

Personal Social Health Education /

Sex & Relationships Education

Key Stage One



Placing learning at the heart of everything we do.





Year One Intention Map



Learning Intentions

1. Understand the rights and responsibilities as a member of my class.
2. Know my views are valued and can contribute to the Learning Charter.
3. Recognise that the choices I make and understand the consequences.
4. Understand the rights and responsibilities within our Learning Charter.

Being Me in My World

1. I feel special and safe in my class.
2. I know that I belong to my class
3. I know how to contribute to making the class a safe place for everyone to learn.
4. I recognise how it feels to be proud of an achievement.
5. I recognise the range of feelings that I have when facing certain consequences.

Learning Intentions

1. Can recognise similarities between people in my class.
2. Can identify differences between people in my class.
3. Can tell you what bullying is.
4. Know who to talk to if I am unhappy or being bullied.
5. Know how to make new friends.
6. Can tell you some ways I am different from my friends.

Celebrating Difference

1. I can say in which ways I am the same as my friends.
2. I am able to say in which ways I am different from my friends.
3. I understand how being bullied might feel.
4. I can be kind to children who are bullied.
5. I know how it feels to make new friends.
6. I understand these differences make us all special and unique.

Knowledge Intentions



Learning Intentions

1. *Can set simple goals.*
2. *Can set a goal and work out how to achieve it.*
3. *Understand how to work well with a partner.*
4. *Can tackle a new challenge and understand this might stretch my learning.*
5. *Can identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them.*
6. *Can tell you how it felt when a challenge was successfully achieved and how they celebrated it.*

Dreams & Goals

1. *I can identify successes and achievements.*
2. *I can recognise how I learn best.*
3. *I can celebrate an achievement with a partner.*
4. *I can identify how to feel when faced with a new challenge.*
5. *I know how to feel when obstacles get in the way and how I might feel when those obstacles have been overcome.*
6. *I know how to store the feelings of success in my internal treasure chest.*



Learning Intentions

1. *Understanding the difference between being healthy and unhealthy and know some ways to keep yourself healthy.*
2. *Knowing how to make healthy lifestyle choices.*
3. *Knowing how to keep clean and healthy and understand how germs cause disease/illness.*
4. *Know that all household products including medicines can be harmful if not used properly.*
5. *Understanding that medicines can help me if I feel poorly, and I know how to use them safely.*
6. *Knowing how to keep safe when crossing the road and about people who can help me stay safe.*

Healthy Me

1. *I feel good about myself when making healthy choices.*
2. *I am special so I keep myself safe.*
3. *I know some ways to help when I feel poorly.*
4. *I can recognise when I feel frightened and know who to ask for help.*
5. *I can recognise how being healthy helps me to feel happy.*

Knowledge Intentions



Learning Intentions

1. Identify the members of your family and understand that there are lots of different types of families.
2. Identify what being a good friend means.
3. Knowing appropriate ways of physical contact to greet my friends and know which ways you might prefer.
4. Knowing who can help in the school community.
5. Recognising your qualities as a person and a friend.
6. Being able to articulate why you might appreciate somebody who is special to you.

Relationships

1. I know how it feels to belong to a family and care about the people who are important to me.
2. I know how to make a new friend.
3. I can recognise which forms of physical contact are acceptable and unacceptable to me.
4. I know when I need help and know how to ask for it.
5. I know ways to praise myself.
6. I can express how I feel about somebody.

Knowledge Intentions



Learning Intentions

1. Starting to understand the life cycles of animals and humans.
2. Being able to articulate some things about themselves that have changed and some things and themselves that have stayed the same.
3. Being able to articulate how their body has changed since it was a baby.
4. Identifying the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina.

Changing Me

1. I understand that changes happen as I grow up and that this is OK.
2. I know that changes are OK and that sometimes they will happen whether I want them to or not.
3. I understand that growing up is natural and that everyone grows up at different rates.
4. I respect my body and understand which parts are private.
5. I enjoy learning new things.
6. I know some ways to cope with changes.

