

FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

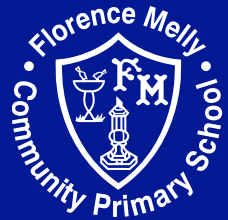
CULTURAL CAPITAL CUMULATIVE END GOALS – KS1

IF YOU CAN DREAM IT, YOU CAN DO IT!



Cultural Capital and Safety Curriculum Cumulative End Goals - Key Stage 1

Year Group	Healthy and Happy Friendships Pupils develop an understanding of the concept of Healthy and Happy Friendships and will be able to:	Similarities and Differences Pupils develop an understanding of the concept of Similarities and Differences and will be able to:	Caring and Responsibility Pupils develop an understanding of the concept of Caring and Responsibility and will be able to:	Families and Committed Relationships Pupils develop an understanding of the concept of Families and Committed Relationships and will be able to:	Healthy Bodies, Healthy Minds Pupils develop an understanding of the concept of Healthy Bodies, Healthy Minds and will be able to:	Coping with Change Pupils develop an understanding of the concept of Coping with Change and will be able to:
Year 1	<p>talk about other children in our class that we are friends with</p> <p>describe one friend and talk about what they like</p> <p>describe what makes a good friend.</p> <p>resolve difficulties when they occur</p> <p>describe how to be kind</p> <p>describe what to do if a friendship makes them feel unhappy.</p> <p>identify the qualities of a good friendship</p> <p>demonstrate how to get on with others and work together positively</p> <p>demonstrate how to share and take turns.</p>	<p>identify some similarities and differences between people</p> <p>explain some of the things that make us special</p> <p>describe ways in which people are special</p> <p>explain what it means if something or someone is described as 'unique'</p> <p>describe ways in which someone might be unique</p> <p>identify how we and others are unique and special</p> <p>identify a range of feelings, and describe how people might show these</p> <p>explain that not everyone feels the same way about things and why this may be</p> <p>demonstrate ways to show or tell people how we feel.</p>	<p>name special people in our lives</p> <p>describe one of our special people and say why that person is important</p> <p>describe the ways that our special people care for us and keep us safe</p> <p>identify feelings of worry, anxiety or fear and where people might feel these</p> <p>name some people who can help us if we are worried or scared</p> <p>describe some ways to keep ourselves and other people safe</p> <p>list some rules to keep safe in different places</p> <p>say why these rules are important</p>	<p>describe what a family is</p> <p>talk about different types of families</p> <p>explain why families are important</p> <p>explain similarities and differences between families, including our own</p> <p>describe what the people in families do for one another</p> <p>explain why families are special, and who is special in our own families</p> <p>explain different ways that family members help us</p>	<p>name different parts of our bodies and describe what they can do</p> <p>say some different ways to keep our bodies healthy</p> <p>use the correct words to describe the private parts of our bodies</p> <p>describe some of the ways in which people's bodies are similar and different</p> <p>explain why it is important to look after our bodies</p> <p>describe some different ways we can look after our bodies</p>	<p>describe how baby animals grow into adults</p> <p>name baby animals of different species</p> <p>describe how adult animals care for their young</p> <p>explain that animals have families just like humans do</p> <p>identify the things a baby needs</p> <p>identify ways in which we have changed since we were babies</p> <p>describe things we can now do without a grown-up helping us</p> <p>talk about job roles within our families and our community</p> <p>discuss the things we'd like to achieve when we grow up</p> <p>describe a 'future me'</p>
Year 2	<p>name the ingredients needed for a happy friendship</p> <p>describe how we feel about our friends</p> <p>demonstrate how to show kindness to others</p> <p>describe feelings and how they can change in different situations</p> <p>describe what we can do if someone touches us if we don't want them to or in a way that makes us feel unsafe</p> <p>practise saying the word 'No'</p> <p>describe how worries can make us feel</p> <p>identify trusted people who we can talk to if we feel worried or unsafe</p> <p>describe ways of easing worries</p>	<p>describe what we mean by strengths and abilities</p> <p>identify some of our own and others' strengths and abilities</p> <p>create a class 'Tree of strength' together</p> <p>give examples of stereotypes, including gender stereotypes</p> <p>describe why stereotypes are unhelpful and unfair to everyone</p> <p>give examples of interests and abilities that everyone has</p> <p>identify gender stereotypes within jobs</p> <p>say what people need to do their jobs</p> <p>challenge gender stereotypes</p> <p>challenge gender stereotypes</p>	<p>naming people that help us in our communities</p> <p>describe how these people can help us</p> <p>describe how we can help others in our community</p> <p>describe what keeps us safe in our school and community</p> <p>describe situations when we might need to get help from trusted adults</p> <p>demonstrate how to ask for help from a trusted adult</p> <p>name some different groups and communities that people belong to</p> <p>explain why the groups and communities are important to those who belong to them</p> <p>demonstrate how to show respect for people's differences</p>	<p>identify different people who can be part of a family</p> <p>name different members of a family</p> <p>create a family tree</p> <p>describe the things that make family relationships healthy and happy</p> <p>explain what someone can do if they feel unhappy or unsafe</p> <p>describe different types of happy family</p> <p>explain ways in which our own families are similar and different to others', and show respect for these differences</p> <p>describe some family traditions</p>	<p>describe how we or other people are feeling</p> <p>describe how different emotions make our bodies feel</p> <p>explain how medicines can help us, and how to use them safely</p> <p>explain why it's important to use medicines in the correct way</p> <p>name some other things in our homes that can be harmful and describe how we can keep ourselves safe</p> <p>describe some of the signs that someone is feeling poorly in their body or mind</p> <p>identify things that can help someone feel better if they are unwell</p> <p>demonstrate how to ask others how they are feeling and offer support if needed</p>	<p>describe a simple human life cycle as part of growing up</p> <p>describe ways in which we have already grown and changed</p> <p>identify ways in which we will continue to grow and change</p> <p>explain that the kind of person we are can change over time</p> <p>reflect on ways we have changed and will continue to change in the future</p> <p>discuss our aspirations and demonstrate positivity towards future change</p>



