



Year group	National Curriculum Objectives					
	Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
Nursery	<p>1 I understand how it feels to belong and that we are similar and different Similar, different, friend</p> <p>2 I understand how feeling happy and sad can be expressed , feelings, happy, sad</p> <p>3 I can work together and consider other people's feelings angry, happy, excited, nervous</p> <p>4 I can use gentle hands and understand that it is good to be kind to people gentle, Kind,</p> <p>5 I am starting to understand children's rights and this means we should all be allowed to learn and play taking turns</p> <p>6 I am learning what being responsible means rights, responsibilities.</p>	<p>1 I know how it feels to be proud of something I am good at. Proud Special</p> <p>2 I can tell you one way I am special and unique. unique</p> <p>3 I know that all families are different. Similar, Family Different Same,</p> <p>4 I know there are lots of different houses and homes Similar, Family Different Same,</p> <p>5 I can tell you how I could make new friends. Friends, Kind</p> <p>6 I can use my words to stand up for myself. Happy, Sad, Frightened, Angry</p>	<p>1 I understand what a challenge means. Challenge</p> <p>2 I can keep trying until I can do something Perseverance, Achievement</p> <p>3 I can set a goal and work towards it Goal</p> <p>4 I know some kind words which can encourage people Happy, Kind, Encourage</p> <p>5 I can start to think about the jobs I might like to do when I'm older Dream, Job Ambition</p> <p>6 I can feel proud when I achieve a goal Proud Goal</p>	<p>1 I know the names for some parts of my body and am starting to understand that I need to be active to be healthy Healthy, , Head, Shoulders, Knees, Toes</p> <p>2 I can tell you some of the things I need to do to be healthy Healthy, Exercise, Sleep, Wash, Clean</p> <p>3 I know what the word 'healthy' means and that some foods are healthier than others Healthy,</p> <p>4 I know how to help myself go to sleep and that sleep is good for me Sleep</p> <p>5 I can wash my hands and know it is important to do this before I eat and after I go to the toilet Wash, Clean</p> <p>6 I know what to do if I get lost and how to say NO to strangers Stranger, Scare</p>	<p>1 I can tell you about my family Family,</p> <p>2 I understand how to make friends if I feel lonely Lonely,</p> <p>3 I can tell you some of the things I like about my friends Relationship, Friend</p> <p>4 I know what to say and do if somebody is mean to me Fall-out, Words Argue, Angry, Upset,</p> <p>5 I can use Calm Me time to manage my feelings Calm me, Breathing Feelings,</p> <p>6 I can work together and enjoy being with my friends friend, enjoy</p>	<p>1 I can name parts of my body and show respect for myself Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand,</p> <p>2 I can tell you some things I can do and some food I can eat to be healthy healthy food</p> <p>3 I understand that we all start as babies and grow into children and then adults Baby, Grown-up, Adult, Change,</p> <p>4 I know that I grow and change Baby, Grown-up, Adult, Change,</p> <p>5 I can talk about how I feel moving to School from Nursery Worry, Excited,</p> <p>6 I can remember some fun things about Nursery this year Memories</p>
Reception	<p>1 I understand how it feels to belong and that we are similar and different Similar(ity), Different,</p> <p>2 I can start to recognise and manage my feelings Feelings, Angry, Happy, Excited, Nervous</p> <p>3 I enjoy working with others to make school a good place to be Sharing, Taking Turns</p> <p>4 I understand why it is good to be kind and use gentle hands Gentle, Kind, Friend</p> <p>5 I am starting to understand children's rights and this means we should all be allowed to learn and play Rights,</p> <p>6 I am learning what being responsible means Responsibilities</p>	<p>1 I can identify something I am good at and understand everyone is good at different things Different</p> <p>2 I understand that being different makes us all special Special</p> <p>3 I know we are all different but the same in some ways Same, Similar, Different</p> <p>4 I can tell you why I think my home is special to me Proud, Family</p> <p>5 I can tell you how to be a kind friend Friends, Kind</p> <p>6 I know which words to use to stand up for myself when someone says or does something unkind Happy, Sad, Frightened, Angry,</p>	<p>1 I understand that if I persevere I can tackle challenges Perseverance</p> <p>2 I can tell you about a time I didn't give up until I