



St John's CE Academy Learning about life Curriculum

Year One	Sex and Relationships	Health and well-being, including safety	Our community and the wider world
Autumn Values Friendship, trust, forgiveness and peace	<p><u>Communication:</u> To recognise and communicate feelings to others; respect others' feelings; share opinions and explain views; work and play cooperatively;</p> <p><u>Fairness:</u> to know what is fair and unfair; to understand the difference between right and wrong;</p> <p><u>Bullying:</u> to understand bullying behaviour; to understand how their behaviour affects others and that name calling is hurtful; to know who can help to deal with bullying</p> <p><u>Changing and growing:</u> To learn about the basic physical changes as we grow; To name parts of the body</p>	<p><u>Emotions:</u> To learn that making positive choices can lead to happiness; to recognise and manage feelings in a positive way; to learn about a range of feelings and emotions</p> <p><u>e- Safety:</u> how to keep safe on the internet and how to get help if necessary; Use strategies to stay safe on the internet; understand what is personal information</p> <p><u>Safety:</u> to understand how to keep their body private and what to do if someone touches inappropriately</p>	<p><u>Care:</u> Understand the need to care for others and animals and their role that they play</p> <p><u>Individual liberty and respect:</u> explain own viewpoint and respect the views of others; debate about topical issues; encourage to develop own interests and ideas</p> <p><u>Tolerance:</u> Reflect on the similarities and differences between people</p> <p><u>Democracy:</u> Understand that everyone can work together to make decisions</p> <p><u>Rule of law:</u> To understand that rules keep us safe; to understand what happens if rules are broken</p> <p><u>Charity:</u> To understand why some people need help</p>
Spring Values Perseverance	<p><u>Fairness:</u> to recognise their behaviour can influence others; to understand the difference between teasing and bullying and develop strategies to cope with teasing.</p>	<p><u>Healthy lifestyles:</u> Make simple healthy food choices</p>	<p><u>Individual liberty and respect:</u> explain own viewpoint and respect the views of others;</p> <p><u>Tolerance:</u> Reflect on the similarities and differences between people</p>



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Courage, hope		<p><u>e- Safety:</u> how to keep safe on the internet and how to get help if necessary; Use strategies to stay safe on the internet;</p> <p><u>Hygiene:</u> Understand the importance of cleaning teeth and washing hands.</p>	<p><u>Democracy:</u> Understand that everyone can work together to make decisions</p> <p><u>Rule of law:</u> To understand that rules keep us safe</p>
Summer Values Thankfulness, compassion, generosity	<p><u>Fairness:</u> to recognise kind and unkind behaviour</p> <p><u>Family and friends:</u> to recognise the importance of family and friends; To identify special relationships and what makes them important.</p>	<p><u>Safety:</u> To understand the need for sun safety and how to keep safe in the sun; to understand when not to keep adult secrets and how to seek help when necessary, to know where and who to get help and advice from;</p> <p><u>e- Safety:</u> how to keep safe on the internet and how to get help if necessary; Use strategies to stay safe on the internet;</p>	<p><u>Individual liberty and respect:</u> to understand that in relationships viewpoints may differ</p> <p><u>Tolerance:</u> Reflect on the similarities and differences between people</p> <p><u>Democracy:</u> Understand that everyone can work together to make decisions</p> <p><u>Rule of law:</u> To understand that rules keep us safe;</p>



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Year Two	Sex and Relationships	Health and well-being, including safety	Our community and the wider world
Autumn Values Friendship, trust, forgiveness and peace	<p><u>Changing and growing:</u> To take responsibility for their own actions and understand how their actions impact on others</p> <p><u>Bullying:</u> to understand bullying behaviour; to understand how their behaviour affects others and the difference between considered and impulsive behaviour; to know who can help to deal with bullying</p>	<p><u>Safety:</u> to understand how to keep their body private and what to do if someone touches inappropriately; to know when some secrets need to be shared</p> <p><u>E-safety:</u> Understand what personal information can be shared; begin to recognise what can make them uncomfortable and who to go to for help</p>	<p><u>Communities:</u> To develop a sense of belonging in the wider world; to collaborate and work in groups taking on different roles; consider ways of looking after the school and community; to develop a shared sense of responsibility for the community</p> <p><u>Individual liberty and respect:</u> To understand the local community is made up of people with different ideas and views</p> <p><u>Tolerance:</u> To understand the school and local community has people from different faiths and cultures</p> <p><u>Democracy:</u> Understand that everyone can work together to make decisions; Encourage children to debate and discuss with a view to solving a problem</p> <p><u>Rule of law:</u> to be able to consider why rules are in place in different areas of their lives and what happens if they are not kept to</p>



