

This unit is:
**Being Me in
My World**

Session 1: Getting to Know Each Other

Session 2: Our Nightmare School

Session 3: Our Dream School

Session 4: Rewards and Consequences

Session 5: Our Learning Charter

Session 6: Owning our Learning Charter

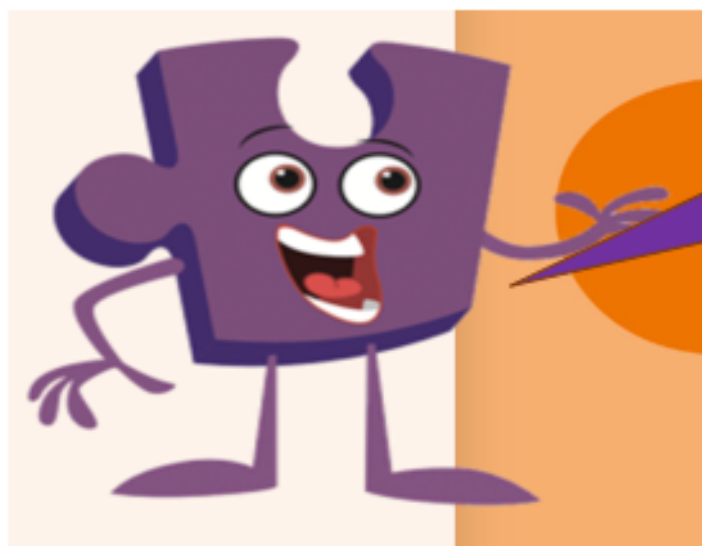
Key Vocabulary: Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Nightmare, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-operate, Challenge, Group dynamics, Teamwork, Viewpoint, Ideal school, Belong.

PSHE Learning:

1. I can recognise my worth and can identify positive things about myself and my achievements. I can set personal goals.
2. I can face new challenges positively, make responsible choices and ask for help when I need it.
3. I understand why rules are needed and how they relate to rights and responsibilities.
4. I understand that my actions affect myself and others and I care about other people's feelings.
5. I can make responsible choices and act on these.
6. I understand my actions affect others and try to see things from their points of view.

Social and Emotional Learning:

1. I value myself and know how to make someone else feel welcome and valued.
2. I recognise how it feels to be happy, sad, or scared and can identify if other people are feeling these emotions.
3. I know how to make others feel valued.
4. I understand that my behaviour brings rewards / consequences.
5. I can work cooperatively in a group.
6. I am choosing to follow the Learning Charter.



This unit is:
**Celebrating
differences**

Session 1: Families

Session 2: Family conflict

Session 3: Witness and Feelings

Session 4: Witness and Solutions

Session 5: Words That Harm

Session 6: Celebrating Difference: Compliments

Key Vocabulary:

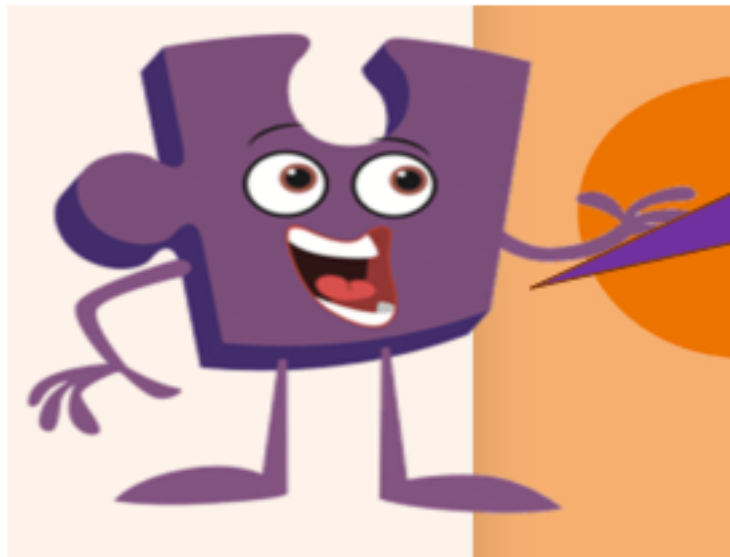
Family, loving, caring, safe, connected, difference, special, conflict, solve it, together, solutions, resolve, witness, bystander, bullying, gay, unkind, feelings, tell, consequences, hurtful, unique.

PSHE Learning:

1. I understand that everybody's family is different and important to them.
2. I understand that differences and conflicts sometimes happen among family members.
3. I know what it means to be a witness to bullying.
4. I know that witnesses can make the situation better or worse by what they do.
5. I recognise that some words are used in hurtful ways.
6. I can tell you about a time when my words affected someone's feelings and what the consequences were.

