

# PHSCE Curriculum Intent

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# Introduction

#### Introduction

This document outlines the knowledge, language and concepts that should be taught in PHSCE. It includes:

- A summary of the PHSCE knowledge and principles that underpin our approach
- Long Term Sequence (curriculum map) for PHSCE
- Progression of PHSCE including alignment with the National Curriculum, substantive concepts, big ideas and questions as well as Tier 2 and Tier 3 vocabulary

#### **SMSC Curriculum Statement**

At Sheep Dip Lane Academy, we aim to provide a broad and balanced curriculum that meets the needs of all children. Through our curriculum, we want to enable children to meet their full potential, make progress through their learning journey and develop in to well-rounded citizens.

Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos. At Sheep Dip Lane Academy, we recognise the importance of developing children's general knowledge and understanding of the world. We believe that our children deserve and need us to provide more than just the National Curriculum. The journey through life is a wonderful thing and the children have so much more to learn and experience through each stage of their school life. With this in mind, we have prioritised the things we want our children to experience during their time with us.

We use our curriculum drivers to underpin the learning we do in all areas of school life and to ensure that the curriculum we offer is personalised to our children, community and context.

#### The Curriculum Drivers

- Able and Fluent Readers
- SMSC
- Learning Characteristics Creative, motivation, resilience, teamwork, investigative, evaluation.
- Mental and Physical Wellbeing
- Aspirations and enterprise
- Communication and Oracy
- Parent and Community Involvement

#### **SMSC Statement of Intent**

Our aims are to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more. Our personal, social, health and economic education enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.

The fundamental British Values are promoted through the overarching aims and objectives of SMSC by supporting our children to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

#### **SMSC Curriculum**

Our intention is to build a SMSC curriculum which develops learning in the acquisition of knowledge and skills which enables children to access the wider curriculum and to prepare children to be a global citizen now and in their future roles within a global community.

We seek to promote a caring, compassionate and fair environment within which all pupils are valued and enabled to flourish. We facilitate this by fostering the values of Friendship, Kindesss, Perseverance, Respect, Responsibility and Creativity. Emphasis is placed on the traditional values of hard work and self-discipline.

Beyond our documented curriculum, it is hoped that the academy's values of inspire, integrity, include and exceed provide a culture that contributes equally towards the spiritual, moral, social and cultural development of our children. Pupils are encouraged to exercise a measure of personal responsibility for their own learning through our key learning characteristics. The delivery of the curriculum is underpinned by these values and is delivered predominantly through good quality texts. The Pupil Parliament, consisting of pupils elected from each class, provides a forum for pupils to contribute to the decision-making process in the academy.

Our curriculum demonstrates subject knowledge, skills and understanding to fulfil the duties of the Relations Education (RE), Relationship and Sex Education (RSE) and Health Education HE) whereby schools must provide a 'balanced and broadly-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils and prepares them for the opportunities and responsibilities and experiences for later life'.

Aspects of Personal, Social and Health Education and Religious Education within the curriculum provide pupils with opportunities to develop spiritually and morally in a supportive atmosphere. Spiritual and moral themes are also explored in regular whole-school and class assemblies.

### **PSHCE Education Implementation**

At Sheep Dip Lane Academy we use the PSHE Association scheme to teach PSHCE which is a comprehensive scheme of work in line with the National Curriculum. We have worked hard to amalgamate Jigsaw PHSCE alongside the PHSCE association topics to ensure our children receive in-depth, full coverage of the concepts planned, but also contextual lessons, building on events within the community, views of our children and observations from staff.

The scheme of work includes:

- Substance Misuse
- Tobacco
- Risk Taking /Safety
- Diversity
- Emotional Health
- Coping Strategies

- Healthy Eating
- Healthy relationships/bullying
- Puberty/Growing up
- Financial Education
- British Values
- Democracy
- Citizenship
- Physical Activity
- E-Safety
- Careers

Whole School Curriculum Map which includes the following 3 strands: Relationships, health and wellbeing and Living in the wider world.

- Family and friendship, safe relationships and Sex Education
- Drug, Alcohol and Tobacco Education
- Keeping Safe and Managing Risk
- Mental Health and Emotional Wellbeing
- Physical Health and Wellbeing
- Growing and changing
- Belonging to a community
- Media literacy and digital resilience including keeping safe online
- Money, Careers, Financial Capability and Economic Wellbeing
- Identity, Society, Equality and Inclusion

#### **Learning Sequences**

We organise intended learning into concepts. These group the knowledge, skills and understanding that we want children to remember, do and use. Each module aims to activate and build upon prior learning, including from the early years, to ensure better cognition and retention. The skills required for working in a particular subject are outlined e.g. staying safe. Close attention is paid to the tier 2 and tier 3 vocabulary to be taught to allow pupils to engage in the required vocabulary. They are deliberately spaced within and across years to introduce and revisit key concepts. This enables staff to deepen pupil understanding and embed learning. Each module is carefully sequenced to enable pupils to purposefully layer learning from previous sessions to facilitate the acquisition and retention of key knowledge.

#### **Lesson Structure**

Lessons typically are split into six phases:

- **CONNECT** This provides an opportunity to connect the lesson to prior learning from a previous module or lesson. Teachers return children's attention to the previous lesson's knowledge note/the big idea for the learning module, including key vocabulary. Examples of thinking harder routines include Flick Back 5, Recap questions, Quizzing. Retrieval practice allows all pupils to take time to remember things and activate their memories. Quizzing allows questions to be asked and allows pupils to carry out retrieval practice. Cumulative quizzing, allows for a few questions to be asked each lesson, which are built upon the previous lesson. **This part of the lesson is often verbal, or whole class.** We also use Wordwall to help retrieve information.
- **EXPLAIN** This is the explicit teaching that needs to take place. Teachers should ensure they are clear what they want children to know and remember. They plan for and explicitly address common misconceptions so they can address these in lessons as they arise. They should be clear about the substantive knowledge and the vocabulary that they want children to understand in the session. This can be developed using key information, facts, videos and images so that explanations are precise.
- **EXAMPLE** Providing pupils with high-quality examples is essential for learning. Pupils need to see worked examples. My turn, our turn, your turn is a technique that can be used to explicitly teach vocabulary and new concepts. Prepared examples should be carefully planned and need to be evident in teaching. An example in the physical health unit may be working together to organise food into healthy and not as healthy, or ordering foods from least sugary to the highest sugar content. **We** intend to make this element of the lesson as creative, and as practical as possible to help engage and motivate children in their learning.
- ATTEMPT Guiding pupil practice allows pupils to rehearse, rephrase and elaborate their learning. Children need the chance to attempt and verbalise their understanding. Children's own attempts are what help them to secure their understanding. Children need to have time to struggle and understand for themselves. This is not necessarily something that is recorded in books. This phase provides opportunities for teachers to check in with pupils to see who may need more challenge/support/scaffolds and if any misconceptions have arisen that need to be addressed. Extending the previous example, pupils could then begin to label a healthy meal, or swap elements of a meal for healthier alternatives.
- APPLY This is where pupils would typically begin to record in books/ on complete a written task. The number of scaffolds may vary. Again, we aim to keep learning as creative and as engaging as possible. Within a PHSCE lesson we will often have a carousel of activities where children can choose their own application task.
- **CHALLENGE** Teachers get the children to interrogate their learning summarise, explain, compare and contrast. Tools are built into routines to reduce overload and allow for hard thinking. These can be adapted for children based on their individual needs.

#### **Impact**

In order to identify the impact our curriculum is having on our pupils, we check the extent to which learning has become **permanently embedded** in children's long-term memory in addition to looking for **excellence** in their outcomes. We use four main tools to quality assure the implementation and impact of our curriculum:

- Learning observations help to evaluate subject knowledge, explanations, expectations, opportunities to learn, pupil responses, participation and relationships.
- **Professional growth models** help to improve staff subject knowledge and evidence informed practice such as retrieval and spaced practice, interleaving and explicit instruction techniques.
- Assessment and achievement articulate the outcomes from tasks and tests, how well the content is understood and what the strengths and limitations are; it informs what to do next.

• Pupil Book Studies help to evaluate curriculum structures, teaching methods, pupil participation and response through a dialogic model. When conducting book studies we will look at the classes 'floorbook'.

When undertaking these we ask the following key questions:

- How well do pupils remember the content that they have been taught?
- Do books and pupil discussions radiate excellence?
- Does learning 'travel' with pupils and can they deliberately reuse it in more sophisticated contexts?