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			Charity: To understand the need to help others
Spring Values Perseverance Courage, hope	Emotions: to recognise and manage feelings in a positive way; to recognise their behaviour impacts on others; to understand the importance of love; to recognise choices and value achievement; to take responsibility for actions	Keeping safe: To understand the basic road safety rules; To understand the importance of medicine safety; to recognise that some substances can harm the body; E-safety: Begin to understand about age appropriate activities Healthy lifestyles: To make positive healthy lifestyle choices; to apply their understanding of healthy eating Healthy lifestyles: To understand the need for physical activity to keep healthy; to recognise the benefits of regular exercise; to understand the need for a balanced diet	Individual liberty and respect: explain own viewpoint and respect the views of others; debate about topical issues; take responsibility for their own actions Tolerance: Reflect on the similarities and differences between people Democracy: Understand that everyone can work together to make decisions Rule of law: To understand that rules keep us safe and that all actions have consequences
Summer Values Thankfulness, compassion, generosity	Family and friends: Learn how to make positive relationships with peers; to learn about the importance of sharing as part of friendship Changing and growing: To identify and respect the similarities and differences between boys and girls; to learn about the process of growing old	E-safety: Children understand that the internet is useful but also has risks	Money and finance: To understand the role of money in our society; to understand why it is important to keep money safe; to have an understanding of spending money wisely Individual liberty and respect: to understand that in relationships viewpoints may differ; make positive friendships with peers



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	<p><u>Body development:</u> To know adults have babies that grow into adults; to know the key changes from baby to child</p>		<p><u>Tolerance:</u> Learn about the differences and similarities of people from other cultures;</p> <p><u>Democracy:</u> Understand that everyone can work together to make decisions and sometimes decisions are made that we do not agree on but the process has been democratic</p> <p><u>Rule of law:</u> To understand that rules keep us safe; Understand that consequences are a result of poor choices</p>
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Year Three	Sex and Relationships	Health and well-being, including safety	Our community and the wider world
Autumn Values Friendship, trust, forgiveness and peace	<p><u>Growing and changing:</u> to show awareness of the changes as we grow;</p> <p><u>Bullying:</u> To understand the different types of bullying behaviours and how to help someone being bullied</p>	<p><u>Physical, emotional and mental health:</u> To know and understand the differences between physical and emotional wellbeing; become more emotionally aware, understand the need for setting goals;</p> <p><u>Healthy lifestyles:</u> To understand the term healthy; To understand the recommended guidelines for physical activity; to explore the relationship between a physical and mentally healthy lifestyle</p> <p><u>e-safety:</u> Begin to make responsible choices and consider the consequences; to be more aware of on-line privacy including keeping data secure</p>	<p><u>Economic awareness:</u> To understand the importance of financial planning; to reflect on own spending habits</p> <p><u>Tolerance:</u> Learn about the differences and similarities of people from other cultures;</p> <p><u>Democracy:</u> Understand that everyone can work together to make decisions and sometimes decisions are made that we do not agree on but the process has been democratic</p> <p><u>Rule of law:</u> To understand that there are rules in different situations; to understand that rules may need to be changed; to plan ahead and consider consequences for actions;</p> <p><u>Charity:</u> To understand the need to help others and how that help support people</p>
Spring Values Perseverance Courage, hope	<p><u>First aid:</u> To be able to seek help in an emergency; To know how to make an emergency call;</p>	<p><u>Nutrition and food:</u> To know where food come from; to understand the function of different food groups for a balanced diet; to prepare and cook a variety of dishes</p> <p><u>Emotions:</u> To consider others' viewpoints; listen and reflect on others' feelings</p>	<p><u>Individual liberty:</u> consider and respect the viewpoints of others and empathise with others</p> <p><u>Tolerance:</u> To understand the similarities and differences in different local cultures.</p>