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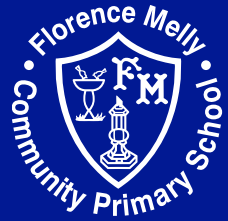
CULTURAL CAPITAL CUMULATIVE END GOALS – LKS2

IF YOU CAN DREAM IT, YOU CAN DO IT!



Cultural Capital and Safety Curriculum Cumulative End Goals - Lower Key Stage 2

Year Group	Healthy and Happy Friendships Pupils develop an understanding of the concept of Healthy and Happy Friendships and will be able to:	Similarities and Differences Pupils develop an understanding of the concept of Similarities and Differences and will be able to:	Caring and Responsibility Pupils develop an understanding of the concept of Caring and Responsibility and will be able to:	Families and Committed Relationships Pupils develop an understanding of the concept of Families and Committed Relationships and will be able to:	Healthy Bodies, Healthy Minds Pupils develop an understanding of the concept of Healthy Bodies, Healthy Minds and will be able to:	Coping with Change Pupils develop an understanding of the concept of Coping with Change and will be able to:
Year 3	<p>identify qualities of a happy, healthy friendship and the importance of some friendship values over others</p> <p>describe the importance of listening to our friends, and how it feels to be listened to</p> <p>discuss a range of touch and space scenarios and decide for ourselves whether these are okay or not okay</p> <p>list personal boundaries</p> <p>identify the difference between touch that feels good and when touch feels uncomfortable</p> <p>demonstrate respect for other's personal boundaries</p> <p>explain what 'resilience' means</p> <p>describe ways to be resilient in different situations</p> <p>describe ways to help others develop resilience.</p>	<p>describe the things that make us who we are</p> <p>explain differences between people</p> <p>demonstrate respect towards others' differences</p> <p>describe what a community is and what people in a community share</p> <p>explain how our school community is formed, and how the people in it are linked</p> <p>identify some of the other communities that people in our school belong to</p> <p>identify a number of different feelings from how people may be behaving</p> <p>describe what it may be like for someone who doesn't feel respected or valued</p> <p>demonstrate ways of showing people that they are respected and valued</p>	<p>explain what being responsible means</p> <p>describe our own and others' responsibilities</p> <p>explain why it is important to act responsibly</p> <p>describe what personal space is</p> <p>recognise the signs that our personal space being crowded</p> <p>explain what to do and how to get help if our personal space feels crowded</p> <p>explain our responsibility towards maintaining others' personal space</p> <p>describe the responsibilities we have to care for and help others</p> <p>describe what empathy is and why it is an important way to show care</p>	<p>identify characteristics of healthy relationships</p> <p>explain what commitment means and why it is important</p> <p>describe different ways that people can show commitment in relationships</p> <p>identify changes that can happen in families</p> <p>explain how changes might affect families</p> <p>describe ways to manage change</p> <p>describe how big changes such as separation can affect a family</p> <p>describe how people in a family might feel when there is a big change, and how these feelings can also change</p> <p>explain who can help us if changes within our family are making us feel worried or unhappy</p>	<p>explain why sleep is important to our health and wellbeing</p> <p>describe a good sleep routine</p> <p>describe the different types of food that make up a healthy diet</p> <p>explain why it is important to have a healthy diet</p> <p>explain what germs are and what they can do to our bodies</p> <p>explain how viruses spread between people</p> <p>describe a range of ways to keep our bodies clean and free of germs</p>	<p>discuss the impact of certain changes and some of our feelings about these</p> <p>explain how to deal with changes in a positive way</p> <p>explain ways to demonstrate empathy</p> <p>identify and describe ways to support others who are feeling sad</p> <p>identify positive things in our lives and in the lives of others</p> <p>demonstrate things which can help if someone doesn't feel OK</p> <p>describe ways to ask for help and support</p>
