

		Families and friendship	Belonging to a community	Safe relationships	Physical Health and mental wellbeing	Respecting ourselves and others	Keeping Safe
<p>Learning outcomes/composite knowledge: Pupils will be able to...</p>		<p>LO1 I know what makes a family; features of family life.</p> <p>LO2 I know what positive friendships are, including online.</p> <p>LO3 I know how to manage friendships and peer influence.</p>	<p>LO1 I know the value of rules and laws; rights, freedoms and responsibilities</p> <p>LO2 I know what makes a community; shared responsibilities</p> <p>LO3 I know how to value diversity; challenging discrimination and stereotypes</p>	<p>LO1 I know personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>LO2 I know how to respond to hurtful behaviour; recognising risks online</p> <p>LO3 I know how to recognise and managing pressure; consent in different situations.</p>	<p>LO1 I know how to make healthy choices and habits; what affects feelings; expressing feelings.</p> <p>LO2 I know how to maintain a balanced lifestyle; oral hygiene and dental care.</p> <p>LO3 I know what affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.</p>	<p>LO1 I know how to recognise respectful behaviour; the importance of self-respect; courtesy and being polite</p> <p>LO2 I know how to respect differences and similarities; discussing difference sensitively</p> <p>LO3 I know how to express opinions and respect other points of view, including discussing topical issues.</p>	<p>LO1 I know the risks and hazards; safety in the local environment and unfamiliar places(water safety)</p> <p>LO2 I know how to keep safe in different situations, including responding in emergencies, first aid.</p>
<p>Knowledge Components</p>	<p>Declarative Knowledge: know what</p>	<p>I know that being part of a family provides support, stability and love about the positive aspects of being part of a family.</p> <p>I know about the different ways that people can care for each other.</p> <p>I know what to do and whom to tell if family relationships are making them feel unhappy or unsafe.</p> <p>I know the features of positive healthy friendships such as mutual respect, trust and sharing interests.</p> <p>I know what to do or whom to tell if they are worried about any contact online.</p> <p>I know what makes a healthy friendship and</p>	<p>I know the reasons for rules and laws in wider society</p> <p>I know the importance of abiding by the law</p> <p>I know what human rights are and how they protect people to identify basic examples of human rights including the rights of children</p> <p>I know the meaning and benefits of living in a community.</p> <p>I know what prejudice means.</p>	<p>I know what is appropriate to share with friends, classmates, family and wider social groups including online.</p> <p>I know that bullying and hurtful behaviour is unacceptable in any situation</p> <p>I know what to do and whom to tell if they see or experience bullying or hurtful behaviour</p> <p>I know what consent means and how to seek and give/not give permission in different situations.</p>	<p>I know what can help people to make healthy choices and what might negatively influence them.</p> <p>I know what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally.</p> <p>I know what good physical health means and how to recognise early signs of physical illness.</p> <p>I know what good physical health means and how to recognise early signs of physical illness</p> <p>I know what grief is.</p>	<p>I know what it means to treat others, and be treated, politely.</p> <p>I know what respectful behaviours are e.g. helping or including others, being responsible</p> <p>I know about the importance of respecting the differences and similarities between people.</p>	<p>I know about fire safety at home including the need for smoke alarms.</p> <p>I know the importance of following safety rules from parents and other adults.</p> <p>I know when situations are becoming risky, unsafe or an emergency.</p> <p>I know what positive risk taking is (e.g. trying a challenging new sport) and dangerous behaviour</p>

