



Year group	National Curriculum Objectives					
	Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
Nursery Jigsaw Links – Being me in my world, Celebrating Difference, Dreams and Goals, Healthy me, Relationships and Changing Me	<p>1. I am beginning to make new friends.</p> <p>2. I am starting to learn and follow new routines.</p> <p>3. I am starting to share my feelings with new people.</p> <p>4. I am included in creating class rules.</p> <p>5. I can recognize that families look different.</p> <p>6. I can begin to talk about similarities and differences between families.</p>	<p>1. I am building confidence and developing friendships.</p> <p>2. I know how it feels to be proud of something I am good at.</p> <p>3. I can tell you one way I am special and unique.</p>	<p>1. I can work as part of a group developing a sense of responsibilities.</p> <p>2. I understand what a challenge means.</p> <p>3. I can keep trying until I can do something.</p> <p>4. I can set a goal and work towards it.</p> <p>5. I can feel proud when I achieve a goal.</p> <p>6. I know some kind words which can encourage people.</p> <p>7. I can handle some of my own hygiene, for example hand washing.</p> <p>8. I can name and describe some different occupations and job roles.</p> <p>9. I can talk about the different places people work e.g. hospital, school.</p>	<p>1. I know the names for some parts of my body and am starting to understand that I need to be active to be healthy.</p> <p>2. I can tell you some of the things I like about my friends.</p> <p>3. I know what to say and do if somebody is mean to me.</p> <p>4. I can use Calm Me time to manage my feelings.</p> <p>5. I can work together and enjoy being with my friends.</p> <p>6. I can make healthy choices.</p> <p>9. I can talk about how to care for my friends.</p>	<p>1. I can tell you about my family and friends.</p> <p>2. I can tell you some of the things I like about my friends.</p> <p>3. I know what to say and do if somebody is mean to me.</p> <p>4. I can use Calm Me time to manage my feelings.</p> <p>5. I can work together and enjoy being with my friends.</p> <p>6. I can make healthy choices.</p>	<p>1. I can express my feelings about the change.</p> <p>2. I understand that we all start as babies and grow into children and then adults.</p> <p>3. I know that I grow and change.</p> <p>4. I can talk about how I feel moving to School from Nursery.</p> <p>5. I can remember some fun things about Nursery this year.</p> <p>6. I can make healthy choices.</p>
Reception Jigsaw Links – Being me in my world, Celebrating Difference, Dreams and Goals, Healthy me, Relationships and Changing Me	<p>1. I can talk about my feelings and the feelings of others.</p> <p>2. I can follow basic instructions and the rules of the setting.</p> <p>3. I can make healthy choices.</p> <p>4. I understand the rules of our school community.</p>	<p>1. I am beginning to apply strategies to regulate big feelings e.g. going to a quiet space to calm down.</p> <p>2. I can play cooperatively with others, seeking adult support when necessary.</p>	<p>1. I am beginning to persevere with activities I find difficult.</p> <p>2. I can talk about how I am feeling.</p> <p>3. I am beginning to identify how others may be feeling.</p>	<p>1. I can identify a range of different feelings.</p> <p>2. I can keep on trying when I find something difficult.</p> <p>3. I can play cooperatively with others and am beginning to sort out problems.</p> <p>4. I can talk about different ways of staying fit and healthy.</p>	<p>1. I can persevere with activities I find difficult.</p> <p>2. I can show care for others and things in the environment.</p> <p>3. I know who my trusted adults are.</p> <p>4. I know how to be a kind person.</p> <p>5. I know who to talk to if someone is unkind to me.</p> <p>6. I can talk about the rules I must follow at school.</p> <p>7. I can talk about the different foods I need to eat to keep healthy.</p>	<p>1. I can say how I and others are feeling.</p> <p>2. I can set myself goals to work towards.</p> <p>3. I can talk about ways to stay healthy.</p> <p>4. I recognise the importance of healthy living and the effect it has on my body.</p> <p>5. I can express how I feel about moving to Year 1.</p> <p>6. I can talk about my worries and things I looked forward to about being in Year 1.</p> <p>7. I can share my memories of the best bits of this year in Reception.</p>
1	<p>1 I know how to use my Jigsaw Journal Jigsaw journal Safe, Special, Calm</p> <p>2 I understand the rights and responsibilities as a member of my class Special, Rewards, Proud</p> <p>3 I understand the rights and responsibilities for being a member of my class Belonging</p> <p>4 I know my views are valued and can contribute to the Learning Charter. Valued, contribute, team</p>	<p>1 I can identify similarities between people in my class Similarity, Same as</p> <p>2 I can identify differences between people in my class Different from, Difference</p> <p>3 I can tell you what bullying is Bullying, Bullying behaviour Bully, Bullied</p> <p>4 I know some people who I could talk to if I was feeling unhappy</p>	<p>1 I can set simple goals goal, achieve</p> <p>2 I can set a goal and work out how to achieve it Learning, Stepping-stones, Process</p> <p>3 I understand how to work well with a partner Working together, Team