

## PSHE Progression Framework

Focus	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn</b>	<p><b>Religious Understanding</b> I can express:</p> <ul style="list-style-type: none"> <li>- We are created individually by God as part of His creation plan</li> <li>- We are all God's children and are special</li> <li>- Our bodies were created by God and are good</li> <li>- We can give thanks to God</li> </ul> <p><b>Me, My Body, My Health</b> I can express:</p> <ul style="list-style-type: none"> <li>- We are each unique, with individual gifts, talents and skills</li> <li>- Whilst we all have similarities</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• We are created individually by God</li> <li>• God wants us to talk to Him often through the day and treat Him as our best friend</li> <li>• God has created us, His children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness</li> <li>• We are created as a</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• We are created individually by God</li> <li>• God wants us to talk to Him often through the day and treat Him as our best friend</li> <li>• God has created us, His children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness</li> <li>• We are created as a unity of body, mind and spirit: who we are matters and what we do matters</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• We are created individually by God who is Love, designed in His own image and likeness</li> <li>• God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</li> <li>• Every human life is precious from the beginning of life (conception) to natural death</li> <li>• Personal and</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• We are created individually by God who is Love, designed in His own image and likeness</li> <li>• God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</li> <li>• Every human life is precious from the beginning of life (conception) to natural death</li> <li>• Personal and</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him</li> <li>• Physically becoming an adult is a natural phase of life</li> <li>• Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him</li> <li>• Physically becoming an adult is a natural phase of life</li> <li>• Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</li> </ul>

	<p>because we are made in God's image, difference is part of God's plan</p> <ul style="list-style-type: none"> <li>- That their bodies are good and made by God</li> <li>- The names of the parts of the body (not genitalia)</li> </ul> <p><b>Emotional Well-Being</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>- That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</li> <li>- That it is natural for us to relate to and trust one another</li> <li>- A language to</li> </ul>	<p>unity of body, mind and spirit: who we are matters and what we do matters</p> <ul style="list-style-type: none"> <li>• We can give thanks to God in different ways</li> <li>• That God is love: Father, Son and Holy Spirit</li> <li>• That being made in His image means being called to be loved and to love others</li> <li>• What a community is, and that God calls us to live in community with one another</li> <li>• A scripture illustrating the importance of living in</li> </ul>	<ul style="list-style-type: none"> <li>• We can give thanks to God in different ways</li> <li>• We are part of God's family</li> <li>• Saying sorry is important and can mend friendships</li> <li>• Jesus cared for others and had expectations of them and how they should act</li> <li>• We should love other people in the same way God loves us</li> </ul> <p><b>Emotional Well-Being:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• Simple strategies for managing feelings and for good behaviour</li> <li>• That choices have consequences; that when we make mistakes</li> </ul>	<p>communal prayer and worship are necessary ways of growing in our relationship with God</p> <ul style="list-style-type: none"> <li>• In Baptism God makes us His adopted children</li> <li>• That God loves, embraces, guides, forgives and reconciles us with him and one another</li> <li>• The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness</li> <li>• That relationships take time and effort to sustain</li> <li>• That we reflect God's image in our relationships with others: this</li> </ul>	<p>communal prayer and worship are necessary ways of growing in our relationship with God</p> <ul style="list-style-type: none"> <li>• God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship'</li> <li>• The human family reflects the Holy Trinity in charity and generosity</li> <li>• We are made in the image of God, which means we are made to love God and others, and be loved by God and others</li> <li>• The Church family comprises home,</li> </ul>	<ul style="list-style-type: none"> <li>• That God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.</li> <li>• That the Holy Spirit works through us to bring God's love and goodness to others</li> <li>• The principles of Catholic Social Teaching</li> <li>• That God formed them out of love, to know and share His love with others</li> </ul> <p><b>Personal Relationships:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That pressure comes in different forms, and what some of those different</li> </ul>	<p><b>Me, My Body and My Health:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• How similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community</li> <li>• How there are many different types of family set up</li> <li>• How self-confidence arises from being loved by God (not status, etc)</li> <li>• How to make good choices that have an impact on their health: rest and</li> </ul>