achieved my goal Perseverance Goal,</p> <p>3 I can set a goal and work towards it Goal, Challenge</p> <p>4 I can use kind words to encourage people Happy, Kind, Encourage</p> <p>5 I understand the link between what I learn now and the job I might like to do when I'm older Dream, Job, Ambition</p> <p>6 I can say how I feel when I achieve a goal and know what it means to feel proud Achievement, proud</p>	<p>1 I understand that I need to exercise to keep my body healthy Healthy, Exercise</p> <p>2 I understand how moving and resting are good for my body Head, Shoulders, Knees, Toes,</p> <p>3 I know which foods are healthy and not so healthy and can make healthy eating choices food, healthy, not healthy</p> <p>4 I know how to help myself go to sleep and understand why sleep is good for me Sleep,</p> <p>5 I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet Wash, Clean,</p> <p>6 I know what a stranger is and how to stay safe if a stranger approaches me Stranger, Scare</p>	<p>1 I can identify some of the jobs I do in my family and how I feel like I belong Family, Jobs</p> <p>2 I know how to make friends to stop myself from feeling lonely Relationship, Friend, Lonely</p> <p>3 I can think of ways to solve problems and stay friends Argue, Fall-out, Words, Feelings,</p> <p>4 I am starting to understand the impact of unkind words feelings Angry, Upset,</p> <p>5 I can use Calm Me time to manage my feelings Calm me, Breathing</p> <p>6 I know how to be a good friend kind, friend, share</p>	<p>1 I can name parts of the body Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand</p> <p>2 I can tell you some things I can do and foods I can eat to be healthy healthy, food</p> <p>3 I understand that we all grow from babies to adults Baby, Grown-up, Adult, Change,</p> <p>4 I can express how I feel about moving to Year 1 Worry, Excited</p> <p>5 I can talk about my worries and/or the things I am looking forward to about being in Year 1 Worry, Excited</p> <p>6 I can share my memories of the best bits of this year in Reception Memories</p>
1	<p>1 I know how to use my Jigsaw Journal Jigsaw journal Safe, Special, Calm</p> <p>2 I understand the rights and responsibilities as a member of my class Special, Rewards, Proud</p> <p>3 I understand the rights and responsibilities for being a member of my class Belonging</p> <p>4 I know my views are valued and can contribute to the Learning Charter. Valued, contribute, team</p> <p>5 I can recognise the choices I make and understand the consequences. Consequences, choices, understand</p> <p>6 I understand my rights and responsibilities within our Learning Charter Learning</p>	<p>1 I can identify similarities between people in my class Similarity, Same as</p> <p>2 I can identify differences between people in my class Different from, Difference</p> <p>3 I can tell you what bullying is Bullying, Bullying behaviour Bully, Bullied</p> <p>4 I know some people who I could talk to if I was feeling unhappy or being bullied Deliberate, On purpose Unfair</p> <p>5 I know how to make new friends Included, kind, friend</p> <p>6 I can tell you some ways I am different from my friends Celebrations, Special, Unique</p>	<p>1 I can set simple goals goal, achieve</p> <p>2 I can set a goal and work out how to achieve it Learning, Stepping-stones, Process</p> <p>3 I understand how to work well with a partner Working together, Team work</p> <p>4 I can tackle a new challenge and understand this might stretch my learning Challenge, Learning, Stretchy,</p> <p>5 I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them Feelings, Obstacle, Overcome,</p> <p>6 I can tell you how I felt when I succeeded in a new challenge and how I celebrated it Achieve Celebrate Proud, Success,</p>	<p>1 I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy Unhealthy, Balanced</p> <p>2 I know how to make healthy lifestyle choices Choices Exercise</p> <p>3 I know how to keep myself clean and healthy, and understand how germs cause disease/illness Clean, Keeping clean</p> <p>I know that all household products including medicines can be harmful if not used properly Safe Medicines, Safe, Safety,</p> <p>4 I understand that medicines can help me if I feel poorly and I know how to use them safely Safe Medicines, Safe, Safety,</p>	<p>1 I can identify the members of my family and understand that there are lots of different types of families Belong, Same, Different</p> <p>2 I can identify what being a good friend means to me Friendship, Qualities, Caring, Sharing, Kind,</p> <p>3 I know appropriate ways of