I can set myself goals and consider how to achieve them.

##### 4. Let It Out

I can discuss my feelings and opinions with others and cope with difficult emotions.

##### 5. Be Thankful

I can discuss things I am thankful for and focus on what I do have, rather than what I don't have.

##### 6. Be Mindful

I can focus on what is happening now and how I am feeling.

#### Spring 2 Cycle A Year 1/2 Diverse Britain

##### 1. My School

I can describe ways that I can help my school community.

##### 2. My Community

I can describe ways that I can be a good neighbour.

##### 3. My Neighbourhood

I can identify things that help and harm my neighbourhood.

##### 4. My Country

I can describe what it is like to live in the British Isles.

##### 5. British People

I can explore how people living in the British Isles can be different and how they are the same.

##### 6. What Makes Me Proud of Britain?

I can talk about being British and living in the British Isles.

#### Summer 1 Cycle A Year 1/2 Aiming High

##### 1. Star Qualities

I can think of star qualities I already have and those I would like to develop.

##### 2. Positive Learners

I can explain how a positive learning attitude can help me.

##### 3. Bright Futures

I can talk about jobs that people can do and tell my friends what I want to be when I grow up.

##### 4. Jobs For All

I can understand that it is a person's interests and skills that make them suited to doing a job.

##### 5. Going for Goals

I can think about things I would like to achieve in the future.

##### 6. Looking Forward

I can think about changes which might happen to me and consider how I feel about them.

#### Summer 2 Cycle A It's My Body (Year 1 both Cycles)

##### 1. My Body, My Business

I know I can choose what happens to my body.

##### 2. Active and Asleep

I can make healthy choices about sleep and exercise.

##### 3. Happy Healthy Food

I can make healthy choices about food and drink.

##### 4. Clean as a Whistle

I know how to keep my body clean.

##### 5. Can I Eat It?

I know what is safe to eat or drink.

##### 6. I Can Choose

I can choose to keep my mind and body healthy and safe.

**PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Year 1/2 Cycle B**

**Autumn 1 Cycle B Year 1/2 One World**

1.Families

I can explore family life in different countries and say how it is the same as mine and how it is different.

2.Homes

I can discuss homes and home life from around the world and say how they are the same as mine and how they are different.

3.Schools

I can explain what it is like to go to school in other countries and say how it is the same as or different from my school.

4.Environments

I can explore places where people live which are different from where I live.

5.Resources

I can think about how people use things from the earth and what problems this can cause.

6.Planet Protectors

I can say why it is important to care for the earth and identify how I can help protect it.

**Autumn 2 Cycle B Year 1/2 Team**

1.Together Everyone Achieves More

I can talk about the teams I belong to.

2.Listening

I can be a good listener.

3.Being Kind

I can explain how to be kind and why it is important.

4.Bullying and Teasing

I can talk about unkind behaviour like teasing and bullying.

5.Brilliant Brains

I can explain how to be a positive learner.

6.Making Good Choices

I can identify good and not-so-good choices.

**Spring 1 Cycle B Year 1/2 Digital Wellbeing**

1.The Internet and Me

I can talk about ways in which the Internet is useful.

2.Online and Offline

I know how to balance screen time with other activities and understand why this is important.

3.Staying Safe Online

I know how to stay safe online.

4.Personal Information

I can explain why we keep personal information private.

5.Communicating Online

I know how to communicate online in ways that show kindness and respect.

6.True or False?

I understand that not everything on the Internet is true.

**Spring 2 Cycle B Year 1/2 Money Matters**

1.Money

I can explain the different forms money comes in.

2.Where Money Comes From

I can explain where money comes from.

3.Look After It

I can explain how to keep money safe and why this is important.

4.Save or Spend?

I can explain choices I have about spending money and why it is important to keep track of what I spend.

5.Want or Need?

I can explain the difference between things we want and things we need.

6.Going Shopping

I can explain what happens when we go shopping.

**Summer 1 Cycle B Year 1/2 Safety First**

1.Keeping Safe

I know how to stay safe and who can help if I feel unsafe.