Teachers employ a range of strategies both at and after the point of teaching to check the impact of their teaching on the permanence of pupils' learning. These include: retrieval practice, vocabulary use and application, deliberate practice and rephrasing of taught content, cumulative quizzing within the learning sequence, summarising and explaining the learning question from the sequence, tests and quizzes. Teachers use information from tasks, pupil book studies and other monitoring to support learning by responding to the gap between where pupils are and where they need to be. In lessons, they adapt explanations and examples to address misconceptions and provide additional practice or challenge where required. After lessons or tests, they analyse pupils' responses to identify shared and individual gaps in learning and misconceptions. Teachers then adjust subsequent planned teaching in response.

**Pupil book study** is used as a method to quality assure our curriculum by talking to the children and looking in pupils' floorbooks. We do this after content has been taught to see the extent to which pupils are knowing more, remembering more and able to do more. In preparation, we review the planned content, knowledge and vocabulary, so that conversations with pupils are meaningful and focused on what has been taught. When looking at books, we look at the content and knowledge, teaching sequence and vocabulary.

We also consider pupils' participation and consider the explanations and models used, the tasks the pupils are asked to do, the ability to answer carefully selected questions and retrieve information and the impact of written feedback. We ask careful questions that probe their knowledge, understanding and skills.

The Subject Leader undertakes a range of activities to understand what the curriculum looks like across the school and how well pupils know more, remember more and can do more as a result. In addition to the above tools, they use learning walks, planning reviews and book looks. They use their findings to support teachers to improve how they implement subjects and to make recommendations about the suitability of the intent for their subject. The Subject Leader formally reports on impact of the curriculum termly to the Curriculum Leader, Principal and Governors.

# **Progression Overview**

# **Early Years**

Jigsaw is sequential, the six puzzles (units) starting with 'Being Me in My World' (BM) at the beginning of the school year and working through to the end of the year:

1. **BM** (Being Me in My World)

'Who am I and how do I fit?'

2. CD (Celebrating Difference)

Respect for similarity and difference. Anti-bullying and being unique

3. DG (Dreams and Goals)

Aspirations, how to achieve goals and understanding the emotions that go with this

4. HM (Healthy Me)

Being and keeping safe and healthy

5. RL (Relationships)

Building positive, healthy relationships

6. **CM** (Changing Me)

Coping positively with change

Each puzzle has six lesson plans accompanied by all of the teaching and learning materials needed to deliver them.

Alongside Jigsaw PHSCE, we delivered the EYFS Curriculum and focus on the Personal, Social and emotional strands – our Early Years intent will provide more information around this.

# SDLA **PSHCE**— Long Term Sequence

Key: Yellow – Links to curriculum strands/other subjects

	Autumn: Relationships		Spring: Healt	h and Wellbeing	Summer: Living in the wider world		
Academy strand – Identity and Social Justice		Academy strand – Power,	Leadership (Invasion)	Academy strand – Sustainability, Impact on our			
					World		
FS1	My Identity Who am I, how do we grow Changes around me	Celebrations Special times	My nursery, sharing, rules and right and wrong				

FS2	My school and comr	My identity and my family My school and community Special times How to look after myself and a baby			Why we need rules, class and school People who help us Right/wrong					
	Family and Friends	Safe Relationships	Respecting ourselves & others	Physical health & Mental Wellbeing	Growii Chang	_	Keeping Safe	Belonging to a community	Media literacy & digital resilience	Money, Careers & Aspirations
Year 1	Roles of different people Families; Feeling cared for  Keeping Safe Risks and safety at home; Where do I live?	Recognising privacy; Staying safe Seeking permission	How behaviour affects others Being polite and respectful	Keeping healthy; food and exercise Hygiene routines;	Recognisi makes the & spe Feelings/R	m unique ecial	How rules and age restrictions help us Keeping safe online  Why do we have a King or Queen? — democracy	What rules are Caring for others' needs Looking after the environment Would you like to live at the seaside? - impact of plastic waste on the environment Keeping Safe Sun safety	Using the internet and digital devices Communicating online	Strengths and interests  Jobs in the community  Changes GAP focus Big Talk —  Relationship and Sex Education, Keeping Safe, Healthy and Happy  Reinforcing and checking understanding from Big Talk Education in Reception  Happy and risky situations  Worries and concerns
Year 2	Making friends  Feeling lonely and getting help	Managing secrets Peer pressure and getting help; Recognising hurtful behaviour	Recognising similarities differences Co-operation Sharing opinions	Importance of sleep Medicines & keeping healthy Dental hygiene Managing feelings seeking help	Growing Naming bo Moving cla	ody parts	Money What money is; needs and wants; looking after money Who were the Normans? (census Doomsday/taxes)	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life Online content & safety How far does food travel – Food to fork?	Keeping Safe Safety in different environments emergencies Big Talk — Relationship and Sex Education, Keeping Safe, Healthy and Happy • Reinforcing and checking understanding from Big Talk Education in Y1 • Improper photographs • Inappropriate touches • Exposure to suitable media

Year 3	What makes a Family Features of family life How has my local community changed? Mining heritage roles of family in the past.	Personal boundaries Safely responding to others Impact of hurtful behaviour	Recognising respectful behaviour Importance of self-respect Courtesy & politeness	Health choices and habits What affects feelings & expressing them	Personal strengths and achievements Managing resilience & setbacks	Risks and hazards Safety in the local environment & unfamiliar places	What makes a community; shared responsibilities  Rivers – friend or foe? Local community flooding, rescue, flood defences	How the internet is used; assessing information online	Different jobs and skills Job stereotypes Setting personal goals Changes GAP focus Big Talk — Relationship and Sex Education, Keeping Safe, Healthy and Happy • Reinforcing and checking understanding from Big Talk Education in Y2 • Happy situations • Improper photographs • Inappropriate touches • Exposure to suitable media • Worries and
									media

Year 4	Positive friendships, including online	Responding to hurtful behaviour Confidentiality Recognising risks online	Belonging to a community Value of rules & laws Rights, freedoms & Responsibilities My country — what is democracy? Ancient Greece	Maintaining a balanced lifestyle; Oral hygiene & dental care	Physical & emotional changes in puberty & support External genitalia Personal hygiene routines  From Britannia what did the Romans change in Britain? Baths, hygiene	Medicines & household products Drugs common to everyday life	Respecting ourselves & others Respecting differences & similarities; Discussing difference sensitively	How data is shared & used	Making decisions about money Using & keeping money Safe  What is the impact of natural disasters? Rescue centre planning Big Talk — Relationship and Sex Education, Keeping Safe, Healthy and Happy • Reinforcing and checking understanding from Big Talk Education in Y3 • Different kinds of families • Similarities and differences between boys and girls • The emotional and physical changes of growing up (puberty) • How babies are made, then develop in the womb etc. (reproduction). • Looking after our bodies and how to be safe and healthy
Year 5	Managing friendships & peer influence	Physical contact and feeling safe Homelessness	Personal identity Recognising individuality & different qualities Mental wellbeing	Healthy sleep Habits Medicines, vaccinations, immunisations & allergies	Responding respect- fully to everyone Recognising prejudice & discrimination  Who were the	Keeping safe in different situations, including responding in emergencies first aid	Money, Careers & Aspirations Identifying careers & aspirations Influences on career choices Workplace stereotypes	How information online is targeted Different media types, their role & impact	Belonging to a community Protecting the environment Compassion towards others

		Tudors and what	Keeping Safe	How is
		impact did this	Personal sun safety	
		period have on	i ersonar sum sarety	deforestation
		modern Britain?		effecting our
		Transatlantic slave		World? Amazon
		trade		Changes GAP focus
		uaue		Big Talk –
				Relationship and Sex
				Education, Keeping
				Safe, Healthy and
				Нарру
				Reinforcing and
				checking
				understanding from
				Big Talk Education in
				Y4
				<ul> <li>Reproduction and</li> </ul>
				puberty re-capped
				<ul> <li>Questions and</li> </ul>
				discussions about
				puberty
				Building on
				knowledge from Y4
				about how babies
				develop and are born.
				<ul> <li>Pupils discuss</li> </ul>
				trusted adults in
				school
				• Pupils learn about
				external support they
				can receive regarding
				SRE
				Pupils discuss
				support networks at
				home if they want
				help, advice or more
				information.

