

Year 6 – Me and My Relationships	Learning outcomes
1	<ul style="list-style-type: none"> • I understand the physical and emotional changes I will go through at puberty. • I can look after my body and health as I go through puberty. • I can manage my periods (menstruation) or I understand how girls manage their periods and I am respectful of this.
2	<ul style="list-style-type: none"> • I know about human reproduction including conception.
3	<ul style="list-style-type: none"> • I recognise different risks in different situations both on and offline and then decide how to behave responsibly, including judging what kind of physical contact is acceptable or unacceptable. (this could include between peers)
4	<ul style="list-style-type: none"> • I understand that civil partnerships and marriages are examples of stable, loving relationships freely entered into by both people. (include same sex relationships) • I know that relationships change over time and the features of a positive healthy relationship both on and offline. (including friendships)
5	<ul style="list-style-type: none"> • I know how to ask for help and have a range of strategies to resist pressure to do something dangerous, unhealthy, that makes me feel uncomfortable, anxious or that I believe is wrong including when to share a confidential secret all of which can happen both on and offline. • I can name people who look after me, my networks and who to go to if I am worried about anything on or offline and my health and how to attract their attention.
6	<ul style="list-style-type: none"> • I can recognise the difference between aggressive and assertive behaviour both on and offline and developed some strategies to resolve disputes and conflict. • I realise the consequences of anti-social and aggressive behaviours, such as bullying, cyber-bullying, homophobia, transphobia and biphobia and racism which can happen both on and offline on individuals and communities.
7	<ul style="list-style-type: none"> • I can recognise and challenge discrimination and stereotyping which can happen both on and offline. (including cultural, ethnic, religious diversity, sexuality, gender and disability) • I understand the nature, causes and consequences of hate crime which can happen both on and offline and I know I need to tell a trusted adult.

Year 6 – Keeping myself safe	Learning outcomes
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1	<ul style="list-style-type: none"> • I can take responsibility for my own safety and know about health and safety, basic emergency first aid procedures (including head injuries) and where to get help, including how to call 999 in an emergency. • I recognise the responsibility I have both on and offline due to increased independence and can keep myself and others safe.
2	<ul style="list-style-type: none"> • I can respond to challenges including recognising, managing and assessing risks in different situations both on and offline and can manage them responsibly. • I am able to make informed decisions relating to risk taking behaviours in relation to medicines, alcohol, tobacco, e-cigarettes, drugs and other substances including what is meant by the term, 'habit' and why habits can be hard to change. • I know that the pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources both on and offline, including people I know and the media.
3	<ul style="list-style-type: none"> • I know the internet has many benefits but I know I need to balance my time spent on and offline and adhere to the age rating of social media and computer games. • I can select appropriate tools to collaborate and communicate confidently and safely with others, including friends I know in real life. • I understand how the media (advertising and internet) may influence my opinions and choices.
4	<ul style="list-style-type: none"> • I am able to recognise risks, harmful content and contact and now how to report them. • I am aware of online abuse such as trolling, bullying and harassment and the negative impact it can have on a person's mental health so I understand the need to use respectful language and know the legal consequences for sending offensive online communications.
5	<ul style="list-style-type: none"> • I have an understanding of how my information and data is shared and used online. • I know how to manage requests for images of myself or others (this includes from friends); what is and is not appropriate to ask for or share; who to talk to if I feel uncomfortable and are concerned by such a request. • I am a responsible user of mobile phones: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.) • I know how to report concerns and get support with issues online.

Year 6 – My healthy lifestyle	Learning outcomes
1	<ul style="list-style-type: none"> • I can manage my time to include regular exercise and self-care techniques to look after my mental and physical health such as relaxation.

	<ul style="list-style-type: none"> • I can recognise opportunities to make my own choices about food, what might influence my choice and the benefits of eating a balanced diet.
2	<ul style="list-style-type: none"> • I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs. • I understand the risks associated with an inactive lifestyle, poor diet, unhealthy eating and other behaviours on my physical and mental wellbeing. • I understand early signs of physical illness, such as weight loss, or unexplained changes to the body.
3	<ul style="list-style-type: none"> • I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
4	<ul style="list-style-type: none"> • I recognise that I may experience conflicting emotions and when I need to listen to and overcome my emotions. • I understand what being resilient means to me and I have strategies I can use I know how change can impact with our feelings of belonging.
5	<ul style="list-style-type: none"> • I have an understanding of mental ill health and how important it is for people to get early help to support them. • I understand that the media can have a positive and negative effect on mental health, e.g.body image

Year 6 – Me and my future	Learning outcomes
1	<ul style="list-style-type: none"> • I know that people buy things online and have online bank accounts and passwords to keep money safe. • I can describe a range of local businesses and how they are run and the products and / or services they provide. • I understand that money we earn also supports the community.
2	<ul style="list-style-type: none"> • I can describe how people’s careers are different and how they develop in different ways and I am aware that people feel differently about the different types of work they do. • I can reflect on what I have learnt about careers, employability and enterprise activities and experiences and how the learning relates to my choices.
3	<ul style="list-style-type: none"> • I understand that employers must treat all employees equally and there are certain protected characteristics under the Equalities Act. • I know how to keep myself safe when working and what the law says to protect workers.
4	<ul style="list-style-type: none"> • I can recognise and start to demonstrate some of the key qualities and skills that employers are looking for and to be enterprising.
5	<ul style="list-style-type: none"> • I can identify positive achievements during my time in Primary School. • I can explain what I am worried about and what I am looking forward to in Year 7.

Year 6 - Becoming an active citizen	Learning outcomes
1	<ul style="list-style-type: none"> • I understand how democracy works in the UK at a local, regional and national scale. • I understand that there are other forms of government that are not democratic and can give some examples of these.
2	<ul style="list-style-type: none"> • I understand what being part of a community means and I can take part more fully in school and community activities. • I understand the mental health benefits of community participation and volunteering. • I can demonstrate a sense of social justice and moral responsibility at school, in the community and towards the environment.
3	<ul style="list-style-type: none"> • I understand that everyone has human rights and that children have their own special rights set out in the United Nations Declarations of the Rights of the Child.
4	<ul style="list-style-type: none"> • I understand that resources can be allocated in different ways and that economic choices affect individuals, communities and the environment. • I can research, discuss and debate topical issues, problems and events.
5	<ul style="list-style-type: none"> • I appreciate the range of national, regional, religious and ethnic identities in the United Kingdom and the benefits of being a multi-cultural nation. • I can discuss controversial issues in a sensitive manner, such as terrorism, migration and racism.
6	<ul style="list-style-type: none"> • I am aware of how the media present information and that the media can be both a positive and negative influence. • I can critique how the media present information.