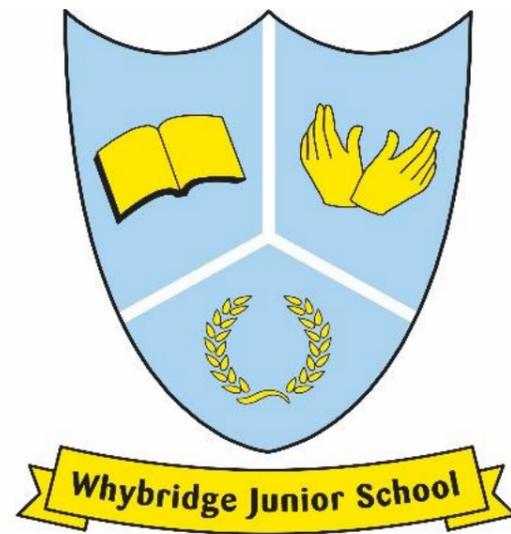


# Whybridge Junior School



## PSHEE Curriculum Progression and Overview

## PSHEE LONG TERM MAP

	Autumn	Spring	Summer
<b>Year 3</b>	Health and Wellbeing - Safety Living in the Wider World – Rules and Responsibilities Health and Wellbeing – Emotions Living in the Wider World – Economic Awareness	Health and Wellbeing – Nutrition and Food Health and Wellbeing – Health Health and Wellbeing – Healthy Lifestyles	Health and Wellbeing – Changing and Growing Health and Wellbeing – First Aid Relationships – Similarities and Differences
<b>Year 4</b>	Relationships - Bullying Health and Wellbeing – Emotions Relationships – Healthy Relationships	Relationships – Communication Relationships - Collaboration Living in the Wider World - Diversity	Health and Wellbeing - Aspirations Relationships - Collaboration Living in the Wider World - Discrimination
<b>Year 5</b>	Living in the Wider World – Rights and Responsibilities Health and Wellbeing – Emotions Living in the Wider World - Diversity	Health and Wellbeing – Nutrition Health and Wellbeing – Safety Health and Wellbeing - Health Relationships - Communication	Health and Wellbeing – Nutrition and Food Relationships - Collaboration
<b>Year 6</b>	Health and Wellbeing - Aspirations Relationships – Similarities and Differences	Health and Wellbeing - Health Relationships – Healthy Relationships	Living in the Wider World – Economic Awareness Living in the Wider World - Enterprise

## PSHEE OVERVIEW

	Autumn	Spring	Summer
<b>Year 3</b>	<p style="text-align: center;"><u>Health and Wellbeing – Safety</u></p> <ul style="list-style-type: none"> <li>To use strategies to stay safe when using ICT and the internet</li> <li>To begin to make responsible choices and consider consequences</li> <li>To use ICT safely including keeping electronic data secure</li> <li>To use ICT safely including using software features and settings</li> </ul> <p><u>Living in the Wider World – Rules and Responsibilities</u></p> <ul style="list-style-type: none"> <li>To understand why rules are needed in different situations</li> <li>To recognise that rules may need to be changed</li> <li>To understand why it is important to plan ahead and think of potential consequences as a result of their actions</li> <li>To understand why it is important to behave responsibly</li> <li>To recognise that actions have consequences</li> </ul> <p style="text-align: center;"><u>Health and Wellbeing – Emotions</u></p> <ul style="list-style-type: none"> <li>To listen to and show consideration for other people’s views</li> <li>To empathise with another viewpoint</li> <li>To listen to, reflect on and respect other people’s views and feeling</li> </ul> <p><u>Living in the Wider World – Economic Awareness</u></p> <ul style="list-style-type: none"> <li>To learn about and reflect on their own spending habits / choices</li> <li>To understand why financial management and planning is important from a young age</li> <li>To learn about and reflect on their own spending habits / choices</li> <li>To understand why financial management and planning is important from a young age</li> </ul>	<p style="text-align: center;"><u>Health and Wellbeing – Nutrition and Food</u></p> <ul style="list-style-type: none"> <li>To know where different foods come from</li> <li>To know about and understand the function of different food groups for a balanced diet</li> <li>To identify the range of jobs carried out by the people they know</li> <li>To reflect on the range of skills needed in different jobs</li> <li>To learn to prepare and cook a variety of dishes</li> <li>To work co-operatively, showing fairness and consideration to others</li> </ul> <p style="text-align: center;"><u>Health and Wellbeing – Health</u></p> <ul style="list-style-type: none"> <li>To know and understand the difference between the terms physical, emotional and mental</li> <li>To become more self-aware</li> <li>To understand why setting goals is important</li> </ul> <p style="text-align: center;"><u>Health and Wellbeing – Healthy Lifestyles</u></p> <ul style="list-style-type: none"> <li>To understand the meaning of the word ‘healthy’</li> <li>To know the recommended guidelines for physical activity and understand the reasons for these</li> <li>To recognise the need to take responsibility for actions</li> <li>To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> </ul>	<p style="text-align: center;"><u>Health and Wellbeing – Changing and Growing</u></p> <ul style="list-style-type: none"> <li>To understand that the rate at which we grow differs from person to person</li> <li>To show awareness of changes that take place as they grow</li> <li>To know and understand how to look after our teeth</li> <li>To understand what happens when we lose teeth as we grow up and why this happens</li> </ul> <p style="text-align: center;"><u>Health and Wellbeing – First Aid</u></p> <ul style="list-style-type: none"> <li>To know when and how to make an emergency call</li> <li>To recognise the importance of local organisations in providing for the needs of the local community</li> <li>To