work</p> <p>4 I can tackle a new challenge and understand this might stretch my learning Challenge, Learning, Stretchy,</p>	<p>1 I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy Unhealthy, Balanced</p> <p>2 I know how to make healthy lifestyle choices Choices Exercise</p> <p>3 I know how to keep myself clean and healthy, and understand how germs cause disease/illness Clean, Keeping clean</p>	<p>1 I can identify the members of my family and understand that there are lots of different types of families Belong, Same, Different</p> <p>2 I can identify what being a good friend means to me Friendship, Qualities, Caring, Sharing, Kind,</p> <p>3 I know appropriate ways of physical contact to greet my friends and know which ways I prefer Greeting, Touch, Feel, Texture, Like, Dislike</p>	<p>1 I am starting to understand the life cycles of animals and humans Life cycles, Adulthood, Mature,</p> <p>2 I can tell you some things about me that have changed and some things about me that have stayed the same Changes, same, grow</p> <p>3 I can tell you how my body has changed since I was a baby change, baby, child, adult</p>

	<p>5 I can recognise the choices I make and understand the consequences. Consequences, choices, understand</p> <p>6 I understand my rights and responsibilities within our Learning Charter Learning Charter, Jigsaw Charter, rights, responsibilities</p>	<p>5 or being bullied Deliberate, On purpose Unfair</p> <p>5 I know how to make new friends Included, kind, friend</p> <p>6 I can tell you some ways I am different from my friends Celebrations, Special, Unique</p>	<p>5 I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them Feelings, Obstacle, Overcome,</p> <p>6 I can tell you how I felt when I succeeded in a new challenge and how I celebrated it Achieve Celebrate Proud, Success,</p>	<p>5 I know that all household products including medicines can be harmful if not used properly Safe Medicines, Safe, Safety,</p> <p>4 I understand that medicines can help me if I feel poorly and I know how to use them safely Safe Medicines, Safe, Safety,</p> <p>5 I know how to keep safe when crossing the road, and about people who can help me to stay safe Green Cross Code, Eyes, Ears, Look, Listen, Wait</p> <p>6 I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy Sleep, Body parts, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic,</p>	<p>4 I know who can help me in my school community Help, Helpful Community,</p> <p>5 I can recognise my qualities as person and a friend Confidence, Praise, Skills, Self-belief, Incredible, Proud,</p> <p>6 I can tell you why I appreciate someone who is special to me Celebrate, Relationships, Special, Appreciate</p>	<p>4 I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus Male, Female, Vagina, Penis, Testicles, Vulva, Anus,</p> <p>5 I understand that every time I learn something new I change a little bit Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping</p> <p>6 I can tell you about changes that have happened in my life changes, new, transition</p>
2	<p>1 I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal Hopes, Fears, Worries</p> <p>2 I understand the rights and responsibilities for being a member of my class and school Responsible, rights, community</p> <p>3 I listen to other people and contribute my own ideas about rewards and consequences Co-Operate, ideas, contribution</p> <p>4 I can listen to other people and contribute my own ideas about rewards and consequences Choices, Problem-Solving</p> <p>5 I understand how following the Learning Charter will help me and others learn learn together, charter, create.</p> <p>6 I recognise the choices I make and understand the consequences Actions, Praise, Positive, Negative</p>	<p>1 I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) stereotype, assume</p> <p>2 I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) stereotype, assume</p> <p>3 I understand that bullying is sometimes about difference Sad, Frightened, Angry, different</p> <p>4 I can recognise what is right and wrong and know how to look after myself. Right wrong</p> <p>5 I understand that it is OK to be different from other people and to be friends with them Different, Special</p> <p>6 I can tell you some ways I am different from my friends Proud, Friends, Kind, Same, Similar, different</p>	<p>1 I can choose a realistic goal and think about how to achieve it. Goal, achieve, relaistic</p> <p>2 I carry on trying (persevering) even when I find tasks difficult Persevere, keep trying, difficult, easy</p> <p>3 I can recognise who I work well with and who it is more difficult for me to work with Choices, group work, positive influence.</p> <p>4 I can work well in a group to create an end product. Collaborative, group, contribute</p> <p>5 I can explain some of the ways I worked well in my group to create the end product. proud, finished, team</p> <p>6 I know how to share success with other people. Success, talk, praise.</p>	<p>1 I know what I need to keep my body healthy Healthy choices, Lifestyle</p> <p>2 I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed Motivation, Relax, Relaxation, Tense, Calm</p> <p>3 I understand how medicines work in my body and how important it is to use them safely Dangerous, Medicines, Body</p> <p>4 I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy Fuel, Nutritious</p> <p>5 I can make some healthy snacks and explain why they are good for my body Balanced diet,</p> <p>6 I can decide which foods to eat to give my body energy Portion, Proportion, Energy,</p>	<p>1 I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. family, relationship, unique.