LONDON MEED PRIMARY SCHOOL

Life Skills whole year overview of knowledge and skills

	Autumn **Themes: Being me in my world, Celebrating Differences**	**Spring** **Themes: Dreams and Goals, Healthy Me**	**Summer** **Themes: Relationships, Changing Me**
EYFS	**Key Knowledge and Skills** -Identifying feelings and how we can tell how someone is feeling -Why sharing is important at school -Idea of 'rights' being things that no-one can stop us from having / doing -Idea of 'responsiblities' as things that we must do -Identifying differences (physical, interests, families, homes, likes and dislikes) -Celebrating differences as a positive thing -Interacting with others in a positive way -What to do if someone is doing something you don't like **Key vocabulary** Feelings, rights, responsibilities, different, the same,	**Key Knowledge and Skills** -What a challenge is, and showing resilience to complete a challenge -What a 'goal' is, and what we might need to do to reach a goal -How to encourage others -What does 'being healthy' mean? -Why exercise is beneficial for us -How we know if we've done exercise (increased breathing, heart rate, sweating) -Healthy foods and less healthy foods -Why sleep is important (energy, health) -Why washing ourselves is important -Why washing objects (including food) can be important -Who a 'stranger' might be, and what to do if a stranger speaks to us -How I can keep myself safe (around roads, in public places) -What 'first aid' is, and why I might need it **Key vocabulary** Challenge, resilience, goal, exercise, healthy, less healthy, sleep, routine, germs, stranger, first aid	**Key Knowledge and Skills** -How people's families can be different -How to be a good friend -How arguing with friends is normal, and how to mend friendships -That we change (physically, in terms of interests) as we get older -Identify what might change, and what might stay the same as we move year groups -How we can communicate online, and how this might be dangerous -Rules for being online, and who to speak to if something bad happens -Change and loss can make us have different feelings **Key vocabulary** Friendship, online, safety, change, death

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Y1	**Key Knowledge and Skills** -Why it is important to be able to feel safe at school -Rights and responsibilities at school -Why we have rules at school -What feeling lonely might be like, and how to get help with this -People in the wider community who help us, and how to get help (eg calling 999 for emergency services) -How I am the same and different from others (physical, personality, interests) -Why differences are good -What bullying is, and how to stop it -How to make others feel welcome -How I can be kind, but not if it affects me negatively **Key vocabulary** Safe, rights, responsibilities, rules, emergency, similarities, differences, bullying, friendship	**Key Knowledge and Skills** -Setting goals and planning to achieve them -How we learn through watching, listening and doing -How to work effectively as part of a team -Why it is important to celebrate success -What 'being healthy' means (diet, exercise, hygiene, protection from the sun, sleep) -About healthy and less healthy foods -What medicines can do for us, and why it is important to only take medicines if they are for us / an adult gives them to us -Crossing roads safely with an adult -How to behave safely when near railways, or near water -How my body might start to change if I'm poorly (weight loss, persistent pain) -Why it is important to brush my teeth regularly -Why I might need first aid, and what it might look like (plasters, antiseptic, bandages, cold compress) **Key vocabulary** Proud, achievement, success, goal, teamwork, healthy, unhealthy, balanced, medicine, road safety, teeth, brush, regular, dentist	**Key Knowledge and Skills** -There are lots of different types of family -How can you show that you are a good friend? -How can we help people to feel welcome / included? -Types of physical contact that are appropriate and inappropriate (eg holding hands, hitting someone) -Identifying people who can help us, both at school and in the wider community -What it is to 'be proud' and what this feels like -What a 'life cycle' is, and what the human life cycle is like -That there are some changes in life that we cannot control (eg growing older) -Changes as we get older (physical, personality, interests) -Physical differences between males and females -What it might feel like if someone / something special to you dies -How to help deal with feelings of grief / bereavement -Why some apps and computer games have age restrictions -Why online gaming is not always safe (spending money online) -How, and when, to call the emergency services **Key vocabulary** Families, similarities, differences, physical contact, helpful, proud, life cycle, human, adult, baby, child, male, female, penis, testicles, vagina, death, grief, app, online, restricted