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	<p>describe their feelings</p> <ul style="list-style-type: none"> <li>- An understanding that everyone experiences feelings, both good and bad</li> <li>- Simple strategies for managing feelings</li> <li>- Simple strategies for managing emotions and behaviour</li> <li>- That we have choices and these choices can impact how we feel and respond.</li> <li>- We can say sorry and forgive like Jesus</li> <li>- I can express a point of view and debate when I disagree with an</li> </ul>	<p>community as a consequence of this</p> <ul style="list-style-type: none"> <li>• Jesus' teaching on who is my neighbour</li> </ul> <p><b>Emotional Well-Being:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That it is natural for us to relate to and trust one another</li> <li>• That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</li> <li>• About language to describe our feelings</li> <li>• In a simple way, that feelings and actions are two</li> </ul>	<p>we are called to receive forgiveness and to forgive others when they do</p> <ul style="list-style-type: none"> <li>• That Jesus died on the cross so that we would be forgiven</li> </ul> <p><b>Keeping Safe</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That there are some safe and unsafe situations, including online</li> <li>• The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</li> <li>• How to resist pressure when feeling unsafe</li> <li>- I can use</li> </ul>	<p>is intrinsic to who we are and to our happiness</p> <p><b>Personal Relationships</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong</li> <li>• That there are different types of relationships including those between acquaintances, friends, family and relatives</li> <li>• That good friendship is when both persons enjoy each other's company and also want what is</li> </ul>	<p>school and parish (which is part of the diocese)</p> <p><b>Me, My Body, My Health</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community</li> <li>• Self-confidence arises from being loved by God (not status, etc)</li> <li>• They need to respect and look after their bodies as a gift from God through what</li> </ul>	<p>forms are</p> <ul style="list-style-type: none"> <li>• That there are strategies that they can adopt to resist pressure</li> <li>• What consent and bodily autonomy means</li> <li>• About different scenarios in which it is right to say 'no'</li> <li>• How thoughts and feelings impact actions, and develop strategies that will positively impact their actions and apply this in their relationships</li> <li>- I can explain how important having a Growth Mindset is</li> <li>- I can explain how we can</li> </ul>	<p>sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc</p> <p><b>Religious Understanding:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.</li> <li>• That the Holy Spirit works through us to bring God's love and goodness to others</li> <li>• The principles of Catholic Social Teaching</li> <li>• That God formed them out of love, to know and share</li> </ul>
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	<p>adult or friend, using words as well as actions</p> <ul style="list-style-type: none"> <li>- I can show more confidence in new social situations</li> <li>- I can talk with others to solve conflicts</li> <li>- I can begin to understand why the word, 'Our Common Home', is so important</li> <li>- I know about my culture</li> <li>- I can begin to understand Black History Month</li> <li>- I can begin to explain what recycling is</li> <li>- I can begin to understand why poppies are a symbol of Remembrance Day</li> <li>- I can explain why and how we can show</li> </ul>	<p>different things, and that our good actions can 'form' our feelings and our characters</p> <p><b>Living in the Wider World:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That they belong to various communities such as home, school, parish, the wider local community, nation and global community</li> <li>• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc</li> </ul>	<p><b>Growth Mindset</b></p> <ul style="list-style-type: none"> <li>- I can explain 5 things I am thankful for on the Earth</li> <li>- I can explain what Black History Month is</li> <li>- I can explain why we recycle</li> <li>- I can explain why we celebrate Remembrance Day</li> <li>- I can explain the importance of Anti-Bullying Week</li> <li>- I can understand how Eyes of the World links to environment and fair trade</li> <li>- I can explain what I can do to look after the environment</li> </ul>	<p>truly best for the other</p> <ul style="list-style-type: none"> <li>• The difference between a group of friends and a 'clique'</li> <li>• To increase their awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying</li> <li>• About harassment and exploitation in relationships, including physical and emotional abuse and how to respond</li> <li>- I can use Growth Mindset to become more positive</li> <li>- I understand what diversity is</li> <li>- I can explain</li> </ul>	<p>they