</p> <p>2 I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. Appropriate touch, inappropriate touch, physical contact.</p> <p>3 I can identify some of the things that cause conflict with my friends. Conflict, argue, fall out.</p> <p>4 I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. Secret, private, safe, unsafe</p> <p>5 I recognise and appreciate people who can help me in my family, my school and my community. Help, community, trusted adults</p> <p>6 I can express my appreciation for the people in my special relationships. Special, appreciate, love.</p>	<p>1 I can recognise cycles of life in nature. Life cycle, plant, grow, develop</p> <p>2 I can tell you about the natural process of growing from young to old and understand that this is not in my control. Baby, adult, change, growth</p> <p>3 I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. Different, changes, body, bigger.</p> <p>4 I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private. Private, safe, (penis, anus, testicles, vagina, vulva)</p> <p>5 I understand there are different types of touch and can tell you which ones I like and don't like. Appropriate touch, safe, like, dislike.</p> <p>6 I can identify what I am looking forward to when I move to my next class. Excited, transition, change.</p>
3	<p>1 I recognise my worth and can identify positive things about myself and my achievements. Welcome</p> <p>I can set personal goals Personal Goal,</p> <p>I know how to use my Jigsaw Journal</p> <p>2 I can face new challenges positively, make responsible choices and ask for help when I need it Solutions, Support, affirm</p> <p>3 I understand why rules are needed and how they relate to rights and responsibilities Behaviour, Fairness</p>	<p>1 I understand that everybody's family is different and important to them Different from, Difference, Similarity, Same as Special, Unique</p> <p>2 I understand that differences and conflicts sometimes happen among family members</p> <p>3 I know what it means to be a witness to bullying Bullying, Bullying behaviour, Bully, Bullied</p> <p>4 I know that witnesses can make the situation better or worse by what they do Deliberate, On purpose, Unfair</p> <p>5 I recognise that some words are used in hurtful ways. Thoughtful, intentional, hurtful</p>	<p>1 I can tell you about a person who has faced difficult challenges and achieved success Perseverance, Achievement,</p> <p>2 I can identify a dream/ambition that is important to me Ambition Dream</p> <p>3 I enjoy facing new learning challenges and working out the best ways for me to achieve them Encourage</p> <p>4 I can be motivated and enthusiastic about achieving our new challenge Challenge</p> <p>5 I can recognise obstacles which might hinder my achievement and take steps to overcome them Goal</p>	<p>1 I understand how exercise affects my body and know why my heart and lungs are such important organs Healthy, Exercise, heart, lungs</p> <p>2 I know that the amount of calories, fat and sugar I put into my body will affect my health. Balanced diet, health, unhealthy, calories.</p> <p>3 I can tell you my knowledge and attitude towards drugs. Medicine, dangerous, toxic, illegal.</p> <p>4 I can identify things, people and places that I need to keep safe from</p> <p>I know some strategies for keeping myself safe, who to go to</p>	<p>1 I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. Stereotypes, roles, responsibilities.</p> <p>2 I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener. Listening strategies, take turns, friendship.</p> <p>3 I know and can use some strategies for keeping myself safe online. Technology, safe, unsafe, ceop.</p> <p>4 I can explain how some of the actions and work of people around the world help and influence my life. Admiration, influence, impact.</p>	<p>1 I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby Baby, Grown-up, Adult, Change,</p> <p>2 I understand how babies grow and develop in the mother's uterus.</p> <p>I understand what a baby needs to live and grow. uterus, mother, grow</p> <p>3 I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>I can identify how boys' and girls' bodies change on the</p>

	4	I understand that my actions affect myself and others and I care about other people's feelings Emotions, Feelings,	6	I can tell you about a time when my words affected someone's feelings and what the consequences were. Feelings, consequences, upset.	6	I can evaluate my own learning process and identify how it can be better next time Happy, Kind,		for help and how to call emergency services Stranger, Scare, emergency, safety	5	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. Global, rights, differences, similairites.		outside during this growing up process Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand
	5	I can make responsible choices and take action Valued, Achievements, Pleased, Acknowledge,						5	I can identify when something feels safe or unsafe safe, unsafe	6	I know how to express my appreciation to my friends and family. Appreciate, family, friends.	
