

**PSPD Curriculum Map**  
**Milestone Academy**  
**Phase 2**

**Vision Statement** - To develop independence and confidence when exploring building relationships, self awareness, managing behaviour and managing our emotions. Allowing us to acquire knowledge, understanding and skills of the world to manage our lives now and in the future independently and safely.

**Brook Pathway** - PSPD sessions will be an extension of ILPs to fully embed and generalise skills in a variety of activities and settings across the whole day. ILP targets will be transferred into a range of activities throughout the sessions to consolidate skills across environments from the 'PSEWB, Building Relationships and Managing feelings and behaviour' area of the ILP. Differentiated levels of staff support are available in line with prompts on ILPs to promote independence as appropriate.

**Stream Pathway** - PSPD sessions will be an extension of ILPs to fully embed and generalise skills in a variety of activities and settings across the whole day. ILP targets will be transferred into a range of activities throughout the sessions to consolidate skills across environments from the 'Functional and Citizenship' area of the ILP. Differentiated levels of staff support are available in line with prompts on ILPs to promote independence as appropriate.

**River/ Waterfall Pathway** - PSPD will be embedded across the day to master self help, independence and social skills generalising these skills in a variety of activities. Targets will be transferred into a range of activities experienced in PSPD weekly sessions to consolidate skills across environments with a focus on PSHE and RSE. Differentiated levels of staff support are available to promote independence as appropriate.

**\*\* In addition to ILP targets/ PSPD sessions , there will be timetabled activities for continuous skill development in personal care including: teeth cleaning, hair brushing, handwashing, toileting, dressing and undressing skills and eating and drinking skills.**

- = SEMH focus
- = PSHE/ RSE focus

Year 1	Brook		Stream		River		Waterfall	
Term 1	<i>Being me in my world</i>							
	Week 1	LO: I can explore how it feels to belong and that we are similar and different.  <b>Examples</b>	Week 1	LO: I can explore how it feels to belong and that we are similar and different.  <b>Examples</b>	Week 1	LO: I recognise my worth and can identify positive things about myself and my achievements. LO: I can set personal goals.	Week 1	LO: I can face new challenges positively and know how to set personal goals. LO: I know what I value most about my school and can identify my hopes for this school year.
	Week 2		Week 2		Week 2	LO: I value myself and know	Week 2	

					how to make someone else feel welcome and valued.		<b>Examples</b>
	Week 3		Week 3		<b>Examples</b>		
	Week 4	LO: I can explore how feeling happy and sad can be expressed.	Week 4	LO: I can explore how feeling happy and sad can be expressed.	Week 3 LO: I can face new challenges positively, make responsible choices and ask for help when I need it. LO: I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions.	Week 3	LO: I understand my rights and responsibilities as a citizen of my country and as a member of my school. LO: I can empathise with people in this country whose lives are different to my own.
	Week 5	<b>Examples</b>	Week 5	<b>Examples</b>	<b>Examples</b>	Week 4	<b>Examples</b>
	Week 6		Week 6		Week 5 LO: I understand why rules are needed and how they relate to rights and responsibilities. LO: I know how to make others feel valued.	Week 5	LO: I understand my rights and responsibilities as a citizen of my country. LO: I can empathise with people in this country whose lives are different to my own.
					<b>Examples</b>	Week 6	<b>Examples</b>

Term 2

*Celebrating differences*

	Week 1	LO: I can explore being proud of something I am good at.	Week 1	LO: I can explore being proud of something I am good at.	Week 1	LO: I understand that everybody's family is different and important to them. LO: I appreciate my family/the people who care for me.	Week 1	LO: I understand that cultural differences sometimes cause conflict. LO: I am aware of my own culture.
	Week 2	<b>Examples:</b> <a href="#">Lesson Plan</a> - <a href="#">Resources</a>	Week 2	<b>Examples</b>	Week 2	<b>Examples</b>	Week 2	<b>Examples</b>
	Week 3		Week 3		Week 3	LO: I understand that differences and conflicts sometimes happen among family members.	Week 3	LO: I understand what racism is. LO: I am aware of my attitude towards people from different races, cultures and ethnicities.