2.Staying Safe at Home

I know how to stay safe at home.

3.Staying Safe Outside

I know how to stay safe when I am out and about.

4.Staying Safe Around Strangers

I can keep myself safe in different situations with people I don't know.

5.Safe Secrets and Surprises

I know what I can share and what I should keep private to keep myself and others safe.

6.People Who Can Help

I know who to go to if I need help.

**Summer 2 Cycle B Year 1/2 Growing Up (Year 2 Both Cycles)**

1.Our Bodies

I can name the main parts of boys' and girls' bodies.

2.Is It OK?

I understand how to respect my own and other people's bodies.

3.Pink and Blue

I understand that we are all different and different people like different things.

4.Your Family, My Family

I can talk about my family and others' families'.

5.Getting Older

I can describe how I will change as I get older.

6.Changes

I can describe things that might change in a person's life and how it might make them feel.



## Year3/4 Programme of Study

### PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Year 3/4 Cycle A

#### Autumn 1 Cycle A Year 3/4 Be Yourself

##### 1.Pride

I can say the things about myself that I am proud of.

##### 2.Feelings

I can identify the feelings I have and describe how different emotions feel.

##### 3.Express Yourself

I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important.

##### 4.Know Your Mind

I know how to be assertive.

##### 5. Media-Wise

I can explore messages given by the media and decide if they are helpful or harmful.

##### 6. Making It Right

I can identify different strategies I can use if I make a mistake.

#### Autumn 2 Cycle A Year 3/4 Important People

##### 1.Family and Friends

I can explain the importance of respecting my VIPs.

##### 2.Fabulous Friends

I can explain how to make and keep fabulous friends.

##### 3.Is This a Good Relationship?

I can identify my own support network.

##### 4.Falling Out

I can demonstrate strategies for resolving conflicts.

##### 5.What Is Bullying?

I can identify what bullying is.

##### 6.Stand up to Bullying

I know what to do if someone is being bullied.

#### Spring 1 Cycle A Year 3/4 Think positive

##### 1.Happy Minds, Happy People

I understand that having a positive attitude is good for our mental health.

##### 2.Thoughts and Feelings

I can recognise and manage positive and negative thoughts effectively.

##### 3.Changes

I understand that some changes can be difficult but that there are things we can do to cope.

##### 4.Keep Calm and Relax

I can use mindfulness techniques to keep calm.

##### 5.You're the Boss

I can identify uncomfortable emotions and manage them effectively

##### 6.Always Learning

I can apply a positive attitude towards learning and take on new challenges.

#### Spring 2 Cycle A Year 3/4 Diverse Britain

##### 1.Living in the British Isles

I can describe what it is like to live in the British Isles.

##### 2.Democracy

I can talk about what democracy is and understand why it is important.

##### 3.Rules, Laws and Responsibilities

I can talk about what rules and laws are and identify how they help us.

##### 4.Liberty

I can identify the rights of British people.

##### 5.Tolerance and Respect

I can describe a diverse society and talk about why it is important.

##### 6.What Does It Mean to Be British?

I can explain what being British means to me and to others.

#### Summer 1 Cycle A Year 3/4 Aiming High

##### 1.Achievements

I can identify achievements and suggest how my actions can help me to achieve.

##### 2.Goals

I can identify personal goals and suggest actions that I can take to achieve them.

##### 3.Always Learning

I can explain how a positive learning attitude can help me to learn new things.

##### 4.Jobs and Skills

I can identify the skills and attributes needed to do certain jobs.

##### 5. No Limit!

I understand that we should all have equal opportunities to follow our career ambitions.

##### 6.When I Grow Up

I can discuss what job I might like to do when I grow up and what skills I will need to achieve this.

#### Summer 2 Cycle A Year 3/4 It's My Body (Year 3)

##### 1.My Body, My Choice

I can choose what happens to my body and I can get help with any concerns.

##### 2.Fit as a Fiddle

I know how to keep my body healthy.

##### 3.Good Night, Good Day

I know why it is important to get enough sleep.

##### 4.Cough, Splutter, Sneeze!

I understand the importance of hygiene and what to do if I feel unwell.

