



	Relationships and Behaviour	Staying Safe	Health and Well-being
R e c e p t i o n	<p>I understand and express my basic emotions.</p> <p>I am beginning to understand the importance of honesty and truthfulness.</p> <p>I use good manners.</p> <p>I understand different kinds of relationships.</p> <p>I can demonstrate kind behaviour and I am beginning to verbalise what kindness is.</p> <p>I am beginning to understand what bullying is.</p> <p>I understand that we are all important and equal.</p> <p>I am aware of a variety of family structures.</p> <p>I am aware of different religious and cultural festivals and traditions.</p> <p>I am beginning to understand that compromise can help to solve problems.</p>	<p>I am beginning to understand that there are times when I can say no.</p> <p>I am aware that some items (cleaning products, electricity and medicines) inside and outside of the home, can be harmful.</p> <p>I am beginning to understand that the internet is a useful tool but that some content on the internet can be harmful.</p> <p>I understand that certain acts of physical violence are not acceptable.</p> <p>I am aware of the PANTS rule (NSPCC).</p> <p>I am beginning to understand the concept of personal privacy (NSPCC).</p>	<p>I am aware of the basic needs I am entitled to (warmth, food, love etc.).</p> <p>I know why it is important to wash my hands so that germs don't spread, and can do it independently.</p> <p>I tell an adult when I am hurt.</p> <p>I can talk about myself and others positively.</p> <p>I am beginning to use teacher taught strategies to help with a range of emotions (worry, anxiety, and frustration).</p> <p>I understand that exercise, a healthy diet and good sleep are important to our mental wellbeing and physical health.</p> <p>I know how to keep safe in the sun.</p> <p>I know the emergency services number is 999.</p>



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Y e a r 1	<p>I can use good manners when talking to adults and children.</p> <p>I can tell how somebody feels by looking at their facial expression.</p> <p>I can tell someone how I am feeling.</p> <p>I know that my feelings matter at all times.</p> <p>I know that I have choices and can explain good and bad choices and what appropriate behaviour is.</p> <p>I can identify strategies to help manage feelings and behaviour including changes and/or loss</p> <p>I can show an awareness of my own and different family networks and structures.</p> <p>I understand and can discuss different religious and cultural traditions.</p> <p>I can explain what bullying is, know it is wrong and know what to do if I am being bullied.</p>	<p>I can identify and describe a person who is special to me.</p> <p>I can say who I could go to and how to get help.</p> <p>I can identify ways in which families care for each other.</p> <p>I know the PANTS rule and can explain it (NSPCC).</p> <p>I can list ways to keep safe in a specific situation.</p> <p>I understand and explain the difference between a secret and a surprise.</p> <p>I am able to use the internet as a useful tool but know that some content on the internet can be harmful.</p> <p>I can recognise that choices have consequences, both good and bad.</p> <p>I can identify some things which might be dangerous in the home.</p> <p>I can describe ways to keep myself safe when walking or in the car.</p>	<p>I can describe basic personal hygiene routines with a focus on oral health and tooth decay.</p> <p>I know that I am entitled to be happy, healthy, safe, warm, loved, well fed and listened to.</p> <p>I know that we are all equal but not the same and I can talk about what makes me unique.</p> <p>I can set a simple target or goal.</p> <p>I know the similarities and differences between boys and girls and name the main body parts using correct terminology e.g. vagina and penis.</p> <p>I understand that household products including medicines can be harmful if not used properly.</p> <p>I can describe how I have changed since I was born.</p> <p>I can talk about my hobbies, interests and what makes me feel happy.</p> <p>I can talk about healthy snack choices and begin to understand why some snack choices would be better than others.</p> <p>I know how to call emergency services on landlines and mobile phones and how to remain calm and listen carefully.</p>



