

Being my best

BMB1: To know what foods make up a balanced diet.

BMB 2: To know what things contribute to a positive physical and mental well-being.

BMB 3: To identify the qualities and skills I have and need to reach a set goal.

Growing and changing

GC1: To know what will happen to my body as I grow.

GC2: To understand the physical and emotional changes in puberty.

Relationships

R1: To know what to do if contact with somebody makes me feel unsafe or uncomfortable.

R2: To know what constitutes a healthy relationship including; friendships, families and sexual relationships.

Valuing difference

VD1: To understand that there are similarities and differences between people, places and communities.

VD2: To develop respect and tolerance to people, opinions and viewpoints.

VD3: To demonstrate positive behaviours and actions towards ourselves and others.

Keeping myself safe

KMS1: To understand how to mitigate and manage risks in order to keep myself safe.

KMS2: To know which drugs keep me safe and which drugs are harmful.

KMS3: To understand the influences and choices I can make to establish a healthy personal well-being.

Rights and responsibilities

RR1: To show care and concern to myself, living things and the environment.

RR2: To understand the value and management of money.

RR3: To understand human rights and responsibilities