



## SJS Target Grid

### Relationship, Sex and Health Education



See the KAPOW overview documents for learning at KS1

| Year 3 | Families and Relationships                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  | Health and Wellbeing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Safety and the Changing Body                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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|        | <ul style="list-style-type: none"> <li>I can understand that problems can occur in families and that there is help available if needed</li> <li>I can explore ways to resolve friendship problems</li> <li>I can show a developing understanding of the impact of bullying and what to do if bullying occurs</li> <li>I can show an understanding about what trust is and identify who I can trust</li> <li>I can talk about the effects of non verbal communication</li> <li>I can show I'm developing my listening skills</li> <li>I have a developing understanding about stereotyping</li> </ul>                                                                                                                                                                                                                                                                                  |  | <ul style="list-style-type: none"> <li>I am developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest</li> <li>I understand the positive impact of relaxation on the body and learning relaxation stretches</li> <li>I understand what a balanced diet is and the effects upon mental and physical health</li> <li>I am exploring my identity through the groups I belong to</li> <li>Identifying my strengths and exploring how I use them to help others</li> <li>I understand how to overcome problems by breaking them into smaller, achievable steps</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>I understand ways to keep safe when crossing and near roads</li> <li>I am developing skills as a responsible digital citizen</li> <li>I recognise and respond to cyberbullying</li> <li>I am beginning to recognise unsafe digital content</li> <li>I am exploring that people and things can influence me and I need to make the right decision for me</li> <li>I am exploring choices and decisions that I can make</li> <li>I know how to call the emergency services</li> <li>I know how to respond to bites and stings</li> </ul> |
|        | Citizenship                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | Economic Wellbeing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|        | <ul style="list-style-type: none"> <li>I can explore how children's rights help them and other children.</li> <li>I can consider the responsibilities that adults and children have to maintain children's rights.</li> <li>I can discuss ways we can make a difference to recycling rates at home/school.</li> <li>I can Identify local community groups and discuss how these support the community.</li> <li>I understand the UN Convention on the Rights of the Child.</li> <li>I understand how recycling can have a positive impact on the environment.</li> <li>I know that the local council is responsible for looking after the local area.</li> <li>I know that elections are held where adults can vote for local councillors.</li> <li>I understand some of the consequences of breaking rules.</li> <li>I understand the role of charities in the community.</li> </ul> |  | <ul style="list-style-type: none"> <li>I can consider pros and cons of payment methods.</li> <li>I can contemplate budgeting benefits.</li> <li>I can plan and calculate within a budget.</li> <li>I can discuss attitudes and feelings about money.</li> <li>I can develop empathy in financial situations.</li> <li>I can handle negative financial emotions.</li> <li>I can make ethical spending decisions.</li> <li>I can assess the impact of spending choices.</li> <li>I can reflect on future job based on goals.</li> <li>I can challenge and understand workplace stereotypes.</li> <li>I know about ranking factors influencing job choices</li> <li>I know that we can pay for things using cash, a debit card, a credit card, online banking, and digital wallets.</li> <li>I know that spending should be based on necessity, importance, and available budget.</li> <li>I know that budgeting is planning how to spend and save the money that you have available.</li> <li>I know that money can cause us to have positive and negative feelings.</li> <li>I know how we spend money can affect other people and the environment, like buying environmentally friendly products to help protect the planet.</li> <li>I know that different jobs contribute to our society in different ways.</li> <li>I know that stereotypes are oversimplified ideas about what jobs are suitable for people based on gender, race, or other characteristics.</li> <li>I know that it is important to consider what they are good at and enjoy doing when choosing future careers.</li> <li>I know that they can aim for any career they are interested in and passionate about, regardless of stereotypes or other people's expectations.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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| Year 4 | <b>Families and Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|        | <ul style="list-style-type: none"> <li>I understand that families are varied, in the UK and across the world and have respect for these differences</li> <li>I am exploring physical and emotional boundaries in friendships</li> <li>I am exploring different roles related to bullying including victim, bully and bystander</li> <li>I understand expected courtesy and manners in a range of scenarios</li> <li>I understand how my actions and behaviour affects others</li> <li>I understand stereotyping</li> <li>I can show an understanding about what bereavement is and how to help someone who has experienced bereavement</li> </ul>                                                                                                                               | <ul style="list-style-type: none"> <li>I am developing independence in looking after my teeth</li> <li>I can Identify what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation</li> <li>I understand the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles</li> <li>I understand that it is normal to experience a range of emotions</li> <li>I am developing the ability to appreciate the emotions of others in different situations</li> <li>I am starting to take responsibility for my emotions and that I can control some things but not others</li> <li>I am developing an understanding of mental health including experiencing problems</li> <li>I am developing a growth mindset, acknowledging that mistakes are useful to learning</li> </ul> |
|        | <b>Safety and the Changing Body</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>I am developing an understanding of being safe online</li> <li>I understand how to seek help if I need to</li> <li>I am exploring the difference between private and public</li> <li>I understand that age restrictions are designed to protect me</li> <li>I am able to show an understanding about the benefits and risks of sharing information online</li> <li>I understand the risks associated with tobacco</li> <li>I am developing an understanding of physical and emotional changes as I grow up</li> <li>I know how to help someone with asthma</li> </ul>                                                                                                                                                                                                                                            |
|        | <b>Citizenship</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Economic Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|        | <ul style="list-style-type: none"> <li>I can discuss how we can help to protect human rights.</li> <li>I can identify ways items can be reused.</li> <li>I can explain why reusing items is of benefit to the environment.</li> <li>I can identify the benefits different groups bring to the local community.</li> <li>I can discuss the positives diversity brings to a community.</li> <li>I know that human rights are specific rights that apply to all people.</li> <li>I know some of the people who protect our human rights such as police, judges and politicians.</li> <li>I know that reusing items is of benefit to the environment.</li> <li>I understand that councillors have to balance looking after local residents and the needs of the council.</li> </ul> | <ul style="list-style-type: none"> <li>I can recognise value for money.</li> <li>I can understand differing opinions on spending.</li> <li>I can recognise how to track money spent and saved.</li> <li>I can understand reasons for using a bank.</li> <li>I can explore how to safeguard money effectively. Identifying influences on job choices.</li> <li>I can understander that careers can change.</li> <li>I can challenge workplace stereotypes.</li> <li>I know that getting value for money involves considering the cost, usefulness and quality of items.</li> <li>I know that purchases can be influenced by needs, wants, peer pressure, and advertising.</li> </ul>                                                                                                                                                                     |