# PHSCE Progression through KS1 and KS2

	Topic	In this unit of work children will learn:	Teacher notes:
	Families and friendships  Roles of different people; families; feeling cared for	<ul> <li>To know people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers</li> <li>To know the role these different people play in children's lives and how they care for them</li> </ul>	
	PoS Refs: R1, R2, R3, R4, R5	• To know what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.	
		<ul> <li>To know about the importance of telling someone — and how to tell them — if they are worried about something in their family</li> </ul>	
	Safe relationships  Recognising privacy; staying	<ul> <li>To know about situations when someone's body or feelings might be hurt and whom to go to for help</li> </ul>	
	safe; seeking permission	To know what it means to keep something private, including parts of the body that are private	
	PoS Refs: R10, R13, R15, R16, R17	<ul> <li>To know and be able to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</li> </ul>	
		To know how to respond if being touched makes them feel uncomfortable or unsafe	
		To know when it is important to ask for permission to touch others	
		To know how to ask for and give/not give permission	
	Respecting ourselves and others	To know what kind and unkind behaviour mean in and out school	
	How behaviour affects others;	To know how kind and unkind behaviour can make people feel	
ships	being polite and respectful	To know what respect means	
Relationships	PoS Refs: R21, R22	To know why we have class rules.	
- ĕ	1 00 Neist N22) N22	To know how to be polite to others, share and take turns	
	Belonging to a community	<ul> <li>To know examples of rules in different situations, e.g. class rules, rules at home, rules outside</li> </ul>	
	What rules are; caring for others' needs; looking after the		
	environment	To know that different people have different needs	
orld		<ul> <li>To know how we care for people, animals and other living things in different ways</li> </ul>	
er wo	PoS Refs: L1, L2, L3	To know how they can look after the environment, e.g. recycling	-
wide	Media literacy and Digital resilience	To know how and why people use the internet	
Living in the wider world	Using the internet and digital devices; communicating online	<ul> <li>To know the benefits of using the internet and digital devices</li> <li>To know how people find things out and communicate safely with others</li> </ul>	

	PoS Refs: L7, L8	
	Money and Work	To know that everyone has different strengths, in and out of school
	Strengths and interests; jobs in	To know how different strengths and interests are needed to do different jobs
	the community	To know people whose job it is to help us in the community
	PoS Refs: L14, L16, L17	To know different jobs and the work people do
	Physical health and Mental wellbeing	To know what it means to be healthy and why it isimportant
	Keeping healthy; food and	To know ways to take care of themselves on a dailybasis
	exercise; hygiene routines; sun	To know basic hygiene routines, e.g. handwashing
	safety	To know healthy and unhealthy foods, including sugarintake
	PoS Refs: H1, H2, H3, H5, H8, H9,	To know physical activity and how it keeps people healthy
	H10	To know different types of play, including balancing indoor, outdoor and screen-based play
		To know people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors
		To know how to keep safe in the sun
	Growing and changing	To know what makes them special and unique including their likes, dislikes and what they are
	Recognising what makes them	good at
	unique and special; feelings;	To know how to manage and whom to tell when finding things difficult, or when things go
	managing when things go	wrong
	wrong	To know how they are the same and different toothers
	PoS Refs: H11, H12, H13, H14,	To know different kinds of feelings
	H15, H21, H22, H23, H24	To know how to recognise feelings in themselves and others
<b>6</b> 0		To know how feelings can affect how people behave
Health and wellbeing	Keeping safe	To know how rules can help to keep us safe
d we	How rules and age restrictions	To know why some things have age restrictions, e.g. TV and film, games, toys or play areas
th an	help us; keeping safe online	To know basic rules for keeping safe online
Healt	PoS Refs: H28, H34	To know whom to tell if they see something online that makes them feel unhappy, worried, or scared

Topic	In this unit of work children will learn:	Teacher notes:

	Families and friendships	To know how to be a good friend, e.g. kindness, listening, honesty
	Making friends; feeling	To know about different ways that people meet and make friends
	lonely and getting help	<ul> <li>To know strategies for positive play with friends, e.g. joining in, including others, etc.</li> </ul>
	PoS Refs: R6, R7 R8, R9,	To know what causes arguments between friends
	R24	To know how to positively resolve arguments between friends
		To know how to recognise, and ask for help, when they are feeling lonely
		or unhappy or to help someone else
	Safe relationships	To know how to recognise hurtful behaviour, including online
	Managing secrets; resisting pressure	<ul> <li>To know what to do and whom to tell if they see or experience hurtful behaviour, including online</li> </ul>
	and getting help;	To know about what bullying is and different types of bullying
	recognising hurtful behaviour	To know how someone may feel if they are being bullied
	Schavioui	<ul> <li>To know about the difference between happy surprises and secrets that make them feel</li> </ul>
	PoS Refs: R11, R12, R14,	uncomfortable or worried, and how to get help
	R18, R19, R20	To know how to resist pressure to do something that feels uncomfortable or unsafe
		To know how to ask for help if they feel unsafe or worried and what vocabulary to use
	Respecting ourselves and others	<ul> <li>To know about the things they have in common with their friends,</li> <li>classmates, and other people</li> </ul>
	Recognising things in	To know how friends can have both similarities and differences
	common and differences;	To know how to play and work cooperativelyin different groups and
SC	playing and working	situations
tionships	cooperatively; sharing	To know how to share their ideas and listen to others, take part in
atior	opinions	discussions, and give reasons for their views
Relat	PoS Refs: R23, R24, R25	
_	Belonging to a	To know about being a part of different groups, and the role they play in these
Living in the wider	community	groups e.g.
Living the wider	Belonging to a	class, teams, faith groups

group; roles and responsibilities;	To know about different rights and responsibilities that they have in school and the wider
being the same	community
and different in	To know about how a community can help people from different groups to
the community	feel included
PoS Refs: L2, L4, L5, L6	To know and recognise that we are all equal, and ways in which they are the same and
	different to others in their community
Media literacy and Digital resilience	To know the ways in which people can access the internet e.g. phones, tablets, computers
The internet in everyday	To know the purpose and value of the internet in everydaylife
life; online content and	To know that some content on the internet is factual and some
information	is for entertainment e.g. news, games, videos
	To know that information online might not always be true
PoS Refs: L8, L9	
Money and Work	To know about what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments
•	To know how money can be kept and looked after
_	To know about getting, keeping and spending money
,	To know that people are paid money for the job they do
PoS Refs: 110 111 112	To know the difference between needs and wants
PoS Rets: L10, L11, L12, L13, L15	To know how people make choices about spending money, including thinking about needs and wants
Physical health and Mental wellbeing	To know about routines and habits for maintaining good physical and mental health
Why sleep is important; medicines and	To know why sleep and rest are important for growing and keepinghealthy
keeping healthy; keeping	To know that medicines, including vaccinations and immunisations, can help
	peoplestay healthy and manage allergies
help	
Dos Dofo: HA HE H7 H16	<ul> <li>To know the importance of, and routines for, brushing teeth and visiting the dentist</li> </ul>
H17, H18,	To know about food and drink that affect dental health
	responsibilities; being the same and different in the community PoS Refs: L2, L4, L5, L6  Media literacy and Digital resilience The internet in everyday life; online content and information  PoS Refs: L8, L9  Money and Work  What money is; needs and wants; looking after money  PoS Refs: L10, L11, L12, L13, L15  Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help  PoS Refs: H4, H6, H7, H16,

	To know how to describe and share a range of feelings
	To know ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others
	To know how to manage big feelings including those associated with
	change, loss and bereavement
	To know when and how to ask for help, and how to help others, with their feelings
Growing and changing	To know about the human life cycle and how people grow from young to old
Growing older; naming body parts;	To know how our needs and bodies change as we growup
moving class or year	To know and name the main parts of the body including external
Doc Dofo, 1120, 1125, 1126	genitalia (e.g. vulva, vagina, penis, testicles)
PoS Refs: H20, H25, H26, H27	To know about change as people grow up, including new opportunities and responsibilities
	To know how to prepare to move to a new class and setting goals for next year
Keeping safe Safety in different	To know how to recognise risk in everyday situations, e.g. road, water and rail
environments; risk and	safety,
safety at home;	<ul> <li>medicines</li> <li>To know how to help keep themselves safe in familiar and unfamiliar</li> </ul>
emergencies	environments, such as in school, online and 'out and about'
Doc Dofo: 1120, 1120, 1121	To know potential unsafe situations, who is responsible for keeping them safe
PoS Refs: H29, H30, H31, H32, H33, H35, H36, H27	in these situations, and steps they can take to avoid or remove themselves from danger
1133, 1130, 1127	To know how to help keep themselves safe at home in relation to electrical appliances, fire
	safety and medicines/household products
	To know some items that people can put into their body or onto their skin     (e.g. medicines
	and creams) and how these can affect how people feel
	To know how to respond if there is an accident and someone is hurt
	To know about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say

Topic	In this unit of work children will learn:	Teacher notes:

