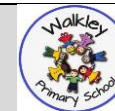


CITIZENSHIP: CRUCIAL LEARNING



Year 1	Relationships (Friends and Family)	1. Know what a family is made up of. 2. Know the responsibilities of adults in a family. 3. Know what makes a good friend.
Year 1	Community	1. Understand why rules are important. 2. Know what a community is. 3. Know why it is important to balance the amount of screen time.
Year 1	Health and Wellbeing	1. Be able to talk about different feelings. 2. Know the importance of being healthy. 3. Know some ways to stay healthy. 4. Know what to do in an emergency.
Year 2	Relationships (Friends and Family)	1. Know that friends should not tell us what to do. 2. Know what bullying is including some types of bullying. 3. Know what consent is. 4. Understand who trusted adults are. 5. Know that families can be different.
Year 2	Community	1. Know how boys and girls are physically different. 2. Know what personal information is. 3. Know that we shouldn't share personal information with strangers (including online) 4. Know that information on line may not be true.
Year 2	Health and Wellbeing	1. Know that we are all different and all deserve respect. 2. Know what makes us happy.
Year 3	Relationships (Friends and Family)	1. Families can change over time. 2. Know some qualities of a good friend. 3. Know that friends can all be different. 4. Know what discrimination is.
Year 3	Community	1. Know how a community can help each other. 2. Know personal information that should never be shared on line. 3. Know what cyber bullying is.
Year 3	Health and Wellbeing	1. Know that we experience different emotions. 2. Know why exercise is important for healthy bodies. 3. Know why sleep is important for healthy bodies.

		4. Know why some food choices are healthier than others.
Year 4	Relationships (Friends and Family)	1. Know what 'stereotype' means. 2. Know what gender stereotyping is. 3. Know that friends don't always have to agree.
Year 4	Community	1. The law is a set of rules to make the world fair. 2. Know how we can have an impact as a citizen in our communities. 3. Know that websites can store our information. 4. Know that information found on line needs to be checked before it is believed.
Year 4	Health and Wellbeing	1. Know what self-esteem is. 2. Know some ways to help when we don't feel happy. 3. Know why good hygiene is important.
Year 5	Relationships (Friends and Family)	1. Know some ways to keep relationships healthy. 2. Know why some people bully.
Year 5	Community	1. Understand what poverty is. 2. Know the importance of living within a budget. 3. Know we can control our online lives. 4. Know that our personal information can be used by companies. 5. Be able to recognise potential signs of online danger.
Year 5	Health and Wellbeing	1. Know what some of the triggers are for uncomfortable feelings. 2. Know there are different mental health conditions. 3. Know some ways to resolve conflicts. 4. Know why too much sugar can be harmful. 5. Know about the risks of taking drugs.
Year 6	Relationships (Friends and Family)	1. Know that marriage is a choice that everyone can have. 2. Understand why giving consent needs to be respected. 3. Know what sexism is. 4. Understand it is OK to challenge stereotypes.
Year 6	Community	1. Know that media can be biased. 2. Social media does not always depict reality. 3. Know what prejudice is. 4. Understand that prejudice can be rooted in history. 5. Know some of the protected characteristics that it is against the law to discriminate on.

Year 6	Health and Wellbeing	1. Know some ways male and female bodies change in puberty. 2. Know what menstruation is. 3. Know some ways feelings can change in puberty.
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