	Week 4	LO: I can explore how I am special and unique.  <b>Examples</b>	Week 4	LO: I can explore how I am special and unique.  <b>Examples</b>	Week 4	LO: I know how to calm myself down.  <b>Examples</b>	Week 4	<b>Examples</b>
	Week 5		Week 5		Week 5	LO: I know what it means to be a witness to bullying. LO: I know some ways of helping to make someone who is bullied feel better.	Week 5	LO: I understand how rumour-spreading and name-calling can be bullying behaviours.
	Week 6		Week 6		Week 6	<b>Examples</b>	Week 6	LO: I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one.  <b>Examples</b>

Term 3

*Dreams, goals & aspirations*

	Week 1	LO: I can explore perseverance in a challenging task.  <b>Examples</b>	Week 1	LO: I can explore perseverance in a challenging task.  <b>Examples</b>	Week 1	LO: I can tell you about a person who has faced difficult challenges and achieved success. LO: I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g., through disability).  <b>Examples</b>	Week 1	LO: I understand that I will need money to help me achieve some of my dreams. LO: I can identify what I would like my life to be like when I am grown up.  <b>Examples</b>
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I can identify a dream/ambition that is important to me. LO: I can imagine how I will feel when I achieve my dream/ambition.	Week 3	LO: I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.
	Week 4	LO: I can demonstrate not giving up in an activity to achieve my goal.  <b>Examples</b>	Week 4	LO: I can demonstrate not giving up in an activity to achieve my goal.  <b>Examples</b>	Week 4	<b>Examples</b>	Week 4	LO: I appreciate the contributions made by people in different jobs.  <b>Examples</b>

	Week 5		Week 5		Week 5	LO: I enjoy facing new learning challenges and working out the best ways for me to achieve them. LO: I can break down a goal into a number of steps and know how others could help me to achieve it.	Week 5	LO: 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.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future. Examples

Term 4	<i>Healthy me</i>							
--------	-------------------	--	--	--	--	--	--	--

	Week 1	LO: I can explore a range of exercise/ physio activities. Examples: <a href="#">Outdoor learning</a> .	Week 1	LO: I can explore a range of exercise/ physio activities. Examples: <a href="#">Outdoor learning</a> .	Week 1	LO: I understand how exercise affects my body and know why my heart and lungs are such important organs. LO: I can set myself a fitness challenge.	Week 1	LO: I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. LO: I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.
	Week 2		Week 2		Week 2	Examples	Week 2	Examples
	Week 3		Week 3		Week 3	LO: I know that the amount of calories, fat and sugar I put into my body will affect my health. LO: I know what it feels like to make a healthy choice.	Week 3	LO: I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. LO: I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure.
	Week 4	LO: I can explore movement and rests during exercise/ physio activities. Examples	Week 4	LO: I can explore movement and rests during exercise/ physio activities. Examples	Week 4	Examples	Week 4	Examples
	Week 5		Week 5		Week 5	LO: I can tell you my knowledge and attitude towards drugs. LO: I can identify how I feel	Week 5	LO: I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get