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Y e a r 2	<p>I can use my manners to take an interest in others.</p> <p>I can recognise a range of feelings in myself and others.</p> <p>I can use simple strategies to manage feelings.</p> <p>I can demonstrate skills to be a good friend.</p> <p>I am aware that relationships come in many different forms.</p> <p>I know what makes a family and that not all families are the same.</p> <p>I can talk about and be respectful of a range of different religions and beliefs and cultures.</p> <p>I can recognise that we live in a diverse world and can celebrate the differences between myself and others.</p> <p>I can be absorbed and engaged in my learning.</p> <p>I can explain how to resist teasing and bullying, if I experience or witness it.</p> <p>I can recognise the effects of my behaviour on others, both offline and online.</p>	<p>I can talk about parts of my body that are private and know what is appropriate and inappropriate.</p> <p>I understand it not always right to keep adults' secrets if they relate to being safe.</p> <p>I can talk about harmful household products and medicines.</p> <p>I can talk about ways to keep safe in familiar settings.</p> <p>I am aware that the same principles apply to online relationships as to face-to-face relationships including respect and anonymity.</p> <p>I understand what a stereotype is.</p> <p>I am beginning to understand what a democracy is.</p> <p>I can explain that there are laws to protect my rights and there are consequences if the law is broken.</p> <p>I can talk about why the internet is useful but why it is important to limit my time online.</p>	<p>I can identify and name the differences in individual private body parts.</p> <p>I understand the difference between mental well-being and physical well-being.</p> <p>I can identify different ways to look after my mental well-being such as hobbies, family time and rest.</p> <p>I can talk about how to keep myself clean and explain ways to limit and avoid infections.</p> <p>I can talk about the fact that nobody has the right to hurt or abuse me.</p> <p>I can use my imagination to generate interesting questions.</p> <p>I can understand why both regular exercise and sleep are important.</p> <p>I can identify some new opportunities and responsibilities I may have as I grow up.</p> <p>I can describe things money can be used for including spending and saving.</p>



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Y e a r 3	<p>I can show respect to peers and adults and know that I should be treated with respect from others.</p> <p>I can name different emotions and deepen my understanding of a wider range of feelings.</p> <p>I can demonstrate my own self-worth and that of others.</p> <p>I can explain how my actions impact upon others.</p> <p>I can recognise hurtful behaviour and the impact this has on others (bullying) both online and offline.</p> <p>I can use strategies taught to manage my feelings.</p> <p>I can confidently and articulately express my views.</p> <p>I can understand the characteristics of friendships including mutual respect, truthfulness and kindness.</p> <p>I can understand that most friendships have ups and downs and that these can often be worked through so that the friendship is repaired.</p> <p>I can recognise what makes a healthy relationship between friends and family.</p> <p>I understand the behaviours that makes someone feel like an outsider and also know how to make someone feel welcome.</p>	<p>I know what to do if someone abuses my right to privacy.</p> <p>I can identify forms of abuse (emotional, physical) and know what to do if I am concerned about myself or somebody else.</p> <p>I can recognise the range of identities in our wider communities today.</p> <p>I can explain what the word discrimination means and identify discriminatory behaviours.</p> <p>I can recognise the importance of democracy and what it looks like in the UK, and can describe the role of my local Councillor.</p> <p>I can explain how laws protect my rights, keep me safe and the possible consequences of breaking them.</p> <p>I have a growing understanding of how to keep safe online and how to report a concern.</p> <p>I understand that social media and some computer games are age restricted.</p> <p>I can ask for advice or help for myself and for others.</p> <p>I know when it's right to break a confidence or share a secret.</p> <p>I can list potential hazards at home, in school and in the local area.</p>	<p>I am beginning to identify positive ways to face new challenges with support.</p> <p>I understand that my mental wellbeing is important and I am beginning to know strategies to keep myself mentally healthy including resting, playing and hobbies.</p> <p>I understand different methods of payment (e.g. cash and cards) and some of the benefits of each.</p> <p>I am beginning to recognise the risks of spending lots of time on electronic devices including, iPads, phones, tablets and games devices.</p> <p>I can say how an individual's body parts change from a child to an adult.</p> <p>I can recognise factors that contribute to a healthy and unhealthy lifestyle.</p> <p>I know what constitutes a healthy diet and the characteristics of a poor diet and unhealthy eating.</p> <p>I can plan and prepare a range of healthy meals.</p> <p>I can recognise ways to reduce the spread of bacteria and viruses.</p> <p>I can receive teachers and peer feedback and act upon it.</p>