wear, what they eat and what they physically do</p> <ul style="list-style-type: none"> <li>- I can use Growth Mindset to become more positive</li> <li>- I can explain how recycling can help Our Common Home</li> <li>- I understand the significance of Black History Month</li> <li>- I understand why recycling is so important</li> <li>- I can create a poem about Remembrance Day</li> <li>- I can explain the importance of Anti-Bullying Week</li> <li>- I can recognise the ways of</li> </ul>	<p>protect the planet</p> <ul style="list-style-type: none"> <li>- I can explain the significance of Black History Month</li> <li>- I can explain the importance of recycling</li> <li>- I can explain the significance of Remembrance Day</li> <li>- I can explain the importance of Anti-Bullying Week</li> <li>- I can identify ways we can look after our world</li> </ul>	<p>His love with others</p> <p><b>Living in the Wider World:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• How to apply the principles of Catholic Social Teaching to current issues</li> <li>• About ways in which they can spread God's love in their community</li> <li>- I can explain how important having a Growth Mindset is</li> <li>- I can explain how we can reduce our carbon footprint</li> <li>- I can explain the significance of Black History Month</li> <li>- I can explain the importance of recycling</li> </ul>
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	<p>kindness</p> <ul style="list-style-type: none"> <li>- I can begin to understand how we can take care of our world.</li> </ul>	<ul style="list-style-type: none"> <li>• That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</li> <li>• What harms and what improves the world in which we live in simple terms</li> </ul> <ul style="list-style-type: none"> <li>- I can begin to use Growth Mindset</li> <li>- I can understand what Our Common Home is</li> <li>- I understand what Black History Month is</li> <li>- I can explain why we should recycle</li> <li>- I can explain the different</li> </ul>		<p>the value of diversity within communities</p> <ul style="list-style-type: none"> <li>- I can explain 5 things we can do to help the Earth</li> <li>- I understand the significance of Black History Month</li> <li>- I understand why recycling is so important</li> <li>- I can explain the significance of poppies to Remembrance Day</li> <li>- I can explain the importance of Anti-Bullying Week</li> <li>- I understand why we need to look after our Earth</li> <li>- I know how to value the contributions that people and groups make to</li> </ul>	<p>responding to prejudice if witnessed and experienced</p>		<ul style="list-style-type: none"> <li>- I can explain the significance of Remembrance Day</li> <li>- I can explain the importance of Anti-Bullying Week</li> <li>- I can identify ways we can look after our world</li> </ul>
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		<p>poppies used to remember Remembrance Day</p> <ul style="list-style-type: none"> <li>- I understand the importance of Anti-Bullying Week</li> <li>- I can explain how to look after our Earth</li> </ul>		the community			
Spring	<p><b>Religious Understanding</b> I can express:</p> <ul style="list-style-type: none"> <li>- We are part of God's family</li> <li>- Jesus cared for others and wanted them to live good lives like Him</li> </ul> <p>We should love other people in the same way God loves us</p> <p><b>Personal Relationships:</b> I can express:</p> <ul style="list-style-type: none"> <li>- Special people (e.g. parents,</li> </ul>	<p><b>Personal Relationships:</b> I can express:</p> <ul style="list-style-type: none"> <li>• About 'special people' (their parents, carers, friends, parish priest) and what makes them special</li> <li>• The importance of nuclear and wider family</li> <li>• The importance of being close to and trusting special people</li> </ul>	<p><b>Me, My Body and My Health</b> I can express:</p> <ul style="list-style-type: none"> <li>• That we are unique, with individual gifts, talents and skills</li> <li>• That our bodies are good</li> </ul> <p>The names of the parts of our bodies</p> <ul style="list-style-type: none"> <li>• That girls and boys have been created by God to be both similar and different and together make up the richness</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship'</li> <li>• The human family reflects the Holy Trinity in charity and generosity</li> <li>• We are made in the image of God, which</li> </ul>	<p><b>Emotional Well-Being:</b> I can express:</p> <ul style="list-style-type: none"> <li>• That emotions change as they grow up (including hormonal effects)</li> <li>• To understand the range and intensity of their feelings more deeply; that 'feelings' alone are not good guides for action</li> <li>• That feelings are neither</li> </ul>	<p><b>Religious Understanding:</b> I can express:</p> <ul style="list-style-type: none"> <li>• That God calls us to love others</li> <li>• About ways in which we can participate in God's call for us to love others</li> </ul> <p><b>Living in the Wider World:</b> I can express:</p> <ul style="list-style-type: none"> <li>• How to apply the principles of Catholic Social Teaching</li> </ul>	<p><b>Emotional Well-Being:</b> I can express:</p> <ul style="list-style-type: none"> <li>• That images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>• That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against</li> </ul>