Social and Emotional Learning:

1. I appreciate my family/the people who care for me.
2. I know how to calm myself down and can use the 'Solve it together' technique.
3. I know some ways of helping to make someone who is bullied feel better.
4. I can problem-solve a bullying situation with others.
5. I try hard not to use hurtful words (e.g., gay, fat)
6. I can give and receive compliments and know how these feels.



This unit is:
**Dreams and
Goals**

Session 1: Dreams and goals

Session 2: My dreams and ambitions

Session 3: A new challenge

Session 4: Our new challenge

Session 5: Our new challenge - overcoming obstacles

Session 6: Celebrating my learning

Key Vocabulary:

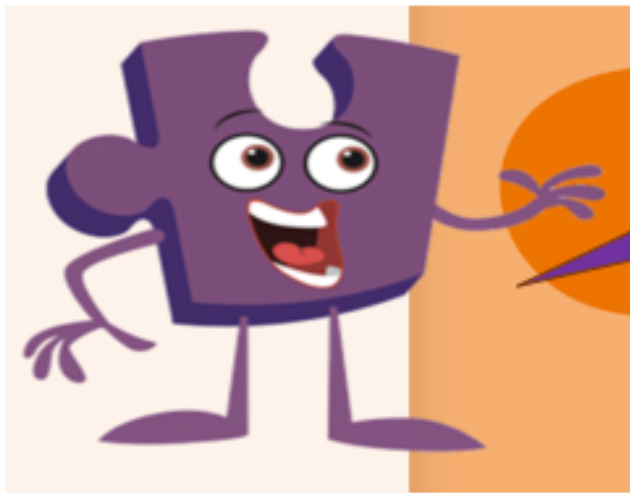
Perseverance, challenges, success, obstacles, dreams, goals, future, aspirations, garden, decoration, team work, enterprise, design, cooperation, product, strengths, motivated, enthusiastic, excited, efficient, responsible, frustration, technique, solution, solve-it together

PSHE Learning:

1. I can tell you about a person who has faced difficult challenges and achieved success
2. I can identify a dream/ambition that is important to me
3. I enjoy facing new learning challenges and working out the best ways for me to achieve them
4. I can be motivated and enthusiastic about achieving our new challenge
5. I can recognise obstacles which might hinder my achievement and take steps to overcome them
6. I can evaluate my own learning process and identify how it can be better next time

Social and Emotional Learning:

1. I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
2. I can imagine how I will feel when I achieve my dream/ambition
3. I can break down a goal into a number of steps and know how others could help me to achieve it
4. I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge
5. I know how to manage the feelings of frustration that may arise when obstacles occur
6. I can be confident in sharing my success with others and can store my feelings in my internal treasure chest



This unit is:
Healthy Me

Session 1: Being Fit and Healthy

Session 2: Being Fit and Healthy

Session 3: What Do I know About Drugs?

Session 4: Being Safe

Session 5: Safe or Unsafe?

Session 6: My Amazing Body

Key Vocabulary:

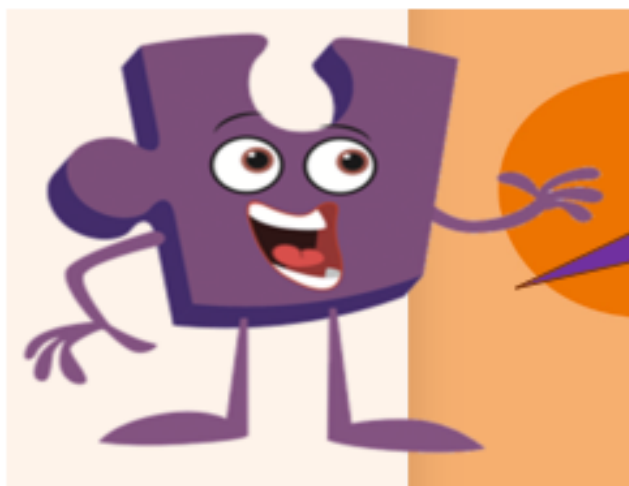
Oxygen, energy, calories/kilojoules, heartbeat, lungs, heart, fitness, labels, sugar, fat, unsaturated fat, healthy, drugs, attitude, safe, anxious, scared, strategy, advice, dangerous, emergency, emergency services, ambulance, fire engine, police car, coastguard, helicopter, harmful, risk, feelings, complex, appreciate, body, choice.