behave safely and responsibly in different situations</li> </ul> <p style="text-align: center;"><u>Relationships – Similarities and Differences</u></p> <ul style="list-style-type: none"> <li>To understand how we are all connected by our similarities</li> <li>To recognise and respect similarities and differences between people</li> <li>To know and understand how the make-up of family units can differ</li> <li>To empathise with another viewpoint</li> <li>To understand and appreciate the range of different cultures and religions represented within school</li> <li>To learn about the need for tolerance for those of different faiths and beliefs</li> <li>To understand the term ‘diversity’ and appreciate diversity within school</li> <li>To recognise and challenge stereotyping and discrimination</li> </ul>
<b>Year 4</b>	<p style="text-align: center;"><u>Relationships – Bullying</u></p> <ul style="list-style-type: none"> <li>To know how to recognise the difference between isolated hostile incidents and bullying</li> <li>To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</li> <li>To understand what self-esteem is and why it is important</li> <li>To understand the terms ‘resilience’ and ‘persistence’ and why these character traits are important</li> <li>To face new challenges positively and know when to seek help</li> <li>To know how to recognise bullying behaviour</li> <li>To recognise right and wrong, what is fair and unfair and explain why</li> <li>To understand the nature and consequences of negative behaviours such as bullying, aggressiveness</li> </ul> <p style="text-align: center;"><u>Health and Wellbeing – Emotions</u></p> <ul style="list-style-type: none"> <li>To develop strategies for managing and controlling strong feelings and emotions</li> <li>To understand that family units can be different and can sometimes change</li> </ul>	<p style="text-align: center;"><u>Relationships – Communication</u></p> <ul style="list-style-type: none"> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to communicate clearly</li> <li>To understand why it is important to listen to others</li> <li>To talk about their views on issues that affect themselves and their class</li> <li>To know how to communicate their opinions in a group</li> <li>To listen to and show consideration for other people’s views</li> </ul> <p style="text-align: center;"><u>Relationships – Collaboration</u></p> <ul style="list-style-type: none"> <li>To know how to identify ways to improve the environment</li> <li>To know how to spot problems and find ways of dealing with them</li> </ul> <p style="text-align: center;"><u>Living in the Wider World – Diversity</u></p> <ul style="list-style-type: none"> <li>To understand why it is important to be part of a community</li> <li>To recognise the importance of local organisations in providing for the needs of the local community</li> </ul>	<p style="text-align: center;"><u>Health and Wellbeing – Aspirations</u></p> <ul style="list-style-type: none"> <li>To understand that everyone has different strengths and weaknesses</li> <li>To know how to set realistic targets</li> <li>To self-assess, understanding how this will help their future actions</li> <li>To understand how to break down the steps needed to achieve a goal</li> <li>To identify and talk about their own and others’ strengths and weaknesses and how to improve</li> <li>To reflect on the range of skills needed in different jobs</li> </ul> <p style="text-align: center;"><u>Relationships – Collaboration</u></p> <ul style="list-style-type: none"> <li>To work co-operatively, showing fairness and consideration to others</li> <li>To understand why it is important to work collaboratively</li> <li>To take the lead, prioritise actions and work independently and collaboratively towards goals</li> </ul> <p style="text-align: center;"><u>Living in the Wider World – Discrimination</u></p> <ul style="list-style-type: none"> <li>To know and understand the terms ‘discrimination’ and ‘stereotype’</li> <li>To challenge stereotypes relating to gender and work</li> </ul>

	<p><b><u>Relationships – Healthy Relationships</u></b></p> <ul style="list-style-type: none"> <li>To know and understand the features of a good friend</li> <li>To understand why it is important to be positive in relationships with others</li> <li>To know how to communicate their opinions in a group setting</li> <li>To work co-operatively, showing fairness and consideration to others</li> <li>To understand why it is important to be positive in relationships with others</li> </ul>		