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|  | <ul style="list-style-type: none"><li>▪ I know that there are a number of groups which make up the local community.</li></ul> | <ul style="list-style-type: none"><li>▪ I know that people often earn interest when they keep savings in a bank account.</li><li>▪ I know that earning interest is when the bank gives you some extra money as a reward for keeping your money with them.</li><li>▪ I know that people often change jobs or careers multiple times in their lives.</li><li>▪ I know that stereotypes can be made on age, gender, culture, ability and interest and hobbies.</li></ul> |
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| Year 5 | Families and Relationships                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Health and Wellbeing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Safety and the Changing Body                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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|        | <ul style="list-style-type: none"> <li>I understand that we all have different positive attributes and we should be proud of these</li> <li>I can show an understanding about what marriage is and that it is a choice that people make</li> <li>I can show an understanding that sometimes families can make children feel unhappy or unsafe and that there is help available</li> <li>I understand that friendships will encounter issues but that this may strengthen them</li> <li>I understand the impact of bullying and what might influence the behaviour of a bully</li> <li>I can show an understanding about how stereotypes can be unfair, negative and destructive</li> </ul>                                                                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>I understand the risks of exposure to the sun and developing independence for protecting myself in the sun</li> <li>I understand the benefits of sleep and developing greater responsibility for ensuring good quality sleep</li> <li>I understand the relationship between stress and relaxation and exploring yoga as a technique for relaxation</li> <li>I understand what can cause stress and how to deal with it</li> <li>I am exploring ways to achieve a goal, setting short-term, medium-term and long-term targets</li> <li>I am developing the ability to take responsibility for and manage my feelings</li> <li>I can identify how failure can make me feel, learning to manage those feelings and that failure is an important part of success</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>I am developing an understanding of how to ensure relationships online are safe</li> <li>I recognise an increasing number of online risks and ways to stay safe online</li> <li>I understand the influence others can have on me</li> <li>I can explain some strategies I can use to overcome pressure from others</li> <li>I understand the physical changes from childhood to adulthood</li> <li>I am developing an understanding of the main aspects of puberty, including menstruation</li> <li>I can show an understanding about the emotional changes during puberty</li> <li>I know how to help someone who is bleeding</li> </ul> |
|        | Citizenship                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Economic Wellbeing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|        | <ul style="list-style-type: none"> <li>I can explain why reducing the use of materials is positive for the environment.</li> <li>I can discuss how rights and responsibilities link.</li> <li>I can explore the right to a freedom of expression.</li> <li>I can identify the contribution people make to the community and how this is recognised.</li> <li>I can develop an understanding of how parliament and Government work.</li> <li>I can identify ways people can bring about change in society.</li> <li>I know what happens when someone breaks the law.</li> <li>I understand the waste hierarchy.</li> <li>I know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</li> <li>I know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</li> <li>I know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</li> </ul> | <ul style="list-style-type: none"> <li>I can discuss money risks and management.</li> <li>I can make and prioritising budgets.</li> <li>I can discuss money's role in career choices.</li> <li>I can assess loan and borrowing responsibilities and suitability.</li> <li>I can implement money safeguarding strategies.</li> <li>I can navigate emotional implications in financial situations.</li> <li>I can seek guidance for financial dilemmas.</li> <li>I can integrate factors to inform career decisions.</li> <li>I know that being 'in debt' or 'having debt' means that you have spent more money than you have and owe money to others or the bank.</li> <li>I know the difference between money earned (income) and money spent (expenditure).</li> <li>I know that borrowing money, like loans or credit, involves the responsibility to pay it back with interest.</li> <li>I know that when a bank or someone lends you money, they may ask you to pay back more than what you borrowed.</li> <li>I understand that the extra amount is the interest, which is like a fee for using someone else's money.</li> <li>I know that they should be cautious about sharing financial information.</li> <li>I know that money can cause a range of emotions, from stress and anxiety when finances are tight, to happiness and excitement when they can afford something they want.</li> <li>I know that their educational choices and personal interests can play a significant role in determining their future career options and opportunities.</li> <li>I know that it is important to challenge work-related stereotypes to create a more inclusive and fair work environment.