

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Early Years</b>						
<b>Nursery</b>	I understand how it feels to belong and that we are similar and different	I understand how feeling happy and sad can be expressed	I can work together and consider other people's feelings	I can use gentle hands and understand that it is good to be kind to people	I am starting to understand children's rights and this means we should all be allowed to learn and play	I am learning what being responsible means
<b>Reception</b>	I understand how it feels to belong and that we are similar and different	I can start to recognise and manage my feelings	I enjoy working with others to make school a good place to be	I understand why it is good to be kind and use gentle hands	I am starting to understand children's rights; we should all be allowed to learn and play	I am learning what being responsible means
<b>Key Stage 1</b>						
<b>Year 1</b>	I know how to use my Jigsaw Journal	I understand the rights and responsibilities as a member of my class	I understand the rights and responsibilities for being a member of my class	I know my views are valued and can contribute to the Learning Charter	I can recognise the choices I make and understand the consequences	I understand my rights and responsibilities within our Learning Charter
<b>Year 2</b>	I can identify some of my hopes and fears for this year I know how to use my Jigsaw Journal	I understand the rights and responsibilities for being a member of my class and school	I listen to other people and contribute my own ideas about rewards and consequences	I can listen to other people and contribute my own ideas about rewards and consequences	I understand how following the Learning Charter will help me and others learn	I recognise the choices I make and understand the consequences

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Key Stage 2</b>						
<b>Year 3</b>	I recognise my worth and can identify positive things about myself and my achievements.	I can face new challenges positively, make responsible choices and ask for help when I need it	I understand why rules are needed and how they relate to rights and responsibilities	I understand that my actions affect myself and others and I care about other people's feelings	I can make responsible choices and take action	I understand my actions affect others and try to see things from their points of view
<b>Year 4</b>	I know my attitudes and actions make a difference to the class team	I understand who is in my school community, the roles they play and how I fit in	I understand how democracy works through the School Leadership roles	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them	I understand how groups come together to make decisions	I understand how democracy and having a voice benefits the school community
<b>Year 5</b>	I can face new challenges positively and know how to set personal goals	I understand my rights and responsibilities as a citizen of my country	I understand my rights and responsibilities as a citizen of my country and as a member of my school	I can make choices about my own behaviour because I understand how rewards and consequences feel	I understand how an individual's behaviour can impact on a group	I understand how democracy and having a voice benefits the school community and know how to participate in this
<b>Year 6</b>	I can identify my goals for this year, understand my fears and worries about the future and know how to express them	I know that there are universal rights for all children but for many children these rights are not met	I understand that my actions affect other people locally and globally	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities	I understand how an individual's behaviour can impact on a group	I understand how democracy and having a voice benefits the school community



Celebrating Difference

## Celebrating Difference



	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Early Years</b>						
<b>Nursery</b>	I know how it feels to be proud of something I am good at.	I can tell you one way I am special and unique.	I know that all families are different.	I know there are lots of different homes.	I can tell you how I could make new friends.	I can use my words to stand up for myself.
<b>Reception</b>	I can identify something I am good at and understand everyone is good at different things	I understand that being different makes us all special	I know we are all different but the same in some ways	I can tell you why I think my home is special to me	I can tell you how to be a kind friend	I know which words to use to stand up for myself when someone says or does something unkind
<b>Key Stage 1</b>						
<b>Year 1</b>	I can identify similarities between people in my class	I can identify differences between people in my class	I can tell you what bullying is	I know some people who I could talk to if I was feeling unhappy or being bullied	I know how to make new friends	I can tell you some ways I am different from my friends
<b>Year 2</b>	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)	I understand that bullying is sometimes about difference	I can recognise what is right and wrong and know how to look after myself	I understand that it is OK to be different from other people and to be friends with them	I can tell you some ways I am different from my friends



# Celebrating Difference



	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Key Stage 2</b>						
<b>Year 3</b>	I understand that everybody's family is different and important to them	I understand that differences and conflicts sometimes happen among family members	I know what it means to be a witness to bullying	I know that witnesses can make the situation better or worse by what they do	I recognise that some words are used in hurtful ways	I can tell you about a time when my words affected someone's feelings and what the consequences were
<b>Year 4</b>	I understand that, sometimes, we make assumptions based on what people look like	I understand what influences me to make assumptions based on how people look	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	I can tell you why witnesses sometimes join in with bullying and sometimes don't tell	I can identify what is special about me and value the ways in which I am unique	I can tell you a time when my first impression of someone changed when I got to know them
<b>Year 5</b>	I understand that cultural differences sometimes cause conflict	I understand what racism is	I understand how rumour-spreading and name-calling can be bullying behaviours	I can explain the difference between direct and indirect types of bullying	I can compare my life with people in the developing world	I can understand a different culture from my own
<b>Year 6</b>	I understand there are different perceptions about what normal means	I understand that everyone has a right to be who they are	I can explain some of the ways in which one person or a group can have power over another	I know some of the reasons why people use bullying behaviours	I can give examples of people with disabilities who lead amazing lives	I can explain ways in which difference can be a source of conflict and a cause for celebration