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Yr 2	**Key Knowledge and Skills** -What it feels like to be worried, and who to ask for help -What it feels like to be lonely, and who to ask for help -Rights and responsibilities at school -What consequences, good and bad, our actions might have -That people can make assumptions about boys and girls (stereotypes) -That differences are a positive thing -What bullying is (deliberate, targeted, repeated, imbalance of power), and how to stop it -How to be safe when crossing the road and near railways **Key vocabulary** Worry, rights, responsibilities, rewards, helpful / unhelpful behaviours, consequences, stereotypes, bullying,	**Key Knowledge and Skills** -What a 'realistic goal' might be -Planning to achieve a goal -Being resilient to achieve a goal -How to work successfully with others through collaboration and cooperation -Using keywords in online search engines -Navigating a website (home, back, forward, scroll bar, tabs) -Why we cannot accept all information online as being true -How we can keep healthy (hygiene, exercise, diet, sleep, relaxing) -How routines can help with keeping healthy -How our bodies help us to know if we are feeling relaxed or stressed -How medicines can help us -How medicines can be dangerous if they're not for us, or if we take too much of a medicine -Healthy and less healthy foods (particularly in relation to sugar and salt content) -Why having rules when technology is used are important (eg age restrictions on online games) -What to do if there is a problem with an online interaction **Key vocabulary** Goal, realistic, resilience, collaborate, cooperate, website, online, healthy,	**Key Knowledge and Skills** -That families are different -How I can contribute to my family -Physical contact that is appropriate and inappropriate, and what to do if someone touches me in a way that I don't like -How to solve conflicts with my friends -People in my family, school and community who can help me -That there are life cycles in nature -There are changes in life that I can control, and some that I can't control (eg seasons, growing) -Relationships that children might have with elderly people -How my interests and abilities might change as I get older -Physical differences between boys and girls -Changes as we move into a new year group (both positive and potentially negative) -How being assertive and being controlling are different things -That change and loss can make us feel different emotions -That some games, websites and apps are age restricted -That some games, websites and apps ask for money -That my body might change if I am poorly (weight loss, pain within the body) -That I need to look after my teeth by brushing twice a day, visiting the dentist regularly and not eating / drinking too much sugar (Science link)

		routine, medicine, dose, diet, sugar, salt, online, technology	-Why I might need first aid, and how to help others (reporting a head injury, putting on a plaster) **Key vocabulary** Physical contact, appropriate, inappropriate, conflict, life cycle, changes, elderly, teenager, adult, male, female, penis, testicles, vagina, anus, public, private, assertive, controlling, app, online, website, teeth, dentist, cavity
Yr 3	**Key Knowledge and Skills** -To recognise self worth and feel positive about achievements -How to face new challenges with a positive mindset -To understand why we have rules, and how they relate to roles and responsibilities -To understand how my actions can directly affect the thoughts and feelings of others (eg helping improve self esteem, stopping others from learning) -How to make responsible choices -How to work cooperatively with others -Why families are important -How all families are different -That family members can have disagreements and fall out -How to deal with conflict with other people -What bullying is -What it might be like to witness bullying	**Key Knowledge and Skills** -Identify people that we admire, and say why -Identify dreams and ambitions -To break plans to achieve dreams and ambitions into smaller steps -To recognise that not all content online is true or safe -That screen use can have negative health consequences -Why it is important not to share personal information online -How to identify trusted sources online -How exercise benefits the body -How heart rate and breathing are affected by exercise -How calories, sugar and salt consumed can affect health -How medicines can benefit us -Why it is important to take medicines with adult supervision -How to make an emergency phone call -How I know if a situation feels unsafe, and what to do about it -Understand who owns items online	**Key Knowledge and Skills** -What different roles there are in a family -What stereotypes there might be about roles in a family -Identify some ways in which I can be a good friend (sharing, listening, compromising) -Why it is important to follow rules when online (age restrictions, following parental rules) - How the actions and jobs of people around the world can impact my life (eg transporting goods around the world) -How children around the world have basic rights -How we can show appreciation to others -Life cycles in nature, including the idea that usually the female has the babies -How a baby grows in its mother's uterus, and what it needs to survive and grow -External changes to the body as it reaches puberty (height, body hair, voice changes) -Identify changes (both positive and potentially negative) when children move to a new year group -How being assertive and being controlling are different

