

Year A	Autumn	Spring	Summer
Ruby Class EYFS	<p style="text-align: center;">Autumn 1 All About Me, My Wishes and Dreams</p> <ul style="list-style-type: none"> • I know how to describe and show friendly behaviour. • I know how to take turns with my friends. • I understand the need for rules and show how I can follow them. • I know the effect my behaviour has on others. • I know how to encourage others to follow the rules too. • I know that friendships can make me feel happy. * • I know some ways I can make new friends feel welcome. * • I know that families are all different. * • I know that families help each other. * 	<p style="text-align: center;">Spring 1 Superheroes/ People Who Help Us</p> <ul style="list-style-type: none"> • I know that I need to work towards a simple goal. • I know that sometimes I have to wait for what I want. • I am confident to share my own ideas and interests. • I know how to show respect to others during 'Follow me Friday' activities. • I know and can talk about the different factors that support my health and well-being. • I know the importance of brushing my teeth. 	<p style="text-align: center;">Summer 1 Growing, Lifecycles and In the Garden</p> <ul style="list-style-type: none"> • I know how to care for caterpillars and other wildlife. • I know that my actions can affect the feelings of others. • I know right from wrong and that there are consequences to my actions. • I can explain the reason for rules to others. • I know that eating healthy food has a positive impact on my body and mind. • I know which foods I should eat often and which foods I shouldn't eat so much of. • I can describe a balanced meal.
	<p style="text-align: center;">Autumn 2 Celebrations and Festivals-A World of Colour</p> <ul style="list-style-type: none"> • I know the importance of saying sorry and forgiveness. * • I know that arguing with friends and then making up can make friendships stronger. * • I know ways to resolve conflicts using kind words and kind hands and feet. * • I know how to stay safe around fire and what to do in an emergency involving fire. • I know how to be respectful about how people celebrate things in different ways. • I know that friends can help each other. • I can name the different emotions that I feel and understand that they can change throughout the day. • I know how to work as part of a team. 	<p style="text-align: center;">Spring 2 Once Upon a Time, Spring and Easter</p> <ul style="list-style-type: none"> • I am confident to share my own ideas and interests. • I know how to show respect to others during 'Follow me Friday' activities. • I know that some things can be challenging and understand the importance of not giving up. • I know how to do some things without help. 	<p style="text-align: center;">Summer 2 Oh I Do Like to be Beside the Seaside!</p> <ul style="list-style-type: none"> • I understand the impact of pollution and what I can do to help. • I can say what I like and dislike and why. • I can talk about something I have achieved over the last year that I am proud of. • I can set myself goals for Year 1. • I know how to take turns with others. • I know how to consider the opinion of others when reaching a decision. • I know that things don't always go my way.