	Week 6		Week 6		Week 6	towards drugs. <b>Examples</b>	Week 6	help in emergency situations. LO: I know how to keep myself calm in emergencies. <b>Examples</b>
Term 5	<i>Relationships</i>							
	Week 1	LO: I can explore relationships in my family. <b>Examples</b>	Week 1	LO: I can explore relationships in my family. <b>Examples</b>	Week 1	LO: I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. LO: I can describe how taking some responsibility in my family makes me feel. <b>Examples</b>	Week 1	LO: I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. LO: I know how to keep building my own self-esteem. <b>Examples</b>
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener. LO: I know how to negotiate in conflict situations to try to find a win-win solution. <b>Examples</b>	Week 3	LO: I understand that belonging to an online community can have positive and negative consequences. LO: I can recognise when an online community feels unsafe or uncomfortable. <b>Examples</b>
	Week 4	LO: I can show awareness of others and begin to explore building positive relationships. <b>Examples</b>	Week 4	LO: I can show awareness of others and begin to explore building positive relationships. <b>Examples</b>	Week 4		Week 4	
	Week 5		Week 5		Week 5	LO: I know and can use some strategies for keeping myself safe online. LO: I know who to ask for help if I am worried or concerned about anything online. <b>Examples</b>	Week 5	LO: I understand there are rights and responsibilities in an online community or social network. LO: I can recognise when an online community is helpful or unhelpful to me. <b>Examples</b>
	Week 6		Week 6		Week 6		Week 6	

Term 6	Changing me							
	Week 1	LO: I can explore parts of my body and show respect for myself.  <b>Examples</b>	Week 1	LO: I can explore parts of my body and show respect for myself.  <b>Examples</b>	Week 1	LO: I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby.  LO: I can express how I feel when I see babies or baby animals.  <b>Examples</b>	Week 1	LO: I am aware of my own self-image and how my body image fits into that. LO: I know how to develop my own self esteem.  <b>Examples</b>
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I understand what a baby needs to live and grow. LO: I can express how I might feel if I had a new baby in my family.  <b>Examples</b>	Week 3	LO: I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.  LO: I understand that puberty is a natural process that happens to everybody and that it will be ok for me.  <b>Examples</b>
	Week 4	LO: I can explore healthy foods through my senses.  <b>Examples</b>	Week 4	LO: I can explore healthy foods through my senses.  <b>Examples</b>	Week 4		Week 4	
					Week 5	LO: I can identify how boys' and girls' bodies change on the outside during this growing up process.  LO: I recognise how I feel about these changes happening to me and know how to cope with those feelings.  <b>Examples</b>	Week 5	LO: I can describe how boys' and girls' bodies change during puberty. LO: I can express how I feel about the changes that will happen to me during puberty.  <b>Examples</b>
					Week 6		Week 6	

Year 2	Brook		Stream		River		Waterfall		
Term 1	<i>Being me in my world</i>								
	Week 1	LO: I can explore sharing my space and be aware of others.	Week 1	LO: I can explore sharing my space and be aware of others.  <b>Examples</b>	Week 1	LO: I understand that my actions affect myself and others and I care about other people's feelings. LO: I understand that my behaviour brings rewards/consequences.	Week 1	LO: I can make choices about my own behaviour because I understand how rewards and consequences feel.	
	Week 2	<b>Examples</b>			Week 2	<b>Examples</b>			Week 2
	Week 3				Week 3		Week 3	LO: I can make responsible choices and take action. LO: I can work cooperatively in a group.	Week 3
	Week 4	LO: I can explore good touch and being kind.	Week 4	LO: I can explore good touch and being kind.  <b>Examples</b>	Week 4	<b>Examples</b>	Week 4	<b>Examples</b>	
	Week 5				Week 5	LO: I understand my actions affect others and try to see things from their points of view. LO: I am choosing to follow the class rules.			Week 5
	Week 6				Week 6		Week 6	<b>Examples</b>	Week 6
Term 2	<i>Celebrating differences</i>								
	Week 1	LO: I can explore my family and people who are important to me.  <b>Examples</b>	Week 1	LO: I can explore my family and people who are important to me.  <b>Examples</b>	Week 1	LO: I know that witnesses can make the situation better or worse by what they do. LO: I can problem-solve a bullying situation with others.	Week 1	LO: I can explain the difference between direct and indirect types of bullying. LO: I know some ways to encourage children who use	