	6	I understand my actions affect others and try to see things from their points of view Group Dynamics, Team Work, View Point, Ideal School, Belong						6	I understand how complex my body is and how important it is to take care of it Head, Shoulders, Knees, Toes, Sleep, Wash, Clean,			

4	1	I know my attitudes and actions make a difference to the class team I know how to use my Jigsaw Journal. Positive contribution, collaborate, team	1	I understand that, sometimes, we make assumptions based on what people look like Different Same assume	1	I can tell you about some of my hopes and dreams Proud, Success	1	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. Friendship, qualities, value.	1	I can recognise situations which can cause jealousy in relationships Feelings, Relationship, Friend	1	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm. Parents, characteristic, sperm, egg.
	2	I understand who is in my school community, the roles they play and how I fit in Contribution, Observer,	2	I understand what influences me to make assumptions based on how people look Friends, assume, influence	2	I understand that sometimes hopes and dreams do not come true and that this can hurt Challenge, Feelings	2	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. Leader, follow, group	2	I can identify someone I love and can express why they are special to me Family, special	2	I can correctly label the internal parts of male and female bodies that are necessary for making a baby Male, Female, Vagina, Penis, Testicles, Vulva, Anus,
	3	I understand how democracy works through the School Council School Community, Democracy, Democratic, Decisions, Voting, Authority,	3	I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure Happy, Sad, Frightened, Angry	3	I know that reflecting on positive and happy experiences can help me to counteract disappointment. Experience, happy, remember.	3	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke Unhealthy, smoking, peer pressure.	3	I can tell you about someone I know that I no longer see Argue, Fall-out, Words	3	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this New, Grow, Life cycles, Adulthood, Mature,
	4	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them Included, Excluded	4	I can tell you why witnesses sometimes join in with bullying and sometimes don't tell	4	I know how to make a new plan and set new goals even if I have been disappointed Learning, Stepping-stones, Process,	4	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol Safe Medicines, Safe, Safety,	4	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. Change, argue, fall out, communicate	4	I know how the circle of change works and can apply it to changes I want to make in my life
	5	I understand how groups come together to make decisions. Democracy, together, decide.	5	I can identify what is special about me and value the ways in which I am unique Special, Proud, , Kind	5	I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group Learning, Stretchy, , Obstacle, Overcome, Achieve	5	I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. Special, feelings, love.	5	I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. Special, feelings, love.	5	I can identify changes that have been and may continue to be outside of my control that I learnt to accept Learn, Feelings, Anxious, Worried, Excited, Coping
	6	I understand how democracy and having a voice benefits the school community UN Convention on Rights of Child (UNCRC)	6	I can tell you a time when my first impression of someone changed when I got to know them. Assume, pre-judge, first impression.	6	I can identify the contributions made by myself and others to the group's achievement Working together, Team work,	6	I can recognise when people are putting me under pressure and can explain ways to resist this when I want. Peer pressure, resist, help	6	I know myself well enough to have a clear picture of what I believe is right and wrong. Morals, confidence, right, wrong.	6	I can identify what I am looking forward to when I move to a new class Changes,

5	1	I can face new challenges positively and know how to set personal goals. I know how to use my Jigsaw Journal. Challenge, aspire, goal	1	I understand that cultural differences sometimes cause conflict Similarity, Same as, Different from, Difference, conflict	1	I understand that I will need money to help me achieve some of my dreams. Dreams, goals, job	1	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. Healthy choices, Lifestyle	1	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities Belong, Same, Different, Qualities	1	I am aware of my own self-image and how my body image fits into that. Self image, body image, feelings.