Knowledge Intentions



Year Two Intention Map



Learning Intentions

1. Identifying some of my hopes and fears for this year.
2. Understanding the rights and responsibilities for being a member of my class and school.
3. Listen to other people and contribute their own ideas about rewards and consequences.
4. Understanding how following the Learning Charter will help me and other learn.
5. Recognising the choices I make and understand the consequences.

Being Me in My World

1. I recognise when I feel worried and know to who ask for help.
2. I can help to make my class a safe and fair place.
3. I can work co-operatively.
4. I am choosing to follow the Learning Charter.

Knowledge Intentions



Learning Intentions

1. Starting to understand that people make assumptions about boys and girls (stereotypes).
2. Understand that bullying is sometimes about difference.
3. Recognising what is right and wrong and know how to look after themselves.
4. Know some ways to make new friends.
5. Being able to articulate some ways in which they might be different to their friends.

Celebrating Difference

1. I understand some ways in which boys and girls are similar and feel good about this.
2. I understand some ways in boys and girls are different and accept that this is OK.
3. I can tell you how someone who is bullied feels.
4. I can be kind to children who are bullied.
5. I know when and how to stand up for myself and others.
6. I know how to get help if I am being bullied.
7. I know how it feels to be a friend and have a friend.
8. I understand these differences make us special and unique.

Knowledge Intentions



Learning Intentions

1. Choosing realistic goals and thinks about to achieve them.
2. Persevere even when finding tasks difficult.
3. Recognising who it is easy to work alongside and who is more difficult to work alongside.
4. Working co-operatively in a group to create an end product.
5. Knowing how to share success with other people.

Dreams & Goals

1. I can identify my successes and achievements and know how this makes me feel. (proud)
2. I can tell you some of my strengths as a learner.
3. I understand how working with other people can help me learn.
4. I can work with other people to solve problems.
5. I can express how it felt to be working as part of this group.

Knowledge Intentions



Learning Intentions

1. Knowing what you need to keep your body healthy.
2. Being able to show or articulate what being relaxed means and know some things that can make feel relaxed and some things that make them feel stressed.
3. Understand how medicines work in my body and how important it is to use them safely.
4. Being able to sort foods into the correct food groups and know which foods my body needs every day to keep themselves healthy.

Healthy Me

1. I am motivated to make healthy lifestyle choices.
2. I can tell you when a feeling is weak and when a feeling is strong.
3. I feel positive about caring for my body and keeping it healthy.
4. I have a healthy relationship with food and know which foods I enjoy the most.
5. I have a healthy relationship with food and know which foods are most nutritious for my body.
6. I can express how it feels to share healthy food with my friends.

Knowledge Intentions



Learning Intentions

Relationships

Knowledge Intentions

1. Identifying different members of their family, understanding their relationship with each of them and know why it is important to share and cooperate.
2. Understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.
3. Identifying some of the things that cause conflict with friends.
4. Understanding that sometimes it's good to keep a secret and sometimes it is not good to keep a secret.
5. Recognise and appreciate people who can help in their family, school and community.
6. Being able to express their appreciation for the people in their special relationships.

1. I accept that everyone's family is different and understand that most people value their family.
2. I know which types of physical contact I like and don't like and can talk about this.
3. I can demonstrate how to use the positive problem-solving techniques to resolve conflicts with my friends.
4. I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.
5. I understand how it feels to trust someone.
6. I am comfortable accepting appreciation from others.

Learning Intentions

Changing Me

Knowledge Intentions

1. Recognise cycles of life in nature.
2. Articulate about the natural process of growing from young to old and understand that this is not in their control.
3. Recognise how their body has changed since they were a baby and where they are on the continuum from young to old.
4. Recognise the physical differences between boys and girls, use the correct names for the part of the body (penis, testicles, vagina) and appreciate that some parts of the body are private.
5. Understand that there are different types of touch and can articulate which ones they like and don't like.
6. Identifying what they might be looking forward to when they are in Year Three.

1. I can understand there are some changes that are outside my control and can recognise how I feel about this.
2. I can identify people I respect who are older than me.
3. I feel proud about becoming more independent.
4. I can tell you what I like/don't like about being a boy/girl.
5. I am confident to say what I like and don't like and can ask for help.
6. I can start to think about changes I will make when I am in Year 3 and know how to go about this.