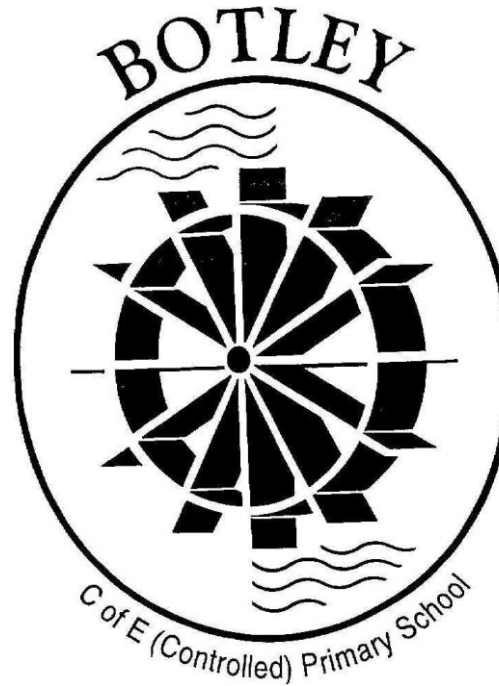


Botley C of E Primary School



Curriculum Subject Map: Years 1-6

PSHE

Year 1/2 Cycle A	
Autumn 1	<p>SCARF Unit: Me and my relationships</p> <ul style="list-style-type: none"> • Suggest actions that will contribute positively to the life of the classroom and make and undertake pledges based on those actions • Use a range of words to describe feelings and recognise that people have different ways of expressing their feelings • Identify helpful ways of responding to other's feelings • Take part in creating and agreeing classroom rules • Define what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two • Identify situations as to whether they are incidents of teasing or bullying and understand and describe strategies for dealing with bullying • Explain the difference between bullying and isolated unkind behaviour and recognise that there are different types of bullying and unkind behaviour • Understand that bullying and unkind behaviour are both unacceptable ways of behaving • Recognise that friendship is a special kind of relationship and identify some of the ways that good friends care for each other. • Recognise, name and understand how to deal with feelings (e.g. anger, loneliness); • Explain where someone could get help if they were being upset by someone else's behaviour.
Autumn 2	<p>SCARF Unit: Valuing Difference:</p> <ul style="list-style-type: none"> • Identify some of the physical and non-physical differences and similarities between people • Know and use words and phrases that show respect for other people • Recognise and explain how a person's behaviour can affect other people • Identify people who are special to them and explain some of the ways those people are special to them • Explain how it feels to be part of a group and conversely how it feels to be left out from a group • Identify groups they are part of • Suggest and use strategies for helping someone who is feeling left out • Recognise and describe acts of kindness and unkindness and explain how these impact on other people's feelings • Suggest kind words and actions they can show to others • Show acts of kindness to others in school • Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted) • Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships
Spring 1	<p>SCARF Unit: Keeping Myself Safe</p> <ul style="list-style-type: none"> • Understand that medicines can sometimes make people feel better when they're ill • Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell • Explain simple issues of safety and responsibility about medicines and their use • Identify situations in which they would feel safe or unsafe and suggest actions for dealing with unsafe situations including who they could ask for help • Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe • Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation • Identify the types of touch they like and do not like and identify who they can talk to if someone touches them in a way that makes them feel uncomfortable • Recognise that some touches are not fun and can hurt or be upsetting and know that they can ask someone to stop touching them

