



**Do I understand...**

**Health and Wellbeing** – strengths, aspirations, strong feelings, substances, decision making, medicine- alcohol, smoking, healthy lifestyles, drugs.

**Relationships** – elaborating play ideas, being assertive, responsibility, being outgoing, self confidence, others’ feelings, conflicts and rivalries

**Living in the wider world** – budgets, savings, VAT/interest/loans/tax, enterprise, charity work

**Sex and Relationships** – adolescent relationships, how close friendships develop

**Awareness of views in the wider world** – gender/transgender, views/beliefs and the wider world

**Do I understand...**

**Health and Wellbeing** – feeling alone, death, difficult times, food groups, physical/mental health, working collaboratively, cooking skills.

**Relationships** – racial discrimination, gender discrimination, stereotypes, listening skills, collaboration

**Living in the wider world** – structure, democracy/government/monarchy, rights of a child

**Do I understand...**

**Health and Wellbeing** – different family units, friends, self belief, goals

**Relationships** – resilience and empathy, communication, kind manner, safer environment, teamwork, working collaboratively

**Living in the wider world** – interacting with the community, discrimination/stereotypes

**Do I understand...**

**Health and Wellbeing** - Loss, online safety, physical emotion and mental health, manage changes, healthy choices, similarities and differences, physical and emotional change, emergency contacts.

**Relationships** – friends and family, similarities, different cultures and beliefs

**Living in the wider world** – balanced diet, where food comes from, money choices.

**Do I understand...**

**Health and Wellbeing** – own emotions, health and hygiene, emotional and physical changes since birth, empathy, secrets and surprises, saying no.

**Relationships** – working together, behaviour and emotions, online safety, being kind, empathy, important people

**Living in the wider world** – caring about living things

**Do I understand...**

**Health and Wellbeing** – Healthy eating, rules/class rules, emotions and strategies, consequences, aspirations, differences between boys and girls, body parts, keeping healthy.

**Relationships** – how friendships work

**Living in the wider world** – belonging, school and community projects, road safety, medicines, value of money, business and money

**Do I understand...**

**Health and Wellbeing** - Basic Hygiene – toileting, washing, happy/sad, goals

**Relationships** - Playing with others, conflicts, community, others’ feelings

**Living in the wider world** - Responsibility and community membership rules

**Do I understand...**

**Health and Wellbeing** – dressing, healthy food, independence and resilience, behaviour regulation, self worth

**Relationships** – Own feelings, special people, cooperation, adapting behaviour, positive attachments, respectful relationships, focusing



Poppy - PSHE