	2	I understand my rights and responsibilities as a citizen of my country Legal, Illegal, Lawful, Laws	2	I understand what racism is Included racism, race, ethnicity	2	I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs. Job, money, earn.	2	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart Body Dangerous	2	I understand that belonging to an online community can have positive and negative consequences Relationships, consequence, friendship	2	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Female, body, changes,
	3	I understand my rights and responsibilities as a citizen of my country and as a member of my	3	I understand how rumour-spreading and name-calling can be bullying behaviours	3	I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it. Future, aspirational, motivate.	3	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. First aid, emergency, help	3	I understand there are rights and responsibilities in an online community or social network. Law, rights, safety.	3	I can describe how boys' and girls' bodies change during puberty. Male, changes, body parts

	<p>school Community, Education, Wants, Needs,</p> <p>4 I can make choices about my own behaviour because I understand how rewards and consequences feel Motivation, Decision</p> <p>5 I understand how an individual's behaviour can impact on a group Co-operation, Collaboration,</p> <p>6 I understand how democracy and having a voice benefits the school community and know how to participate in this Participation</p>	<p>5 I can compare my life with people in the developing world comparison</p> <p>6 I can understand a different culture from my own Celebrations, Special, Unique</p>	<p>5 culture different to mine. Culture, dreams, goals.</p> <p>6 I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. Learn, different, communicate.</p> <p>6 I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. Support, cultures, learn.</p>	<p>4 I understand how the media, social media and celebrity culture promotes certain body types. Healthy body, happy, negative body image.</p> <p>5 I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious</p> <p>6 I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy Motivation, happy, healthy</p>	<p>game online Like, Dislike, Help, Helpful,</p> <p>5 I can recognise when I am spending too much time using devices (screen time). Balance, recognise, devices</p> <p>6 I can explain how to stay safe when using technology to communicate with my friends Friendship, , Caring, Sharing, Kind, skills</p>	<p>teenager and understand this brings growing responsibilities (age of consent). Consent, teenager, future.</p> <p>5 I can identify what I am looking forward to when I move to my next class. Change, transition, move.</p>
6	<p>1 I can identify my goals for this year, understand my fears and worries about the future and know how to express them Challenge, Goal I know how to use my Jigsaw Journal</p> <p>2 I know that there are universal rights for all children but for many children these rights are not met Attitude, Citizen,</p> <p>3 I understand that my actions affect other people locally and globally Views, Opinion, Collective</p> <p>4 I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities. Behaviour, expectation, consequence.</p> <p>5 I understand how an individual's behaviour can impact on a group. Impact, responsible, together.</p> <p>6 I understand how democracy and having a voice benefits the school community. Rights, responsibilities, democratic, democracy.</p>	<p>1 I understand there are different perceptions about what normal means Different, view point, opinion</p> <p>2 I understand that everyone has a right to be who they are. individual, expression, unique</p> <p>3 I can explain some of the ways in which one person or a group can have power over another. Power, unbalanced, fair, unfair.</p> <p>4 I know some of the reasons why people use bullying behaviours. Bully, bullying, persistent,</p> <p>5 I can give examples of people with disabilities who lead amazing lives. Admire, overcome, achieve</p> <p>6 I can explain ways in which difference can be a source of conflict and a cause for celebration. Difference, prejudice, celebrate</p>	<p>1 I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal) goal, challenge</p> <p>2 I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these achieve, persevere, ambition.</p> <p>3 I can identify problems in the world that concern me and talk to other people about them concern, solution, global</p> <p>4 I can work with other people to help make the world a better place. Teamwork, collaborative, dream</p> <p>5 I can describe some ways in which I can work with other people to help make the world a better place. Resources, team work, achieve, create.</p> <p>6 I know what some people in my class like or admire about me and can accept their praise. Proud, admiration, celebrate.</p>	<p>1 I can take responsibility for my health and make choices that benefit my health and well-being. Health, choices, mental health,</p> <p>2 I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. Medicines, unsafe, safe, dangerous.</p> <p>3 I understand that some people can be exploited and made to do things that are against the law. Unlawful, unsafe, exploitation.</p> <p>4 I know why some people join gangs and the risks this involves. Peer pressure, danger, resistance.</p> <p>5 I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. Feelings, expressing, mental health.</p> <p>6 I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. Stress, trigger, calming techniques</p>	<p>1 I know that it is important to take care of my mental health. Emotional health, coping, calm</p> <p>2 I know how to take care of my mental health. Mental health first aid, strategies, feelings</p> <p>3 I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. Bereavement, sad, loss, gone.</p> <p>4 I can recognise when people are trying to gain power or control. Power, controlling behaviour</p> <p>5 I can judge whether something online is safe and helpful for me. Online safety, help, appropriate, inappropriate.</p> <p>6 I can use technology positively and safely to communicate with my friends and family. Known contacts, age appropriate, apps</p>	<p>1 I am aware of my own self-image and how my body image fits into that. Body image, negative, positive, perception.</p> <p>2 I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. Puberty, indications, awareness.</p> <p>3 I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Conceive, baby, male, female, develop</p> <p>4 I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. Feelings, excited, nervous, love.</p> <p>5 I am aware of the importance of a positive self-esteem and what I can do to develop it. Self-esteem, positive, negative.</p> <p>6 I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class. Nervous, worried, excited, next step.</p>
Silver Birch	<p>Skills-based:</p> <ul style="list-style-type: none"> • Turn-taking • Managing emotions • Sharing • Keeping safe 					