	<ul style="list-style-type: none"> Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable Identify safe secrets (including surprises) and unsafe secrets and recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable
Spring 2	<p>SCARF Unit: Rights and Responsibilities</p> <ul style="list-style-type: none"> Describe and record strategies for getting on with others in the classroom Explain, and be able to use, strategies for dealing with impulsive behaviour Identify special people in the school and community who can help to keep them safe Identify what they like about the school environment and any problems with the school environment (e.g. things needing repair) Recognise that they all have a responsibility for helping to look after the school environment. Understand that people have choices about what they do with their money and know that money can be saved for a use at a future time; Recognise that money can be spent on items which are essential or non-essential; Develop understanding of online safety
Summer 1	<p>SCARF Unit: Being My Best</p> <ul style="list-style-type: none"> Show an understanding of the learning process Help themselves and others develop a positive attitude that support their wellbeing Understand and give examples of things they can choose themselves and things that others choose for them Explain things that they like and dislike, and understand that they have choices about these things Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health Explain how germs can be spread and describe simple hygiene routines such as hand washing Understand that vaccinations can help to prevent certain illnesses Explain the importance of good dental hygiene and describe simple dental hygiene routines Understand that the body gets energy from food, water and oxygen Recognise that exercise and sleep are important to health Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain) Describe how food, water and air get into the body and blood
Summer 2	<p>SCARF Unit: Growing and Changing</p> <ul style="list-style-type: none"> Demonstrate simple ways of giving positive feedback to others Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to Identify different stages of growth (e.g. baby, toddler, child, teenager, adult) and understand and describe some of the things that people are capable of at these different stages Identify which parts of the human body are private Explain that a person's genitals help them to make babies when they are grown up Understand that humans mostly have the same body parts but that they can look different from person to person Explain what privacy means Know that you are not allowed to touch someone's private belongings without their permission Give examples of different types of private information Practice calling the emergency services and develop ideas around basic first aid

Year 1/2 Cycle B	
Autumn 1	<p>SCARF Unit: Me and my relationships</p> <ul style="list-style-type: none"> • Understand that classroom rules help everyone to learn and be safe • Recognise how others might be feeling by reading body language/facial expressions • Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.) • Identify a range of feelings and how feelings might make us behave • Suggest strategies for someone experiencing 'not so good' feelings to manage these • Recognise that people's bodies and feelings can be hurt • Recognise that they belong to various groups and communities such as their family • Explain how these people help us and we can also help them to help us • Identify simple qualities of friendship and suggest simple strategies for making up • Demonstrate attentive listening skills • Suggest simple strategies for resolving conflict situations • Give and receive positive feedback, and experience how this makes them feel
Autumn 2	<p>SCARF Unit: Valuing Difference</p> <ul style="list-style-type: none"> • Identify the differences and similarities between people • Empathise with those who are different from them and begin to appreciate the positive aspects of these differences • Explain the difference between unkindness, teasing and bullying and understand that bullying is usually quite rare. • Explain some of their school rules and how those rules help to keep everybody safe • Identify some of the people who are special to them and recognise and name some of the qualities that make a person special to them • Recognise and explain what is fair and unfair, kind and unkind • Suggest ways they can show kindness to others
Spring 1	<p>SCARF Unit: Keeping Myself Safe</p> <ul style="list-style-type: none"> • Understand that the body gets energy from food, water and air (oxygen) and that exercise and sleep are important parts of a healthy lifestyle • Identify simple bedtime routines that promote healthy sleep • Recognise emotions and physical feelings associated with feeling unsafe and identify people who can help them when they feel unsafe • Recognise the range of feelings that are associated with loss • Understand that medicines can sometimes make people feel better when they're ill and explain simple issues of safety and responsibility about medicines and their use • Understand and learn the PANTS rules and name and know which parts should be private • Explain the difference between appropriate and inappropriate touch and understand that they have the right to say "no" to unwanted touch • Start thinking about who they trust and who they can ask for help • Develop awareness of online safety and potential dangers
Spring 2	<p>SCARF Unit: Rights and Responsibilities</p> <ul style="list-style-type: none"> • Recognise the importance of regular hygiene routines and sequence personal hygiene routines into a logical order • Identify what they like about the school environment and recognise who cares for and looks after it