	-That as witnesses, we have a responsibility to do something -Recognise that some words can be used in hurtful ways (eg gay, fat) -That there are consequences if we use words in a hurtful way **Key Vocabulary** Self worth, Positive mindset, rights, responsibilities, consequences, responsible, cooperative, disagree, conflict, witness	-That some online games and apps cost / ask for money, and why this might be a problem (spending money without permission) -Early signs of illness (weight loss, persistent pain) -How to be safe around large bodies of water -Why I might need first aid, and how to administer it (plaster, cold compress) **Key Vocabulary** Admire ,heart rate, pulse, lungs, calories, ownership, copyright, trusted, source, subscription	-How being kind to others can negatively affect us -How change and loss (bereavement) can make us feel different things -What mental health means and how it might affect me (anxiety, anger) -That some apps and games have age restrictions, and why this is **Key Vocabulary** Stereotype, global, appreciation, compromise, life cycle, puberty, penis, testicles, vagina, vulva, mental health, anxiety
Yr 4	**Key Knowledge and Skills** -That my attitudes and actions affect the rest of my class -Understand who is in my school community, and what they contribute to the school (eg teachers, LSAs) -That I have a chance to be part of a democracy in school (eg Junior Governors) -That all children have rights -What it is to empathise with someone -That decisions are often made in groups, and how to contribute to this -Sometimes, people make assumptions about how others look -How our own experiences can lead us to make assumptions about	**Key Knowledge and Skills** -How to plan for a goal, even after a setback or disappointment -How to cope with not achieving a dream or goal (including how disappointment feels) -How to successfully work as part of a team -How friendship groups are formed, and how I fit into them -How groups and friendships can impact me, and how I can impact them -To recognise unhealthy relationships, and what we can do about them -What it is to feel lonely, and what we can do about it -What smoking is and how it can affect our health -To understand the effects that alcohol can have on our health	**Key Knowledge and Skills** -That some situations can cause jealousy in relationships -What it feels like to love someone, or something, and what it might feel like when they die -That friendships change over time (including possibly ending) -How to fix friendships after a falling out or disagreement -What having a boyfriend or girlfriend means, and why this is more appropriate for when we are older -That some of my personal characteristics have come from my birth parents, and this is the result of an egg and sperm joining -To know the names of the internal and external body parts of male and female bodies that are needed to make babies

	others (eg all dogs are scary because a dog once bit me) -That bullying can be hard to spot, but we need to act if we feel that it might be happening -That we are all unique, and this should be valued -That there is a difference between being assertive and being controlling, and what this might look like **Key Vocabulary** Attitude, community, democracy, rights, responsibilities, empathy, assumption, stereotype, bystander, unique, assertive, controlling	**Key Vocabulary** Unhealthy friendship, disappointment, peer pressure, vaping, alcohol	-That a girl's body changes during puberty in order for her to be able to have babies when she is older, and what menstruation is in relation to this -That change, including bereavement, can result in different emotions (sadness, anger) -That some games, apps and websites are age restricted and reasons for this -That some games and apps cost money, and why this might be a problem (including introducing concept of online addiction) -How to remain safe around roads, railways and bodies of water -What to do when needing emergency services, including making a call and not filming incidents -When someone might need first aid, and how to get help / administer first aid (plasters, bandages, cold compress) **Key Vocabulary** Jealousy, grief, boyfriend, girlfriend, egg, sperm, DNA, genes, penis, testicles, vagina, vulva, uterus, ovaries, sexual intercourse, fertilise, conception, menstruation, bereavement, grieving,
Yr 5	**Key Knowledge and Skills** -That all children have basic rights -How to face challenges positively -What it means to be citizen of a country -What a refugee is -Why we have rules in society -That cultural differences can cause conflict	**Key Knowledge and Skills** -To identify what I might like life to be like when I am an adult -To explore how much people are paid in different jobs -To identify a possible job that I would like to do when older, and what I will need to get this job	**Key Knowledge and Skills** -To identify my own positive personal qualities -To understand why age limits are in place in society (eg driving licences, buying alcohol) -Why online communities can be helpful, but also unhelpful -That there are rights and responsibilities when playing an online game (eg how we communicate with others)