##### 5.Drugs: Healing or Harmful?

I know how to take medicine safely and keep safe around drugs.

##### 6.Choices Everywhere

I know how to make better choices and choose healthy habits.

## **PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Year 3/4 Cycle B**

### **Autumn 1 Cycle B Year 3/4 One World**

#### **1.Chiwa and Kwende**

I can discuss ways in which people's lives are similar and different and give reasons for these differences.

#### **2.Chiwa's Dilemma 1**

I can explore differences of opinion and identify if I feel these are fair.

#### **3.Chiwa's Dilemma 2**

I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions.

#### **4.Chiwa's Sugar**

I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place.

#### **5.Chiwa's World**

I can explain what climate change is and how it affects people's lives as well as identify what I can do to help.

#### **6.Charity for Chiwa**

I can identify different organisations that help people in different countries who are in challenging situations and can explain how they do this.

### **Autumn 2 Cycle B Year 3/4 Team**

#### **1.A New Start**

I can talk about changes and how they might make me feel.

#### **2.Together Everyone Achieves More**

I can explain how and why we should work well as a team.

#### **3.Working Together**

I can describe how my actions and behaviour affect my team.

#### **4.Being Considerate**

I can pay attention to and respond considerately to others.

#### **5.When Things Go Wrong**

I can describe why disputes might happen and strategies to resolve them.

#### **6.Responsibilities**

I can talk about changes and how they might make me feel.

### **Spring 1 Cycle B Year 3/4 Digital Wellbeing**

#### **1.The Digital World**

I can identify the positives and negatives of being online.

#### **2.Digital Kindness**

I can be kind online and I can help make the Internet a safer place.

#### **3.Do I Know You?**

I know how to stay safe when communicating online and what to do if I don't feel safe.

#### **4.Online Information**

I can decide how reliable online information is and know how to share information responsibly online.

#### **5.Keep It Private**

I can identify things we shouldn't share online and give reasons why we shouldn't share them.

#### **6.My Digital Wellness**

I understand how technology can affect our wellbeing in different ways.

### **Spring 2 Cycle B Year 3/4 Money Matters**

#### **1.Where Does Money Come From?**

I can explain what skills are needed for a range of jobs and why people go to work.

#### **2.Ways to Pay**

I can explain the different ways people pay for things.

#### **3.Reasons to Borrow**

I can discuss financial risk and borrowing and explain some consequences of this.

#### **4.Spending Decisions**

I understand the different decisions people have to make about how to spend their money

#### **5.Advertising**

I can explain how adverts try to influence our spending and why they do this.

#### **6.Keeping Track**

I can keep track of what I spend and why it is important to do this.

### **Summer 1 Cycle B Year 3/4 Safety First**

#### **1.New Responsibilities**

I can be responsible for making good choices to stay safe and healthy.

#### **2.Risks, Hazards and Danger**

I can identify a risky situation and act responsibly.

#### **3.Under Pressure**

I understand that I can choose not to do something that makes me feel uncomfortable.

#### **4.Safety When Out and About**

I know how to stay safe when out and about.

#### **5.Dangerous Substances**

I know about dangerous substances and how they affect the human body.

#### **6.Injuries and Emergencies**

I know how to respond in emergency situations.

### **Summer 2 Cycle B Year 3/4 Growing Up (SRE Year 4 Only)**

#### **1.Human Reproduction**

I can describe male and female body parts and explain what these are for.

#### **2.Changes in Boys**

I can describe how boys' bodies will change as they go through puberty.

#### **3.Changes in Girls**

I can describe how girls' bodies will change as they go through puberty.

#### **4.Changing Emotions**

I can describe the feelings that some people experience as they grow up.

#### **5.Relationships and Families**

I understand that there are many different types of relationships and families.

#### **6.Where Do I Come From?**

I can describe how babies are made and how they are born.