PSHE Learning:

1. I can understand how exercise affects my body and know why my heart and lungs are such important organs.
2. I know that the number of calories, fat and sugar I put into my body will affect my health.
3. I can tell you my knowledge and attitude towards drugs.
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.
5. I can identify when something feels safe or unsafe.
6. I understand how complex my body is and how important it is to take care of it.

Social and Emotional Learning:

1. I can set myself a fitness challenge.
2. I can say what it feels like to make a healthy choice.
3. I can identify how I feel towards drugs.
4. I can express how being anxious or scared feels.
5. I can take responsibility for keeping myself and others safe.
6. I respect my body and appreciate what it does for me.



This unit is:
Relationships

Session 1: Family Roles and Responsibilities

Session 2: Friendship

Session 3: Keeping Myself Safe Online

Session 4: Being a Global Citizen 1

Session 5: Being a Global Citizen 2

Session 6: Celebrating My Web of Relationships

Key Vocabulary:

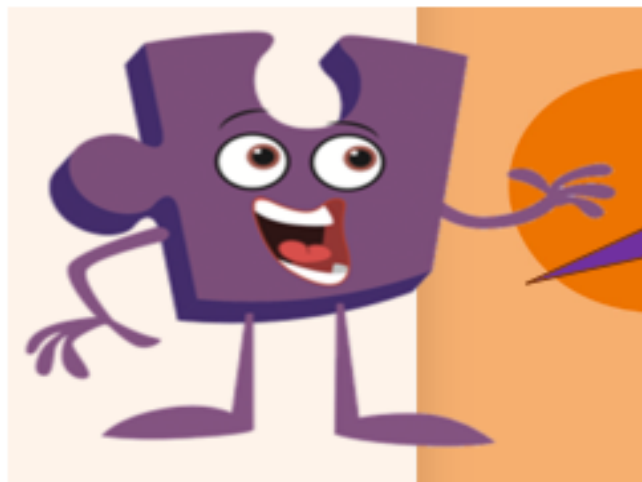
Men, Women, Male, Female, Unisex, Role, Job, Responsibilities, Differences, Similarities, Respect, Stereotype, Conflict, Solution, Problem-solving, Friendship, Win-win, Safe, Unsafe, Internet, Social Media, Private, Messaging (pm), Gaming, Global, Communications, Transport, Interconnected, Food journeys, Climate, Trade, Inequality, Needs, Wants, Rights, Deprivation, United Nations, Equality, Justice, Happiness, Celebrating, Friendship, Family, Thank you, Appreciation.

PSHE Learning:

1. I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.
2. I can identify and put into practice some of the skills of friendship, e.g. taking turns, being a good listener.
3. I know and can use some strategies for keeping myself safe online.
4. I can explain how some of the actions and work of people around the world help and influence my life.
5. I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.
6. I know how to express my appreciation to my friends and family.

Social and Emotional Learning:

1. I can describe how taking some responsibility in my family makes me feel.
2. I know how to negotiate in conflict situations to try and find a win-win solution.
3. I know who to ask for help if I am worried or concerned about anything online.
4. I can show an awareness of how this could affect my choices.
5. I can empathise with children whose lives are different to mine and appreciate what I may learn from them.
6. I enjoy being part of a family and friendship groups.



This unit is:
Changing Me

Session 1: How Babies Grow

Session 2: Babies

Session 3: Outside Body Changes

Session 4: Onside Body Changes

Session 5: Family Stereotypes

Session 6: Looking Ahead

Key Vocabulary:

Male, Female, Changes, Birth, Animals, Babies, Mother, Growing Up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Change, Puberty, Control, Breasts, Testicles, Sperm, Penis, Ovaries, Egg, Ovum/Ova, Vagina, Stereotypes, Task, Roles, Challenge, Change, Looking forward, Excited, Nervous, Anxious, Happy.

PSHE Learning:

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.
2. I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow.
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 can change on the outside during this growing up process.
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 their bodies can make babies when they grow up.
5. I can start to recognise stereotypical ideas I might have about parenting and family roles.
6. I can identify what I am looking forward to when I move to my next class.

Social and Emotional Learning:

1. I can express how I feel when I see babies or baby animals.
2. I can express how I might feel if I had a new baby in my family.
3. I recognise how I feel about these changes happening to me and know how to cope with those feelings.
4. I recognise how I feel about these changes happening to me and know how to cope with these feelings.
5. I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.
6. I can start to think about changes I will make next year and know how to go about this.