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Y e a r 4	<p>I can judge whether my behaviour is appropriate and proportionate to my situation.</p> <p>I can focus on a task and avoid distractions.</p> <p>I am aware of the best way to give constructive feedback to others.</p> <p>I can show an understanding that actions have consequences and how these may affect other people.</p> <p>I can express an opinion in a respectful way.</p> <p>I can resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.</p> <p>I can show an understanding of what being 'assertive' means and know why being assertive is sometimes hard.</p> <p>I can describe the nature and consequences of bullying and express ways of responding to it.</p> <p>I can describe ways to deal positively with experiences and situations of loss, separation and death.</p> <p>I understand behaviours in an unhealthy relationship.</p> <p>I can explain what marriage is and the legal formalities behind marriage.</p> <p>I can describe how I contribute positively to the school.</p> <p>I can explain what stereotyping is.</p> <p>I can explain how to raise an issue with a local Councillor.</p>	<p>I know a range of strategies to keep myself safe in a given situation.</p> <p>I can talk about the kinds of change me or family or friends have experienced.</p> <p>I can discuss acceptable and unacceptable physical contact and how to respond to it.</p> <p>I understand that no one can harm any part of my body.</p> <p>I can understand that, whilst opinions are important, they must not be acted on if they go against British values.</p> <p>I can recognise how democracy affects my life.</p> <p>I understand that nobody should make me do something I don't want to do or that makes me feel bad (link to sexting).</p> <p>I can recognise that some cultural practices are illegal in the UK.</p> <p>I know about the consequences of discriminatory behaviour and how people can discriminate against others both offline and online.</p> <p>I can recognise and report cyberbullying online.</p> <p>I understand and am able to resist peer and media pressure.</p>	<p>I am beginning to identify positive ways to face new challenges.</p> <p>I am beginning to talk about a range of jobs and explain how they will help develop skills to work in the future.</p> <p>I am beginning to understand the importance of money and its role in my future life.</p> <p>I can make choices about how to develop a healthy lifestyle, knowing the importance of a healthy diet and exercise and how this may impact upon my future life.</p> <p>I can recognise that some diseases can be prevented through vaccination and immunisation.</p> <p>I understand why there are age ratings for games, videos and social media.</p> <p>I understand the effects of smoking and its effect on the body and the definition of drugs (medicinal and non-medicinal).</p> <p>I understand that mental wellbeing is just as important as physical wellbeing.</p> <p>I can recognise and use scientific names for private body parts (reproduction).</p> <p>I understand the benefits of good oral hygiene.</p> <p>I understand how to make a clear and efficient call to emergency services.</p>