	Week 2		Week 2		Week 2	<b>Examples</b>	Week 2	bullying behaviours to make other choices and know how to support children who are being bullied. <b>Examples</b>
	Week 3		Week 3		Week 3	LO: I recognise that some words are used in hurtful ways. LO: I try hard not to use hurtful words (e.g.ugly, fat).	Week 3	LO: I can compare my life with people in the developing world. LO: I can appreciate the value of happiness regardless of material wealth.
	Week 4	LO: I can explore different homes all over the world. <b>Examples</b>	Week 4	LO: I can explore different homes all over the world. <b>Examples</b>	Week 4	<b>Examples</b>	Week 4	<b>Examples</b>
	Week 5		Week 5		Week 5	LO: I can tell you about a time when my words affected someone's feelings and what the consequences were.	Week 5	LO: I can understand a different culture from my own. LO: I respect my own and other people's cultures.
	Week 6		Week 6		Week 6	LO: I can give and receive compliments and know how this feels. <b>Examples</b>	Week 6	<b>Examples</b>

Term 3	<i>Dreams, goals &amp; aspirations</i>							
--------	--	--	--	--	--	--	--	--

	Week 1	LO: I can work towards a goal with determination. <b>Examples</b>	Week 1	LO: I can work towards a goal with determination. <b>Examples</b>	Week 1	LO: I can be motivated and enthusiastic about achieving our new challenge. LO: I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge.	Week 1	LO: I can describe the dreams and goals of young people in a culture different to mine. LO: I can reflect on how these relate to my own.
	Week 2		Week 2		Week 2	<b>Examples</b>	Week 2	<b>Examples</b>
	Week 3		Week 3		Week 3	LO: I can recognise obstacles which might hinder my achievement and take steps to overcome them.	Week 3	LO: I understand that communicating with someone in a different culture means we can learn from each other and I can



	Week 4	LO: I can explore relationships with others through showing a positive response.  <b>Examples</b>	Week 4	LO: I can explore relationships with others through showing a positive response.  <b>Examples</b>	Week 4	LO: I know how to manage the feelings of frustration that may arise when obstacles occur.  <b>Examples</b>	Week 4	identify a range of ways that we could support each other. LO: I appreciate the similarities and differences in aspirations between myself and young people in a different culture.  <b>Examples</b>
	Week 5		Week 5		Week 5	LO: I can evaluate my own learning process and identify how it can be better next time. LO: I can be confident in sharing my success with others.	Week 5	LO: I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship.
	Week 6		Week 6		Week 6	<b>Examples</b>	Week 6	LO: I understand why I am motivated to make a positive contribution to supporting others.  <b>Examples</b>

Term 4	<i>Healthy me</i>							
--------	-------------------	--	--	--	--	--	--	--

	Week 1	LO: I can explore healthy and unhealthy foods.  <b>Examples</b>	Week 1	LO: I can explore healthy and unhealthy foods.  <b>Examples</b>	Week 1	LO: I can identify things, people and places that I need to keep safe from LO: I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.	Week 1	LO: I understand how the media, social media and celebrity culture promotes certain body types. LO: I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.
	Week 2		Week 2		Week 2	LO: I can express how being anxious or scared feels.  <b>Examples</b>	Week 2	<b>Examples</b>
	Week 3		Week 3		Week 3	LO: I can identify when something feels safe or unsafe. LO: I can take responsibility for keeping myself and others safe.	Week 3	LO: I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.
	Week 4	LO: I can explore healthy	Week 4	LO: I can explore healthy and	Week 4	<b>Examples</b>	Week 4	

		and unhealthy choices. <b>Examples:</b> <a href="#">Outdoor learning.</a>		unhealthy choices. <b>Examples:</b> <a href="#">Outdoor learning.</a>				<b>LO:</b> I respect and value my body. <b>Examples</b>
	Week 5		Week 5		Week 5	LO: I understand how complex my body is and how important it is to take care of it. <b>LO:</b> I respect my body and appreciate what it does for me.	Week 5	LO: I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. <b>LO:</b> I am motivated to keep myself healthy and happy.
	Week 6		Week 6		Week 6	<b>Examples</b>	Week 6	<b>Examples</b>