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Emerald Class Year 1 & 2	Autumn 1 What makes a good friend?	Spring 1 How do we recognise our feelings?	Summer 1 What jobs do people do?
	<ul style="list-style-type: none"> • Know how to make friends with others. • Recognise when they feel lonely and what to do about it. • Know what makes a good friend. • Understand that we can be friends with people who are different to us. * (KS1 Growing and Caring for Ourselves- Lesson 1) • Know how to resolve arguments. • Know how to ask for help if a friendship is making them unhappy. 	<ul style="list-style-type: none"> • Recognise, name and describe a range of feelings. • Know what helps to make us feel good, or better if not feeling good. • Know how feelings can affect people in their bodies and their behaviour. • Know ways to manage big feelings and the importance of sharing feelings with someone we trust. • To recognise when they might need help with feelings and how to ask for help when they need it • Know how different things/times/experiences can bring about different feelings for different people (eg moving to a new class etc) 	<ul style="list-style-type: none"> • Know how jobs can help people earn money to pay for things they need and want. • Know about a range of different jobs, including those done by people they know or people who work in the community • Know how people have different strengths and interests that enable them to do different jobs • Know how people use the internet and digital devices in their jobs and everyday life
	Autumn 2 Who is special to us?	Spring 2 What helps us to stay safe?	Summer 2 What helps us grow and stay healthy?
	<ul style="list-style-type: none"> • Know that family is one of the groups they belong to, as well as school. Friends and clubs etc. • Know about the different people in their family/those that love and care for them. • Understand what family members (special people) do to make them feel loved and cared for. • Know there are different types of families. * (KS1 Growing and Caring for Ourselves- Lesson 3) • Know that it is important to tell someone if something about their family makes them unhappy or worried. * (KS1 Growing and Caring for Ourselves- Lesson 3) 	<ul style="list-style-type: none"> • Know how rules and restrictions help them to keep safe (road, fire, cycle, water safety, medicines, household products, online) • Know how to identify risky and potential unsafe situations (including online) and take steps to avoid or remove themselves from them • Know how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets • Know that not everything they see online is true or trustworthy and that people can pretend to be someone they're not • Know how to tell a trusted adult if they are worried for themselves or others 	<ul style="list-style-type: none"> • Know that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest • Know that eating and drinking too much sugar can affect their health, including dental health. • Know how to be physically active and how much rest and sleep they should have every day- taking a break from screen time • Know how sunshine helps bodies grow and how to stay safe and well in the sun <p>Year 1</p> <ul style="list-style-type: none"> • Know that babies need care and support * • Know that older children can do more by themselves. * (KS1 Growing and caring for Ourselves Lesson 2)

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			Year 2 <ul style="list-style-type: none"> • Know that some people have fixed ideas about what boys and girls can do and describe the difference between male and female babies. * (KS1 Differences Lesson 1) • Describe some differences between male and female animals and understand that making a new life needs a male and a female. * (KS1 Differences Lesson 2) • Describe the physical differences between males and females and name the different body parts. (KS1 Differences Lesson 3)
Sapphire Class Year 3 & 4	<p style="text-align: center;">Autumn 1 How can we be a good friend?</p> <ul style="list-style-type: none"> • Understand how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded. • Recognise if others are feeling lonely and excluded and know strategies to include them. • Know how to build good friendships, including identifying qualities that contribute to positive friendships. • Understand that friendships sometimes have difficulties and how to manage when there is a problem or argument. • Know how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support. 	<p style="text-align: center;">Spring 1 Why should we keep active and sleep well?</p> <ul style="list-style-type: none"> • Know how regular physical activity benefits bodies and feelings • Know how to be active on a daily and weekly basis- how to balance time online with other activities. • Know how to make choices about physical activity, including what and who influences decisions. • Know how lack of physical activity can affect health and wellbeing. • Know how lack of sleep can affect the body and mood and simple routines that support good quality sleep. • Know how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried. 	<p style="text-align: center;">Summer 1 What are families like?</p> <ul style="list-style-type: none"> • Know that all families are different and have different family members. * (KS2 Valuing Difference and Keeping Safe Lesson 3) • Identify who to go to for help and support. * (KS2 Valuing Difference and Keeping Safe Lesson 3) • Know how common features of positive family life often include shared experiences, e.g., celebrations, special days and holidays. • Know how people within families should care for each other and the different ways they demonstrate this.
	<p style="text-align: center;">Autumn 2 What makes a community?</p> <ul style="list-style-type: none"> • Know they belong to different groups and communities e.g. Faith, clubs etc. 	<p style="text-align: center;">Spring 2 How can we manage our feelings?</p> <ul style="list-style-type: none"> • Know how everyday things can affect feelings. 	<p style="text-align: center;">Summer 2 How will we grow and what keeps us safe?</p> <ul style="list-style-type: none"> • Know how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves safe