physical contact to greet my friends and know which ways I prefer Greeting, Touch, Feel, Texture, Like, Dislike</p> <p>4 I know who can help me in my school community Help, Helpful Community,</p> <p>5 I can recognise my qualities as person and a friend Confidence, Praise, Skills, Self-belief, Incredible, Proud,</p> <p>6 I can tell you why I appreciate someone who is special to me</p>	<p>1 I am starting to understand the life cycles of animals and humans Life cycles, Adulthood, Mature,</p> <p>2 I can tell you some things about me that have changed and some things about me that have stayed the same Changes, same, grow</p> <p>3 I can tell you how my body has changed since I was a baby change, baby, child, adult</p> <p>4 I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus Male, Female, Vagina, Penis, Testicles, Vulva, Anus,</p>

		Charter, Jigsaw Charter, rights, responsibilities				5 I know how to keep safe when crossing the road, and about people who can help me to stay safe Green Cross Code, Eyes, Ears, Look, Listen, Wait		Celebrate, Relationships, Special, Appreciate	5 I understand that every time I learn something new I change a little bit Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping
						6 I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy Sleep, Body parts, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic,			6 I can tell you about changes that have happened in my life changes, new, transition
2	1 I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal Hopes, Fears, Worries	1 I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) stereotype, assume	1 I can choose a realistic goal and think about how to achieve it. Goal, achieve, realistic	1 I know what I need to keep my body healthy Healthy choices, Lifestyle	1 I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. family, relationship, unique.	1 I can recognise cycles of life in nature. Life cycle, plant, grow, develop			
	2 I understand the rights and responsibilities for being a member of my class and school Responsible, rights, community	2 I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) stereotype, assume	2 I carry on trying (persevering) even when I find tasks difficult Persevere, keep trying, difficult, easy	2 I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed Motivation, Relax, Relaxation, Tense, Calm	2 I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. Appropriate touch, inappropriate touch, physical contact.	2 I can tell you about the natural process of growing from young to old and understand that this is not in my control. Baby, adult, change, growth			
	3 I listen to other people and contribute my own ideas about rewards and consequences Co-Operate, ideas, contribution.	3 I understand that bullying is sometimes about difference Sad, Frightened, Angry, different	3 I can recognise who I work well with and who it is more difficult for me to work with Choices, group work, positive influence.	3 I understand how medicines work in my body and how important it is to use them safely Dangerous, Medicines, Body	3 I can identify some of the things that cause conflict with my friends. Conflict, argue, fall out.	3 I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. Different, changes, body, bigger.			
	4 I can listen to other people and contribute my own ideas about rewards and consequences Choices, Problem-Solving	4 I can recognise what is right and wrong and know how to look after myself. Right wrong	4 I can work well in a group to create an end product. Collaborative, group, contribute	4 I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy Fuel, Nutritious	4 I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. Secret, private, safe, unsafe	4 I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private. Private, safe, (penis, anus, testicles, vagina, vulva)			
	5 I understand how following the Learning Charter will help me and others learn learn together, charter, create.	5 I understand that it is OK to be different from other people and to be friends with them Different, Special	5 I can explain some of the ways I worked well in my group to create the end product. proud, finished, team	5 I can make some healthy snacks and explain why they are good for my body Balanced diet, Proportion, Energy,	5 I recognise and appreciate people who can help me in my family, my school and my community. Help, community, trusted adults	5 I understand there are different types of touch and can tell you which ones I like and don't like. Appropriate touch, safe, like, dislike.			