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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| Year 6 | <b>Families and Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Health and Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Safety and the Changing Body</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|        | <ul style="list-style-type: none"> <li>I can show that I have an understanding that friendships can experience conflict, and express ways in which to resolve conflict, through negotiation and compromise</li> <li>I can show an understanding about what respect is and that it is part of a relationship</li> <li>I understand that everyone deserves to be respected but that respect can be lost</li> <li>I understand stereotyping and bullying linked to it</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>I understand ways of preventing illness and the benefits of immunisation</li> <li>I am developing an understanding of possible signs of illness and some actions I can take</li> <li>I understand that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation</li> <li>I understand the factors which contribute to my physical and mental health</li> <li>I can identify a range of relaxation strategies and situations in which they would be useful</li> <li>I am exploring my personal qualities and how to build on them</li> <li>I can express the importance of resilience and developing strategies for being resilient in challenging situations</li> <li>I can identify long-term goals and developing a plan as to how to achieve them</li> </ul>                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>I am developing an understanding about the reliability of online information</li> <li>I am exploring online relationships including dealing with problems</li> <li>I understand that online relationships should be treated in the same way as face to face relationships</li> <li>I know where to get help with any online problems</li> <li>I understand the risks associated with alcohol</li> <li>I know the changes experienced during puberty</li> <li>I understand how a baby is conceived and develops</li> <li>I know how to help someone who is choking</li> <li>I know how to help someone who is unresponsive</li> </ul> |
|        | <b>Citizenship</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Economic Wellbeing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Identity</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|        | <ul style="list-style-type: none"> <li>I am learning about environmental issues relating to food.</li> <li>I can discuss how education and other human rights protect us.</li> <li>I can identify causes which are important to us.</li> <li>I can discuss how people can influence what happens in parliament.</li> <li>I can discuss ways to challenge prejudice and discrimination.</li> <li>I can identify appropriate ways to share views and ideas with others.</li> <li>I know that education is an important human right.</li> <li>I know that our food choices can affect the environment.</li> <li>I know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.</li> <li>I know that prejudice is making assumptions about someone based on certain information.</li> <li>I know that discrimination is treating someone differently because of certain factors.</li> </ul> | <ul style="list-style-type: none"> <li>I can develop emotional intelligence related to financial matters.</li> <li>I can apply coping strategies for managing financial emotions.</li> <li>I can assess risks in both physical and digital financial environments.</li> <li>I can implement safeguarding measures for money in real-world scenarios.</li> <li>I can adapt to financial changes associated with transitioning to secondary school.</li> <li>I can prepare personally for financial and career changes in secondary school.</li> <li>I can identify different forms of gambling and understanding their risks.</li> <li>I can apply responsible gambling attitudes in real-world situations.</li> <li>I can recognise various workplace environments and their characteristics.</li> <li>I can identify career options in multiple sectors.</li> <li>I can evaluate the suitability of different career paths.</li> <li>I can align career options with personal interests and strengths.</li> <li>I know that our emotions can be linked to money.</li> </ul> | <ul style="list-style-type: none"> <li>I can discuss the factors that make our 'identity'.</li> <li>I can recognise the difference between how we see ourselves and how others see us.</li> <li>I can explore how the media might influence our identity.</li> <li>I know that identity is the way we see ourselves and also how other people see us.</li> </ul>                                                                                                                                                                                                                                                                                                            |

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|  |  | <ul style="list-style-type: none"><li>▪ I know an online scam is when someone uses the internet to trick or deceive people into giving away their money or personal information.</li><li>▪ I know that a secure password should have a combination of letters, numbers and special symbols and be kept secret from others.</li><li>▪ I know that at secondary school they may have to manage different types of expenses like lunches, travel costs, school materials, and social activities.</li><li>▪ I know that gambling or betting is paying to play a game where you don't know if you will win more money or lose your money.</li><li>▪ I know that gambling can cause people to lose a lot of money and can be very addictive.</li><li>▪ I know that a career route is the path you take to have a particular career and the qualifications and experience you have to gain along the way.</li></ul> |  |
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