	Families and friendships What makes a family;	<ul> <li>To know and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</li> </ul>
	features of family life	To know that being part of a family provides support, stability and love
	PoS Refs: R1, R6, R7, R8, R9	To know about the positive aspects of being part of a family, such as spending time together and caring for each other
		To know about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty
		To know how to identify if/when something in a family might make someone upset or worried
		To know what to do and whom to tell if family relationships are making them feel unhappy or unsafe
	Safe relationships	To know what is appropriate to share with friends, classmates, family and wider social groups including online
	Personal boundaries; safely responding to others; the impact of hurtful behaviour	To know what privacy and personal boundaries are, including online
		<ul> <li>To know basic strategies to help keep themselves safe online e.g.</li> <li>passwords, using trusted sites and adult supervision</li> </ul>
		To know that bullying and hurtful behaviour is unacceptable in any situation
	PoS Refs: R19, R22, R24, R30	To know the effects and consequences of bullying for the people involved
		To know what is bullying online, and the similarities and differences to face- to-face bullying
		To know what to do and whom to tell if they see or experience bullying or hurtful behaviour
	Respecting ourselves and others	To know what is respectful behaviours e.g. helping or including others, being responsible
	Recognising respectful behaviour; the	<ul> <li>To know how to model respectful behaviour in different situations e.g. at home, at school, online</li> </ul>
Relationships	importance of self- respect; courtesy and	To know the importance of self-respect and their right to be treated respectfully by others
atior	being polite	To know what it means to treat others, and be treated, politely
Rel		To know the ways in which people show respect and courtesy in different

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Belonging to The value of laws; rights,	PoS Refs: R30, R31	cultures and in
	·	wider society
	Belonging to a community The value of rules and laws; rights, freedoms and responsibilities	To know the reasons for rules and laws in wider society
		To know the importance of abiding by the law and what might happen if rules and laws are broken
	PoS Refs: L1, L2, L3	To know what human rights are and how they protect people
		To know basic examples of human rights including the rights of children
		To know how they have rights and also responsibilities
		<ul> <li>To know that with every right there is also a responsibility e.g. the right to an education and the responsibility to learn</li> </ul>
	Media literacy and Digital resilience	<ul> <li>To know how the internet can be used positively for leisure, for school and for work</li> </ul>
	How the internet is used; assessing information online	<ul> <li>To know that images and information online can be altered or adapted and the</li> </ul>
		reasons for why this happens
		<ul> <li>To know strategies to recognise whether something they see online is true or accurate</li> </ul>
	PoS Refs: L11, L12	To know how to evaluate whether a game is suitable to play or a website is appropriate for their age-group
		To know how to make safe, reliable choices from search results
		To know how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication
	Money and Work	<ul> <li>To know different jobs that people may have from different sectors e.g. teachers, business</li> </ul>
Living in the wider world	Different jobs and skills; job stereotypes; setting	people, charity work
	personal goals	To know that people can have more than one job at once or over their lifetime
	PoS Refs: L25, L26, L27,	To know some common myths and gender stereotypes related to work
	L30	<ul> <li>To know how to challenge stereotypes through examples of role models in different fields of work e.g. women in STEM</li> </ul>
Livii		To know some of the skills needed to do a job, such as teamwork and
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		decision-making
		To know and recognise their interests, skills and achievements and how
		these might link to future jobs
		To know how to set goals that they would like to achieve this year e.g.
		learn a new hobby
	Physical health and Mental wellbeing	To know the choices that people make in daily life that could affect their health
	Health choices and habits;	To know what healthy and unhealthy choices are (e.g. in relation to food,
	what affects	exercise, sleep)
	feelings; expressing feelings	To know what can help people to make healthy choices and what might negatively influence them
	reenings	To know about habits and that sometimes they can be maintained, changed
	PoS Refs: H1, H2, H3, H4,	or stopped
	H6, H7, H17,	To know the positive and negative effects of habits, such as regular exercise     resting to a
	H18, H19	<ul><li>or eating too</li><li>much sugar, on a healthy lifestyle</li></ul>
		To know what is meant by a healthy, balanced diet including what foods
		should be eaten regularly or just occasionally
		<ul> <li>To know that regular exercise such as walking or cycling has positive benefits for their mental and physical health</li> </ul>
		To know some aspects that can affect feelings both positively and negatively
		To know strategies to identify and talk about their feelings
		To know the different ways people express feelings e.g. words, actions, body     language
		<ul> <li>language</li> <li>To know how feelings can change overtime and become more or less</li> </ul>
		powerful and recognise this in themselves
	Growing and changing	To know that everyone is an individual and has unique and valuable
	Personal strengths and	contributions to make
	achievements; managing	To know how strengths and interests form part of a person's identity
	and reframing setbacks	To know how to identify their own personal strengths and interests and what
60		they're proud of (in school, out of school)
being	PoS Refs: H27, H28, H29	To know and recognise common challenges to self -worth e.g. finding school work difficult,
w k		friendship issues
Health and wellbeing		To know basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again
Неа	Keeping safe	To know how to identify typical hazards at home and in school
		To know now to identify typical flazards at notife and in School

Risks and hazards; safety in the local environment and unfamiliar places	•	To know how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen	
·	•	To know about fire safety at home including the need for smoke alarms	
PoS Refs: H38, H39, H41	•	To know the importance of following safety rules from parents and other adults	
	•	To know how to help keep themselves safe in the local environment or unfamiliar places,	
	•	including road, rail, water and firework safety	

	Topic	In this unit of work children will learn:	Teacher notes:

	Families and friendships Positive friendships,	To know the features of positive healthy friendships such as mutual respect, trust and
	including online	sharing interests
		To know strategies to build positive friendships
	PoS Refs: R10, R11, R12, R13, R18	To know how to seek support with relationships if they feel lonely or excluded
		To know how to communicate respectfully with friends when using digital devices
		To know how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know
		To know what to do or whom to tell if they are worried about any contact online
	Safe relationships  Responding to hurtful	To know how to differentiate between playful teasing, hurtful behaviour and bullying, including online
	behaviour; managing confidentiality;	To know how to respond if they witness or experience hurtful behaviour or bullying, including online
	recognising risks online	To recognise the difference between 'playful dares' and dares which put someone
	PoS Refs: R20, R23, R27, R28	under pressure, at risk, or make them feel uncomfortable
		To know how to manage pressures associated with dares
		To know when it is right to keep or break a confidence or share a secret
		To know how to recognise risks online such as harmful content or contact
		<ul> <li>To know how people may behave differently online including pretending to be someone they are not</li> </ul>
Relationships		To know how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online
	Respecting ourselves and	To know differences between people such as gender, race, faith
	others  Respecting differences and similarities;	<ul> <li>To know some things they have in common with others e.g. shared values, likes and dislikes, aspirations</li> </ul>

	discussing difference	
	discussing difference sensitively	To know the importance of respecting the differences and similarities     between people
	PoS Refs: R32, R33	To know some vocabulary to sensitively discuss difference and include everyone
	Belonging to a	To know the meaning and benefits of living in a community
	community	
	What makes a	To know that they belong to different communities as well as the school
	community; shared	• community
	responsibilities	To know the different groups that make up and contribute to a community
	PoS Refs: L4, L6, L7	<ul> <li>To know about the individuals and groups that help the local community, including through volunteering and work</li> </ul>
	1 03 Nei3. E-1, E0, E7	To know how to show compassion towards others in need and the shared responsibilities of caring for them
	Media literacy and	To know that everything shared online has a digital footprint
	Digital resilience	To know that organisations can use personal information to encourage
	How data is shared and	people to buy things
	used	To know what online adverts look like
		<ul> <li>To know how to compare content shared for factual purposes and for advertising</li> </ul>
	PoS Refs: L13, L14	<ul> <li>To know why people might choose to buy or not buy something online e.g.</li> <li>from seeing an advert</li> </ul>
		To know that search results are ordered based on the popularity of the website and that this can affect what information people access
	Money and Work	To know how people make different spending decisions based on their
	Making decisions about	budget, values and needs
ā	money; using and	To know how to keep track of money and why it is important to know
wider world	keeping money safe	how much is being spent
		To know different ways to pay for things such as cash, cards, e-payment and
(I)	PoS Refs: L17, L19 L20, L21	the reasons for using them
Living in the		To know how people spend money can have positive or negative effects
Livi		on others e.g. charities, single use plastics
He alt h	Physical health and Mental wellbeing	To know and identify a wide range of factors that maintain a balanced, healthy lifestyle,

