

Year	Autumn			Spring			Summer		
	Relationships			Living in the Wider World			Health and Wellbeing		
	Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
1	<p>I know about people who care for me.</p> <p>I know the role these different people play in my life.</p> <p>I know what it means to be a family and how families are different.</p> <p>I know about the importance of telling someone — and how to tell them — if I am worried about something in my family.</p>	<p>I know about situations when someone's body or feelings might be hurt and whom to go to for help</p> <p>I know about what it means to keep something private, including parts of the body that are private.</p> <p>I know how to identify different types of touch and how they make people feel.</p> <p>I know how to respond if being touched makes me feel uncomfortable or unsafe</p> <p>I know when it is important to ask for permission to touch others.</p> <p>I know how to ask for and give/not give permission.</p>	<p>I know what kind and unkind behaviour mean in and out school.</p> <p>I know how kind and unkind behaviour can make people feel.</p> <p>I know what respect means.</p> <p>I know about class rules, being polite to others, sharing and taking turns.</p> <p><i>I know why it is important to be considerate and kind to people online and to respect their choices.</i></p> <p><i>I know why things one person finds funny or sad online may not always be seen in the same way by others.</i></p> <p><i>I know that there may be people online who could make me upset.</i></p>	<p>I know examples of rules in different situations.</p> <p>I know that different people have different needs.</p> <p>I know how to care for people, animals and other living things in different ways.</p> <p>I know how I can look after the environment.</p> <p><i>I know when I should ask permission to do something online and explain why this is important.</i></p>	<p>I know how and why people use the internet.</p> <p>I know the benefits of using the internet and digital devices.</p> <p>I know how people find things out and communicate safely with others online.</p> <p><i>I know / understand that we can encounter a range of things online including things we like and don't like as well as things which are real or make believe / a joke.</i></p> <p><i>I know how to get help from a trusted adult if we see content that makes us feel sad, uncomfortable worried or frightened.</i></p>	<p>I know that everyone has different strengths, in and out of school.</p> <p>I know that different strengths and interests are needed to do different jobs.</p> <p>I know about people whose job it is to help us in the community.</p> <p>I know about different jobs and the work people do.</p>	<p>I know what it means to be healthy and why it is important.</p> <p>I know ways to take care of myself on a daily basis.</p> <p>I know about basic hygiene routines.</p> <p>I know about healthy and unhealthy foods.</p> <p>I know about physical activity and how it keeps people health.</p> <p>I know about different types of play.</p> <p>I know about people who can help them to stay healthy.</p> <p>I know how to keep safe in the sun</p>	<p>I know what makes me special and unique.</p> <p>I know how to manage and whom to tell when I find things difficult.</p> <p>I know how I am the same and different to others.</p> <p>I know about different kinds of feelings.</p> <p>I know how to recognise feelings in myself and others.</p> <p>I know how feelings can affect how people behave.</p>	<p>I know how rules can help to keep me safe.</p> <p>I know why some things have age restrictions.</p> <p>I know basic rules for keeping safe online.</p> <p>I know whom to tell if I see something online that makes me feel unhappy, worried, or scared.</p> <p><i>I know that if something happens that makes me feel sad, worried, uncomfortable or frightened</i></p> <p><i>I know when to speak to an adult I can trust and how they can help.</i></p>

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2	<p>I know how to be a good friend.</p> <p>I know different ways that people meet and make friends</p> <p>I know strategies for positive play with friends,</p> <p>I know what causes arguments between friends</p> <p>I know how to positively resolve arguments between friends</p> <p>I know how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else</p>	<p>I know how to recognise hurtful behaviour, including online.</p> <p>I know what to do and whom to tell if they see or experience hurtful behaviour, including online.</p> <p>I know the difference between happy surprises and secrets that make me feel uncomfortable or worried, and how to get help.</p> <p>I know how to resist pressure to do something that feels uncomfortable or unsafe.</p> <p>I know how to ask for help if I feel unsafe or worried and what vocabulary to use.</p> <p>I can explain what bullying is, how people may bully</p>	<p>I know the things I have in common with my friends, classmates, and other people.</p> <p>I know how friends can have both similarities and differences.</p> <p>I know how to play and work cooperatively in different groups and situations.</p> <p>I know how to share my ideas and listen to others, take part in discussions, and give reasons for my views.</p> <p>I can describe different ways to ask for, give, or deny my permission online and can identify who can help me if I am not sure.