	<ul style="list-style-type: none"> • Explain the importance of looking after things that belong to themselves or to other and demonstrate responsibility in doing so • Explain where people get money from and identify some of the things that money may be spent on in a family home • Recognise that different notes and coins have different monetary value • Explain the importance of keeping money safe and identify safe places to keep money; • Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it). • Practice calling the emergency services and develop ideas around basic first aid.
Summer 1	<p>SCARF Unit: Being My Best</p> <ul style="list-style-type: none"> • Recognise the importance of fruit and vegetables in their daily diet • Know that eating at least five portions of vegetables and fruit a day helps to maintain health • Recognise that they may have different tastes in food to others • Select foods from the Eatwell Guide (formerly Eatwell Plate) in order to make a healthy lunch • Recognise which foods we need to eat more of and which we need to eat less of to be healthy • Understand how diseases can spread and recognise and use simple strategies for preventing the spread of diseases • Recognise that learning a new skill requires practice and the opportunity to fail, safely • Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges • Demonstrate attentive listening skills • Suggest simple strategies for resolving conflict situations • Give and receive positive feedback, and experience how this makes them feel • Recognise how a person's behaviour (including their own) can affect other people
Summer 2	<p>SCARF Unit: Growing and Changing</p> <ul style="list-style-type: none"> • Name major internal body parts (heart, lungs, blood, stomach, intestines, brain) and understand and explain the simple bodily processes associated with them • Understand some of the tasks required to look after a baby and explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding • Identify things they could do as a baby, a toddler and can do now • Identify the people who help/helped them at those different stages • Explain the difference between teasing and bullying • Give examples of what they can do if they experience or witness bullying and say who they could get help from in a bullying situation • Explain the difference between a secret and a nice surprise and identify situations as being secrets or surprises • Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep • Identify parts of the body that are private and describe ways in which private parts can be kept private • Identify people they can talk to about their private parts

Year 3/4 Cycle A	
Autumn 1	<p>SCARF Unit: Me and my relationships</p> <ul style="list-style-type: none"> • Explain why we have rules and why rules are different for different age groups, in particular for internet-based activities • Suggest appropriate rules for a range of settings and consider the possible consequences of breaking the rules • Explain some of the feelings someone might have when they lose something important to them • Define and demonstrate cooperation and collaboration • Demonstrate how working together in a collaborative manner can help everyone to achieve success • Identify people who they have a special relationship with and suggest strategies for maintaining a positive relationship with their special people • Explain what a dare is and understand that no-one has the right to force them to do a dare • Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare • Express opinions and listen to those of others, considering others' points of view • Identify qualities of friendship and suggest reasons why friends sometimes fall out • Rehearse and use, now or in the future, skills for making up again.
Autumn 2	<p>SCARF Unit: Valuing Difference:</p> <ul style="list-style-type: none"> • Recognise that there are many different types of family and understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.' • Define the term 'community' and identify the different communities that they belong to • Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing • Reflect on listening skills • Give examples of respectful language and how to challenge another's viewpoint, respectfully • Explain that people living in the UK have different origins • Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds • Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together • Recognise the factors that make people similar to and different from each other • Recognise that repeated name calling is a form of bullying • Suggest strategies for dealing with name calling (including talking to a trusted adult) • Explore why people have prejudiced views and understand what this is
Spring 1	<p>SCARF Unit: Keeping Myself Safe</p> <ul style="list-style-type: none"> • Identify situations which are safe or unsafe and identify people who can help if a situation is unsafe • Suggest strategies for keeping safe • Define the words danger and risk and explain the difference between the two • Demonstrate strategies for dealing with a risky situation and identify risk factors • Suggest ways of reducing or managing risks • Identify some key risks from and effects of cigarettes and alcohol and that both are drugs • Know that most people choose not to smoke cigarettes; (Social Norms message) • Evaluate the validity of statements relating to online safety and recognise potential risks associated with browsing online • Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens • Recognise and describe appropriate behaviour online as well as offline