Dreams & Goals

## Dreams and Goals



	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Early Years</b>						
<b>Nursery</b>	I understand what a challenge means	I can keep trying until I can do something	I can set a goal and work towards it	I know some kind words which can encourage people	I can start to think about the jobs I might like to do when I'm older	I can feel proud when I achieve a goal
<b>Reception</b>	I understand that if I persevere I can tackle challenges	I can tell you about a time I didn't give up until I achieved my goal	I can set a goal and work towards it	I can use kind words to encourage people	I understand the link between what I learn now and the job I might like to do when I'm older	I can say how I feel when I achieve a goal and know what it means to feel proud
<b>Key Stage 1</b>						
<b>Year 1</b>	I can set simple goals	I can set a goal and work out how to achieve it	I understand how to work well with a partner	I can tackle a new challenge and understand this might stretch my learning	I can tell you about obstacles which make it difficult to achieve my challenge and have ideas to overcome them	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it
<b>Year 2</b>	I can choose a realistic goal and think about how to achieve it	I carry on trying (persevering) even when I find tasks difficult	I can recognise who I work well with and who it is more difficult for me to work with	I can work well in a group to create an end product	I can explain some of the ways I worked well in my group to create the end product	I know how to share success with other people

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Key Stage 2</b>						
<b>Year 3</b>	I can tell you about a person who has faced difficult challenges and achieved success	I can identify a dream/ambition that is important to me	I enjoy facing new learning challenges and working out the best ways for me to achieve them	I can be motivated and enthusiastic about achieving our new challenge	I can recognise obstacles which might hinder my achievement and take steps to overcome them	I can recognise obstacles which might hinder my achievement and take steps to overcome them
<b>Year 4</b>	I can tell you about some of my hopes and dreams	I understand that sometimes hopes and dreams do not come true and that this can hurt	I know that reflecting on positive and happy experiences can help me to counteract disappointment	I know how to make a new plan and set new goals even if I have been disappointed	I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group	I can identify the contributions made by myself and others to the group's achievement
<b>Year 5</b>	I understand that I will need money to help me achieve some of my dreams	I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs	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	I can describe the dreams and goals of young people in a culture different to mine	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	I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship
<b>Year 6</b>	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)	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	I can identify problems in the world that concern me and talk to other people about them	I can work with other people to help make the world a better place	I can describe some ways in which I can work with other people to help make the world a better place	I know what some people in my class like or admire about me and can accept their praise

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Early Years</b>						
<b>Nursery</b>	I am starting to understand that I need to be active to be healthy	I can tell you some of the things I need to do to be healthy	I know what the word 'healthy' means and that some foods are healthier than others	I know how to help myself go to sleep and that sleep is good for me	I can wash my hands and know it is important to do this before I eat and after I go to the toilet	I know who my safe adults are and how to stay safe if they are not close by me
<b>Reception</b>	I understand that I need to exercise to keep my body healthy	I understand how moving and resting are good for my body	I know which foods are healthy and not so healthy and can make healthy eating choices	I know how to help myself go to sleep and understand why sleep is good for me	I can wash my hands thoroughly and understand why this is important	I know who my safe adults are and how to stay safe if they are not close by me
<b>Key Stage 1</b>						
<b>Year 1</b>	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I know how to make healthy lifestyle choices	I know how to keep myself clean and healthy, and understand how germs cause disease/illness	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy
<b>Year 2</b>	I know what I need to keep my body healthy	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	I understand how medicines work in my body and how important it is to use them safely	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I can make some healthy snacks and explain why they are good for my body	I understand which foods to eat to give my body energy