	<p>carers, friends) and what makes them special</p> <ul style="list-style-type: none"> <li>- The importance of the nuclear family and of the wider family</li> <li>- The importance of being close to and trusting of 'special people' and telling them is something is troubling them</li> <li>- How their behaviour affects other people and that there is appropriate and inappropriate behaviour</li> <li>- The characteristics of positive and negative relationships</li> <li>- Different types of teasing and that all</li> </ul>	<p>and telling them if something is troubling them</p> <ul style="list-style-type: none"> <li>• How their behaviour affects other people, and that there is appropriate and inappropriate behaviour</li> <li>• About the characteristics of positive and negative relationships</li> <li>• About different types of teasing and that all bullying is wrong and unacceptable</li> <li>• To recognise when they have been unkind and say sorry</li> </ul>	<p>of the human family</p> <ul style="list-style-type: none"> <li>• That our bodies are good and we need to look after them</li> <li>• About what constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</li> <li>• The importance of sleep, rest and recreation for our health</li> <li>• How to maintain personal hygiene</li> </ul> <p><b>Religious Understanding:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That God is love: Father, Son and Holy Spirit</li> <li>• That being made in His image means being called to</li> </ul>	<p>means we are made to love God and others, and be loved by God and others</p> <ul style="list-style-type: none"> <li>• The Church family comprises home, school and parish (which is part of the diocese)</li> </ul> <p><b>Keeping Safe:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That their increasing independence brings increased responsibility to keep themselves and others safe</li> <li>• How to use technology safely</li> <li>• That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and</li> </ul>	<p>good or bad, but information about what we are experiencing that help us consider how to act</p> <ul style="list-style-type: none"> <li>• What emotional well-being means and that positive actions help emotional well-being</li> <li>• That talking to trusted people helps emotional well-being (e.g. parents/carer/teacher/parish priest)</li> <li>• That images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>• That some behaviour is</li> </ul>	<p>to current issues</p> <ul style="list-style-type: none"> <li>• About ways in which they can spread God's love in their community</li> </ul> <p><b>Keeping Safe:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>• That their increasing independence brings increased responsibility to keep themselves and others safe</li> <li>• How to use technology safely</li> <li>• That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</li> <li>• How to report</li> </ul>	<p>pressure from peers or media</p> <ul style="list-style-type: none"> <li>• A deeper understanding of the range and intensity of their feelings; that 'feelings' are not the only good guides for action</li> <li>• That some behaviour is wrong, unacceptable, unhealthy or risky</li> <li>• That emotions change as they grow up (including hormonal effects)</li> <li>• That openness with trusted parents/carers/teachers when worried helps with healthy emotional</li> </ul>
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<p>bullying is wrong and unacceptable</p> <ul style="list-style-type: none"> <li>- When they have been unkind to others and say sorry</li> <li>- That when we are unkind, we hurt God and should say sorry</li> <li>- When people are being unkind to them and others and how to respond</li> <li>- That we should forgive like Jesus forgives.</li> </ul> <p><b>Keeping Safe:</b> I can express:</p> <ul style="list-style-type: none"> <li>- About safe and unsafe situations indoors and outdoors, including online</li> <li>- That they can ask for help from their</li> </ul>	<ul style="list-style-type: none"> <li>• That when people are being unkind to them and others and how to respond</li> <li>• That when we are unkind to others, we hurt God also and should say sorry to Him as well</li> <li>• That we should forgive like Jesus forgives</li> </ul> <p><b>Keeping Safe:</b> I can express:</p> <ul style="list-style-type: none"> <li>• That there are some safe and unsafe situations, including online</li> <li>• The difference between 'good' and 'bad' secrets and that they</li> </ul>	<p>be loved and to love others</p> <ul style="list-style-type: none"> <li>• What a community is, and that God calls us to live in community with one another</li> <li>• A scripture illustrating the importance of living in community as a consequence of this</li> <li>• Jesus' teaching on who is my neighbour</li> </ul> <p><b>Living in the Wider World:</b> I can express:</p> <ul style="list-style-type: none"> <li>• That they belong to various communities such as home, school, parish, the wider local community, nation and global community</li> </ul>	<p>others</p> <ul style="list-style-type: none"> <li>• How to report and get help if they encounter inappropriate materials or messages</li> <li>• How to use technology safely</li> <li>• That bad language and bad behaviour are