Term 5	<i>Relationships</i>							
--------	----------------------	--	--	--	--	--	--	--

	Week 1	LO: I can explore sharing space and resources with my peers. <b>Examples</b>	Week 1	LO: I can explore sharing space and resources with my peers. <b>Examples</b>	Week 1	LO: I can explain how some of the actions and work of people around the world help and influence my life. <b>LO:</b> I can show an awareness of how this could affect my choices.	Week 1	LO: I know there are rights and responsibilities when playing a game online. <b>LO:</b> I can recognise when an online game is becoming unhelpful or unsafe.
	Week 2		Week 2		Week 2	<b>Examples</b>	Week 2	<b>Examples</b>
	Week 3		Week 3		Week 3	LO: I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. <b>LO:</b> I can empathise with children whose lives are different to mine and appreciate what I may learn from them.	Week 3	LO: I can recognise when I am spending too much time using devices (screen time). <b>LO:</b> I can identify things I can do to reduce screen time, so my health isn't affected.
	Week 4	LO: I can explore how being kind/ unkind can be expressed. <b>or</b> LO: I can explore how being happy and sad can be expressed.	Week 4	LO: I can explore how being kind/ unkind can be expressed. <b>or</b> LO: I can explore how being happy and sad can be expressed.	Week 4	<b>Examples</b>	Week 4	<b>Examples</b>
	Week 5	<b>Examples</b>	Week 5	<b>Examples</b>	Week 5	LO: I know how to express my appreciation to my friends and family. <b>LO:</b> I enjoy being part of a family and friendship groups.	Week 5	LO: I can explain how to stay safe when using technology to communicate with my friends. <b>LO:</b> I can recognise and resist pressures to use technology in

	Week 6		Week 6		Week 6	<b>Examples</b>	Week 6	ways that may be risky or may cause harm to myself or others. <b>Examples</b>
<b>Term 6</b>	<i>Changing me</i>							
	Week 1	LO: I can explore development in living things. <b>Examples</b>	Week 1	LO: I can explore development in living things. <b>Examples</b>	Week 1	LO: I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. LO: I recognise how I feel about these changes happening to me and know how to cope with these feelings. <b>Examples</b>	Week 1	LO: I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.
	Week 2		Week 2		Week 2		Week 2	LO: I appreciate how amazing it is that human bodies can reproduce in these ways. <b>Examples</b>
	Week 3		Week 3		Week 3	LO: I can start to recognise stereotypical ideas I might have about parenting and family roles. LO: I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes. <b>Examples</b>	Week 3	LO: I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). LO: I am confident that I can cope with the changes that growing up will bring. <b>Examples</b>
	Week 4	LO: I can explore how I have grown and changed. <b>Examples</b>	Week 4	LO: I can explore how I have grown and changed. <b>Examples</b>	Week 4		Week 4	
					Week 5	LO: I can identify what I am looking forward to when I move to my next class. LO: I can start to think about changes I will make next year and know how to go about this. <b>Examples</b>	Week 5	LO: I can identify what I am looking forward to when I move to my next class. LO: I can start to think about changes I will make next year and know how to go about this. <b>Examples</b>
					Week 6		Week 6	