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Y e a r 5	<p>I can understand and respect the views of other religious, social and ethnic groups.</p> <p>I can keep focused upon a task and avoid distraction.</p> <p>I can effectively run alternative scenarios in my mind in order to identify the consequences of my actions or words.</p> <p>I can respond appropriately to a wider range of feelings in others and myself.</p> <p>I can confidently discuss the different types and dynamics of families and the way roles of family members vary.</p> <p>I recognise if relationships are making me feel unhappy or unsafe and know how to seek help or advice from others if needed.</p> <p>I can identify different types of relationships and show ways to maintain a healthy friendship.</p> <p>I can recognise that in different cultures, people can be treated differently based on their gender and understand that under British Values means that people are treated equally, regardless of gender.</p> <p>I can identify the consequences of anti-social and aggressive behaviours towards individuals and communities.</p> <p>I can explain why some people choose to marry and others do not.</p>	<p>I am aware of the consequences of cyber-bullying and understand how to use technology appropriately and safely.</p> <p>I know people can behave differently online and can pretend to be someone else.</p> <p>I know how information and data is shared online.</p> <p>I am respectful online and know how to keep myself safe.</p> <p>I critically consider online friendships and sources of information.</p> <p>I am aware that pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people I know and the media.</p> <p>I know there are different types of child abuse, including physical, emotional and neglect, and the impact this can have.</p> <p>I can identify the different types of exploitation including Child Sexual Exploitation and discuss the impact it may have.</p> <p>I am beginning to recognise the difference between community culture and gang culture.</p> <p>I can use basic techniques for resisting pressure to do something dangerous, unhealthy that makes them uncomfortable or anxious or that I think is wrong.</p> <p>I am beginning to understand the concept of trafficking.</p> <p>I am beginning to understand that some people may hold extreme views which go against our British Values.</p>	<p>I can understand the rights, responsibilities and duties required of me as a British citizen.</p> <p>I can talk about a range of jobs and explain how my education and knowledge will help me develop skills to work in the future.</p> <p>I can make choices about how to develop a healthy physical, emotional and mental lifestyle and identify areas that may impact negatively upon this.</p> <p>I can understand the concept of mental health and link this to physical health.</p> <p>I can discuss some of the physical and emotional changes at puberty, including the menstrual cycle and understand the implications for emotional and physical health.</p> <p>I am aware of the differences of legal and illegal drugs.</p> <p>I can explain about human reproduction in the context of the human lifecycle.</p> <p>I know what circumcision is and can explain that female circumcision is illegal/a crime.</p> <p>I know who to go to for help about a range of issues.</p> <p>I can understand and empathise with the roles and responsibilities of young carers.</p> <p>I can discuss how to save and look after money.</p> <p>I can explain how overcoming a fear can be a positive experience.</p>



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Y e a r 6	<p>I am becoming confident in understanding a range of religious, cultural and social views of others and can tolerate and respect these views.</p> <p>I can coach and encourage others not to distract anyone from their learning.</p> <p>I can respond to and challenge negative behaviour that is affecting myself or others.</p> <p>I can identify different types of relationships and talk about their emotional impact along with respecting others in relationships.</p> <p>I know practical steps I can take in a range of different contexts to improve or support respectful relationships.</p> <p>I can understand that forced marriage is not legal under British law.</p> <p>I can describe the important qualities in a friend / partner.</p> <p>I can understand the difference between being passive, assertive and aggressive.</p> <p>I know about isolation and loneliness and its effects.</p>	<p>I am aware how the media can portray body image and the impact this can have.</p> <p>I can make judgements and decisions and can list some ways of resisting negative peer pressure in relation to my health and wellbeing.</p> <p>I understand that violence against a person is not acceptable and can result in a custodial sentence.</p> <p>I can describe the consequences and effect of exploitation on myself and others.</p> <p>I know about different types of trafficking and understand the effects.</p> <p>I understand how gang culture can lead to radicalisation.</p> <p>I understand that radicalisation is when a person tries to impose their extreme views and begin to recognise signs of radicalisation.</p> <p>I know that sexual abuse can happen and the impact this can have.</p> <p>I know that domestic abuse happens within some families.</p> <p>I know a range of agencies through which anyone subject to abuse can gain support.</p>	<p>I can understand the importance of education and talk about its impact on future life and its association to the job market.</p> <p>I can write an application for a job in school.</p> <p>I can plan for future spending.</p> <p>I can identify positive ways to face new challenges and suggest positive actions for my peers.</p> <p>I can identify changes in my own or others' mental wellbeing, recognise triggers, seek support and articulate these to the appropriate person.</p> <p>I am aware of how the body changes (including emotional changes) at puberty and can demonstrate how to deal with these in a positive way.</p> <p>I know about managing menstrual wellbeing and the impact it could have on daily life.</p> <p>I can explain human reproduction and that/how pregnancy can be prevented.</p> <p>I can understand the negative impact of FGM and circumcision.</p> <p>I am aware of gender identity.</p> <p>I can understand the negative impact of alcohol and drugs.</p> <p>I know about personal hygiene and germs, including bacteria, viruses, including how they are spread and treated.</p> <p>I can use basic first aid skills.</p>