<p><b><u>Year 5</u></b></p>	<p><b><u>Living in the Wider World – Rights and Responsibilities</u></b></p> <ul style="list-style-type: none"> <li>To understand why structure is needed in different situations</li> <li>To understand the term ‘anarchy’ and understand the implications of living in an anarchic society</li> <li>To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy</li> <li>To learn about organisations such as the United Nations</li> <li>To understand the importance and significance of equal rights</li> </ul> <p><b><u>Health and Wellbeing – Emotions</u></b></p> <p><b><u>Emotions</u></b></p> <ul style="list-style-type: none"> <li>To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</li> <li>To manage changing emotions and recognise how they can impact on relationships</li> <li>To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle</li> <li>To understand the need for empathy when peers are experiencing conflict at home</li> </ul> <p><b><u>Living in the Wider World – Diversity</u></b></p> <ul style="list-style-type: none"> <li>To understand the benefits of living in a diverse community and learn to celebrate diversity</li> <li>To talk with a wide range of adults</li> </ul>	<p><b><u>Health and Wellbeing – Nutrition</u></b></p> <ul style="list-style-type: none"> <li>To know about the different food groups and their related importance as part of a balanced diet</li> <li>To develop an awareness of their own dietary needs</li> </ul> <p><b><u>Health and Wellbeing – Safety</u></b></p> <ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul> <p><b><u>Health and Wellbeing – Health</u></b></p> <ul style="list-style-type: none"> <li>To know about the basic synergy between physical, emotional and mental health</li> </ul> <p><b><u>Relationships – Communication</u></b></p> <ul style="list-style-type: none"> <li>To recognise that there are many different ways to communicate</li> <li>To understand the need for confidentiality in certain situations</li> <li>To know and understand the importance of listening to others</li> <li>To understand the role of the listener in any relationship</li> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to both listen and speak when communicating with others</li> </ul>	<p><b><u>Health and Wellbeing – Nutrition and Food</u></b></p> <ul style="list-style-type: none"> <li>To work independently and in groups, taking on different roles and collaborating towards common goals</li> <li>To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> <li>To know how to cook and apply the principles of nutrition and healthy eating</li> <li>To prepare and cook with a variety of ingredients, using a range of cooking technique</li> </ul> <p><b><u>Relationships – Collaboration</u></b></p> <ul style="list-style-type: none"> <li>To Understand that there are many situations in which collaboration is necessary</li> <li>To understand the need to develop team work skills</li> <li>To recognise that there are many roles within a community</li> <li>To understand the need to collaborate in a group situation</li> <li>To recognise that there are many roles within a community</li> <li>To understand the need to collaborate in a group situation</li> </ul>
<p><b><u>Year 6</u></b></p>	<p><b><u>Health and Wellbeing – Aspirations</u></b></p> <ul style="list-style-type: none"> <li>To identify and talk about their own and others’ strengths and weaknesses and how to improve</li> <li>To self-assess, understanding how this will help their future actions</li> <li>To be able to reflect on past achievements</li> <li>To recognise achievements of others as being worthwhile and important</li> </ul>	<p><b><u>Health and Wellbeing – Health</u></b></p> <ul style="list-style-type: none"> <li>To know about the basic synergy between physical, emotional and mental health</li> <li>To know about, recognise and understand changes that occur during puberty</li> </ul> <p><b><u>Relationships – Healthy Relationships</u></b></p>	<p><b><u>Living in the Wider World – Economic Awareness</u></b></p> <ul style="list-style-type: none"> <li>To learn about budgeting and what it means to budget</li> <li>To understand why financial management and planning is important from a young age</li> <li>To know and understand financial terms such as loan, interest, tax and discount</li> <li>To make connections between their learning, the world of work and their future economic wellbeing</li> </ul>

	<ul style="list-style-type: none"> <li>To begin to set personal goals</li> <li>To identify the skills they need to develop to make their contribution in the working world in the future</li> <li>To make connections between their learning, the world of work and their future economic wellbeing</li> </ul> <p><b><u>Relationships – Similarities and Differences</u></b></p> <ul style="list-style-type: none"> <li>To learn about racial discrimination and its impact on societies, past and present</li> <li>To learn about gender discrimination and its impact</li> <li>To challenge stereotyping and discrimination</li> <li>To learn about the importance of family in different cultures</li> <li>To recognise and respect similarities and differences between people</li> </ul>	<ul style="list-style-type: none"> <li>To know about and understand the importance of touch in a range of contexts</li> <li>To know the difference between appropriate and inappropriate touches</li> <li>To know that relationships can change as a result of growing up</li> </ul>	<ul style="list-style-type: none"> <li>To show initiative and take responsibility for activities that develop enterprise capability</li> </ul> <p style="text-align: center;"><b><u>Living in the Wider World – Enterprise</u></b></p> <ul style="list-style-type: none"> <li>To know and understand the principles of enterprise</li> <li>To understand profit and loss</li> <li>To know and understand the principles of charity work</li> </ul>