	<ul style="list-style-type: none"> • Understand what is meant by a diverse community; how different groups make up the wider/local community around school. • Understand how a community helps everyone feel included and value the different contributions that people make. • Know how to be respectful towards people who may live differently to them. 	<ul style="list-style-type: none"> • Know how feelings change over time and can be experienced at different levels of intensity. • Understand the importance of expressing feelings and how they can be expressed in different ways. • Know how to respond proportionately to, and manage, feelings in different circumstances. • Know ways of managing feelings at times of loss, grief and change. • Know how to access advice and support to help manage their own or others' feelings. 	<ul style="list-style-type: none"> • Know how to help keep their bodies protected and safe (wearing a seatbelt, protective clothing) • Know how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines for allergies and asthma) • Know how to react and respond if there is an accident and how to deal with minor injuries and know what to do in an emergency <p>Year 3</p> <ul style="list-style-type: none"> • Know and respect the body differences between ourselves and others and name males and female body parts. * (KS2 Valuing Difference and Keeping Safe Lesson 1) • Know that each person's body belongs to them and understand personal space and unwanted touch. * (KS2 Valuing Difference and Keeping Safe Lesson 2) <p>Year 4</p> <ul style="list-style-type: none"> • Know that puberty is an important stage in the human lifecycle and know some changes that happen during puberty. * (KS2 Growing Up Lesson 1) • Know about the physical and emotional changes that happen in puberty and understand that children change into adults to be able to reproduce if they choose to. * (KS2 Growing Up Lesson 2)
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Diamond Class Year 5 & 6	Autumn 1 What makes up a person's identify?	Spring How can the media influence people?	Year 5 Summer 1 How can drugs common to everyday life affect health?
	<ul style="list-style-type: none"> • Know how to recognise and respect similarities and differences between people and what they have in common with others. • Know that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, hobbies etc) • Know how individuality and personal qualities make up someone's identify • Know about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes. • Know how to challenge stereotypes and assumptions about others. <p style="text-align: center;">Autumn 2</p> <p style="text-align: center;">What decisions can people make with money?</p> <ul style="list-style-type: none"> • Know how people make decisions about spending and saving money and what influences them. • Know how to keep track of money so people know how much they have to spend or save. • Understand how people make choices about ways of paying for things they want and need. • Know how to recognise what makes something 'value for money' and what this means to them. • Understand that there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions. 	<ul style="list-style-type: none"> • Know how the media, including online experiences, can affect people's wellbeing- their thoughts, feelings and actions. • Understand that not everything should be shared online or social media • Know that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions • Understand that text and images can be manipulated or invented; strategies to recognise this • Know how to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts • Understand how to recognise unsafe or suspicious content online and what to do about it • Understand how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them • Know how to make decisions about the content they view online or in the media and know if it is appropriate for their age range • Know how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue • Know how to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have 	<ul style="list-style-type: none"> • Understand how drugs common to everyday life (nicotine, alcohol, caffeine and medicine) can affect health and wellbeing • Know that some drugs are legal and other drugs are not and understand why people choose to use or not use different drugs • Understand how people can prevent or reduce the risks associated with them. • Know that for some people, drug use can become a habit which is difficult to break. • Understand how organisations help people to stop smoking and the support available to people if they have concerns about any drug use. • Know how to ask for help from a trusted adult if they have any worries or concerns about drugs. <p style="text-align: center;">Year 5 Summer 2 *</p> <p style="text-align: center;">What will change as we become more independent?</p> <ul style="list-style-type: none"> • Explain the main physical and emotional changes that happen during puberty. * • Ask questions about puberty with confidence. * • Understand how puberty affects the reproductive organs. * • Describe what happens during the menstruation and sperm production. * • Explain how to keep clean during puberty* • Explain how emotions/relationships change during puberty. *