Year 4	<p>describe the qualities of a good friendship</p> <p>identify key values of a good friendship</p> <p>explain our own values</p> <p>describe ways to resolve difficulties in a friendship</p> <p>identify ways to maintain healthy friendships</p> <p>identify where to get help if someone is experiencing bullying or an unhealthy friendship</p> <p>define the word permission and explain what it means in relation to personal boundaries</p> <p>describe how we give and receive permission and how we can withdraw this permission at any time</p> <p>explain why respect of personal boundaries is important in a healthy relationship</p>	<p>identify stereotypes and explain why they can be unhelpful and inaccurate</p> <p>identify what being British means to individuals</p> <p>explain how someone might be judged and give examples of this</p> <p>identify when someone is being judged because they are different</p> <p>explain how it might feel to be judged in this way</p> <p>describe ways we can help</p> <p>explain our own views and opinions and identify those which are different</p> <p>explain why it is important to consider other people's points of view</p> <p>demonstrate consideration of others' points of view</p> <p>explain ways to maintain healthy relationships with others when we have different points of view</p>	<p>describe some of our rights and why we have them</p> <p>identify responsibilities that come with rights</p> <p>explain some of the consequences of not accepting our responsibilities</p> <p>describe some of the rights that children have under the UN Convention on the Rights of the Child</p> <p>explain why these rights are important in helping to keep us safe and cared for</p> <p>identify different roles and responsibilities within families</p> <p>describe how sharing roles and responsibilities helps family relationships</p>	<p>identify our different relationships and the differences between them</p> <p>describe appropriate behaviours and boundaries within relationships</p> <p>identify different groups we belong to, and what this means to us</p> <p>describe how it feels to belong to a family or to a group</p> <p>describe ways in which families care for the people who belong to them</p> <p>identify rules and expectations that families might have, and how these demonstrate care</p> <p>describe why particular rules are necessary to keep us safe and healthy</p>	<p>explain the different influences on our everyday choices about health and wellbeing</p> <p>describe what do to if someone tries to influence us to make unhealthy choices</p> <p>describe a range of healthy choices that can keep our bodies and minds healthy</p> <p>explain some possible consequences of unhealthy choices</p> <p>name and describe a range of strong feelings and what may cause them</p> <p>explain a range of safe ways to deal with strong feelings</p> <p>identify choices we can make to help keep our minds healthy</p>	<p>identify the changes in our bodies since Nursery or Reception class</p> <p>discuss the physical changes that happen during puberty</p> <p>distinguish between the changes that happen to girls and boys</p> <p>explain what periods are and why females have them</p> <p>identify and dispel common myths around having periods</p> <p>identify and describe the difference between essential and luxury products for hygiene</p> <p>explain the need for certain products and how to use them</p> <p>explain the importance of bodily hygiene as we grow and change</p>



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

CULTURAL CAPITAL CUMULATIVE END GOALS – UKS2

IF YOU CAN DREAM IT, YOU CAN DO IT!