	6 I recognise the choices I make and understand the consequences Actions, Praise, Positive, Negative	6 I can tell you some ways I am different from my friends Proud, Friends, Kind, Same, Similar, different	6 I know how to share success with other people. Success, talk, praise.	6 I can decide which foods to eat to give my body energy Portion, Proportion, Energy,	6 I can express my appreciation for the people in my special relationships. Special, appreciate, love.	6 I can identify what I am looking forward to when I move to my next class. Excited, transition, change.			
3	1 I recognise my worth and can identify positive things about myself and my achievements. Welcome I can set personal goals Personal Goal, I know how to use my Jigsaw Journal	1 I understand that everybody's family is different and important to them Different from, Difference, Similarity, Same as Special, Unique	1 I can tell you about a person who has faced difficult challenges and achieved success Perseverance, Achievement,	1 I understand how exercise affects my body and know why my heart and lungs are such important organs Healthy, Exercise, heart, lungs	1 I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. Stereotypes, roles, responsibilities.	1 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 Baby, Grown-up, Adult, Change,			
	2 I can face new challenges positively, make responsible choices and ask for help when I need it Solutions, Support, affirm	2 I understand that differences and conflicts sometimes happen among family members	2 I can identify a dream/ambition that is important to me Ambition Dream	2 I know that the amount of calories, fat and sugar I put into my body will affect my health. Balanced diet, health, unhealthy, calories.	2 I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener. Listening strategies, take turns, friendship.	2 I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow. uterus, mother, grow			
	3 I understand why rules are needed and how they relate to rights and responsibilities Behaviour, Fairness	3 I know what it means to be a witness to bullying Bullying, Bullying behaviour, Bully, Bullied	3 I enjoy facing new learning challenges and working out the best ways for me to achieve them Encourage	3 I can tell you my knowledge and attitude towards drugs. Medicine, dangerous, toxic, illegal.	3 I know and can use some strategies for keeping myself safe online. Technology, safe, unsafe, ceop.	3 I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand			
	4 I understand that my actions affect myself and others and I care about other people's feelings Emotions, Feelings,	4 I know that witnesses can make the situation better or worse by what they do Deliberate, On purpose, Unfair	4 I can be motivated and enthusiastic about achieving our new challenge Challenge	4 I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call emergency services Stranger, Scare, emergency, safety	4 I can explain how some of the actions and work of people around the world help and influence my life. Admiration, influence, impact.	4 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			
	5 I can make responsible choices and take action Valued, Achievements, Pleased, Acknowledge,	5 I recognise that some words are used in hurtful ways. Thoughtful, intentional, hurtful	5 I can recognise obstacles which might hinder my achievement and take steps to overcome them Goal	5 I can identify when something feels safe or unsafe safe, unsafe	5 I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. Global, rights, differences, similarities.				
	6 I understand my actions affect others and try to see things from their points of view Group	6 I can tell you about a time when my words affected someone's feelings and what the consequences were. Feelings, consequences, upset.	6 I can evaluate my own learning process and identify how it can be better next time Happy, Kind,	6 I understand how complex my body is and how important it is to take care of it Head,	6 I know how to express my appreciation to my friends and family. Appreciate, family, friends.				