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		<p><u>e-safety:</u> Begin to make responsible choices and consider the consequences; to be more aware of on-line privacy including keeping data secure; understand that anything put on-line can be seen by others</p>	<p><u>Rule of law:</u> To understand that there are rules in different situations; to understand that rules may need to be changed; to plan ahead and consider consequences for actions;</p>
Summer Values Thankfulness, compassion, generosity	<p><u>Similarities and differences:</u> To understand the need for positive relationships; to work co-operatively and show fairness and consideration to others;</p>	<p><u>Hygiene:</u> To know how to look after our teeth</p> <p><u>e-safety:</u> Begin to make responsible choices and consider the consequences; to be more aware of on-line privacy including keeping data secure; understand that anything put on-line can be seen by others</p> <p><u>Safety:</u> To be able to identify pressures from different environment; demonstrate basic techniques to resist pressure</p>	<p><u>Tolerance and respect:</u> Understand the differing cultures within the local community and school</p> <p><u>Democracy:</u> Understand that everyone can work together to make decisions and sometimes decisions are made that we do not agree on but the process has been democratic</p>



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Year Four	Sex and Relationships	Health and well-being, including safety	Our community and the wider world
Autumn Values Friendship, trust, forgiveness and peace	<u>Bullying:</u> Understand the terms resilience and persistence and how the character traits are important; to recognise bullying behaviours and what is right and wrong; understand consequences of negative behaviours	<u>Emotions:</u> To listen and show consideration for other people's viewpoint; develop strategies for managing strong emotions; understand family units are different and can sometime change <u>e-safety:</u> understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites;	<u>Individual liberty and respect:</u> to understand the viewpoint of others and be able to empathise; <u>Tolerance:</u> Understand that family units are all different and can sometime change <u>Democracy:</u> To understand how democracy works and how we demonstrate democracy in school; <u>Rule of law:</u> To recognise the need for rules and consequences for breaking them. Begin to understand rules in the wider community
Spring Values Perseverance Courage, hope	<u>Communication:</u> To understand the need to communicate clearly; show consideration to other people's views; express their views clearly, communicate opinions to a group <u>Collaboration:</u> To know how to spot problems and deal with them collaboratively	<u>Aspirations:</u> to know how to set realistic targets; to begin to talk about own strength and weaknesses'; to reflect on a range of skills required for different jobs <u>e-safety:</u> understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites	<u>Individual liberty and respect:</u> to understand the viewpoint of others and be able to empathise and consider the views of others; express own views clearly, share opinions in a group
Summer Values	<u>Collaboration:</u> Work cooperatively showing fairness and consideration; work together	<u>e-safety:</u> understand rules for keeping safe when exchanging ideas; how to report	<u>Tolerance:</u> be able to work in a group, taking varied roles and consider others