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Key Stage 2</b>						
<b>Year 3</b>	I understand how exercise affects my body and know why my heart and lungs are such important organs	I know that the amount of calories, fat and sugar I put into my body will affect my health	I can tell you my knowledge and attitude towards drugs	I know some strategies for keeping myself safe, who to go to for help and how to call emergency services	I can identify when something feels safe or unsafe	I understand how complex my body is and how important it is to take care of it
<b>Year 4</b>	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	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	understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I know myself well enough to have a clear picture of what I believe is right and wrong
<b>Year 5</b>	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I understand how the media, social media and celebrity culture promotes certain body types	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	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy
<b>Year 6</b>	I can take responsibility for my health and make choices that benefit my health and well-being	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I understand that some people can be exploited and made to do things that are against the law	I know why some people join gangs and the risks this involves	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse



	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Early Years</b>						
<b>Nursery</b>	I can tell you about my family	I understand how to make friends if I feel lonely	I can tell you some of the things I like about my friends	I know what to say and do if somebody is mean to me	I can use Calm Me time to manage my feelings	I can work together and enjoy being with my friends
<b>Reception</b>	I can identify some of the jobs I do in my family and how I feel like I belong	I know how to make friends to stop myself from feeling lonely	I can think of ways to solve problems and stay friends	I am starting to understand the impact of unkind words	I can use Calm Me time to manage my feelings	I know how to be a good friend
<b>Key Stage 1</b>						
<b>Year 1</b>	I can identify the members of my family and understand that there are lots of different families	I can identify what being a good friend means to me	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I know who can help me in my school community	I can recognise my qualities as a person and a friend	I can tell you why I appreciate someone who is special to me
<b>Year 2</b>	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	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	I can identify some of the things that cause conflict with my friends	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret	I recognise and appreciate people who can help me in my family, my school and my community	I can express my appreciation for the people in my special relationships

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Key Stage 2</b>						
<b>Year 3</b>	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females	I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener	I know and can use some strategies for keeping myself safe online	I can explain how some of the actions and work of people around the world help and influence my life	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.	I know how to express my appreciation to my friends and family
<b>Year 4</b>	I can recognise situations which can cause jealousy in relationships	I can identify someone I love and can express why they are special to me	I can tell you about someone I know that I no longer see	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends	I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older	I know how to show love and appreciation to the people and animals who are special to me
<b>Year 5</b>	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities	I understand that belonging to an online community can have positive and negative consequences	I understand there are rights and responsibilities in an online community or social network	I know there are rights and responsibilities when playing a game online	I can recognise when I am spending too much time using devices (screen time)	I can explain how to stay safe when using technology to communicate with my friends
<b>Year 6</b>	I know that it is important to take care of my mental health	I know how to take care of my mental health	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when people are trying to gain power or control	I can judge whether something online is safe and helpful for me	I can use technology positively and safely to communicate with my friends and family

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Early Years</b>						
<b>Nursery</b>	I can name parts of my body and show respect for myself	I can tell you some things I can do and some food I can eat to be healthy	I understand that we all start as babies and grow into children and then adults	I know that I grow and change	I can talk about how I feel moving to School from Nursery	I can remember some fun things about Nursery this year
<b>Reception</b>	I can name parts of the body	I can tell you some things I can do and foods I can eat to be healthy	I understand that we all grow from babies to adults	I can express how I feel about moving to Year 1	I can talk about my worries and/or the things I am looking forward to in Year 1	I can share my memories of the best bits of this year in Reception
<b>Key Stage 1</b>						
<b>Year 1</b>	I am starting to understand the life cycles of animals and humans	I can tell you some things about me that have changed and some things about me that have stayed the same	I understand that every time I learn something new I change a little bit	I can tell you about changes that have happened in my life		
<b>Year 2</b>	I can recognise cycles of life in nature	I can tell you about the natural process of growing from young to old and understand that this is not in my control	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I understand there are different types of touch and can tell you which ones I like and don't like	I can identify what I am looking forward to when I move to my next class	

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
<b>Year 3</b>	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	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can identify what I am looking forward to when I move to my next class		
<b>Year 4</b>	I understand that some of my personal characteristics have come from my birth parents	I understand what responsibilities there are in parenthood and the joy it can bring I can consider what has influenced my life (Alternative lesson)	I know how the circle of change works and can apply it to changes I want to make in my life	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can identify what I am looking forward to when I move to a new class	
<b>Year 5</b>	I am aware of my own self-image and how my body image fits into that	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I can describe how boys' and girls' bodies change during puberty	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I can identify what I am looking forward to when I move to my next class.	
<b>Year 6</b>	I am aware of my own self-image and how my body image fits into that	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born (Can ask to be withdrawn)	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity (4a alternative)	I am aware of the importance of a positive self-esteem and what I can do to develop it	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.