	<ul style="list-style-type: none"> Identify what constitutes personal information and when it is not appropriate or safe to share this Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs Understand that medicines are drugs and suggest ways that they can be helpful or harmful
Spring 2	<p>SACRF Unit: Rights and Responsibilities</p> <ul style="list-style-type: none"> Define what a volunteer is and identify people who are volunteers in the school community Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer Understand the difference between 'fact' and 'opinion' Understand how an event can be perceived from different viewpoints Define what is meant by the environment Evaluate and explain different methods of looking after the school environment Understand the terms 'income', 'saving' and 'spending' Recognise that there are times we can buy items we want and times when we need to save for items Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.) Explain that people earn their income through their jobs Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)
Summer 1	<p>SCARF Unit: Being My Best</p> <ul style="list-style-type: none"> Explain how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body Explain what is meant by the term 'balanced diet' and give examples what foods might make up a healthy balanced meal. Explain how some infectious illnesses are spread from one person to another and how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses Suggest medical and non-medical ways of treating an illness Develop skills in discussion and debating an issue Identify their achievements and areas of development Recognise that people may say kind things to help us feel good about ourselves Demonstrate how working together in a collaborative manner can help everyone to achieve success Understand and explain how the brain sends and receives messages through the nerves Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain) Describe how food, water and air get into the body and blood Explain some of the different talents and skills that people have and how skills are developed; Recognise their own skills and those of other children in the class
Summer 2	<p>SCARF Unit: Growing and Changing</p> <ul style="list-style-type: none"> Identify different types of relationships and recognise who they have positive healthy relationships with Understand what is meant by the term body space (or personal space) Identify when it is appropriate or inappropriate to allow someone into their body space and rehearse strategies for when someone is inappropriately in their body space Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret

	<ul style="list-style-type: none">• Recognise how different surprises and secrets might make them feel and know who they could ask for help if a secret made them feel uncomfortable or unsafe.• Recognise that babies come from the joining of an egg and sperm• Explain what happens when an egg doesn't meet a sperm and understand that for girls, periods are a normal part of puberty
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Year 3/4 Cycle B

	<h2 style="margin: 0;">Year 3/4 Cycle B</h2>
<p>Autumn 1</p>	<p>SCARF Unit: Me and my relationships</p> <ul style="list-style-type: none"> • Describe 'good' and 'not so good' feelings and how feelings can affect our physical state • Explain how different words can express the intensity of feelings • Explain what we mean by a 'positive, healthy relationship' • Describe some of the qualities that they admire in others • Recognise that there are times when they might need to say 'no' to a friend • Demonstrate strategies for working on a collaborative task and define successful qualities of teamwork and collaboration • Identify a wide range of feelings and recognise that different people can have different feelings in the same situation • Explain how feelings can be linked to physical state • Demonstrate a range of feelings through their facial expressions and body language • Recognise that their feelings might change towards someone or something once they have further information • Give examples of strategies to respond to being bullied, including what people can do and say • Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from
<p>Autumn 2</p>	<p>SCARF Unit: Valuing Difference:</p> <ul style="list-style-type: none"> • Define the terms 'negotiation' and 'compromise' • Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise • Understand that they have the right to protect their personal body space • Recognise how others' non-verbal signals indicate how they feel when people are close to their body space • Suggest people they can talk to if they feel uncomfortable with other people's actions towards them • Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances) • Give examples of features of these different types of relationships, including how they influence what is shared • List some of the ways that people are different to each other (including differences of race, gender, religion) • Recognise potential consequences of aggressive behaviour and suggest strategies for dealing with someone who is behaving aggressively • List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals) • Define the word <i>respect</i> and demonstrate ways of showing respect to others' differences. • Understand and identify stereotypes, including those promoted in the media
<p>Spring 1</p>	<p>SCARF Unit: Keeping Myself Safe</p> <ul style="list-style-type: none"> • Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them and identify situations which are either dangerous, risky or hazardous; • Suggest simple strategies for managing risk • Identify images that are safe/unsafe to share online and know and explain strategies for safe online sharing • Define what is meant by the word 'dare' and identify from given scenarios which are dares and which are not • Understand that medicines are drugs and explain safety issues for medicine use • Suggest alternatives to taking a medicine when unwell • Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines) • Understand some of the key risks and effects of smoking and drinking alcohol