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PSHEE PROGRESSION				
	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<b>AUTUMN</b>	<p><b><u>Health and Wellbeing – Safety</u></b></p> <p>I can use software features and settings to be safe  I can behave responsibly in different situations  I can follow rules and know where to get help  I can understand the impact of people’s actions  I can understand the difference between keeping a secret and keeping something private  I can behave responsibly in different situations  I can understand the benefits of technology  I can understand that technology can allow us to make bad choices  I can make responsible choices  I can explain the point of social networking sites  I can understand that ICT can be used to hurt people  I can see that information placed online can always be traced</p> <p><b><u>Living in the Wider World – Rules and Responsibilities</u></b></p> <p>I can explain why we need rules  I can recognise right and wrong  I can begin to make responsible choices and consider consequences  I can understand what is meant by the word “learning”  I can explain that people learn in different ways  I can think about possible outcomes  I can work independently and in a group  I can take on different goals  I can reflect on my mistakes and make amends</p> <p><b><u>Health and Wellbeing – Emotions</u></b></p> <p>I can explore my emotions  I can discuss a time when I have felt or been lost</p>	<p><b><u>Relationships – Bullying</u></b></p> <p>I can recall what frustration feels like  I can recognise the difference between a hostile incident and bullying  I can use role play to explore different scenarios  I can understand what it feels like to feel low  I can share what I am good at  I can raise my self esteem  I can explain what resilience and persistence mean  I can understand why these are important  I can think of times when I have shown these personal qualities  I can understand what persistent means  I can recognise negative behaviour  I can understand how this can effect a person’s wellbeing</p> <p><b><u>Health and Wellbeing – Emotions</u></b></p> <p>I can understand when to ask for help when needed  I can identify strategies to respond to negative behaviour.  I can identify how to help others to deal with negative feelings.  I can identify how families may be different from my own  I can understand how families may change  I can show respect during discussions</p> <p><b><u>Relationships – Healthy Relationships</u></b></p> <p>I can think of positive quality traits  I can understand we should be positive in all our relationships</p>	<p><b><u>Living in the Wider World – Rights and Responsibilities</u></b></p> <p>I can understand why structure is needed  I can explain what anarchy means  I can realise why we need rules  I can understand the different ways to run a country  I can explain who makes the rules in different countries  I can explain how laws are made and passed in the UK  I can understand people’s basic needs are the same around the world  I can think about the rights of a child  I can explain how the UN helps children</p> <p><b><u>Health and Wellbeing – Emotions</u></b></p> <p>I can classify natural objects  I can discuss life and death  I can see there is beauty in death  I can think about the life cycle of a poppy  I can explain what a symbol is  I can think about a loss or sad time and remember  I can think about what ‘home’ means  I can understand some children might have different homes  I can try to support a friend who may be experiencing problems at home</p>	<p><b><u>Health and Wellbeing – Aspirations</u></b></p> <p>I can identify character strengths  I can use evidence to back up my views  I can think into the future  I can share my experiences  I can think about mine and the achievements of others  I can record emotions  I can discuss dreams and aspirations  I can think about my future  I can think of ways to achieve my dreams  I can assess my plans for the future  I can discuss different career choices  I can reassess my goals</p> <p><b><u>Relationships – Similarities and Differences</u></b></p> <p>I can understand the difference between a developing and wealthy country  I can understand what segregation means  I can think about how discrimination makes people feel  I can understand what gender means  I can think about skills needed for jobs  I can realise we can achieve what we want whatever our gender  I can think about my own family members  I can explain why my family is unique  I can understand all families are different</p>