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		<ul style="list-style-type: none"> • Discuss and debate what influences people's decisions, taking into consideration different viewpoints 	<ul style="list-style-type: none"> • Know how to get help and support during puberty. * <p style="text-align: center;">Year 6 Summer What will change as we become more independent? How do friendships change as we grow?</p> <ul style="list-style-type: none"> • Describe how and why the body changes during puberty in preparation for reproduction. * • Talk about puberty and reproduction with confidence. * • Explain the difference between healthy and unhealthy relationships. * • Understand that communication and permission seeking are important. * • Know about the decisions that have to be made before having children. * • Understand basic facts about conception and pregnancy. * • Know when it is appropriate to share personal/private information in a relationship. * • Know how and where to get support if an online relationship goes wrong. * • Understand how growing up and becoming more independent comes with increased opportunities and responsibilities. • Understand how friendships may change as they grow and how to manage this. • Know how to manage change including moving to secondary school; how to ask for support and know where to seek further information regarding growing up and changing.
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Year B	Autumn	Spring	Summer
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Ruby Class EYFS</p>	<p style="text-align: center;">Autumn 1 All About Me, My Wishes and Dreams</p> <ul style="list-style-type: none"> • I know how to describe and show friendly behaviour. • I know how to take turns with my friends. • I understand the need for rules and show how I can follow them. • I know the effect my behaviour has on others. • I know how to encourage others to follow the rules too. • I know that friendships can make me feel happy. * • I know some ways I can make new friends feel welcome. * • I know that families are all different. * • I know that families help each other. * 	<p style="text-align: center;">Spring 1 Superheroes/ People Who Help Us</p> <ul style="list-style-type: none"> • I know that I need to work towards a simple goal. • I know that sometimes I have to wait for what I want. • I am confident to share my own ideas and interests. • I know how to show respect to others during 'Follow me Friday' activities. • I know and can talk about the different factors that support my health and well-being. • I know the importance of brushing my teeth. 	<p style="text-align: center;">Summer 1 Growing, Lifecycles and In the Garden</p> <ul style="list-style-type: none"> • I know how to care for caterpillars and other wildlife. • I know that my actions can affect the feelings of others. • I know right from wrong and that there are consequences to my actions. • I can explain the reason for rules to others. • I know that eating healthy food has a positive impact on my body and mind. • I know which foods I should eat often and which foods I shouldn't eat so much of. • I can describe a balanced meal.
	<p style="text-align: center;">Autumn 2 Celebrations and Festivals-A World of Colour</p> <ul style="list-style-type: none"> • I know the importance of saying sorry and forgiveness. * • I know that arguing with friends and then making up can make friendships stronger. * • I know ways to resolve conflicts using kind words and kind hands and feet. * • I know how to stay safe around fire and what to do in an emergency involving fire. • I know how to be respectful about how people celebrate things in different ways. • I know that friends can help each other. • I can name the different emotions that I feel and understand that they can change throughout the day. • I know how to work as part of a team. 	<p style="text-align: center;">Spring 2 Once Upon a Time, Spring and Easter</p> <ul style="list-style-type: none"> • I am confident to share my own ideas and interests. • I know how to show respect to others during 'Follow me Friday' activities. • I know that some things can be challenging and understand the importance of not giving up. • I know how to do some things without help. 	<p style="text-align: center;">Summer 2 Oh I Do Like to be Beside the Seaside!</p> <ul style="list-style-type: none"> • I understand the impact of pollution and what I can do to help. • I can say what I like and dislike and why. • I can talk about something I have achieved over the last year that I am proud of. • I can set myself goals for Year 1. • I know how to take turns with others. • I know how to consider the opinion of others when reaching a decision. • I know that things don't always go my way.