Year 3	Brook	Stream	River	Waterfall
Term 1	<i>Being me in my world</i>			
	Week 1 LO: I can explore my rights, having the opportunity to explore and play.  Week 2 <b>Examples</b>  Week 3	Week 1 LO: I can explore my rights, having the opportunity to explore and play.  <b>Examples:</b> <a href="#">Lesson Plan</a> - <a href="#">Resources</a> -  Week 2  Week 3	Week 1 LO: I understand who is in my school community, the roles they play and how I fit in. LO: I can take on a role in a group and contribute to the overall outcome.  <b>Examples</b>  Week 2  Week 3 LO: I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them. LO: I understand how rewards and consequences motivate people's behaviour.	Week 1 LO: I can identify my goals for this year, understand my fears and worries about the future and know how to express them.  Week 2 LO: I feel welcome and valued and know how to make others feel the same.  <b>Examples</b>  Week 3 LO: I understand that my actions affect other people locally and globally. LO: I understand my own wants and needs and can compare these with children in different communities.
	Week 4 LO: I can be responsible for my own belongings.  <b>Examples</b>  Week 5  Week 6	Week 4 LO: I can be responsible for my own belongings.  <b>Examples</b>  Week 5  Week 6	Week 4 <b>Examples</b>  Week 5 LO: I understand how groups come together to make decisions. LO: I can take on a role in a group and contribute to the overall outcome.  <b>Examples</b>  Week 6	Week 4 <b>Examples</b>  Week 5 LO: I understand how an individual's behaviour can impact on a group. LO: I can contribute to the group and understand how we can function best as a whole.  <b>Examples</b>  Week 6

Term 2		Celebrating differences												
	Week 1	LO: I can begin to show awareness of others.	Week 1	LO: I can begin to show awareness of others.	Week 1	LO: I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.	Week 1	LO: I know some of the reasons why people use bullying behaviours.						
	Week 2	<b>Examples</b>							Week 2	<b>Examples</b>	Week 2	LO: I know how it might feel to be a witness to and a target of bullying.	Week 2	LO: I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one.
	Week 3								Week 3		Week 3		LO: I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.	
	Week 4	LO: I can explore feeling confident.	Week 4	LO: I can explore feeling confident.	Week 4	LO: I can problem-solve a bullying situation with others.	Week 4	LO: I appreciate people for who they are.						
	Week 5	<b>Examples</b>	Week 5		<b>Examples</b>		Week 5		LO: I can identify what is special about me and value the ways in which I am unique.	Week 5	LO: I can explain ways in which difference can be a source of conflict and a cause for celebration.			
	Week 6		Week 6				Week 6			Week 6		LO: I like and respect the unique features of my physical appearance.	Week 6	LO: I can show empathy with people in either situation.
Term 3		Dreams, goals & aspirations												
	Week 1	LO: I can explore different professions through a range of experiences.	Week 1	LO: I can explore different professions through a range of experiences.	Week 1	LO: I know how to make a new plan and set new goals even if I have been disappointed.	Week 1	LO: I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal).						
	Week 2	<b>Examples</b>							Week 2	<b>Examples</b>	Week 2	LO: I know what it means to be resilient and to have a positive attitude.	Week 2	LO: I understand why it is important to stretch the boundaries of my current

								learning. <b>Examples</b>
	Week 3		Week 3		Week 3	LO: I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group. LO: I can enjoy being part of a group challenge.	Week 3	LO: I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these. LO: I can set success criteria so that I will know whether I have reached my goal.
	Week 4	LO: I can explore feeling happy and proud once I have achieved a goal. <b>Examples</b>	Week 4	LO: I can explore feeling happy and proud once I have achieved a goal. <b>Examples</b>	Week 4	<b>Examples</b>	Week 4	<b>Examples</b>
	Week 5		Week 5		Week 5	LO: I can identify the contributions made by myself and others to the group's achievement. LO: I know how to share in the success of a group.	Week 5	LO: I can identify problems in the world that concern me and talk to other people about them. LO: I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations.
	Week 6		Week 6		Week 6	<b>Examples</b>	Week 6	<b>Examples</b>

Term 4	<i>Healthy me</i>							
--------	-------------------	--	--	--	--	--	--	--

	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence. <b>Examples</b>	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence. <b>Examples</b>	Week 1	LO: I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. LO: I can identify the feelings I have about my friends and my different friendship groups. <b>Examples</b>	Week 1	LO: I can take responsibility for my health and make choices that benefit my health and well-being. LO: I am motivated to care for my physical and emotional health. <b>Examples</b>
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I can recognise when people are putting me under pressure and can explain ways to resist this when I want.	Week 3	LO: I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.