## Year 5/6 Programme of Study

### PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Year 5/6 Cycle A

<p><b><u>Autumn 1 Cycle A Year 5/6 Be Yourself</u></b></p> <p><b><u>1. You are Unique</u></b> I can explain why everyone is unique and understand why this should be celebrated and respected.</p> <p><b><u>2. Let It Out!</u></b> I can explain why I should share my own thoughts and feelings and I know how to do this.</p> <p><b><u>3. Uncomfortable Feelings</u></b> I can explore uncomfortable feelings and understand how to manage them.</p> <p><b><u>4. The Confidence Trick</u></b> I can understand why we sometimes feel shy or nervous and know how to manage these feelings.</p> <p><b><u>5. Do the Right Thing</u></b> I can identify when I might have to make different choices from those around me.</p> <p><b><u>6. Making Amends</u></b> I can explore how it feels to make a mistake and describe how I can make amends.</p>	<p><b><u>Autumn 2 Cycle A Year 5/6 Important People</u></b></p> <p><b><u>1. People We Love</u></b> I can explain how VIPs who love and care for each other should treat each other.</p> <p><b><u>2. Think Before You Act</u></b> I can identify different ways to calm down when I am feeling angry or upset.</p> <p><b><u>3. It's OK to Disagree</u></b> I understand that people have different opinions that should be respected.</p> <p><b><u>4. You Decide</u></b> I can identify negative influences on my behaviour and suggest ways that I can resist these influences.</p> <p><b><u>5. Secrets</u></b> I can explain when it is right to keep a secret, when it is not and who to talk to about this.</p> <p><b><u>6. False Friends</u></b> I can recognise healthy and unhealthy relationships.</p>
<p><b><u>Spring 1 Cycle A Year 5/6 Think positive</u></b></p> <p><b><u>1. False Friends</u></b> I can recognise healthy and unhealthy relationships.</p> <p><b><u>2. Thoughts Are Not Facts</u></b> I understand the concept and impact of positive thinking.</p> <p><b><u>3. Face Your Feelings</u></b> I can recognise and manage uncomfortable feelings.</p> <p><b><u>4. Choices and Consequences</u></b> I understand the importance of making good choices</p> <p><b><u>5. Being Present</u></b> I can use mindfulness techniques in my everyday life.</p> <p><b><u>6. Yes, I Can!</u></b> I can apply a growth mindset in my everyday life</p>	<p><b><u>Spring 2 Cycle A Year 5/6 Diverse Britain</u></b></p> <p><b><u>1. Identities</u></b> I can talk about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people.</p> <p><b><u>2. Communities</u></b> I can explain what a community is and what it means to belong to one.</p> <p><b><u>3. Respecting The Law</u></b> I can explain why and how laws are made and identify what might happen if laws are broken.</p> <p><b><u>4. Local Government</u></b> I can discuss the terms democracy and human rights in relation to local government.</p> <p><b><u>5. National Government</u></b> I can discuss the terms democracy and human rights in relation to national government.</p> <p><b><u>6. Making a Difference</u></b> I can investigate what charities and voluntary groups do and how they support the community.</p>
<p><b><u>Summer 1 Cycle A Year 5/6 Aiming High</u></b></p> <p><b><u>1. You Can Achieve Anything!</u></b> I can understand how people learn new things and achieve certain goals.</p> <p><b><u>2. Breaking Down Barriers</u></b> I can understand that a helpful attitude towards learning can help us succeed in life.</p> <p><b><u>3. Future Focus</u></b> I can identify opportunities that may become available to me in the future and I am aware of how to make the most of them.</p> <p><b><u>4. Equal Opportunities</u></b> I can understand that gender, race and social class do not determine what jobs people can do.</p> <p><b><u>5. The World of Work</u></b> I can understand there are a variety of routes into different jobs which may match my skills and interests.</p> <p><b><u>6. Onwards and Upwards</u></b> I can discuss my goals for the future and the steps I need to take to achieve them.</p>	<p><b><u>Summer 2 Cycle A It's My Body (Year 5 Both Cycles)</u></b></p> <p><b><u>1. Your Body is Your Own</u></b> I know that my body belongs to me and that I have control over what happens to it.</p> <p><b><u>2. Exercise Right, Sleep Tight</u></b> I understand why getting enough exercise and enough sleep is important.</p> <p><b><u>3. Taking Care of Our Bodies</u></b> I understand how to take care of my body</p> <p><b><u>4. Harmful Substances</u></b> I understand the harmful effects of using drugs, including alcohol and tobacco.</p> <p><b><u>5. How We Think and Feel About Our Bodies</u></b> I understand what a positive body image is.</p> <p><b><u>6. Healthy Choices</u></b> I can make informed choices in order to look after my physical and mental health</p>

