



Growing & Changing

FOUNDATION STAGE

- 1c** Pupils should be taught to recognise, name and deal with their feelings in a positive way.
- 1d** To think about themselves, learn from experiences and recognise what they are good at.
- 2d** To agree and follow rules for their group and classroom and understand how rules help them.
- 3e** To be able to name their body parts.

YEAR ONE

- 1c** Pupils should be taught to recognise, name and deal with their feelings in a positive way.
- 1d** To think about themselves, learn from experiences and recognise what they are good at.
- 2a** Pupils should be taught to take part in discussions with one other person and the whole class.
- 2c** Pupils should be taught to recognise choices they can make and recognise the difference between right and wrong.
- 2d** To agree and follow rules for their group and classroom and understand how rules help them.
- 3e** To be able to name their body parts.
- 4b** Family and friends should care for each other.

YEAR TWO

- 1c** Pupils should be taught to recognise, name and deal with their feelings in a positive way.
- 2a** Pupils should be taught to take part in discussions with one other person and the whole class.
- 2c** Pupils should be taught to recognise choices they can make and recognise the difference between right and wrong.
- 2d** To agree and follow rules for their group and classroom and understand how rules help them.
- 3b** Pupils should be taught to maintain personal hygiene.

YEAR THREE

- 1a** Pupils should be taught to talk and write about their opinions, and explain their views on issues that affect themselves and society.
- 2a** To research, discuss and debate topical issues, problems and events.
- 2b** Why and how rules are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.
- 2f** To resolve differences by looking at alternatives, making decisions and explaining choices.
- 3e** To recognise the different risks in different situations and then decide how to behave responsibly, including safe road use, and judging what kind of physical contact is acceptable or unacceptable.

YEAR FOUR

- 1d** To recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way.
- 2a** To research, discuss and debate topical issues, problems and events.
- 2b** Why and how rules are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.
- 3a** What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health and how to make informed choices.
- 3f** That pressure to behave in an unacceptable or risky way can come from a variety of sources including people they know, and how to ask for help and basic techniques for resisting pressure to do wrong.
- 4a** That their actions affect themselves and others, to care about other people's feelings and try to see things from their point of view.

YEAR FIVE & SIX

- 1d** To recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way.
- 2b** Why and how rules are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.
- 3a** What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health and how to make informed choices.
- 3c** About how the body changes as they approach puberty.