	<ul style="list-style-type: none"> • Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory) • Suggest people they can ask for help in managing risk. • Understand that we can be influenced both positively and negatively • Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way
Spring 2	<p>SCARF Unit: Rights and Responsibilities</p> <ul style="list-style-type: none"> • Explain how different people in the school and local community help them stay healthy and safe • Define what is meant by 'being responsible' and describe the various responsibilities of those who help them stay healthy and safe; • Understand that humans have rights and also responsibilities and identify some rights and also responsibilities that come with these. • Understand the reason we have rules and suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council) • Recognise that everyone can make a difference within a democratic process • Define the word <i>influence</i> and recognise that reports in the media can influence the way they think about a topic • Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner • Explain the role of the bystander and how it can influence bullying or other anti-social behaviour • Understand some of the ways that various national and international environmental organisations work to help take care of the environment • Define the terms 'income' and 'expenditure' • List some of the items and services of expenditure in the school and in the home • Prioritise items of expenditure in the home from most essential to least essential • Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT' • Understand how a payslip is laid out showing both pay and deductions • Prioritise public services from most essential to least essential
Summer 1	<p>SCARF Unit: Being My Best</p> <ul style="list-style-type: none"> • Identify ways in which everyone is unique and appreciate their own uniqueness • Recognise that there are times when they will make the same choices as their friends and times when they will choose differently • Give examples of choices they make for themselves and choices others make for them • Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health • Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate) • Understand the ways in which they can contribute to the care of the environment • Suggest ways that the recycling methods can be applied to different scenarios • Define what is meant by the word 'community' and suggest ways in which different people support the school community • Identify qualities and attributes of people who support the school community
Summer 2	<p>SCARF Unit: Growing and Changing</p> <ul style="list-style-type: none"> • Describe some of the changes that happen to people during their lives and suggest people who may be able to help them deal with change • Name some positive and negative feelings • Understand how the onset of puberty can have emotional as well as physical impact • Suggest reasons why young people sometimes fall out with their parents • Identify parts of the body that males and females have in common and those that are different and know the correct terminology for their genitalia

	<ul style="list-style-type: none">• Understand and explain why puberty happens• Know the key facts of the menstrual cycle and understand that periods are a normal part of puberty for girls• Identify some of the ways to cope better with periods.• Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;• Recognise how different surprises and secrets might make them feel and know who they could ask for help if a secret made them feel uncomfortable or unsafe.• Understand that marriage is a commitment to be entered into freely and not against someone's will and know the legal age for marriage in England or Scotland;• Recognise that marriage includes same sex and opposite sex partners• Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony
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Year 5/6 Cycle A

Autumn 1	<p>SCARF Unit: Me and my relationships</p> <ul style="list-style-type: none"> • Explain what collaboration means, give examples of how they have worked collaboratively and describe the attributes needed to work collaboratively • Explain what is meant by the terms negotiation and compromise and describe strategies for resolving difficult issues or situations • Demonstrate how to respond to a wide range of feelings in others • Give examples of some key qualities of friendship and reflect on their own friendship qualities • Identify what things make a relationship unhealthy and who they could talk to if they needed help • Identify characteristics of passive, aggressive and assertive behaviours • Recognise basic emotional needs, understand that they change according to circumstance • Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks. • Understand that online communication can be misinterpreted and accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face
Autumn 2	<p>SCARF Unit: Valuing Difference:</p> <ul style="list-style-type: none"> • Define some key qualities of friendship • Describe ways of making a friendship last and explain why friendships sometimes end • Rehearse active listening skills and demonstrate respectfulness in responding to others • Develop an understanding of discrimination and its injustice, and describe this using examples • Empathise with people who have been, and currently are, subjected to injustice, including through racism • Consider how discriminatory behaviour can be challenged • Identify and describe the different groups that make up their school/wider community/other parts of the UK and describe the benefits of living in a diverse society • Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this • Understand that the information we see online, either text or images, is not always true or accurate and recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them • Understand and explain the difference between sex, gender identity, gender expression and sexual orientation • Identify the consequences of positive and negative behaviour on themselves and others; • Give examples of how individual/group actions can impact on others in a positive or negative way
Spring 1	<p>SCARF Unit: Keeping Myself Safe</p> <ul style="list-style-type: none"> • Explain what a habit is, giving examples and describe why and how a habit can be hard to change • Recognise that there are positive and negative risks • Explain how to weigh up risk factors when making a decision and describe some of the possible outcomes of taking a risk • Demonstrate strategies to deal with both face-to-face and online bullying and skills for supporting others who are bullied • Recognise and describe the difference between online and face-to-face bullying. • Define what is meant by a dare, explain why someone might give a dare and suggest ways of standing up to someone who gives a dare. • Recognise which situations are risky and suggest what someone should do when faced with a risky situation • Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private