## **PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Year 5/6 Cycle B**

### **Autumn 1 Cycle B Year 5/6 One World**

#### 1. Global Citizens

I can talk about and understand how we can be responsible global citizens.

#### 2. Global Warming

I can describe what global warming is and what we can do to help prevent it from getting worse.

#### 3. Energy

I can explain how our energy use can harm the environment and describe what we can do to help.

#### 4. Water

I can describe how we can use water responsibly and understand the importance of doing this.

#### 5. Biodiversity

I can understand what biodiversity is and explain the importance of doing all we can to encourage it.

#### 6. In Our Hands

I can make choices which make the world a better place and that help people across the world.

### **Autumn 2 Cycle B Year 5/6 Team**

#### 1. Together Everyone Achieves More

I can talk about the attributes of a good team.

#### 2. Communicate

I can accept that people have different opinions and know that I can politely disagree with others and offer my own opinion.

#### 3. Compromise and Collaborate

I can compromise and collaborate to ensure a task is completed.

#### 4. Care

I can reflect on the need to care for individuals within a team.

#### 5. Unkind Behaviour

I can identify hurtful behaviour and suggest ways I can help.

#### 6. Shared Responsibilities

I can understand the importance of shared responsibilities in helping a team to function successfully.

### **Spring 1 Cycle B Year 5/6 Digital Wellbeing**

#### 1. My Digital Life

I can identify the benefits of the Internet and know how to look after my digital wellbeing.

#### 2. Staying Safe, Healthy and Happy Online

I know how to stay safe, healthy and happy online and when I use digital technology.

#### 3. Online Relationships

I know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships.

#### 4. Social Media

I know how to use social media responsibly to protect the health, wellbeing and rights of all.

#### 5. Saying No to Online Bullying

I know what online bullying is and what to do if I see or experience it to help make it stop.

#### 6. Fake News

I understand not all information online is true and know how to assess the reliability of both text and images.

### **Spring 2 Cycle B Year 5/6 Money Matters**

#### 1. Look After It!

I can explain some financial risks we might encounter and can discuss how we can avoid them.

#### 2. Critical Consumers

I understand how retailers try to influence our spending.

#### 3. Value for Money and Ethical Spending

I can discuss choices we have when we spend our money.

#### 4. Budgeting

I can explain why we need to budget and how to make one.

#### 5. Borrowing and Saving

I can discuss reasons and consequences of borrowing money.

#### 6. Money in the Wider World

I can explain the impact spending has on our environment

### **Summer 1 Cycle B Year 5/6 Safety First**

#### 1. You Are Responsible

I can take responsibility for my own safety.

#### 2. What Are the Risks?

I can assess and manage risks in different situations.

#### 3. Making Your Mind Up

I can confidently identify and manage pressure to get involved in risky situations.

#### 4. In an Emergency

I can act sensibly and responsibly in an emergency.

#### 5. Home - Safe and Sound

I can identify hazards and reduce risks to keep myself and others safe at home.

#### 6. Outdoors - Playing It Safe

I know how to stay safe in different outdoor environments.

### **Summer 2 Cycle B Year 5/6 Growing Up (SRE Year 6 Only)**

#### 1. Changing Bodies

I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies.

#### 2. Changing Emotions

I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.

#### 3. Just the Way You Are

I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body.

#### 4. Relationships

I understand what a loving relationship is and that there are many types of relationships.

#### 5. Let's Talk About Sex

I understand what a sexual relationship is and who can have a sexual relationship.

#### 6. Human Reproduction

I can describe the process of human reproduction, from conception to birth.