	Week 4	LO: I can explore a range of safe adults through different experiences.  <b>Examples:</b> <a href="#">Outdoor learning</a> .	Week 4	LO: I can explore a range of safe adults through different experiences.  <b>Examples:</b> <a href="#">Outdoor learning</a> .	Week 4	LO: I can identify feelings of anxiety and fear associated with peer pressure.  <b>Examples</b>	Week 4	LO: I am motivated to find ways to be happy and cope with life's situations without using drugs.  <b>Examples</b>
	Week 5		Week 5		Week 5	LO: I know myself well enough to have a clear picture of what I believe is right and wrong. LO: I can tap into my inner strength and know how to be assertive.  <b>Examples</b>	Week 5	LO: I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. LO: I can use different strategies to manage stress and pressure.  <b>Examples</b>
	Week 6		Week 6		Week 6		Week 6	

Term 5	<i>Relationships</i>							
--------	----------------------	--	--	--	--	--	--	--

	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels.  <b>Examples</b>	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels.  <b>Examples</b>	Week 1	LO: I can recognise situations which can cause jealousy in relationships. LO: I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.  <b>Examples</b>	Week 1	LO: I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. LO: I can recognise when I am feeling those emotions and have strategies to manage them.  <b>Examples</b>
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I can identify someone I love and can express why they are special to me. LO: I know how most people feel when they lose someone or something they love.  <b>Examples</b>	Week 3	LO: I can judge whether something online is safe and helpful for me. LO: I can resist pressure to do something online that might hurt myself or others.  <b>Examples</b>
	Week 4	LO: I can work alongside/ with others and be happy with my peers.  <b>Examples</b>	Week 4	LO: I can work alongside/ with others and be happy with my peers.  <b>Examples</b>	Week 4		Week 4	
	Week 5		Week 5		Week 5	LO: I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my	Week 5	LO: I can use technology positively and safely to communicate with my friends and family.

	Week 6		Week 6		Week 6	<p>friends.</p> <p>LO: I know how to stand up for myself and how to negotiate and compromise.</p> <p><b>Examples</b></p>	Week 6	<p>LO: I can take responsibility for my own safety and well-being.</p> <p><b>Examples</b></p>
Term 6	<i>Changing me</i>							
	Week 1	<p>LO: I can explore things I enjoy in my class.</p> <p><b>Examples</b></p>		<p>LO: I can explore things I enjoy in my class.</p> <p><b>Examples</b></p>	Week 1	<p>LO: I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</p> <p>LO: I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p> <p><b>Examples</b></p>	Week 1	<p>LO: I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>LO: I can express how I feel about the changes that will happen to me during puberty.</p> <p><b>Examples</b></p>
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	<p>LO: I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>LO: I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.</p> <p><b>Examples</b></p>	Week 3	<p>LO: I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p>
	Week 4	<p>LO: I can explore things I enjoy at school.</p> <p><b>Examples</b></p>	Week 4	<p>LO: I can explore things I enjoy at school.</p> <p><b>Examples</b></p>	Week 4		Week 4	<p>LO: I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.</p> <p><b>Examples</b></p>
	Week 5		Week 5		Week 5	<p>LO: I understand that some of my personal characteristics have come from my birth parents and that this happens because I am</p>	Week 5	<p>LO: I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.</p>



	Week 6		Week 6		Week 6	made from the joining of their egg and sperm. LO: I appreciate that I am a truly unique human being. <b>Examples</b>	Week 6	LO: I can be assertive when appropriate. <b>Examples</b>
--	--------	--	--------	--	--------	--	--------	---