	<ul style="list-style-type: none"> Recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face Know how to protect personal information online Know that all medicines are drugs but not all drugs are medicines and understand ways in which medicines can be helpful or harmful and used safely or unsafely Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.
Spring 2	<p>SCARF Unit: Rights and Responsibilities</p> <ul style="list-style-type: none"> Express their opinions concerning health and wellbeing Understand the difference between a fact and an opinion Understand what biased reporting is and the need to think critically about things we read Define the differences between responsibilities, rights and duties and discuss what can make them difficult to follow Identify the impact on individuals and the wider community if responsibilities are not carried out Explain what we mean by the terms voluntary, community and pressure (action) group and give examples of voluntary groups, the kind of work they do and its value State the costs involved in producing and selling an item Suggest questions a consumer should ask before buying a product Define the terms loan, credit, debt and interest Explain some of the areas that local councils have responsibility for and understand that local councillors are elected to represent their local community
Summer 1	<p>SCARF Unit: Being My Best</p> <ul style="list-style-type: none"> Know harmful effects each of smoking/drinking alcohol Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health State what is meant by community and explain what being part of a school community means to them Suggest ways of improving the school community Identify people who are responsible for helping them stay healthy and safe Describe 'star' qualities of celebrities as portrayed by the media Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life Describe 'star' qualities that 'ordinary' people have
Summer 2	<p>SCARF Unit: Growing and Changing</p> <ul style="list-style-type: none"> Use a range of words and phrases to describe the intensity of different feelings Explain strategies they can use to build resilience Identify people who can be trusted Understand what kinds of touch are acceptable or unacceptable and describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch. Explain how someone might feel when they are separated from someone or something they like and suggest ways to help someone who is separated from someone or something they like Know the correct words for the external sexual organs Discuss some of the myths associated with puberty and identify some products that they may need during puberty and why Know what menstruation is and why it happens