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Maintaining a balanced lifestyle; oral	physically and mentally
hygiene and dental care	To know what good physical health means and how to recognise early signs of physical illness
PoS Refs: H2, H5, H11	To know that common illnesses can be quickly and easily treated with the right care e.g.     visiting the doctor when necessary
	To know how to maintain oral hygiene and dental health, including how to brush and floss correctly
	<ul> <li>To know the importance of regular visits to the dentist and the effects of different foods,</li> <li>drinks and substances on dental health</li> </ul>
Growing and changing	To know how to identify external genitalia and reproductive organs
Physical and emotional	To know some of the physical and emotional changes during puberty
changes in puberty; external genitalia;	To know strategies to manage the changes during puberty including menstruation
personal hygiene routines; support with	To know the importance of personal hygiene routines during puberty includingwashing regularly and using deodorant
puberty	<ul> <li>To know how to discuss the challenges of puberty with a trusted adult</li> <li>To know how to get information, help and advice about puberty</li> </ul>
PoS Refs: H30, H31, H32, H34	To know now to get information, neith and davice about paseitly
Keeping safe  Medicines and	To know the importance of taking medicines correctly and using household products safely
household products;	To know and recognise what is meant by a 'drug'
drugs common to everyday life	To know that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
PoS Refs: H10, H38, H40,	To know and identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects
H46	To know and identify some of the risks associated with drugs common to everyday life
	To know that for some people using drugs can become a habit which is difficult to break
	To know how to ask for help or advice

Topic	In this unit of work children will learn:	Teacher notes:

Families and friendships	To know what makes a healthy friendship and how they make people feel
Managing friendships and	included
peer influence	To know some strategies to help someone feel included
PoS Refs: R14, R15, R16,	To know what peer influence is and how it can make people feel or behave
R17, R18, R26	To know the impact of the need for peer approval in different situations, including online
	<ul> <li>strategies to manage peer influence and the need for peer approval e.g.</li> <li>exit strategies, assertive communication</li> </ul>
	To know that it is common for friendships to experience challenges
	To know strategies to positively resolve disputes and reconcile     differences in friendships
	<ul> <li>To know that friendships can change over time and the benefits of having new and different types of friends</li> </ul>
	To know how to recognise if a friendship is making them feel unsafe,     worried, or uncomfortable
	To know when and how to seek support in relation to friendships
Safe relationships  Physical contact and	To know and identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations
feeling safe	To know how to ask for, give and not give permission for physical contact
	To know how it feels in a person's mind and body when they are uncomfortable
PoS Refs: R9, R25, R26, R27, R29	To know that it is never someone's fault if they have experienced unacceptable contact
	To know how to respond to unwanted or unacceptable physical contact
	To know that no one should ask them to keep a secret that makes them
hips	feel uncomfortable or try to persuade them to keep a secret they are worried about
ions	To know whom to tell if they are concerned about unwanted physical contact
Respecting ourselves and others	<ul> <li>To know that everyone should be treated equally</li> <li>To know why it is important to listen and respond respectfully to a wide</li> </ul>

	Responding respectfully to a wide range of people; recognising prejudice and discrimination  Pos Refs: R20, R21, R31, R33	range of people, including those whose traditions, beliefs and lifestyle are different to their own  To know what discrimination means and different types of discrimination e.g. racism, sexism, homophobia  To know how to identify online bullying and discrimination of groups or individuals e.g. trolling and harassment  To know the impact of discrimination on individuals, groups and wider society  To know ways to safely challenge discrimination  To know how to report discrimination online
	Belonging to a community  Protecting the	<ul> <li>To know how resources are allocated and the effect this has on individuals, communities and the environment</li> <li>To know the importance of protecting the environment and how everyday actions can either support or damage it</li> </ul>
	environment; compassion towards others	<ul> <li>To know how to show compassion for the environment, animals and other living things</li> <li>To know that money is spent and how it affects the environment</li> </ul>
	PoS Refs: L4, L5, L19	To know how to express their own opinions about their responsibility towards the environment
Living in the wider world	Media literacy and Digital resilience  How information online is targeted; different media types, their role and impact	<ul> <li>To know and identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise</li> <li>To know basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased</li> <li>To know some media and online content promote stereotypes</li> <li>To know how to assess which search results are more reliable than others</li> <li>To know and recognise unsafe or suspicious content online</li> <li>To know how devices store and share information</li> </ul>
	PoS Refs: L12, L14  Money and Work	To know and identify jobs that they might like to do in the future
	Identifying job interests and aspirations; what influences career choices; workplace	<ul> <li>To know the role ambition can play in achieving a future career</li> <li>To know how or why someone might choose a certain career</li> <li>To know what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and</li> </ul>
_	choices, workplace	morading pay, working conditions, personal interests, strengths and

	stereotypes	qualities, family, values
	PoS Refs: L27, L28, L29, L31, L32	<ul> <li>To know the importance of diversity and inclusion to promote people's career opportunities</li> </ul>
		To know what stereotyping in the workplace is, its impact and how to challengeit
		To know that there is a variety of routes into work e.g. college, apprenticeships, university,
		• training
	Physical health and	To know how sleep contributes to a healthy lifestyle
	Mental wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies PoS Refs: H8, H9, H10, H12	To know healthy sleep strategies and how to maintain them
		<ul> <li>To know the benefits of being outdoors and in the sun for physical and mental health</li> </ul>
		To know how to manage risk in relation to sun exposure, including skin damage and heat Stroke
		To know how medicines can contribute to health and how allergies can be managed
		To know that some diseases can be prevented by vaccinations and immunisations
		To know that bacteria and viruses can affect health
		To know how they can prevent the spread of bacteria and viruses with everyday hygiene
		<ul> <li>routines</li> <li>To know and recognise the shared responsibility of keeping a clean environment</li> </ul>
	Growing and changing Personal identity;	To know what personal identity is and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes
Health and wellbeing	recognising individuality and different qualities;	To know that for some people their gender identity does not correspond with their biological sex
	mental wellbeing	To know key facts about the menstrual cycle and menstrual wellbeing,     erections and wet
	PoS Refs: H16, H25, H26, H27	dreams
	ΠΖΙ	To know how to recognise, respect and express their individuality and personal qualities
Ť		To know ways to boost their mood and improve emotional wellbeing

	<ul> <li>To know the link between participating in interests, hobbies and community groups</li> <li>and mental wellbeing</li> </ul>
Keeping safe Keeping safe in different	To know and identify when situations are becoming risky, unsafe or an emergency
responding in emergencies, first aid and	<ul> <li>To know and identify occasions where they can help take responsibility for their own safety</li> </ul>
FGM	<ul> <li>To know the difference between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour</li> </ul>
PoS Refs: H38, H43, H44, H45	To know how to deal with common injuries using basic first aid techniques
	To know how to respond in an emergency, including when and how to contact different
	emergency services
	<ul> <li>To know that female genital mutilation (FGM) is against British law<sup>1</sup></li> <li>To know what to do and whom to tell if they think they or someone they know might be at risk of FGM</li> </ul>

Topic	In this unit of work children will learn:	Teacher notes:

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	Families and friendships  Attraction to others;	<ul> <li>To know what it means to be attracted to someone and different kinds of loving relationships</li> </ul>
	romantic relationships; civil partnership and marriage	<ul> <li>To know that people who love each other can be of any gender, ethnicity or faith</li> </ul>
		<ul> <li>To know the difference between gender identity and sexual orientation and everyone's right to be loved</li> </ul>
	PoS Refs: R1, R2, R3, R4, R5, R7	<ul> <li>To know some of the qualities of healthy relationships that help individuals flourish</li> </ul>
		To know ways in which couples show their love and commitment to one another, including those who are not married or who live apart
		To know what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults
		To know that people have the right to choose whom they marry or whether to get married
		To know that to force anyone into marriage is illegal
		To know how and where to report forced marriage or ask for help if they are worried
	Safe relationships	To know and compare the features of a healthy and unhealthy friendship
	Recognising and managing pressure;	<ul> <li>To know the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong</li> </ul>
	consent in different	To know strategies to respond to pressure from friends including online
	situations	To know how to assess the risk of different online 'challenges' and 'dares'
	PoS Refs: R26, R28, R29	<ul> <li>To know how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable</li> </ul>
		To know how to get advice and report concerns about personal safety, including online
		To know what consent means and how to seek and give/not give permission in different situations
Relationships	Respecting ourselves and others	To know the link between values and behaviour and how to be a positive role model
latio	Expressing opinions and	To know how to discuss issues respectfully
Re	respecting other points	To know how to listen to and respect other points of view