inappropriate</li> <li>• That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</li> <li>• To judge well what kind of physical contact is acceptable or unacceptable and how to respond</li> <li>• That there are different people</li> </ul>	<p>wrong, unacceptable, unhealthy and risky</p> <ul style="list-style-type: none"> <li>• That thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media</li> </ul> <p><b>Living in the Wider World:</b> I can express:</p> <ul style="list-style-type: none"> <li>• That God wants His Church to love and care for others</li> <li>• Practical ways of loving and caring for others</li> </ul> <p>- I can create a poem about being a good neighbour</p>	<p>and get help if they encounter inappropriate materials or messages</p> <ul style="list-style-type: none"> <li>• What the term cyberbullying means and examples of it</li> <li>• What cyberbullying feels like for the victim</li> <li>• How to get help if they experience cyberbullying</li> <li>• What kind of physical contact is acceptable or unacceptable and how to respond</li> <li>• That there are different people we can trust for help, especially those closest to us who care for us, including</li> </ul>	<p>well-being</p> <ul style="list-style-type: none"> <li>• That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.</li> </ul> <ul style="list-style-type: none"> <li>- I can explain how we can help communities overseas</li> <li>- I can understand how to protect the environment in school and at home and how everyday choices can affect the environment</li> <li>- I know how information is ranked, selected and targeted at specific individuals and that connected devices share information</li> <li>- I know how</li> </ul>
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	<p>special people</p> <ul style="list-style-type: none"> <li>- That they are entitled to bodily privacy</li> <li>- That they can and should be open with 'special people' they trust if anything troubles them</li> <li>- That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest</li> <li>- That medicines should only be taken when a parent or doctor gives them to us</li> <li>- That medicines are not sweets</li> </ul>	<p>can and should be open with 'special people' they trust if anything troubles them</p> <ul style="list-style-type: none"> <li>• How to resist pressure when feeling unsafe</li> <li>• That they are entitled to bodily privacy</li> <li>• That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest</li> <li>• That medicines are drugs, but not all drugs are good for us</li> <li>• That alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc</li> <li>• That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</li> <li>• What harms and what improves the world in which we live in simple terms</li> </ul> <ul style="list-style-type: none"> <li>- I can explain how I can be a good neighbour</li> <li>- I can explain what Mental Health is</li> <li>- I can celebrate the achievements of women</li> </ul>	<p>we can trust for help, especially those closest to us who care for us, including our teachers and parish priest</p> <ul style="list-style-type: none"> <li>• That medicines are drugs, but not all drugs are good for us</li> <li>• That alcohol and tobacco are harmful substances</li> <li>• That our bodies are created by God, so we should take care of them and be careful about what we consume</li> <li>• That in an emergency, it is important to remain calm</li> <li>• That quick reactions in an emergency can save a life</li> </ul>	<ul style="list-style-type: none"> <li>- I can explain the significance of Mental Health Awareness</li> <li>- I can explain the relationship between rights and responsibilities</li> <li>- I can celebrate achievements of women</li> <li>- I can understand stereotypes in the workplace and how aspirations should not be limited to them</li> <li>- I can explain what might influence people's decisions about a job and career</li> <li>- I can identify different strategies for challenging</li> </ul>	<p>parents, teachers and priests</p> <ul style="list-style-type: none"> <li>• About the effect that a range of substances including drugs, tobacco and alcohol can have on the body</li> <li>• How to make good choices about substances that will have a positive impact on their health</li> <li>• That our bodies are created by God, so we should take care of them and be careful about what we consume</li> <li>• About how they may come under pressure</li> </ul>	<p>text and images in the media can be manipulated or invented</p> <ul style="list-style-type: none"> <li>- I can explain different strategies to evaluate the reliability of sources and identify misrepresentation</li> <li>- I can explain the significance of Mental Health awareness</li> <li>- I can celebrate the achievements of women</li> <li>- I can explain why we should respect the law</li> </ul>