	<ul style="list-style-type: none">• Recognise how our body feels when we're relaxed and list some of the ways our body feels when it is nervous or sad• Explain the difference between a safe and an unsafe secret• Identify situations where someone might need to break a confidence in order to keep someone safe• Recognise that some people can get bullied because of the way they express their gender and give examples of how bullying behaviours can be stopped
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Year 5/6 Cycle B	
Autumn 1	<p>SCARF Unit: Me and my relationships</p> <ul style="list-style-type: none"> • Explain what is meant by the terms 'negotiation' and 'compromise' and suggest positive strategies for negotiating and compromising within a collaborative task • Demonstrate positive strategies for negotiating and compromising within a collaborative task • Recognise some of the challenges that arise from friendships and suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach • Recognise peer influence and pressure and demonstrate using some assertive behaviours to resist peer influence and pressure • Recognise and empathise with patterns of behaviour in peer-group dynamics • Know the ages at which a person can marry, depending on whether their parents agree • Understand that everyone has the right to be free to choose who and whether to marry • Recognise that some types of physical contact can produce strong negative feelings and know that some inappropriate touch is also illegal • Identify strategies for keeping personal information safe online • Describe safe and respectful behaviours when using communication technology
Autumn 2	<p>SCARF Unit: Valuing Difference:</p> <ul style="list-style-type: none"> • Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences • Suggest strategies for dealing with bullying, as a bystander • Know that all people are unique but that we have far more in common with each other than what is different about us • Consider how a bystander can respond to someone being rude, offensive or bullying someone else and demonstrate ways of offering support to someone who has been bullied • Demonstrate ways of showing respect to others, using verbal and non-verbal communication • Understand and explain the term prejudice • Identify and describe the different groups that make up their school/wider community/other parts of the UK • Describe the benefits of living in a diverse society and explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this • Describe qualities of a strong, positive friendship • Define what is meant by the term stereotype and recognise how the media can sometimes reinforce gender stereotypes
Spring 1	<p>SCARF Unit: Keeping Myself Safe</p> <ul style="list-style-type: none"> • Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face • Understand and describe the ease with which something posted online can spread and describe safe behaviours when using communication technology • Identify strategies for keeping personal information safe online • Know that it is illegal to create and share sexual images of children under 18 years old and explore the risks of sharing photos and films of themselves with other people directly or online • Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour • Understand that all humans have basic emotional needs and explain some of the ways these needs can be met • Explain how drugs can be categorised into different groups depending on their medical and legal context • Demonstrate an understanding that drugs can have both medical and non-medical uses

	<ul style="list-style-type: none"> • Explain in simple terms some of the laws that control drugs in this country and why these exist • Understand some of the basic laws in relation to drugs • Describe some of the effects and risks of drinking alcohol • Understand and give examples of conflicting emotions • Understand and reflect on how independence and responsibility go together
Spring 2	<p>SCARF Unit: Rights and Responsibilities</p> <ul style="list-style-type: none"> • Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them • Describe the language and techniques that make up a biased report • Know the legal age (and reason behind these) for having a social media account • Understand why people don't tell the truth and often post only the good bits about themselves, online and recognise that people's lives are much more balanced in real life, with positives and negatives • Explain some benefits of saving money • Explain what is meant by the term <i>interest</i> • Recognise and explain that different jobs have different levels of pay and the factors that influence this • Explain the different types of tax (income tax and VAT) which help to fund public services • Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group • Explain what is meant by living in an environmentally sustainable way; • Suggest actions that could be taken to live in a more environmentally sustainable way • Recognise the role of democracy within Britain
Summer 1	<p>SCARF Unit: Being My Best</p> <ul style="list-style-type: none"> • Describe how wellbeing contributes to a healthy lifestyle, giving examples of how they can be implemented in people's lives • Identify aspirational goals and describe the actions needed to set and achieve these • Understand and explain the outcomes of risk-taking in a given situation, including emotional risks • Recognise what risk is and explain how a risk can be reduced • Understand risks related to growing up and explain the need to be aware of these • Assess a risk to help keep themselves safe • Develop understanding of basic first aid provision
Summer 2	<p>SCARF Unit: Growing and Changing</p> <ul style="list-style-type: none"> • Recognise some of the changes they have experienced and their emotional responses to those changes and suggest positive strategies for dealing with change • Recognise that photos can be changed to match society's view of perfect and identify qualities that people have, as well as their looks • Define what is meant by the term stereotype and recognise how the media can sometimes reinforce gender stereotypes • Challenge stereotypical gender portrayals of people • Understand the risks of sharing images online and how these are hard to control, once shared • Understand that people can feel pressured to behave in a certain way because of the influence of the peer group • Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be • Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it

	<ul style="list-style-type: none">• Suggest strategies that would help someone who felt challenged by the changes in puberty• Understand what FGM is and that it is an illegal practice in this country• Know where someone could get support if they were concerned about their own or another person's safety• Explain the difference between a safe and an unsafe secret and identify situations where someone might need to break a confidence in order to keep someone safe• Identify the changes that happen through puberty to allow sexual reproduction to occur• Know a variety of ways in which the sperm can fertilise the egg to create a baby• Know the legal age of consent and what it means
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