

Autumn 1	Spring 2
To recognise the different zones of regulation.	To know what helps me sleep better.
To understand times when I might be in different zones of regulation.	To identify positives about what makes me, me.
To know how my body reacts in different zones.	To identify some tools to help me regulate my emotions.
Autumn 2	To start to identify triggers that send me out of the green zone.
To know how to stay safe on bonfire night.	Summer 1
To understand that families can have problems but support each other.	To understand my rights and responsibilities
To know possible ways friends can resolve issues.	To understand we are responsible for our actions
To understand some of the impacts of bullying.	To understand why we have rules
To know that trust is an important part of relationships.	To understand the groups that make up the community.
To be respectful to those whose traditions, beliefs and lifestyle are different to my own.	Summer 2
Spring 1	To understand the different ways to pay for things.
To know what is appropriate touch.	To recognise that money has an impact on how we feel.
To understand the role I can take in an emergency situation.	To identify tools I can use to help regulate my emotions.
To know who I can trust.	
To develop an understanding of safety on or near roads.	
To understand why we need to wash our hands.	

Autumn 1	Spring 2
To describe caring and considerate behaviour.	I can recognise bullying in all its forms.
To recognise positive attributes in others.	I can recognise how images in the media to now always reflect reality.
To recognise your own strengths and goals.	I know what images online can affect how people feel about themselves.
To demonstrate what respect means.	I know the dangers of sharing information online.
To understand the meaning of black history and what it symbolises.	I know the positive and negatives of live streaming
	I understand how spending money within a game is linked to real money and debt.
To recognise there are different types of relationships.	Summer 1
Autumn 2	I can identify some human rights.
To identify hazards on Bonfire Night	I know that rules are there to protect us.
To differentiate between the terms risk, hazard and danger	I know different rules are needed in different situations.
To further define and develop an awareness of bullying and conflict	I know there are a wide range of beliefs in the UK.
To recognise school rules about health and safety and where to go for help.	I understand how my local area is run.
	I know what discrimination means.
To identify a range of danger signs	Summer 2
To develop an understanding of giving and receiving and to explain my choices.	I can identify why effects my spending choices.
Spring 1	I can identify how payment methods are changing.
I can explain why sleep is important for a healthy lifestyle.	I can identify links between money and feelings.
I can recognise how too much sugar in our food and drink can affect us	I can identify the skills needed for some jobs.
I can explain what is meant by a balanced diet	I know it is illegal to discriminate against the 9 protected characteristics in a workplace.
I can identify the benefits of exercise.	I know what a career stereotype is.
To describe different ways to maintain a healthy lifestyle.	I understand that there may be mixed feelings towards change and transition.

Autumn 1	Spring 2
To recognise and explain what constitutes a positive, healthy relationship.	To understand choices that support a healthy lifestyle, and recognise what might influence these.
To understand what civil partnerships and marriage mean.	To understand that mental health is part of daily life and to identify strategies and behaviours that support healthy minds.
To identify strategies we can use to keep ourselves and others safe.	To understand that sleep contributes to a healthy mind.
To understand the importance of communication in a relationship.	To describe how smoking affects health and identify how to resist pressure.
To understand who contributed towards the movement of Black History.	Summer 1
To judge what kind of physical contact is acceptable or unacceptable.	To understand how bodies and emotions change through puberty.
Autumn 2	To know how images can be manipulated.
To consider the history behind Bonfire night and traditions that still remain today.	Summer 2
To identify how everyday actions can affect our dental health.	To learn about change including transitions.
To recognise how sugar can affect our teeth.	To understand the danger of alcohol, tobacco and drugs.
Spring 1	To develop and use strategies for keeping safe in the environment.
To explain the importance of having rules at home.	
To identify risks and how to approach them.	
To research, discuss and debate topical issues and make decisions about which are most important to me.	
To understand what being part of a community means, and about the varied institutions that support communities locally and nationally.	

Autumn 1	Spring 2
To understand that civil partnerships and marriage are examples of a public demonstration of commitments.	To identify what gambling is and how it can affect people.
To recognise different types of relationship, including those between acquaintances, friends, relatives and strangers.	To identify the pros and cons of gaming.
To understand the consequence of my actions.	To identify how to keep money safe online and avoid scams.
To identify some of the ways we are different and unique.	To identify how money affects the way we feel - work/life balance.
Autumn 2	Summer 1
To identify ways in which I can help deal with my emotions.	To know what online requests are appropriate and inappropriate.
To understand what positively and negatively affects their physical, mental and emotional health.	To know how bodies and emotions change through puberty,
To describe healthy sleep patterns and identify factors which can reduce sleep quality	To know about and explain human reproduction.
To describe strategies to overcome barriers and promote diversity and inclusion	To take care of your body, understanding you have the right to protect it.
To understand global inequalities at Christmas.	Summer 2
Spring 1	To identify truths and myths about high school.
To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.	To know my human rights.
To differentiate between the terms risk, hazard and danger.	To know who helps to run the UK government.
To identify a variety of payment methods, why they are used and the positives and negatives that might come with them.	To know what my local council do.
To understand how adults get paid and how to budget a wage.	