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	of view, including	To know how to constructively challenge points of view they disagree with
	discussing topical issues	To know ways to participate effectively in discussions online and manage
	PoS Refs: R30, R34	conflictor
		disagreements
	Belonging to a community	To know what prejudice means
		To know and differentiate between prejudice and discrimination
	Valuing diversity;	To know how to recognise acts of discrimination
	challenging	To know strategies to safely respond to and challenge discrimination
	discrimination and stereotypes	To know how to recognise stereotypes in different contexts and the
		influence they have on attitudes and understanding of different groups
	PoS Refs: L8, L9, L10, R21	To know how stereotypes are perpetuated and how to challenge this
	Media literacy and Digital resilience	To know the benefits of safe internet use e.g. learning, connecting and communicating
	Evaluating media	To know how and why images online might be manipulated, altered, orfaked
	sources; sharing things	To know how to recognise when images might have been altered
	online	To know why people choose to communicate through social media and
		some of the risks and challenges of doing so
	PoS Refs: H37, L11, L13, L15, L16	To know that social media sites have age restrictions and regulations for use
		To know the reasons why some media and online content is not appropriate for children
		To know how online content can be designed to manipulate people's
		emotions and encourage them to read or share things
		To know about sharing things online, including rules and laws relating to this
		To know how to recognise what is appropriate to share online
world		To know how to recognise what is appropriate to share offine      To know how to report inappropriate online content or contact
Living in the wider wc	Money and Work	To know the role that money plays in people's lives, attitudes towards
	Influences and attitudes	it and what influences decisions about money
	to money; money and	To know about value for money and how to judge if something is value for
	financial risks	money
		To know how companies encourage customers to buy things and why it is important to be a critical consumer

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	PoS Refs: L18, L22, L23, L24	To know how having or not having money can impact on a person's emotions, health and wellbeing
		To know about common risks associated with money, including debt, fraud andgambling
		To know how money can be gained or lost e.g. stolen, through scams or gambling and how
		these put people at financial risk
		To know how to get help if they are concerned about gambling or other financial risks
	Physical health and Mental wellbeing	To know that mental health is just as important as physical health and that both needlooking after
	What affects mental health and ways to take care of it; managing	To know and recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support
	change, loss and bereavement;	To know how negative experiences such as being bullied or feeling lonely can affect mental wellbeing
	managing time online	To know positive strategies for managing feelings
	PoS Refs: H13, H14, H15, H20, H21, H22, H23, H24	To know that there are situations when someone may experience mixed or conflicting feelings
		To know how feelings can often be helpful, whilst recognising that they sometimes need to
		be overcome
		To know and recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available
		To know and identify where they and others can ask for help and support with mental wellbeing in and outside school
₽0		To know the importance of asking for support from a trusted adult
Health and wellbeing		To know about the changes that may occur in life including death, and how these can cause conflicting feelings
pue		To know that changes can mean people experience feelings of loss or grief
lth a		To know about the process of grieving and how grief can be expressed
Неа		To know about strategies that can help someone cope with the

	feelings associated with change or loss
	<ul> <li>To know and identify how to ask for help and support with loss, grief or other aspects of</li> </ul>
	change
	<ul> <li>To know how balancing time online with other activities helps to maintain their healthand</li> </ul>
	wellbeing
	To know strategies to manage time spent online and foster positive
	habits e.g. switching phone off at night
	<ul> <li>To know what to do and whom to tell if they are frightened or worried about something they have seen online</li> </ul>
Growing and changing Human reproduction and	<ul> <li>To know and recognise some of the changes as they grow up e.g. increasing independence</li> </ul>
birth; increasing independence;	<ul> <li>To know about what being more independent might be like, including how it may feel</li> </ul>
managing transitions	<ul> <li>To know about the transition to secondary school and how this may affect their feelings</li> </ul>
PoS Refs: H24, H33, H35,	To know about how relationships may change as they grow up or move to secondary school
H36	To know practical strategies that can help to manage times of change and
	<ul> <li>transition e.g. practising the bus route to secondary school</li> <li>To know identify the links between love, committed relationships and</li> </ul>
	conception
	To know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults
	To know how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb
	To know that pregnancy can be prevented with contraception <sup>2</sup>
	<ul> <li>To know about the responsibilities of being a parent or carer and how having a baby changes someone's life</li> </ul>
Keeping safe	To know how to protect personal information online
Keeping personal information safe;	To know and identify potential risks of personal information being misused
regulations and choices; drug use and the law; drug	To know strategies for dealing with requests for personal information or images of themselves
use and the media PoS Refs: H37, H42, H46,	To know and identify types of images that are appropriate to share with others and those
H47, H48, H49, H50	which might not be appropriate
	To know that images or text can be quickly shared with others, even when

only sent to one person, and what the impact of this might be
To know what to do if they take, share or come across an image which
may upset, hurt or embarrass them or others
<ul> <li>To know how to report the misuse of personal information or sharing of upsetting content/images online</li> </ul>
To know about the different age rating systems for social media, T.V, films, games and online gaming
To know why age restrictions are important and how they help people make safe decisions
about what to watch, use or play
To know about the risks and effects of different drugs
To know about the laws relating to drugs common to everyday life and illegal drugs
To know and recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs
To know about the organisations where people can get help and support concerning drug use
To know how to ask for help if they have concerns about drug use
To know about mixed messages in the media relating to drug use and how they might influence opinions and decisions

At Sheep Dip Lane Academy, we recognise the vital role we play, alongside parents and carers, in preparing our pupils for life outside the academy. With this in mind, we have developed a set of 4 life skills passports. These are progressive documents with a variety of different life skills for children to practise at home with the support of their families. As children complete a task we celebrate their achievements within school and display children on the Sheep Dip Hall of Fame.

**EYFS** 

Use this **Learning for Life** Record of Achievement to <u>track</u>
<u>your</u> progress in developing important life skills at home and at
school.

Every time you complete a challenge, bring the evidence of it to your teacher and/or upload it to tapestry. You can share a photo or any other evidence that you have developed each life skill.

Learning for Life Challenges <u>MUST</u> be done as well as the home learning that we expect all pupils to do.

#### HOMELEARNING IS:

- 1. TO READ FOR PLEASURE AT LEAST THREE TIMES PER WEEK
  - 2. COMPLETE THE ONLINE phonics tasks
  - 3. PRACTISE the SPELLINGS/ phonics flashcards SENT HOME BY YOUR TEACHER

If you complete all your Core Homework and Learning for Life Challenges by the end of the school year, you will receive a special treat and join our Learners for Life, Hall of Fame!



# Learning for Life

Record of achievement Foundation Stage (2022/23)



Your Name:	
Your Class:	

Learning for Life Challenges		Date when complete	
	Learn how to put washing in the washing machine and close the door.		
	Learn how to put on your sock, shoes and tie your shoe laces.		
Self-Care	Learn to fasten up your coat		
Self	Brush your teeth by yourself		
	Get yourself ready for school - get out your own clothes and get dressed all by yourself.		
Put on yo	Put on your own seat belt in a car		
Learn your date of birth			
Learn your address			
Learn your parents name and phone number			

Learning for Life Challenges		Date when complete
Nutrition	Help and adult cook a meal.	
Cooking and Nutrition	Help you adult find food in the super market	
Managing Money and Budgeting	Recognise all coins	
	Make amounts with coins up to 10p	
ial nent	Take part in a hobby, club, sport or activity out of school. Show how you have been dedicated, improved your skills and enjoyed taking part.	
Personal Jevelopmen'	Learn to tell the time on an analgue clock	
aQ 1	Know the days of the week and months of the year.	
Learn how to cross a road safely		

#### Key Stage 1

Use this **Learning for Life** Record of Achievement to <u>track</u>
<a href="mailto:your">your</a> progress in developing important life skills at home and at school.

Every time you complete a challenge, bring the evidence of it

to your teacher and/or upload it to *Seesaw*. You can share a photo or any other evidence that you have developed each life skill.

Learning for Life Challenges <u>MUST</u> be done as well as the <u>SeeSaw</u> home learning that we expect all pupils to do.

See Saw HOMELEARNING IS:

1. TO READ FOR PLEASURE AT LEAST THREE TIMES PER WEEK

2. COMPLETE THE ONLINE See Saw tasks



3. PRACTISE the SPELLINGS SENT HOME BY YOUR TEACHER

If you complete all your Core Homework and Learning for Life Challenges by the end of the school year, you will receive a special treat and join our Learners for Life, Hall of Fame!