</p> <p>I can explain why I have a right to say 'no' or 'I will</p>	<p>I know about being a part of different groups, and the role they play in these groups</p> <p>I know about different rights and responsibilities that I have in school and the wider community.</p> <p>I know how a community can help people from different groups to feel included.</p> <p>I know to recognise that we are all equal, and ways in which we are the same and different to others in our community</p>	<p>I know the ways in which people can access the internet.</p> <p>I know the purpose and value of the internet in everyday life</p> <p>I know that some content on the internet is factual and some is for entertainment.</p> <p>I can explain how some people may have devices in their homes connected to the internet and give examples</p> <p>I can explain why some information I find online may not be real or true.</p> <p>I can explain what voice activated searching is and how it might be used, and know it is not a real person.</p>	<p>I know what money is and its different forms.</p> <p>I know how money can be kept and looked after.</p> <p>I know about getting, keeping and spending money.</p> <p>I know that people are paid money for the job they do.</p> <p>I know how to recognise the difference between needs and wants.</p> <p>I know how people make choices about spending money.</p>	<p>I know about routines and habits for maintaining good physical and mental health.</p> <p>I know why sleep and rest are important for growing and keeping healthy.</p> <p>I know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies</p> <p>I know the importance of, and routines for, brushing teeth and visiting the dentist.</p> <p>I know about food and drink that affect dental health.</p> <p>I know how to describe and share a range of feelings</p>	<p>I know about the human life cycle and how people grow from young to old.</p> <p>I know how our needs and bodies change as we grow up.</p> <p>I know the names of main parts of the body including external genitalia.</p> <p>I know about change as people grow up, including new opportunities and responsibilities.</p> <p>I know how to prepare to move to a new class and setting goals for next year.</p>	<p>I know how to recognise risk in everyday situations.</p> <p>I know how to help keep myself safe in familiar and unfamiliar environments, such as in school, online and 'out and about'.</p> <p>I know to identify potential unsafe situations, who is responsible for keeping me safe in these situations, and steps I can take to avoid or remove myself from danger.</p> <p>I know how to help keep myself safe at home in relation to electrical appliances, fire safety and medicines/household products.</p> <p>I know things that people can put into their body or onto their skin (e.g. medicines and creams) and how</p>

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		<p>others and how bullying can make someone feel.</p> <p>I can explain why anyone who experiences bullying is not to blame.</p> <p>I can talk about how anyone experiencing bullying can get help.</p>	<p>have to ask someone'.</p> <p>I can explain who can help me if I feel under pressure to agree to something I am unsure about or don't want to do.</p> <p>I can identify who can help me if something happens online without my consent.</p> <p>I can explain how it may make others feel if I do not ask their permission or ignore their answers before sharing something about them online.</p> <p>I can explain why I should always ask a trusted adult before clicking 'yes', 'agree' or 'accept' online.</p>				<p>I know ways to feel good, calm down or change my mood.</p> <p>I know how to manage big feelings including those associated with change, loss and bereavement.</p> <p>I know when and how to ask for help, and how to help others, with their feeling.</p>		<p>these can affect how people feel.</p> <p>I know how to respond if there is an accident and someone is hurt.</p> <p>I know whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say.</p> <p>I can explain simple guidance for using technology in different environments and settings.</p> <p>I can say how those rules / guides can help anyone accessing online technologies.</p>
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3	<p>I know that and respect that there are different types of families.</p> <p>I know that being part of a family provides support, stability and love</p> <p>I know the positive aspects of being part of a family, such as spending time together and caring for each other.</p> <p>I know the different ways that people can care for each other.</p> <p>I know when something in a family might make someone upset or worried.</p> <p>I know what to do and whom to tell if family relationships are making me feel</p>	<p>I know what is appropriate to share with friends, classmates, family and wider social groups including online.</p> <p>I know what privacy and personal boundaries are, including online.</p> <p>I know basic strategies to help keep myself safe online.</p> <p>I know that bullying and hurtful behaviour is unacceptable in any situation.</p> <p>I know the effects and consequences of bullying for the people involved.</p> <p>I know what to do and whom to tell if I see or experience bullying or hurtful behaviour.</p>	<p>I know how to recognise respectful behaviours.