



MOUNTFIELDS LODGE CORE LEARNING

PERSONAL, SOCIAL, HEALTH EDUCATION

EXPLORE PERSEVERE INDEPENDENT COMMUNICATE



Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To be able to explain how they are different and similar to other people in their class, and why this makes everyone special.	To explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.	Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. To offer strategies to help the situation.	Explain why bullying might be difficult to spot and what to do about it if they are not sure.	Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help themselves and others if they become involved (directly or indirectly) in a bullying situation.	Explain ways in which difference can be a source of conflict or a cause for celebration.
Identify a range of ways to keep their body safe and healthy.	Explain why foods and medicines can be good for their body comparing ideas with less healthy/unsafe choices.	Identify things, people and places that they need to keep safe from, and can explain some strategies for keeping themselves safe and healthy including who to go to for help.	Recognise when people are putting them under pressure and can explain ways to resist this when they want to.	Explain different roles that food and substances can play in people's lives. Explain smoking and alcohol misuse is unhealthy.	Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.
Explain why they have special relationships with some people and how these relationships help them to feel safe and good about themselves.	Explain why some things might make them feel uncomfortable in a relationship and compare this with relationships that make them feel safe and special.	Explain how their lives are influenced positively by people I know and also by people from other countries.	Give ways that might help them manage feelings when missing a special person or animal.	Explain how to stay safe when using technology to communicate with friends, including how to stand up for themselves, negotiate and to resist peer pressure.	Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
Use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.	Explain why some types of touches feel OK and others don't.	Explain how boys' and girls' bodies change on the inside/outside during the growing up process.	Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.	Explain how boys and girls change during puberty and why looking after themselves physically and emotionally is important.	Recognise how they feel when they reflect on becoming a teenager and how they feel about the development and birth of a baby.