# Learning for Life

Record of achievement Year 1 and Year 2 (2022/23)



Your Name:	
Your Class:	

Learning for Life Challenges		Date when complete
Looking after yourself	Learn how to sort washing into different loads and use the washing machine with support from a grown up.	
king .	Learn how to clean your school shoes and brush your hair.	
Look	Learn to put the dishes away or load/ unload the dishwasher with the help of an adult.	
	Weed or tidy up your outdoor space. Plant a seed and watch it grow.	
ıment	Create a bug house or bee friendly area in your garden or an outside space.	
Our Environment	Start to know which household items can be recycled, and help your grown up to do this.	
Our E	Walk, scoot or cycle to school or 'Park and Stride' at least twice per week to help with around school pollution	
Become a 'Sheep Dip Super Star': Extend your knowledge of a topic, subject or important person that interests you. Share this information on SeeSaw, or create a Poster and bring into school.		

Learning for Life Challenges		Date when complete
Healthy Eating	Plan, prepare and cook a healthy meal with supervision from an adult to chop and use the oven/cooker. The meal must include all main food groups and be well balanced.	
I 12	Set a budget for the meal with your parents or carers and help to buy the ingredients.	
aising	Choose something to save for and set yourself a goal. Agree how you will save the money (e.g. is it birthday money or will you earn it around the house?).	
Money and Fundraising	Take part an event that will help your community i.e. a little pick or fundraising event.  Decide an activity to do and how much you want to raise. Find out about the charity or community you are going to help.	
her important life skills	Take part in a hobby, club, sport or activity out of school. Show how you have been dedicated, improved your skills and enjoyed taking part.	
er import Ife skills	Learn to tell the time on a digital watch.	
Other	Learn to tie your shoe laces and pack your school bag independently.	
Learn basic first aid and lifesaving skills (this will be taught at school in Year 2)		

### Lower Key Stage 2

Use this **Learning for Life** Record of Achievement to <u>track</u>
<u>your</u> progress in developing important life skills at home and at
school.

Every time you complete a challenge, bring the evidence of it

to your teacher and/or upload it to *Seesaw*. You can share a photo or any other evidence that you have developed each life skill.

Learning for Life Challenges <u>MUST</u> be done as well as the <u>SeeSaw</u> home learning that we expect all pupils to do.

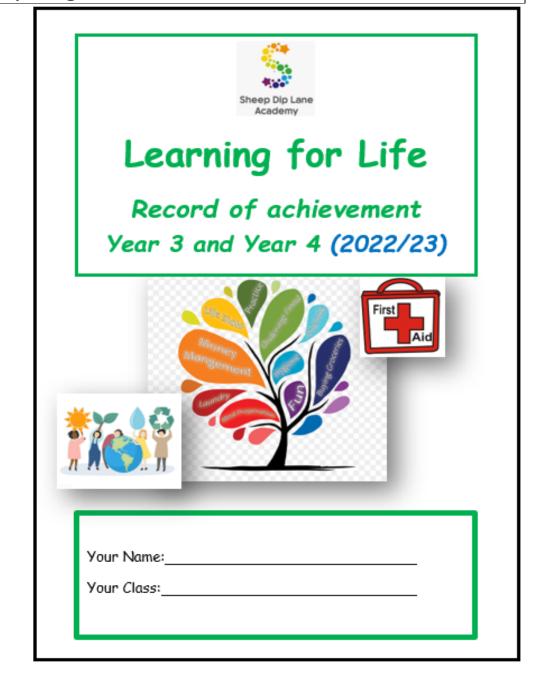
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Le	carning for Life Challenges	Date when complete
are	Learn how to sort washing into different loads and use the washing machine with support from a grown up.	
Self-Care	Learn how to clean your school shoes and brush your hair.	
8	Learn to put the dishes away or load/ unload the dishwasher with the help of an adult.	
ental	Weed or tidy up your outdoor space.  Create a bug house or bee friendly area in your garden or an outside space.	
Environmenta Awareness	Walk, scoot or cycle to school or 'Park and Stride'_at least twice per week for the WOW living Streets project at school. Or, set your own physical challenge to improve your fitness.	
Become a 'Sheep Dip Super Star': Extend your knowledge of a topic, subject or important person that interests you. Share this information on SeeSaw, or create a Poster and bring into school.		

Learning for Life Challenges		Date when complete
Cooking and Nutrition	Plan, prepare and cook two healthy meals with supervision from an adult to chop and use the oven/ cooker. The meals must include all main food groups and be well balanced.	
00) Z	Set a budget for the meals with your parents or carers and help to buy the ingredients.	
Money	Compare prices in the shops. Look at brand-name items and own-brand products, which ones cost more and why, and how you can save money?	
Managing Money and Budgeting	Take part an event that will help your community i.e. a little pick or fundraising event.  Decide an activity to do and how much you want to raise. Find out about the charity or community you are going to help.	
nal ment	Take part in a hobby, club, sport or activity out of school. Show how you have been dedicated, improved your skills and enjoyed taking part.	
Personal Development	Learn to tell the time on both digital and analogue watch.	
aQ 1	Learn basic first aid and lifesaving skills (this will be taught at school)	
Learn basic first aid and lifesaving skills (this will be taught at school in Year 4)		

#### Upper Key Stage 2

Use this **Learning for Life** Record of Achievement to <u>track</u>
<u>your</u> progress in developing important life skills at home and at
school.

Every time you complete a challenge, bring the evidence of it

to your teacher and/or upload it to *Seesaw*. You can share a photo or any other evidence that you have developed each life skill.

Learning for Life Challenges <u>MUST</u> be done as well as the <u>SeeSaw</u> home learning that we expect all pupils to do.

See Saw HOMELEARNING IS:

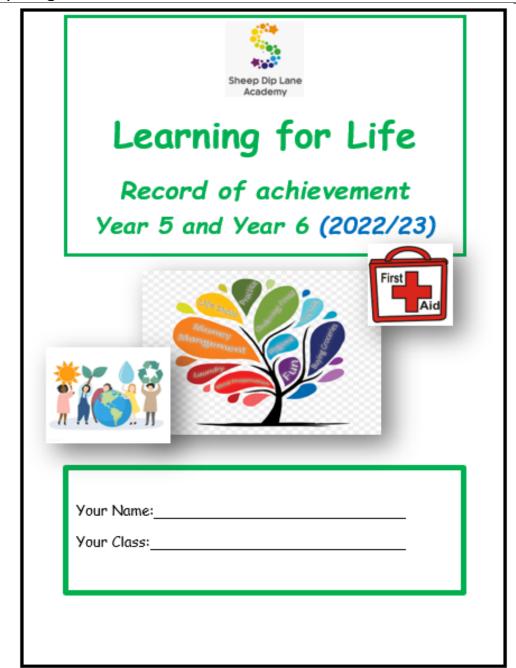
1. TO READ FOR PLEASURE AT LEAST FIVE TIMES PER WEEK

2. COMPLETE THE ONLINE See Saw tasks



3. PRACTISE the SPELLINGS SENT HOME BY YOUR TEACHER

If you complete all your Core Homework and Learning for Life Challenges by the end of the school year, you will receive a special treat and join our Learners for Life, Hall of Fame!



Le	Learning for Life Challenges		
are	Learn to use the washing machine independently by selecting the correct programme and measure the right amount of laundry detergent.		
Self-Care	Learn to wash and dry the dishes or load/unload the dishwasher independently (be careful with knives and glasses!)		
S	Learn to strip your bedding and re-dress your bed.		
Environmental Awareness	Learn how to organise the household recycling and investigate how your household could reduce waste.		
Enviro	Walk, scoot or cycle to school or 'Park and Stride'_ at least twice per week for the WOW living Streets project at school. Or, set your own physical challenge to improve your fitness.		

Become	α	'Sheep	Dip	Super	Star':
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Extend your knowledge of a topic, subject or important person that interests you.

Share this information on SeeSaw, or create a Poster and bring into school.

Learn	ing for Life Challenges	Date when complete
Cooking and Nutrition	Plan, prepare and cook at least three nutritious two course meals independently (with supervision with the oven/ cooker). The meals must include all main food groups and be well balanced.	
700) Nu	Set a budget for the meals with your parents or carers and take some responsibility to buy the ingredients.	
Money eting	Set yourself a savings challenge and record your savings on a spreadsheet (ICT).	
Managing Money and Budgeting	Take part an event that will help your community i.e. a little pick or fundraising event.  Decide an activity to do and how much you want to raise. Find out about the charity or community you are going to help.	
Personal Development	Take part in a hobby, club, sport or activity out of school. Show how you have been dedicated, improved your skills and enjoyed taking part.	
	Learn basic first aid and lifesaving skills (this will be taught at school) aid and lifesaving skills (this will be taught at scho	ol in Voca E

and 6)



## **Sheep Dip's Super 60**



At Sheep Dip Primary Academy, we believe our job is to nurture our pupils to become thoughtful citizens. It is about providing our children with a plethora of rich experiences through trips and workshops, themed activities and visitors. It is about affecting the way our pupils see the world and develop life experiences.