</p> <p>I know how to model respectful behaviour in different situations.</p> <p>I know the importance of self-respect and my right to be treated respectfully by others.</p> <p>I know what it means to treat others, and be treated, politely.</p> <p>I know the ways in which people show respect and courtesy in different cultures and in wider society.</p> <p>I can explain what is meant by the term 'identity'.</p>	<p>I know the reasons for rules and laws in wider society.</p> <p>I know the importance of abiding by the law and what might happen if rules and laws are broken.</p> <p>I know what human rights are and how they protect people.</p> <p>I know how to identify basic examples of human rights including the rights of children.</p> <p>I know how I have rights and also responsibilities.</p> <p>I know that with every right there is also a responsibility.</p>	<p>I know how the internet can be used positively for leisure, for school and for work. I know that images and information online can be altered or adapted and the reasons for why this happens.</p> <p>I know strategies to recognise whether something I see online is true or accurate.</p> <p>I know how to make safe, reliable choices from search results.</p> <p>I know how to report something seen or experienced online that concerns me.</p> <p>I can explain why some online activities have age restrictions, why it is important to</p>	<p>I know about jobs that people may have from different sectors.</p> <p>I know that people can have more than one job at once or over their lifetime</p> <p>I know about common myths and gender stereotypes related to work.</p> <p>I know to challenge stereotypes through examples of role models in different fields of work.</p> <p>I know about some of the skills needed to do a job, such as teamwork and decision-making.</p> <p>I know how to recognise my interests, skills and achievements and how these</p>	<p>I know that the choices that people make in daily life that could affect their health.</p> <p>I know how to identify healthy and unhealthy choices.</p> <p>I know what can help people to make healthy choices and what might negatively influence them.</p> <p>I know about habits and that sometimes they can be maintained, changed or stopped.</p> <p>I know the positive and negative effects of habits, on a healthy lifestyle.</p> <p>I know what is meant by a healthy, balanced diet including what foods should be eaten regularly</p>	<p>I know that everyone is an individual and has unique and valuable contributions to make.</p> <p>I know how strengths and interests form part of a person's identity.</p> <p>I know how to identify my own personal strengths and interests and what they're proud of.</p> <p>I know the common challenges to self-worth.</p> <p>I know basic strategies to manage and reframe setbacks.</p>	<p>I know how to identify typical hazards at home and in school.</p> <p>I know how to predict, assess and manage risk in everyday situations.</p> <p>I know about fire safety at home including the need for smoke alarms.</p> <p>I know the importance of following safety rules from parents and other adults.</p> <p>I know how to help keep myself safe in the local environment or unfamiliar places, including road, rail, water and firework safety.</p>

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<p>unhappy or unsafe.</p> <p>I can describe ways people who have similar likes and interests can get together online.</p> <p>I can describe and demonstrate how we can get help from a trusted adult if we see content that makes us feel sad, uncomfortable worried or frightened.</p>	<p>I can describe appropriate ways to behave towards other people online and why this is important.</p> <p>I can give examples of how bullying behaviour could appear online and how someone can get support.</p> <p>I can recognise when someone is upset, hurt or angry online.</p> <p>I can describe ways people can be bullied through a range of media to share with others who can help me.</p> <p>I can explain how someone would report online bullying in different contexts.</p>			<p>follow them and know who I can talk to if others pressure me to watch or do something online that makes me feel uncomfortable.</p> <p>I can explain how to search for information about others online.</p> <p>I can give examples of what anyone may or may not be willing to share about themselves online.</p> <p>I can explain the need to be careful before sharing anything personal.</p> <p>I can describe how connected devices can collect and share anyone's information with others.</p>	<p>might link to future jobs.</p> <p>I know how to set goals that I would like to achieve this year.</p>	<p>or just occasionally.</p> <p>I know that regular exercise such as walking or cycling has positive benefits for my mental and physical health.</p> <p>I know about the things that affect feelings both positively and negatively.</p> <p>I know strategies to identify and talk about my feelings.</p> <p>I know some of the different ways people express feelings.</p> <p>I know how feelings can change overtime and become more or less powerful.</p> <p>I can explain why spending too much time using technology can sometimes have a negative impact on anyone,</p>			
