



L4L

Year A: Autumn Term

| Years 1&2 Milestone 1 | Years 3&4 Milestone 2 | Years 5&6 Milestone 3 |
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| <p>Milestones</p> <p>I know why we have rules in school</p> <p>I can tell you how I am the same and different from my friends</p> <p>I have thought about how to talk about my feelings</p> <p>I know how to be careful when walking on the pavement</p> <p>I can listen well to other people when they are talking</p> <p>The conventions of courtesy and manners.</p> <p>I have thought about how to keep myself safe</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> | <p>Milestones</p> <p>I know something about everyone in my class</p> <p>I can work in a cooperative way with others</p> <p>I have thought about how everyone has to live by rules</p> <p>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>I know how to take turns when talking</p> <p>I can spot dangers in the home including dangers online that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>I have thought about how to stay safe</p> | <p>Milestones</p> <p>I know that I am valued at school</p> <p>I can identify my strengths and how I can contribute to a group</p> <p>I have thought about the importance of rules and keeping them</p> <p>I know that different ways of behaving are appropriate in different types of relationships practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>I can protect my personal safety</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>How information and data is shared and used online.</p> <p>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>I have thought about how stereotyping can affect people in different ways</p> |



Year A: Spring Term

| Years 1&2 Milestone 1 | Years 3&4 Milestone 2 | Years 5&6 Milestone 3 |
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| <p>Milestones I can tell you about the different types of work people do I can tell you some of my strengths as a learner I have thought about how I learn and how I can achieve a goal</p> <p>I know who my friends and family are I can make people I care about happy I have thought about people who are important to me and how I feel about them</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed.</p> | <p>Milestones I know some enterprising ways I can support a charity I know how others can help me achieve my goals and how I can help others I have thought about the importance of teamwork I know that families can be different from one another I can say no to peer pressure I have thought about the importance of caring for myself and keeping myself clean</p> | <p>Milestones I can explain how people manage their money I know the skills and attributes of a successful learner I have thought about how to save up for an item, and how to restrict my other spending to do so I know some things to do when I feel embarrassed I can describe some of the physical changes of puberty I have thought about how my body will change during puberty, how I may feel, and what to do about these feelings</p> <p>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> |

Year A: Summer Term

| Years 1&2 Milestone 1 | Years 3&4 Milestone 2 | Years 5&6 Milestone 3 |
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| <p>Milestones I know that exercise keeps me fit and healthy I know not to touch medicines and that substances in the house can be dangerous I can tell you something that makes me feel proud I have thought about different ways to keep myself healthy</p> <p>I know my friends can help me and I can help them in times of</p> | <p>Milestones I know that eating too much salt, sugar and fat is bad for me I can recognise when I find something difficult and do something about it or cope with how that makes me feel I have thought about how to keep my body healthy I know some people who I can turn to for help at difficult times I know that everybody goes through many sorts of change all</p> | <p>Milestones I know that alcohol is a drug I can describe the Eat Well plate and a balanced diet I can stand up for what I think after listening to others and making my own choice I have thought about how I can have a healthy mind and body by.....</p> <p>I know how people often respond to difficult changes</p> |



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| <p>change</p> <p>I know that some changes are natural and "happen by themselves"</p> <p>I have thought about working with other people to overcome obstacles.</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> | <p>the time</p> <p>I have thought about ways of keeping myself safe including how to contact Childline</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>How to ask for advice or help for themselves or others, and to keep trying until they are heard,</p> | <p>I can take responsibility for my own safety</p> <p>I have thought about how to deal with difficult feelings to do with loss</p> |
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Year B: Autumn Term

| Years 1&2 Milestone 1 | Years 3&4 Milestone 2 | Years 5&6 Milestone 3 |
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| <p>Milestones</p> <p>I know how I can help make my classroom a safe and happy place</p> <p>I can welcome someone into my class</p> <p>I have thought about how my behaviour can affect others</p> <p>I know about stranger danger including meeting strangers online</p> <p>I can work well in a group</p> <p>I have thought about what I should do if I meet dangerous situations</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> | <p>Milestones</p> <p>I know what it feels like to be unwelcome</p> <p>I can work with others to achieve a shared goal</p> <p>I have thought about how to develop and maintain a positive learning environment</p> <p>I know how to enjoy fireworks safely</p> <p>I can use peaceful problem solving to sort out difficulties</p> <p>That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>I have thought about ways to manage difficult feelings</p> | <p>Milestones</p> <p>I know how to work well in a group</p> <p>I can listen to and show respect for other people's views when working in a group</p> <p>I have thought about what makes a group function well so that we can learn together</p> <p>I know how to protect myself on-line</p> <p>I can use my skills for solving problems peacefully to help other people resolve conflict</p> <p>I have thought about strategies I can use to stay safe when faced with risky situations</p> |

Year B: Spring Term

| Years 1&2 Milestone 1 | Years 3&4 Milestone 2 | Years 5&6 Milestone 3 |
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| <p>Milestones</p> <p>I know that you can choose to spend or save money</p> <p>I can choose between my ideas and give reasons</p> | <p>Milestones</p> <p>I know what can influence how people spend or save</p> <p>I know I am responsible for my own learning and behaviour</p> | <p>Milestones</p> <p>I can help organize an enterprise activity</p> <p>I know it is up to me to get things done by taking the first</p> |



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| <p>I have thought about the best way to use money</p> <p>I know the stages of a life cycle</p> <p>I can identify some of the people who care for me</p> <p>I have thought about ways of keeping my teeth healthy</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> | <p>I have thought about why people spend and save</p> <p>I know the names for male and female body parts</p> <p>I can take responsibility for what I choose to do</p> <p>I have thought about how and why my body will change</p> | <p>step</p> <p>I have thought about how money affects the way I live</p> <p>I know some of the feelings that people have when someone close dies or leaves</p> <p>I can recognise and challenge stereotyping and discrimination</p> <p>I have thought about how the media can influence the way we think and feel about people and situations</p> |
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Year B: Summer Term

| Years 1&2 Milestone 1 | Years 3&4 Milestone 2 | Years 5&6 Milestone 3 |
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| <p>Milestones</p> <p>I know why I should eat 5 portions of fruit and veg a day</p> <p>I know what makes me feel relaxed and what makes me feel stressed</p> <p>I have thought about the importance of a balanced diet</p> <p>I know how to cope with changes that can be exciting or worrying</p> <p>I can plan to overcome obstacles that might get in the way</p> <p>I have thought about how to make sensible choices</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> | <p>Milestones</p> <p>I know I am responsible for taking exercise to look after my body</p> <p>I know how to say no, if offered a cigarette</p> <p>The importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>I can stop and think before I act</p> <p>The importance of self-respect and how this links to their own happiness.</p> <p>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p>I have thought about how to make sensible choices</p> <p>I know some ways of dealing with changes that make me feel uncomfortable</p> <p>I know some ways of dealing with the feelings that arise from changes</p> <p>I have thought about ways to keep myself safe when I am out with</p> | <p>Milestones</p> <p>I know why I should exercise</p> <p>I know what addiction means</p> <p>I understand that sometimes the feeling part of my brain takes over and I might make mistakes</p> <p>I have thought what I can do when I feel pressured such as...</p> <p>How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>I know that sometimes there can be positive outcomes from changes that we didn't welcome initially</p> <p>I can look for the positives in big changes I am facing</p> <p>I have thought about the positive aspects of moving on to secondary school</p> |



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