

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Outcome <i>Italics show emotional literacy outcomes.</i>	Children can compare their life with other people in their country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. <i>They can explain how the actions of one person can affect another.</i>	Children can explain the differences between direct and indirect types of bullying. They can offer a range of strategies to help themselves <i>They can explain why racism and other forms of discrimination are unkind. They can express how they feel about discriminatory behaviour.</i>	Children can compare their hopes and dreams with those of young people from different cultures. <i>They can reflect on the hopes and dreams of young people from another culture and explain how this makes them feel.</i>	Children can explain the different roles that food and substances can play in people's lives. They can also explain how people can develop eating problems relating to body image pressures. They know how smoking and alcohol misuse are unhealthy. <i>They can summarise different ways that they respect and value their body.</i>	Children can compare different types of friendships and the feelings associated with them. They can explain how to stay safe when using technology to communicate with their friends. <i>They can apply strategies to manage their feelings and the pressures they face to use technology in ways that may be risky or cause harm to themselves or others.</i>	Children can explain how boys and girls change during puberty and why looking after themselves physically and emotionally is important. They can summarise the process of conception. <i>They can express how they feel about the changes that will happen to them during puberty.</i>
Sequence of Learning	<p>I can face new challenges positively and know how to set personal goals.</p> <p>I understand my rights and responsibilities as a citizen of my country.</p> <p>I understand my rights and responsibilities as a citizen of my country and as a member of my school.</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel.</p> <p>I understand how an individual's behaviour can impact on a group.</p> <p>I understand how democracy and having a voice benefit the school community and know how to participate in this.</p>	<p>I understand that cultural differences sometimes cause conflict.</p> <p>I understand what racism is.</p> <p>I understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p>I can explain the difference between direct and indirect types of bullying.</p> <p>I can compare my life with people in the developing world.</p> <p>I can understand a different culture from my own.</p>	<p>I understand that I will need money to help me achieve some of my dreams.</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</p> <p>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.</p> <p>I can describe the dreams and goals of young people in a culture different to mine.</p> <p>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.</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations and suggest ways we might do this.</p>	<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergencies.</p> <p>I understand how the media, social media and celebrity culture promote certain body types.</p> <p>I can describe the different attitudes people have to food and how these can be affected by external influences.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I understand that belonging to an online community can have positive and negative consequences.</p> <p>I understand there are rights and responsibilities in an online community or social network.</p> <p>I know there are rights and responsibilities when playing a game online.</p> <p>I can recognise when I am spending too much time using devices.</p> <p>I can explain how to stay safe when using technology to communicate with my friends.</p>	<p>I am aware of my own self-image and how my body image fits into that.</p> <p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I can describe how boys' and girls' bodies change during puberty.</p> <p>I understand that sexual intercourse can lead to conception and that is how babies are usually made.</p> <p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities.</p> <p>I can identify what I am looking forward to when I move to my next class.</p>
Vocabulary	wealth poverty prejudice privilege deprive	race racism discrimination culture homophobic	aspirations motivation determination sponsorship culture	debate lifestyle self-respect comparison recovery	vulnerable grooming mental health trolled self-esteem	perceptions consent conception making love sexual intercourse