		Dynamics, Team Work, View Point, Ideal School, Belong			Shoulders, Knees, Toes, Sleep, Wash, Clean,		<p>their bodies can make babies when they grow up. Develop, change, grow, reproduction.</p> <p>5 I can start to recognise stereotypical ideas I might have about parenting and family roles. Stereotypes, roles, parents.</p> <p>6 identify what I am looking forward to when I move to my next class Worry, Excited, Memories</p>
4	<p>1 I know my attitudes and actions make a difference to the class team</p> <p>I know how to use my Jigsaw Journal. Positive contribution, collaborate, team</p> <p>2 I understand who is in my school community, the roles they play and how I fit in Contribution, Observer,</p> <p>3 I understand how democracy works through the School Council School Community, Democracy, Democratic, Decisions, Voting, Authority,</p> <p>4 I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them Included, Excluded</p> <p>5 I understand how groups come together to make decisions. Democracy, together, decide.</p> <p>6 I understand how democracy and having a voice benefits the school community UN Convention on Rights of Child (UNCRC)</p>	<p>1 I understand that, sometimes, we make assumptions based on what people look like Different Same assume</p> <p>2 I understand what influences me to make assumptions based on how people look Friends, assume, influence</p> <p>3 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 Happy, Sad, Frightened, Angry</p> <p>4 I can tell you why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>5 I can identify what is special about me and value the ways in which I am unique Special, Proud, , Kind</p> <p>6 I can tell you a time when my first impression of someone changed when I got to know them. Assume, pre-judge, first impression.</p>	<p>1 I can tell you about some of my hopes and dreams Proud, Success</p> <p>2 I understand that sometimes hopes and dreams do not come true and that this can hurt Challenge, Feelings</p> <p>3 I know that reflecting on positive and happy experiences can help me to counteract disappointment. Experience, happy, remember.</p> <p>4 I know how to make a new plan and set new goals even if I have been disappointed Learning, Stepping-stones, Process,</p> <p>5 I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group Learning, Stretchy, , Obstacle, Overcome, Achieve</p> <p>6 I can identify the contributions made by myself and others to the group's achievement Working together, Team work,</p>	<p>1 I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. Friendship, qualities, value.</p> <p>2 I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. Leader, follow, group</p> <p>3 I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke Unhealthy, smoking, peer pressure.</p> <p>4 I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol Safe Medicines, Safe, Safety,</p> <p>5 I can recognise when people are putting me under pressure and can explain ways to resist this when I want. Peer pressure, resist, help</p> <p>6 I know myself well enough to have a clear picture of what I believe is right and wrong. Morals, confidence, right, wrong.</p>	<p>1 I can recognise situations which can cause jealousy in relationships Feelings, Relationship, Friend</p> <p>2 I can identify someone I love and can express why they are special to me Family, special</p> <p>3 I can tell you about someone I know that I no longer see Argue, Fall-out, Words</p> <p>4 I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. Change, argue, fall out, communicate</p> <p>5 I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. Special, feelings, love.</p> <p>6 I know how to show love and appreciation to the people and animals who are special to me. Appreciate, value, appropriate affection.</p>	<p>1 I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm. Parents, characteristic, sperm, egg.</p> <p>2 I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby Male, Female, Vagina, Penis, Testicles, Vulva, Anus,</p> <p>3 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 New, Grow, Life cycles, Adulthood, Mature,</p> <p>4 I know how the circle of change works and can apply it to changes I want to make in my life</p> <p>5 I can identify changes that have been and may continue to be outside of my control that I learnt to accept Learn, Feelings, Anxious, Worried, Excited, Coping</p> <p>6 I can identify what I am looking forward to when I move to a new class Changes,</p>	
5	<p>1 I can face new challenges positively and know how to set personal goals.</p> <p>I know how to use my Jigsaw Journal. Challenge, aspire, goal</p> <p>2 I understand my rights and responsibilities as a citizen of my country Legal, Illegal, Lawful, Laws</p> <p>3 I understand my rights and responsibilities as a citizen of my country and as a member of my school Community, Education, Wants, Needs,</p> <p>4 I can make choices about my own behaviour because I understand how rewards and consequences feel Motivation, Decision</p> <p>5 I understand how an individual's behaviour can impact on a group Co-operation, Collaboration,</p>	<p>1 I understand that cultural differences sometimes cause conflict Similarity, Same as, Different from, Difference, conflict</p> <p>2 I understand what racism is Included racism, race, ethnicity</p> <p>3 I understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>4 I can explain the difference between direct and indirect types of bullying Bullying, Bullying behaviour Deliberate, On purpose, Unfair</p> <p>5 I can compare my life with people in the developing world comparison</p> <p>6 I can understand a different culture from my own Celebrations, Special, Unique</p>	<p>1 I understand that I will need money to help me achieve some of my dreams. Dreams, goals, job</p> <p>2 I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs. Job, money, earn.