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Emerald Class Year 1/2	Autumn 1 How can we look after each other and the world?	Spring 1 Who helps keep us safe?	Summer 1 What can we do with money?
	<ul style="list-style-type: none"> • Know how any unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively. • Know the responsibilities they have in and out of the classroom. • Understand how people and animals need to be looked after and cared for. • Understand what can harm the local and global environment • Know how they and others can help care for the environment. <p style="text-align: center;"> Autumn 2 What helps us stay healthy? </p> <ul style="list-style-type: none"> • Know what being healthy means and who helps them to stay healthy (Dr, dentist, parents) • Understand that things put into or onto their bodies can affect how they feel • Know how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicine every day to stay healthy. • Understand the importance of hygiene and know simple hygiene routines can stop germs from being passed on. • Know what they can do to take care of themselves on a daily basis (brush teeth, handwashing etc) 	<ul style="list-style-type: none"> • Know that people have different roles in the community to help them and others keep safe- the jobs they do and how they help people. • Know who can help them in different places and situations; how to attract someone's attention or ask for help; what to say. • Know how to respond safely to adults they don't know. • Know what to do if they feel unsafe or worried for themselves or others. • Know how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say. <p style="text-align: center;"> Spring 2 What is bullying? </p> <ul style="list-style-type: none"> • Know how words and actions affect how people feel. • Understand why name calling, hurtful teasing, bullying and deliberately excluding others in unacceptable. • Know how to respond if this happens in different situations. • Know how to report bullying or other hurtful behaviour, including online. 	<ul style="list-style-type: none"> • Know what money is and that money comes in different forms. • Know how money is obtained (earned, won, borrowed, presents) • Understand how people make choices about what to do with money- spending and saving. • Understand the difference between needs and wants. • Know how to keep money safe. <p style="text-align: center;"> Summer 2 What is the same and different about us? </p> <ul style="list-style-type: none"> • Identify things they like/dislike and things they are good at. • Understand what makes them special and how everyone has different strengths. • Understand how their personal features and qualities are unique to them. <p> Year 1 <ul style="list-style-type: none"> • Know that babies need care and support * • Know that older children can do more by themselves. * (KS1 Growing and caring for Ourselves Lesson 2) Year 2 <ul style="list-style-type: none"> • Know that some people have fixed ideas about what boys and girls can do and describe the difference between male and female babies. * (KS1 Differences Lesson 1) • Describe some differences between male and female animals and understand that making a new life needs a male and a female. * (KS1 Differences Lesson 2) </p>

			<ul style="list-style-type: none">Describe the physical differences between males and females and name the different body parts. (KS1 Differences Lesson 3)
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Sapphire Class Year 3/4	Autumn 1 How do we treat each other with respect?	Spring 1 What strengths, skills and interests do we have?	Summer 1 How can our choices make a difference to others and the environment?
	<ul style="list-style-type: none"> • Know how people's behaviour affects themselves and others, including online. • Know how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return. • Understand about the relationship between rights and responsibilities. • Understand that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination. • Know how to respond to aggressive or inappropriate behaviour (including online) • Understand that respect is important in a range of relationships. * (KS2 Growing Up Lesson 3) • Know how friendships can make people feel unhappy or uncomfortable. * (KS2 Growing Up Lesson 3) 	<ul style="list-style-type: none"> • Understand how to recognise personal qualities and individuality. • Develop self-worth by identifying positive things about themselves and their achievements. • Understand how personal attributes, strengths, skills and interests contribute to their self-esteem. • Understand how to set goals for themselves. • Know how to manage when there are setbacks, learn from mistakes and reframe unhelpful thinking. 	<ul style="list-style-type: none"> • Understand how people have a shared responsibility to help protect the world around them. • Understand how choices can affect the environment. • Know what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity) • Know the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues. • Know how to show care and concern for others (people and animals) • Understand how to carry out personal responsibilities in a caring and compassionate way.
	Autumn 2 Why should we eat well and look after our teeth?	Spring 2 How can we manage risk in different places?	Summer 2 How will we grow and change?
	<ul style="list-style-type: none"> • Know how to eat a healthy diet and the benefits of nutritionally rich food. • Understand how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist. • Know how to eat a healthy diet and the benefits of nutritionally rich foods. • Understand how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health 	<ul style="list-style-type: none"> • Recognise, predict, assess and manage risk in different situations. • Know how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) • Understand how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence. • Understand how people's online actions can impact on other people. • Know how to keep safe online, including managing requests for personal information and recognising what is appropriate to share online. • Know that rules, restrictions and laws exist to help people keep safe and how to respond to and report concerns, including inappropriate online content and concerns. 	<p>Year 3</p> <ul style="list-style-type: none"> • Know and respect the body differences between ourselves and others and name males and female body parts. * (KS2 Valuing Difference and Keeping Safe Lesson 1) • Know that each person's body belongs to them and understand personal space and unwanted touch. * (KS2 Valuing Difference and Keeping Safe Lesson 2) <p>Year 4</p>