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4	<p>I know about the features of positive healthy friendships.</p> <p>I know strategies to build positive friendships.</p> <p>I know how to seek support with relationships if I feel lonely or excluded.</p> <p>I know how to communicate respectfully with friends when using digital devices.</p> <p>I know how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone I don't know.</p> <p>I know what to do or whom to tell if I am worried about any contact online.</p>	<p>I know how to differentiate between playful teasing, hurtful behaviour and bullying, including online.</p> <p>I know how to respond if I witness or experience hurtful behaviour or bullying, including online.</p> <p>I know the difference between 'playful dares and dares which put someone under pressure, at risk, or make them feel uncomfortable.</p> <p>I know how to manage pressures associated with dares.</p> <p>I know when it is right to keep or break a confidence or share a secret.</p>	<p>I know differences between people such as gender, race, faith.</p> <p>I know what I have in common with others.</p> <p>I know the importance of respecting the differences and similarities between people.</p> <p>I know the vocabulary to sensitively discuss difference and include everyone.</p> <p><i>I can explain how content shared online may feel unimportant to one person but may be important to other people's thoughts feelings and beliefs.</i></p> <p><i>I can explain why lots of people sharing the same opinions or beliefs online do not make</i></p>	<p>I know the meaning and benefits of living in a community.</p> <p>I know that I belong to different communities as well as the school community.</p> <p>I know the different groups that make up and contribute to a community.</p> <p>I know the individuals and groups that help the local community, including through volunteering and work.</p> <p>I know how to show compassion towards others in need and the shared responsibilities of caring for them.</p>	<p>I know that everything shared online has a digital footprint.</p> <p>I know that organisations can use personal information to encourage people to buy things.</p> <p>I know what online adverts look like.</p> <p>I know how to compare content shared for factual purposes and for advertising.</p> <p>I know why people might choose to buy or not buy something online.</p> <p>I know that search results are ordered based on the popularity of the website and that this can affect what information people access.</p> <p><i>I can describe strategies for keeping personal</i></p>	<p>I know that people make different spending decisions based on their budget, values and needs.</p> <p>I know how to keep track of money and why it is important to know how much is being spent.</p> <p>I know about different ways to pay for things such as cash, cards, e-payment and the reasons for using them.</p> <p>I know that how people spend money can have positive or negative effects on others.</p>	<p>I know a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.</p> <p>I know what good physical health means and how to recognise early signs of physical illness.</p> <p>I know that common illnesses can be quickly and easily treated with the right care.</p> <p>I know how to maintain oral hygiene and dental health, including how to brush and floss correctly.</p> <p>I know the importance of regular visits to the dentist and the effects of different foods, drinks and</p>	<p>I know how to identify external genitalia and reproductive organs.</p> <p>I know about the physical and emotional changes during puberty. I know the key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams.</p> <p>I know strategies to manage the changes during puberty including menstruation.</p> <p>I know the importance of personal hygiene routines during puberty including washing regularly and using deodorant.</p> <p>I know how to discuss the challenges of puberty with a trusted adult.</p>	<p>I know the importance of taking medicines correctly and using household products safely.</p> <p>I know what is meant by a 'drug.</p> <p>I know that drugs common to everyday life can affect health and wellbeing.</p> <p>I know some of the effects related to different drugs and that all drugs, including medicines, may have side effects.</p> <p>I know some of the risks associated with drugs common to everyday life.</p> <p>I know that for some people using drugs can become a habit which is difficult to break.</p> <p>I know how to ask for help or advice.</p>

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	<p>I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours.</p>	<p>I know how to recognise risks online such as harmful content or contact.</p> <p>I know how people may behave differently online including pretending to be someone they are not• how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online.</p> <p>I can describe strategies for safe and fun experiences in a range of online social environments.</p>	<p>those opinions or beliefs true.</p>		<p>information private, depending on context.</p> <p>I can describe how some online services may seek consent to store information about me; I know how to respond appropriately and who I can ask if I am not sure.</p> <p>I know what the digital age of consent is and the impact this has on online services asking for consent.</p>		<p>substances on dental health.</p>	<p>I know how to get information, help and advice about puberty.</p>	
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