	-What racism is -How rumour spreading and name calling can be bullying -The difference between direct and indirect forms of bullying -To compare our lives with those of people in the developing world -What is it like to feel lonely and how to get support with this -The difference between being assertive and being controlling, and what this might look like **Key Vocabulary** Culture, conflict, race, conflict, prejudice, discrimination, rumour, homophobic, developing world, citizen, refugee, migrant, controlling, assertive,	-Why fundraising is important, and how we can go about this -How smoking is portrayed by the media -How smoking can affect health -Some of the risks associated with using alcohol (health related and anti-social behaviour) -How to apply basic first aid, including moving someone into the recovery position -What to do in emergency situations, including contacting emergency services -How the media can portray certain body types -How changes to my body (including weight loss and persistent pain might mean that I could be ill **Key Vocabulary** Salary, contribution, career, profession, fundraising, peer pressure, alcohol, anti social, recovery position, emergency, emergency services, media, body image, self respect, eating disorder,	-Why spending too much time on devices can be damaging to health and mental health -How my body image and self image can be affected by others -How a girl's body changes during puberty (specifically menstruation and periods), and the importance of girls looking after themselves, both physically and emotionally, when this takes place -How both boy's and girl's bodies change during puberty -Understand that sexual intercourse can lead to conception, and this is how babies are made -What changes (other than physical) might take place as I become a teenager, and the responsibilities that come with these (eg age of consent) -That change and loss, including bereavement, can result in a range of emotions (sadness, anger, confusion, denial) -Why some games and apps can become addictive and how this can raise issues related to money -How to contact the emergency services if needed, and not to film an event -When someone might need first aid and how to administer it (recovery position, bandage, plaster, cold compress) **Key Vocabulary** Self esteem, online community, trolls, screentime, body image, self image, menstruation, periods, sanitary pad, tampon, puberty, sperm, ejaculation, wet dream, erection, hormones, facial hair, making love, sexual intercourse, conception, fertilisation,

			pregnancy, contraception, fertility treatment, bereavement
Yr 6	**Key Knowledge and Skills** -Identify goals for Year 6, and steps to achieve them -That all children have universal rights, but these are not always met -How my actions can affect others, both locally and globally -How rewards and consequences are related to my rights and responsibilities -How an individual's behaviour can affect a group -How a democratic voice can help the school community -There are different perceptions of what normal means -How being perceived as different could affect someone's life -How people can hold power over others -Why some people might display some bullying behaviours -When, and how, to contact emergency services, and why not to film incidents **Key Vocabulary** Disappointment, setbacks, exploit, child labour, democracy, disability, blind, deaf, physical, ability, empathy, prejudice, discrimination, male, female, racist, transgender, imbalance, control,	**Key Knowledge and Skills** -How challenge can help us to learn -How to motivate myself to achieve a goal -To identify, and discuss, global issues that might interest me -How we can play a part in making the world a better place (eg recycling, fundraising) -That I need to take some responsibility for my own health (eg screentime, exercise, diet) -That different drugs can affect the body in different ways, including the liver and heart -That people can be exploited to break the law (eg gangs) -Why mental health is important -How to maintain good mental health -What can trigger stress -Good and bad ways to deal with stress -That weight loss and persistent pain can mean that I might be ill -How to behave safely around roads, railways and large bodies of water **Key Vocabulary** Global, inequality, suffering, alcohol, tobacco, drugs, gangs, illegal, exploit, mental health, stress,	**Key Knowledge and Skills** -Why mental health is important -How to maintain good mental health -How to get support for mental health -That there are different types of loss and grief, including stages of grief -How people might try to control other people -To judge whether online content is safe and helpful -To use technology safely and positively, including possible rules when online -Risks related to monetisation of online games / apps and the risk of addiction related to this -What self image is, and how body image fits into it -How bodies change during puberty, and the importance of looking after yourself, both physically and emotionally, during this period -To ask questions about changes that might take place during puberty -How a baby develops in the nine months that it is in the womb -What it means to be physically attracted to someone -What it means to have a boyfriend or girlfriend, and consent around this -Positive and potentially negative aspects of the transition to secondary school -How to administer basic first aid (recovery position, bandage, splint) **Key Vocabulary**

			Stress, anxiety, support, self-harm, death, loss, grief, despair, denial, hopelessness, control, dominate, assertive, risk, real, fake, self image, body image, menstruation, periods, sanitary pad, tampon, puberty, sperm, ejaculation, wet dream, erection, hormones, facial hair, making love, sexual intercourse, conception, fertilisation, pregnancy, contraception, fertility treatment, masturbation, womb, embryo, foetus, placenta, umbilical cord, contractions, labour, midwife,pressure, sexting,