Motivated by our desire to provide children with richness of experiences beyond the classroom we have created a list of 60 things to do before leaving Sheep Dip Lane Academy. The aim of this is to ensure that our pupils have the childhood experiences that all young people deserve. Each experience has been woven into the curriculum to ensure that every single pupil completes all 60 things by the time they leave us at the end of their primary education. Some of them, many many times over.

Each of these skills support our protected characteristics:



1	Meet a person from a different religion
2	Visit a church
3	Visit a mosque
4	Visit a synagogue
5	Build a den
6	Have a picnic
7	Know times tables to 12x12
8	Visit a castle
9	Visit a farm
10	Write to the royal family, local government or Prime Minister
11	Learn to ride a bike
12	Make a home for wildlife
13	Visit a museum
14	Read a classic children's story
15	Try foods from around the world
16	Celebrate Chinese New Year

17 Remember the brave soldiers with a visit from a veteran 18 Visit an elderly care home and read to the residents 19 Visit an elderly care home and sing carols 20 Take a trip on a train 21 Go to see a live show 22 Learn to swim	
20 Take a trip on a train 21 Go to see a live show	
20 Take a trip on a train 21 Go to see a live show	
22 Learn to swim	
ZZ	
23 Perform a short play	
24 Hear from a real author	
25 Work with a real artist	
26 Stay overnight somewhere	
27 Visit a big city	
28 Visit Hatfield library	
29 Enter a competition that is run out of school	
30 Visit the wildlife park	
31 Visit the seaside and paddle in the sea	
Raise money for a charity	
33 Learn to play an instrument	
34 Learn basic first aid skills	
35 Watch a live sporting event	
36 Visit a place of work	
37 Create art with nature	
38 Link with a school in a different area – pen pals/ shared story time	
39 Go on a muddy welly walk	
40 Plant a tree	
41 Learn to cook	
42 Hear live music	
Hold an exotic animal such as a snake, bearded dragon etc.	
44 Eat something you have grown	
45 Play in a team	
46 Learn to sew	
47 Have a school responsibility	
48 Join an after school club	
49 Attend a disco	
50 Make Christmas decorations/ calendars for family members	

51	Learn about festivals and celebrations of other faiths
52	Compete in a sports day
53	Make and sell crafts at our school fair
54	Sit in a fire engine or Police car
55	Learn to dress yourself
56	Sing a song from memory
57	Learn another language
58	Achieve a school award
59	Go orienteering
60	Represent the school

At SDLA, we ensure we utilise all opportunities to support and enhance the children's PHSCE knowledge and deepen their learning. With this in mind, we carefully plan out all of our collective worship sessions. Each assembly links to our learning characteristics, a British Value and a PHSCE link to the overarching concepts is made. Alongside this we ensure we are covering religions and discussing the ELP values.

### **Summer term 1:**

Week beginning		Monday	/	Tuesday	Wednesday	Thursday	Friday
		Whole s	school	Class assembly	Class assembly	Industrial action	Whole school
Week 2	Theme	What do	oes	Characteristics of a	Water Safety assembly via live		Celebration assembly and
24-04-2023		resiliend	ce look	resilient learner	link with Yorkshire water		school values
Water safety		like in o	ur				
		school?	How				
		can you	be				
		resilient	t				
		today?					
	Led by	Mrs Par	ish	Class teachers	Class teachers to facilitate		Mrs Parish
			PHSCE	ink		Health and wellbeing – Keeping safe	
	RE Link						
	SDA		SDA Va	DA Values/ Rules		Resilience	
	British				Rule of law		
	Values						
	Music			·		Here Comes the Sun https://youtu.be/TmBTYK7XZQk	
	E	ELP Linked Valu	ıe	Include			

Week beginning		Monday	Tuesday	Wednesday	Thursday	Friday
		Bank holiday	Industrial action	Class assembly	Class assembly	
Week 3	Theme			What are the British Values?	What are the British	Celebration assembly and
01-05-2023				1. The Rule of Law	Values?	school values
Coronation week				https://youtu.be/QaY3Q8kv3	2. Democracy	
				Hk	https://youtu.be/c-	
				https://youtu.be/1a4_JAHA8c	D2H5rUuDM	
				0		
	Led by			Class teachers	Class teachers	Mrs Parish

PHSCE L			HSCE Link			All different, all equal		
RE Link								
SDA \			es/ Rules			Respect/ Teamwork		
British Val	lues			Rule of la	aw	Democracy	/	
Music							I Was Glad F https://you	tion of Queen Elizabeth II Parry tu.be/52NTjasbmgw?t=1360 nal Anthem KS2 pupils to
ELP Linked Value	d			Integrity				

Week beginning		Monday Bank holiday	Tuesday Class assembly	Wednesday Class assembly	Thursday Class assembly	Friday
Week 4 09-05-2023 Year 6 SATS Week	Theme		School rules – teamwork, introduction of new breaktime resources	Can you prepare for emergency situations? https://www.picture-news.co.uk/discuss/2023-04-14/(click watch the picture news)	Can you prepare for emergency situations? https://exceedlearning.sharepoint.com/:p:/s/WillowPrimary/EcrjwTezgTxJtAumUt2DqZgB-N3SbfUMLE35 VN1Kv-V0w?e=3mLXVL	Celebration assembly and school values
	Led by		Class teachers	Class teachers	Class teachers	Mrs Parish
	PHSC	Œ Link	·		Healthy bo	ody/ keeping safe
	RE Link					
	SDA Values/ Rules		Teamwork	Investigation	Evaluation	
	British Values		Rule of Law	Individual liberty	Individual liberty	
	Musi	С			Here Come https://yo	es the Sun utu.be/TmBTYK7XZQk
	ELP Linked Value					

Week beginning		Monday Whole school	Tuesday Class assembly	Wednesday Class assembly	Thursday Class assembly/ Phase assembly	Friday Whole school
Week 5	Theme	Earth day	What is deforestation?	Does the natural world have rights?	Endangered species day	Celebration assembly and school values
15-05-2023		https://www.		1.8		
		youtube.com/	https://exceedlearnin	https://exceedlearning-	https://www.assembl	
		watch?v=aW7	<u>g-</u>	my.sharepoint.com/:p:/g/pers	ies.org.uk/pri/3770/k	
		BW0q8N7k	my.sharepoint.com/:	onal/s_martin_willow_doncas	<u>eep-the-animals-safe</u>	
			p:/g/personal/s_marti	ter sch uk/EWef0i56E4xGlW		
			n_willow_doncaster_	O3RDYEL-	PPt on share point of	
			sch_uk/EQMBJ0B4I4IJ	wBWtIMXATMW5cTLJxdYKGo	images	
			uljuv9mCm2MB5XUp	Ng?e=gbqAYX		
			eSM4hR7p2sSy0Tqzv			
			w?e=rm7ajc			
	Led by	Mrs Parish	Class teacher	Class teacher	Phase lead/ Class	Mrs Parish
					teacher	
		PHSCE	Link		Belonging to a commur	nity
	RE Link					
		SDA Va	lues/ Rules		Respect	
					Teamwork	
		British	Values		Rule of law	
Mu					The Script - Hall of Fame	
					https://youtu.be/mk48xRzuNvA	
	ELP Li	inked Value	Integrity		Integrity	

Week beginning		Monday	Tuesday	Wednesday	Thursday	Friday
		Whole school	Class assembly	Class assembly	Class assembly/	Whole school
					Phase assembly	
Week 5	Theme	World cultural	What is British Value	Difference within our	Jewish festival	Celebration assembly and
		diversity day –	– Tolerance?	communities	Shavuot –	school values
22-05-2023		PPt in folder	https://www.youtube	PPt in folder	Resources in folder	
			.com/watch?v=kzqUk			

		-					
			EY8I4I&feature=youtu	<u>1</u>			
			<u>.be</u>				
			Ppt in folder				
	Led by	Mrs parish	Class teachers	Class teachers	Phase lead/ class	Mrs parish	
					teacher		
			PHSCE Link		Belonging to a community		
	RE Link			Knowing different faiths	Judaism		
			SDA Values/ Rules		Respect		
					Teamwork		
			British Values		Tolerance of other fa	aiths and religions	
					Respect		
			Music		imagine john lennon	lyrics - YouTube	
			ELP Linked Value		Integrity		