	<p>I can explain how it feels to lose something special I can list what to do if I get lost or separated from someone</p> <p><b><u>Living in the Wider World – Economic Awareness</u></b></p> <p>I can explain that money comes in different currencies I can discuss what I spend money on I can explore whether my choices are based on now or future needs I can understand what to look after something means I can understand how banks look after our money I can understand the importance of spending money wisely</p>	<p>I can think of pros and cons to having just one best friend I can identify the features of a good friend I can think of who I play with I can think of places where I interact with others I can recognise positive personality attributes I can explain how and why someone shows these qualities I can explain how</p>		
<p style="text-align: center;"><b>SPRING</b></p>	<p><b><u>Health and Wellbeing – Nutrition and Food</u></b></p> <p>I can list different types of food I can explain food is from either plant or animal I can understand what balance means I can identify the different food groups I can think about the origins of different foods I can explore the benefits of different food groups I can mind map different jobs relating to food I can think about how menus are planned I can explore what skills and qualifications are needed for a role I can create a menu I can promote the event I can reflect upon the world of work and cooking and catering</p> <p><b><u>Health and Wellbeing – Health</u></b></p> <p>I can think about what is important to me I can describe ways our bodies can be harmed I can think of ways to stay healthy I can understand the importance of physical activities I can understand why emotions are important I can understand why mental wellbeing is important I can understand what a goal is I can set personal health goals I can think of ways to achieve my goals</p> <p><b><u>Health and Wellbeing – Healthy Lifestyles</u></b></p> <p>I can understand that physical, mental and emotional balance is healthy I can think of ways to keep healthy I can think about informed lifestyle choices I know the physical effects of a work out I know how much physical activity we need every day I can make good choices on when and how to have physical activity I can decide if something is healthy or not I can understand the difference between need and want I can reflect upon my personal choices</p>	<p><b><u>Relationships – Communication</u></b></p> <p>I can understand the need to communicate clearly. I can work co-operatively, showing fairness and consideration to others. I can face new challenges positively and know when to seek help I can understand why it is important to listen to others I can work co-operatively, showing fairness and consideration to others I can talk about my views on issues that affect me and my class I can work co-operatively, showing fairness and consideration to others. I can talk about their views on issues that affect themselves and their class I can empathise with another viewpoint I can work co-operatively, showing fairness and consideration to others I can wait for my turn to speak I can talk about their views</p> <p><b><u>Relationships – Collaboration</u></b></p> <p>I can locate problems in the school environment. I can offer solutions to improve the school environment. I can work with other, collaboratively to improve the school environment. I can locate problems in the school environment. I can offer solutions to improve the school environment. I can work with other, collaboratively to improve the school environment.</p> <p><b><u>Living in the Wider World – Diversity</u></b></p> <p>I can explain what community means I can explain how individuals contribute to communities I can design my own ideal community I can think of local organisations I can understand the role they provide I can explain why they are important</p>	<p><b><u>Health and Wellbeing – Nutrition</u></b></p> <p>I can place food into food groups I can review my own diet I can think about how to balance my diet in a healthy way</p> <p><b><u>Health and Wellbeing – Safety</u></b></p> <p>I can understand what the purpose of drugs is I can research why some drugs are illegal and why they are illegal I can give advice on why not to take drugs to a friend I can discuss different drinks I can explain the difference between alcoholic and non-alcoholic drinks I can give advice to friends about drinking alcohol I can think about the dangers of smoking I can discuss statistics related to smoking I can think of methods to avoid peer pressure I can explain how glue and aerosols can be abused I can research substance abuse I can think of ways to avoid peer pressure to experiment with substances</p> <p><b><u>Health and Wellbeing – Health</u></b></p> <p>I can understand the three elements to keep in synergy to be healthy I can think of ways to keep healthy I can understand where to go for help to keep healthy</p> <p><b><u>Relationships – Communication</u></b></p> <p>I can explore ways of human communication I can explain what confidential means I can explain the difference between confidential and a secret I can understand there are different ways to learn I can explain why it is important to listen I can reflect on times when I was not listened to and how it made me feel I can realise that people can see things in different ways I can think of a time when I was not listened to I can think of where to go to get help or advice</p>	<p><b><u>Health and Wellbeing – Health</u></b></p> <p>I can recognise how the behaviour and that of others may influence people both positively and negatively I can manage changing emotions and recognise how they can impact on relationships I understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene</p> <p><b><u>Relationships – Healthy Relationships</u></b></p> <p>I can understand touch is an important means of communication I can understand the importance of positive touch I can know where inappropriate areas are for touching</p>