</p> <p>3 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. Future, aspirational, motivate.</p> <p>4 I can describe the dreams and goals of young people in a culture different to mine. Culture, dreams, goals.</p> <p>5 I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. Learn, different, communicate.</p> <p>6 I understand that communicating with someone in</p>	<p>1 I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. Healthy choices, Lifestyle</p> <p>2 I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart Body Dangerous</p> <p>3 I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. First aid, emergency, help</p> <p>4 I understand how the media, social media and celebrity culture promotes certain body types. Healthy body, happy, negative body image.</p> <p>5 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 Balanced diet,</p>	<p>1 I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities Belong, Same, Different, Qualities</p> <p>2 I understand that belonging to an online community can have positive and negative consequences Relationships, consequence, friendship</p> <p>3 I understand there are rights and responsibilities in an online community or social network. Law, rights, safety.</p> <p>4 I know there are rights and responsibilities when playing a game online Like, Dislike, Help, Helpful,</p> <p>5 I can recognise when I am spending too much time using devices (screen time). Balance, recognise, devices</p> <p>6 I can explain how to stay safe when using technology to communicate with my friends</p>	<p>1 I am aware of my own self-image and how my body image fits into that. Self image, body image, feelings.</p> <p>2 I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Female, body, changes,</p> <p>3 I can describe how boys' and girls' bodies change during puberty. Male, changes, bidy parts</p> <p>4 I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby. Reproduction, conception, baby.</p>	

	6	I understand how democracy and having a voice benefits the school community and know how to participate in this Participation		a different culture means we can learn from each other and I can identify a range of ways that we could support each other. Support, cultures, learn.	Portion, Proportion, Energy, Fuel, Nutritious 6 I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy Motivation, happy, healthy	Friendship, , Caring, Sharing, Kind, skills	5 I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). Consent, teenager, future. 6 I can identify what I am looking forward to when I move to my next class. Change, transition, move.
6	1	I can identify my goals for this year, understand my fears and worries about the future and know how to express them Challenge, Goal I know how to use my Jigsaw Journal	1 I understand there are different perceptions about what normal means Different, view point, opinion 2 I understand that everyone has a right to be who they are. individual, expression, unique 3 I can explain some of the ways in which one person or a group can have power over another. Power, unbalanced, fair, unfair. 4 I know some of the reasons why people use bullying behaviours. Bully, bullying, persistent, 5 I can give examples of people with disabilities who lead amazing lives. Admire, overcome, achieve 6 I can explain ways in which difference can be a source of conflict and a cause for celebration. Difference, prejudice, celebrate	1 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) goal, challenge 2 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 achieve, persevere, ambition. 3 I can identify problems in the world that concern me and talk to other people about them concern, solution, global 4 I can work with other people to help make the world a better place. Teamwork, collaborative, dream 5 I can describe some ways in which I can work with other people to help make the world a better place. Resources, team work, achieve, create. 6 I know what some people in my class like or admire about me and can accept their praise. Proud, admiration, celebrate.	1 I can take responsibility for my health and make choices that benefit my health and well-being. Health, choices, mental health, 2 I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. Medicines, unsafe, safe, dangerous. 3 I understand that some people can be exploited and made to do things that are against the law. Unlawful, unsafe, exploitation. 4 I know why some people join gangs and the risks this involves. Peer pressure, danger, resistance. 5 I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. Feelings, expressing, mental health. 6 I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. Stress, trigger, calming techniques	1 I know that it is important to take care of my mental health. Emotional health, coping, calm 2 I know how to take care of my mental health. Mental health first aid, strategies, feelings 3 I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. Bereavement, sad, loss, gone. 4 I can recognise when people are trying to gain power or control. Power, controlling behaviour 5 I can judge whether something online is safe and helpful for me. Online safety, help, appropriate, inappropriate. 6 I can use technology positively and safely to communicate with my friends and family. Known contacts, age appropriate, apps	1 I am aware of my own self-image and how my body image fits into that. Body image, negative, positive, perception. 2 I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. Puberty, indications, awareness. 3 I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Conceive, baby, male, female, develop 4 I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. Feelings, excited, nervous, love. 5 I am aware of the importance of a positive self-esteem and what I can do to develop it. Self-esteem, positive, negative. 6 I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class. Nervous, worried, excited, next step.