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	<ul style="list-style-type: none"> • Understand how people make choices about what to eat and drink, including who or what influences these. • Know how, when and where to ask for advice and help about healthy eating and dental care. 		<ul style="list-style-type: none"> • Know that puberty is an important stage in the human lifecycle and know some changes that happen during puberty. * (KS2 Growing Up Lesson 1) • Know about the physical and emotional changes that happen in puberty and understand that children change into adults to be able to reproduce if they choose to. * (KS2 Growing Up Lesson 2)
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Autumn
How can we keep healthy as we grow?

- Understand how mental and physical health are linked.
- Understand how positive friendships and being involved in activities such as clubs and community groups support wellbeing.
- Understand how to make choices that support a healthy balanced lifestyle including:
How to plan a healthy meal,
How to stay physically active
How to maintain good dental health, including oral hygiene, food and drink choices
How to benefit from and stay safe in the sun
How and why to balance time spent online with other activities.
How sleep contributes to a healthy lifestyle.
How to manage the influence of friends and family on health choices.
- Understand that habits can be healthy or unhealthy and know strategies to change or break an unhealthy habit or take up a new healthy one.
- How to recognise early signs of physical or mental ill-health and what to do about this, including who to speak to.
- Understand that health problems, including mental health, can build up if they are not recognised, managed or if help is not sought early on.
- Understand that anyone can experience mental ill-health and know to discuss concerns with trusted adults.
- Understand that mental health difficulties can usually be resolved or managed with the right strategies and support.

Spring 1
How can we help in an accident or emergency?

- Understand how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions.
- Know that if someone has experienced a head injury, they should not be moved.
- Understand when it is appropriate to use first aid and the importance of seeking adult help.

Spring 2
What jobs would we like?

- Know that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime.
- Understand that some jobs are paid more than others and some may be voluntary.
- Understand the skills, attributes, qualifications, and training needed for different jobs.
- Understand that there are different ways into jobs and careers, including college, apprenticeships and university.
- Understand how people choose a career/job and what influences their decision, including skills, interests and pay. Consider how they might choose a career/job when they are older and what will influence their decisions.
- Question and challenge stereotypes about the types of jobs people can do.

Year 5 Summer 1
How can drugs common to everyday life affect health?

- Understand how drugs common to everyday life (nicotine, alcohol, caffeine and medicine) can affect health and wellbeing
- Know that some drugs are legal and other drugs are not and understand why people choose to use or not use different drugs
- Understand how people can prevent or reduce the risks associated with them.
- Know that for some people, drug use can become a habit which is difficult to break.
- Understand how organisations help people to stop smoking and the support available to people if they have concerns about any drug use.
- Know how to ask for help from a trusted adult if they have any worries or concerns about drugs.

Year 5 Summer 2 *
What will change as we become more independent?

- Explain the main physical and emotional changes that happen during puberty.
- Ask questions about puberty with confidence.
- Understand how puberty affects the reproductive organs.
- Describe what happens during the menstruation and sperm production.
- Explain how to keep clean during puberty
- Explain how emotions/relationships change during puberty.
- Know how to get help and support during puberty.

			<p style="text-align: center;">Year 6 Summer</p> <p>What will change as we become more independent? How do friendships change as we grow?</p> <ul style="list-style-type: none"> • Describe how and why the body changes during puberty in preparation for reproduction. * • Talk about puberty and reproduction with confidence. * • Explain the difference between healthy and unhealthy relationships. * • Understand that communication and permission seeking are important. * • Know about the decisions that have to be made before having children. * • Understand basic facts about conception and pregnancy. * • Know when it is appropriate to share personal/private information in a relationship. * • Know how and where to get support if an online relationship goes wrong. * • Understand how growing up and becoming more independent comes with increased opportunities and responsibilities. • Understand how friendships may change as they grow and how to manage this. • Know how to manage change including moving to secondary school; how to ask for support and know where to seek further information regarding growing up and changing.
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