<p style="text-align: center;"><b>SUMMER</b></p>	<p><b><u>Health and Wellbeing – Changing and Growing</u></b>  I can understand that families have similar traits  I can spot differences in families  I can appreciate milestones are reached at different times  I can understand babies are born without teeth  I can explain that as we grow changes to our teeth occur  I can remember ways to take care of my teeth</p> <p><b><u>Health and Wellbeing – First Aid</u></b>  I can understand what an emergency is  I can appreciate first aid is a life skill  I can remember to call 999 in the case of an emergency  I can recognise the scene of an emergency  I can understand which emergency service is required  I can remember to call 999 in the case of an emergency  I can understand the role of a paramedic  I can take responsibility for my and others safety  I can cope with an emergency situation</p> <p><b><u>Relationships – Similarities and Differences</u></b>  I can understand I am part of different groups of people  I can find similar things to connect me to others  I can focus on similarities rather than differences in my life  I can explore how families are connected  I can think about differences and similarities in families  I can empathise with others  I can understand that everyone is equal  I can think about why religion is important to people  I can think about ways in which religions are the same  I can understand what diversity means  I can appreciate why being different is a good thing</p>	<p><b><u>Health and Wellbeing – Aspirations</u></b>  I can think of things I do well  I can think of the strengths of others  I can identify an area to improve  I can think of my personal strengths  I can understand how to break a target into smaller steps  I can think about my future self  I can think about my goals in life  I can break down the steps to achieve my aspirations  I can consider whether my actions now are important  I can unpick inspirational quotes  I can think of someone I admire  I can think BIG</p> <p><b><u>Relationships – Collaboration</u></b>  I can think of advantages/disadvantages of group work  I can begin to establish rules  I can understand the task is relevant to the groups you choose  I can stick to the rules  I can understand the importance of a shared goal  I can reflect on what went well and what could have gone better</p> <p><b><u>Living in the Wider World – Discrimination</u></b>  I can see when someone is treated differently or unfairly  I can explain what a stereotype is  I can think of a time when I have been discriminated against</p>	<p><b><u>Health and Wellbeing – Nutrition and Food</u></b>  I can review how my eating have changed  I can create a tasty and healthy menu  I can appraise other menus  I can collaborate ideas to make a menu  I can make and prepare food  I can rate food alongside a success criteria</p> <p><b><u>Relationships – Collaboration</u></b>  I can explain what collaboration means  I can choose a group to work with  I can analyse the best reasons for who to work with  I can organise myself into a variety of groups  I can work with others to establish a charter  I can discuss methods, teamwork and collaboration skills  I can see why members of a team are important  I can understand there are consequences to actions  I can see how behaviour affects other people</p>	<p><b><u>Living in the Wider World – Economic Awareness</u></b>  I can recognise how people manage money and learn about basic financial capability  I can look after money and realise that future wants and needs may be met through saving  I can recognise that people’s basic needs are the same around the world.  I can identify the difference between needs and wants  I can identify the skills I need to develop to make my own contribution in the working world in the future.  I can set myself goals, prioritise and manage time and resources, understanding how this will help me in the future.  I can think about my own expenditure  I can explain what VAT is  I can recognise what a discount is</p> <p><b><u>Living in the Wider World – Enterprise</u></b>  I can respond to challenges, including recognising, taking and managing risk.  I can identify the skills I need to develop to make my own contribution in the working world in the future.  I can show initiative and take responsibility for activities that develop enterprise capability.</p>
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