Cultural Capital and Safety Curriculum Cumulative End Goals - Upper Key Stage 2

Year Group	Healthy and Happy Friendships Pupils develop an understanding of the concept of Healthy and Happy Friendships and will be able to:	Similarities and Differences Pupils develop an understanding of the concept of Similarities and Differences and will be able to:	Caring and Responsibility Pupils develop an understanding of the concept of Caring and Responsibility and will be able to:	Families and Committed Relationships Pupils develop an understanding of the concept of Families and Committed Relationships and will be able to:	Healthy Bodies, Healthy Minds Pupils develop an understanding of the concept of Healthy Bodies, Healthy Minds and will be able to:	Coping with Change Pupils develop an understanding of the concept of Coping with Change and will be able to:
Year 5	<p>explain what we mean by 'identity'</p> <p>describe the aspects which make up our own and others' identities</p> <p>identify ways in which prejudice can be challenged</p> <p>describe what peer pressure is</p> <p>describe ways to resist peer pressure</p> <p>explain the qualities of a healthy friendship</p> <p>talk about the signs and symptoms of stress and anxiety</p> <p>describe ways to manage stress and anxiety well</p> <p>identify where to go for further help and support if we or someone we know needs it</p>	<p>describe our own strengths and celebrate what we are good at</p> <p>list the skills required for our own abilities and interests</p> <p>explain ways in which we are all different and have different strengths</p> <p>consider at least one goal we can achieve in Year 5</p> <p>list the steps needed to achieve a long term goal</p> <p>be able to set goals and plan for ways to achieve these</p> <p>explain the advantages and disadvantages of using the internet</p> <p>identify ways to recognise risks and keep safe online</p> <p>explain ways in which to protect our online profile</p>	<p>explain how people's care needs change through life</p> <p>give examples of ways in which we can care for others</p> <p>explain what loneliness is and the ways in which it can affect people's health and wellbeing</p> <p>identify some things that people can do if they are feeling lonely</p> <p>identify ways in which we can help if others are feeling lonely or isolated</p> <p>explain some of the positive benefits of volunteering</p> <p>describe some of the ways in which people can get more involved in their local communities</p>	<p>identify what we think is important in a healthy, positive relationship</p> <p>describe characteristics of healthy, positive relationships</p> <p>explain ways to tell if a relationship may be unhealthy, or unsafe</p> <p>describe a range of different families</p> <p>demonstrate respect towards diversity within families and relationships</p> <p>describe the steps of a relationship based on our own values</p> <p>describe our own thoughts and beliefs about committed relationships</p> <p>identify what is important in a committed relationship</p> <p>identify why committed relationships are important to a healthy and happy family life</p>	<p>explaining how the way we see ourselves can impact our feelings and behaviour, and affect our health and wellbeing</p> <p>describing our positive attributes</p> <p>describing ways in which self-image can affect our health</p> <p>explaining some facts about legal and illegal substances</p> <p>describing ways that alcohol, caffeine and smoking can affect the body and mind</p> <p>explaining how bacteria and viruses are spread and treated</p> <p>describing vaccination and immunisation and their roles in preventing disease</p>	<p>identify changes that happen during puberty and why they happen</p> <p>describe ways to manage these changes, and where to get help if needed</p> <p>identify emotional changes that may happen during puberty</p> <p>describe ways in which our emotions may change and how to respond</p> <p>identify changes during puberty that we cannot control, and ways to manage these</p> <p>identify and describe to whom and where we can go for advice and support if we need it</p> <p>give advice and support to others who might need it</p>
Year 6	<p>demonstrate ways of resisting pressure that threatens personal safety</p> <p>demonstrate skills to help us be assertive against pressure to take risks</p> <p>consider the benefits and costs of trusting other people</p> <p>describe ways that change can affect our friendships</p> <p>identify ways that our feelings may change towards others</p> <p>identify our values around relationships</p> <p>list a wider range of emotions</p> <p>explain why we might feel a range of mixed emotions and that this happens to everyone</p> <p>talk about different situations which could make us feel different things and respond in a particular way</p>	<p>describe positive and negative reasons why someone might create an online identity that is different to their offline identity</p> <p>explain ways to ensure that an online identity we might use is a safe one</p> <p>explain how to manage online situations that may be risky</p> <p>describe what cyber bullying is and how it differs from offline bullying</p> <p>respond to cyber bullying, including where and how to get help</p> <p>identify respectful and kind ways to communicate online</p> <p>describe ways to recognise, respect and celebrate diversity</p> <p>explain how to support someone who is struggling with identity and worried about fitting in</p> <p>identify ways to challenge stereotypes and pre-judgements</p>	<p>identify our strengths and explain areas for development</p> <p>explain ways that we can take good care of ourselves</p> <p>plan how to achieve a goal using a small steps approach</p> <p>identify reasons for making responsible choices about money</p> <p>describe why we need to make more responsible choices about money as we get older</p> <p>explain the benefits of saving money</p> <p>identify where and how we might be able to find help and support within a secondary school setting</p> <p>describe different support networks within secondary school</p> <p>explain how our responsibilities change as our independence grows</p>	<p>dispel myths about human reproduction</p> <p>explain the facts of human reproduction</p> <p>explain the impact having a baby can have</p> <p>explain why it is important that people are ready for and committed to this new change</p> <p>explain why age restrictions are in place for particular activities</p> <p>identify the age of consent for sexual intercourse and its importance in helping children stay safe from risk and harm.</p>	<p>describe self-respect</p> <p>explain how self-respect can affect our mental health and wellbeing</p> <p>describe how the internet and social media can affect personal wellbeing</p> <p>explain where and how to get help if we feel worried about or affected by something we have seen online</p> <p>explain what we mean by mental health</p> <p>describe some symptoms of mental ill health and identify some sources of help</p> <p>describe some ways to look after our mental health</p>	<p>describe ways in which external influences (including examples such as the media and celebrities) can influence and affect the way people view themselves</p> <p>describe the positive strengths and attributes of our own bodies and ourselves</p> <p>explain how relationships change as we grow older</p> <p>describe ways in which puberty can have an impact on our relationships</p> <p>identify ways to manage and resolve impact on our relationships</p> <p>reflect on the positives of our time in Year 6</p> <p>respond to questions or worries about moving to secondary school</p>