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<p>Thankfulness, compassion, generosity</p>	<p>to prioritise, take the lead and work in a team</p> <p><u>Discrimination:</u> To understand the terms discrimination and stereotypes and begin to challenge stereotypes particularly relating to gender and work</p>	<p>concerns; recognise the need to choose age appropriate games and websites</p> <p><u>Safety:</u> Staying safe away from home; bike safety</p>	<p><u>Respect</u> to treat all groups of people fairly and with respect and without discrimination</p> <p><u>Environment:</u> Identify ways of improving the environment and take steps to address the issues.</p> <p><u>Charity:</u> To understand the need to help others and how that help support people</p>
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Year Five	Sex and Relationships	Health and well-being, including safety	Our community and the wider world
Autumn Values Friendship, trust, forgiveness and peace	<p><u>Relationships:</u> Recognise how emotions can impact on relationships;</p> <p><u>Life-cycles:</u> To understand the cyclic nature of the life cycle and how death is included in this cycle</p>	<p><u>Emotions:</u> To develop strategies to manage strong emotions; To manage changing emotions and deal with negative pressures</p> <p><u>E-safety:</u> understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites; understand the need to share suitable information, understanding what is appropriate and what is not</p>	<p><u>Democracy:</u> To understand how democracy works and how we demonstrate democracy in school as well as in the wider community</p> <p><u>Rule of law:</u> To recognise the need for rules and consequences for breaking them; Understand rules in the wider community</p> <p><u>Charity:</u> To understand the need to help others and how that help support people and how individuals can make a difference</p>
Spring Values Perseverance Courage, hope	<p><u>Communication:</u> Recognise that there are many ways to communicate; understand the need for confidentiality in certain situations; understand the important role of a listener and be able to understand the views of others ;</p> <p><u>Puberty:</u> Begin to understand the physical and emotional changes that take place during puberty; know the main male / female sexual reproductive organs; understand how hygiene changes during puberty</p>	<p><u>Physical, emotional and mental health:</u> To understand the synergy between emotional, mental and physical health</p> <p><u>Drugs/ alcohol / substance misuse and tobacco:</u> Take action based on responsible choices; Identify the risks associated with the misuse of drugs including the impact of friends and family as well as health risks;</p> <p><u>E-safety:</u> understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites; understand the need to share suitable information, understanding what is appropriate and what is not</p>	<p><u>Individual liberty:</u> understand the views of others and ensure they are able to articulate their own views</p> <p><u>Respect and tolerance:</u> understand and respect the views of others</p>



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Summer Values Thankfulness, compassion, generosity	<u>Collaboration:</u> Understand the need for collaboration; develop team work skills;	<u>Nutrition and food:</u> To take responsibility for their physical activity and nutrition; to know about food groups and how to make a balanced choice; <u>E-safety:</u> understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites; understand the need to share suitable information, understanding what is appropriate and what is not	<u>Community:</u> Understand the differing roles in a community; <u>Democracy:</u> to understand why structure is needed; to understand the term anarchy and the implications of living in an anarchic society; To understand the importance of equal rights <u>Tolerance and individual liberty:</u> understand and tolerate differing viewpoints and begin to value that everyone has differing views



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Year Six	Sex and Relationships	Health and well-being, including safety	Our community and the wider world
Autumn Values Friendship, trust, forgiveness and peace	Reproduction: To understand how conception occurs in humans; to be aware of the stages of development in the uterus	Aspirations: Talk about own strengths and weaknesses; reflect on past achievements; identify skills required to contribute to the working world; E-safety: understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites; understand the need to share suitable information, understanding what is appropriate and what is not; respect the rights and views of other users; understand their responsibility for information that is shared	Democracy: To understand how democracy works and how we demonstrate democracy in school as well as in the wider community Rule of law: To recognise the need for rules and consequences for breaking them; Understand rules in the wider community Respect: understand the principles of charity work, knowing how individuals can make a difference
Spring Values Perseverance Courage, hope	Healthy relationships: To know that relationships can change as a result of growing up; to resolve conflict and how to respond in conflict situations	Drugs/ alcohol / substance misuse and tobacco: Take action based on responsible choices; Identify the risks associated with the misuse of drugs including the impact of friends and family as well as health risks; E-safety: understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites; understand the need to share suitable information, understanding what is appropriate and what is not; respect the	Tolerance and respect: to understand racial discrimination and gender discrimination and its impact on societies in the past and present; to challenge stereotyping and discrimination; to recognise the importance of family in different cultures



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		rights and views of other users; understand their responsibility for information that is shared	
Summer Values Thankfulness, compassion, generosity	<u>Reproduction:</u> To understand how conception occurs in humans; to be aware of the stages of development in the uterus	<u>Nutrition and food:</u> To take responsibility for their physical activity and nutrition; to know about food groups and how to make a balanced choice; <u>E-safety:</u> understand rules for keeping safe when exchanging ideas; how to report concerns; recognise the need to choose age appropriate games and websites; understand the need to share suitable information, understanding what is appropriate and what is not; respect the rights and views of other users; understand their responsibility for information that is shared	<u>Economic awareness:</u> To use initiative for activities that develop enterprise capability; begin to understand profit and loss