

Year 3

Families & Relationships

- I can explain that problems can occur in families and that there is help available if needed.
- I can explore ways to resolve friendship problems.
- I can develop an understanding of the impact of bullying and what to do if bullying occurs.

- I can identify who I can trust.
- I can explain the effects of non verbal communication.
- I can explore the negative impact of stereotyping..

Health & Wellbeing

- I understand why it is important to look after my teeth.
- I can develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.

- I can break down a problem into smaller parts to overcome it.
- I can explore my own identity through groups I belong to.

Safety & The Changing Body

- I can explore ways to respond to cyberbullying or unkind behaviour online.
- I can develop skills as a responsible digital citizen.
- I can identify things people might do near roads that are un-safe.

- I can explore that people and things can influence me and that I need to make the right decision for me.
- I can explore choices and decisions that I can make.
- I can understand what to do in a medical emergency.

Citizenship

- I can explore how children's rights help them and other Children.
- I can discuss ways to make a difference to recycling rates at home/school.

- I can consider the responsibilities that adults and children have to maintain children's rights.
- I can identify local community groups and discuss how these support the community.

Economic Wellbeing

- I can consider the advantages and disadvantages of different payment methods.

- I can discuss the range of feelings and attitudes people have to money and spending money.

Key Vocabulary

Empathy, Stereotype, Sympathy, Barriers, Belonging, Allergic, Casualty, Charity, Community, Council, Expense

Year 4

Families & Relationships

- I can use respectful language to discuss different families.
- I can explore physical and emotional boundaries in friendships.

- I can explain how my actions and behaviour can affect other people.
- I can discuss how to help someone who has experienced a bereavement.

Health & Wellbeing

- I can develop independence in looking after my teeth.
- I can identify what makes me feel calm and relaxed.
- I can use visualisation as a tool to aid relaxation.
- I can take responsibility for my emotions by knowing that I can control some things but not others.

- I can explore ways I can make myself feel happy or happier.
- I can develop the ability to appreciate the emotions of others in different situations.

Safety & The Changing Body

- I can explore what to do if an adult makes me feel uncomfortable.
- I can explain the benefits and risks of sharing information online.
- I can discuss the benefits of being a non-smoker.

- I can discuss some physical and emotional changes during puberty.
- I can explain how to help someone who is having an asthma attack.

Citizenship

- I can discuss how I can help to protect human rights.
- I can identify ways items can be reused.

- I can explain why reusing items is of benefit to the environment.
- I can discussing the positives diversity brings to a community

Economic Wellbeing

- I can explore the factors which affect whether something is value for money.
- I can identify negative and positive influences that can affect our career choices.

- I can discuss some impacts of losing money.

Key Vocabulary

Bereavement, Bystander, Authority, Boundaries, Fluoride, Visualise, Mental Health, Puberty, Genitals, Tobacco, Cabinet, Human Rights, UN, Career

Progression in PSHE & RSE skills and knowledge at Banks Lane Junior School

We ensure full coverage of the statutory guidance for Relationships, Sex and Health Education and of the PSHE Association's Programme of study by following the Kapow Scheme of Learning.

Our RSE and PSHE curriculum is organised into the following themes:

- Families and relationships—Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.
- Health and wellbeing—Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.
- Safety and the changing body—Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty.
 - Citizenship—Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.
 - Economic wellbeing—Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.
 - Identity (Year 6 only) - Considering what makes us who we are whilst learning about body image.



Year 6

Families & Relationships

- I can identify ways to resolve conflict through negotiation and compromise.
- I can discuss how and why respect is an important part of relationships.
- I can identify ways to challenge stereotypes.
- I can explore the process of grief and understanding that it is different for different people.

Health & Wellbeing

- I can consider ways to prevent illness.
- I can identify some actions to take if I am worried about my health or my friends' health.
- I can identify a range of relaxation strategies and situations in which they would be useful.
- I can set achievable goals for a healthy lifestyle.
- I can explore my personal qualities and how to build on them.

Safety & The Changing Body

- I can develop an understanding about the reliability of online information.
- I can explore online relationships including dealing with problems.
- I can discuss the reasons why adults may or may not drink alcohol.
- I understand how a baby is conceived and develops.
- I can explain how to help someone who is choking.
- I can place an unresponsive patient into the recovery position.

Citizenship

- I can discuss environmental issues relating to food.
- I can discuss how education and other human rights protect us.
- I can explain how people can influence what happens in parliament.
- I can discuss ways to challenge prejudice and discrimination.

Identity (Year 6 only)

- I can discuss the factors that make my 'identity'.
- I can recognise the difference between how we see ourselves and how others see us.
- I can explore how the media might influence our identity.

Economic Wellbeing

- I can discuss some risks associated with gambling.

Key Vocabulary

Earn, Resolve, Grieving, Antibodies, Vaccination, Fertilisation, Sexual Intercourse, Conflict, Gambling, PIN, Identity, Manipulation

Year 5

Families & Relationships

- I can identify ways families might make children feel unhappy or unsafe.
- I can explore the impact that bullying might have.

- I can explore issues which might be encountered in friendships and how these might impact the friendship.
- I can explore and question the assumptions I make about people based on how they look.

Health & Wellbeing

- I can develop independence for protecting myself in the sun.
- I can understand the relationship between stress and relaxation .
- I can take responsibility for my own feelings.

- I can consider calories and food groups to plan healthy meals.
- I can develop greater responsibility for ensuring good quality sleep.

Safety & The Changing Body

- I can develop an understanding of how to ensure relationships online are safe.
- I can make 'for' and 'against' arguments to help with decision making.
- I know that puberty happens at different ages for different people.

- I understand the process of the menstrual cycle.
- I know the names of the external sexual parts of the body and the internal reproductive organs.
- I can explain how to help someone who is bleeding.

Citizenship

- I can explain why reducing the use of materials is positive for the environment.
- I can discuss how rights and responsibilities link.
- I can identify ways people can bring about change in society.

- I can explore the right to a freedom of expression.
- I can develop an understanding of how parliament and Government work.

Economic Wellbeing

- I can discuss the role of money in selecting a job.

- I can make a budget based on priorities.

Key Vocabulary

Attributes, Marriage, Responsibility, Relaxation, Menstruation, Defendant, House of Commons, MP, Jury, Discrimination, Interest, Expenditure