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	<ul style="list-style-type: none"> <li>- That we should always try to look after our bodies because God created them and gifted them to us</li> <li>- That there are lots of jobs designed to help us</li> <li>- That paramedics help us in a medical emergency</li> <li>- That First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance</li>   <li>- I can begin to understand how we can look after our mental health</li> <li>- I know how we can be Good Samaritan's to</li> </ul>	<p>and tobacco are harmful substances</p> <ul style="list-style-type: none"> <li>• That our bodies are created by God, so we should take care of them and be careful about what we consume</li> <li>• About what is and isn't an emergency</li> <li>• That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade</li> <li>• That if they require medical help but it is not an emergency, basic first aid should be used</li> </ul>	<ul style="list-style-type: none"> <li>- I can understand that not all information seen online is true</li> <li>- I know how to assess the reliability of sources of information online and how to make safe reliable choices from search results</li> <li>- I can celebrate achievements of women</li> </ul>	<ul style="list-style-type: none"> <li>• How to help in an emergency using their First Aid knowledge</li> <li>- I can explain how being a good neighbour means living in peace and unity</li> <li>- I know how to assess the reliability of sources or information online and how to make safe reliable choices from search results</li> <li>- I can explain the significance of Mental Health Awareness</li> <li>- I can celebrate achievements of women</li> </ul>	<p>stereotypes</p>	<p>when it comes to drugs, alcohol and tobacco</p> <ul style="list-style-type: none"> <li>• That they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies</li> <li>• That the recovery position can be used when a person is unconscious but breathing</li> <li>• That DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance</li>   <li>- I can create a</li> </ul>	
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	<p>others</p> <ul style="list-style-type: none"> <li>- I can be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> <li>- I can understand the role of the internet in everyday life</li> <li>- I can celebrate achievements of women</li> </ul>	<p>instead of calling 999</p> <ul style="list-style-type: none"> <li>• Some basic principles of First Aid</li> <li>- I can explain how the Good Samaritan links to Fratelli Tutti</li> <li>- I understand how and why we should look after our Mental Health</li> <li>- I can celebrate the achievements of women</li> </ul>				<p>prayer for unity and peace</p> <ul style="list-style-type: none"> <li>- I can explain the significance of Mental Health Awareness</li> <li>- I can celebrate achievements of women</li> </ul>	
<b>Summer</b>	<p><b>Religious Understanding</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>- That God is love: Father, Son and Holy Spirit</li> <li>- That being made in His image means being called to</li> </ul>	<ul style="list-style-type: none"> <li>- I can understand that not all information seen online is true</li> <li>- I can understand what rules are and why they are needed</li> </ul>	<ul style="list-style-type: none"> <li>- I understand the different roles and responsibilities people have in their community</li> <li>- I can explain how people make different choices about how to save and</li> </ul>	<ul style="list-style-type: none"> <li>- I can recognise the reasons for rules and laws and I understand the consequences of not adhering to them</li> <li>- I understand different ways to pay for things</li> </ul>	<ul style="list-style-type: none"> <li>- I can discuss spending decisions and how these can affect others and the environment</li> <li>- I know why people make spending decisions based</li> </ul>	<ul style="list-style-type: none"> <li>- I can understand the difference between local and national government and the role they play</li> <li>- I can explain that some jobs are paid more</li> </ul>	<ul style="list-style-type: none"> <li>- I know the risks involved in gambling; different ways money can be won or lost; the impact on health, wellbeing and future aspirations</li> <li>- I can identify</li> </ul>

<p>be loved and to love others</p> <ul style="list-style-type: none"> <li>- What a community is, and that God calls us to live in Community with one another</li> <li>- Some Scripture illustrating the importance of living in a community</li> <li>- That no matter how small our offerings, they are valuable to God and He can use them for His glory</li> </ul> <p><b>Living in the Wider World:</b></p> <p>I can express:</p> <ul style="list-style-type: none"> <li>- That they belong to various communities, such as home, school, parish,</li> </ul>	<ul style="list-style-type: none"> <li>- I can explain how people have different needs and the responsibilities of caring for them</li> <li>- I know what VE Day is</li> <li>- I know what money is</li> <li>- I understand what forms money come in, and that money can come from different sources</li> <li>- I can identify the different jobs that people I know, or people who are in the community, do</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can focus on my family, and I</li> </ul>	<p>spend</p> <ul style="list-style-type: none"> <li>- I can explain about some of the strengths and interests someone might need to do in different jobs</li> <li>- I can explain why we celebrate VE Day</li> <li>- I know what rules are and why they are needed</li> <li>- I can identify that people have different needs and the responsibilities of caring for them</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can describe how we are growing and developing in diverse communities</li> </ul>	<p>and the choices people have about this</p> <ul style="list-style-type: none"> <li>- I can explain why we celebrate VE Day</li> <li>- I can identify positive things about my achievements and I know how to set goals to achieve personal outcomes</li> <li>- I know that there is a broad range of jobs and careers that people can have and you can have more than one career/type of job in your life</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can describe and give reasons for how we grow in love in caring and happy</li> </ul>	<p>on priorities, needs and wants</p> <ul style="list-style-type: none"> <li>- I understand how information is ranked, selected and targeted at specific individuals and that connected devices can share information</li> <li>- I can explain why we celebrate VE Day</li> <li>- I can explain what democracy is, why it is important, and how it links to Human Rights</li> <li>- I can explain what discrimination is</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can make links and connections to</li> </ul>	<p>than others; money and factors that influence career choices and why we do voluntary work</p> <ul style="list-style-type: none"> <li>- I can explain skills that will help me in my future career, e.g. teamwork, communication and negotiation</li> <li>- I can explain why we celebrate VE Day</li> <li>- I can identify different ways to keep track of money</li> <li>- I know the risks associated with money and ways of keeping safe</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can show knowledge and</li> </ul>	<p>ways that money can impact on people's feelings and emotions</p> <ul style="list-style-type: none"> <li>- I can investigate money in the wider world</li> <li>- I can explain why we celebrate VE Day</li> <li>- I can discuss the kind of job I would like to do when I am older</li> <li>- I can recognise a variety of routes into careers, e.g. college, apprenticeships, university</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can develop a secure understanding of what stable,</li> </ul>
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	<p>the wider local area, nation and the global community</p> <ul style="list-style-type: none"> <li>- That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.</li> <li>- That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)</li> <li>- About what harms and what improves the world in which they live</li> </ul> <p><b>Journey in Love:</b></p> <ul style="list-style-type: none"> <li>- I can explore the wonder of being special and unique</li> </ul>	<p>understand what it means to grow up in a loving, secure and stable home</p> <ul style="list-style-type: none"> <li>- I can recognise signs that I am loved in my family</li> <li>- I can recognise how I am cared for and kept safe in my family</li> <li>- I can celebrate ways that God loves and cares for us</li> </ul>	<p>that are God-given</p> <ul style="list-style-type: none"> <li>- I can recognise the joy and friendship of belonging to a diverse community</li> <li>- I can describe ways of being safe in communities</li> <li>- I can celebrate ways of meeting God in our communities</li> </ul>	<p>friendships where we are secure and safe</p> <ul style="list-style-type: none"> <li>- I can describe and give reasons how friendships make us feel happy and safe</li> <li>- I can describe and give reasons why friendships can break down, how they can be repaired and strengthened</li> <li>- I can celebrate the joy and happiness of living in friendship with God and others</li> </ul>	<p>show that we are all different</p> <ul style="list-style-type: none"> <li>- I can celebrate these differences as we appreciate that God's love accepts us as we are now and as we change</li> <li>- I can describe how we all should be accepted and respected</li> <li>- I can describe how we should treat others making links with the diverse modern society we live in</li> <li>- I can celebrate the uniqueness and innate beauty of each of us</li> </ul>	<p>understanding of how we grow in awareness of the physical and emotional changes that accompany puberty - sensitivity, mood swings, anger, boredom etc., and grow further in recognising God's presence in our daily lives</p> <ul style="list-style-type: none"> <li>- I can show knowledge and understanding of emotional relationship changes as we grow and develop</li> <li>- I can show knowledge and understanding of the physical changes in puberty</li> <li>- I can celebrate the</li> </ul>	<p>caring relationships are and the different kinds there may be</p> <ul style="list-style-type: none"> <li>- I know and understand about the conception of a child within marriage</li> <li>- I can develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families</li> <li>- I can explain how human life is conceived</li> <li>- I can show an understanding of how being made in the image and likeness of God informs</li> </ul>
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	<ul style="list-style-type: none"><li>- I can recognise the joy of being a special person in my family</li><li>- I can recognise that we are all different and unique</li><li>- I can celebrate the joy of being a special person in God's family</li> <li>- I can begin to understand what VE Day is</li></ul>					joy of growing physically and spiritually	decisions and actions when building relationships with others, including life-long relationships
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