

## Life Skills at Great Dunham

Life Skills develops the values of the school: enabling every individual to achieve now and in the future; creating a happy, safe, secure environment where everyone feels included, listened to and valued; embracing the wider community and encouraging respect for our diverse society. Life Skills has a high profile at Great Dunham as we believe every aspect of school life should reflect the positive development of the pupil's social, health and citizenship skills.

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Reception	Starting school; knowing that feelings change in different environments; importance of following rules	Know what makes a good friend; know how to solve a problem with a friend	Know how to be kind and show respect to others. Identify people in my family; different types of families	Know that I am part of a community; heroes in the community; part I play in the wider community	Using the internet. Knowing that there are dangers online.	Jobs in the community; what is money needed for	Healthy/ unhealthy foods; make a healthy snack; variety in diet; exercise and keeping fit; hygiene routines	All humans grow into adulthood; changes that growth brings; living things cannot live forever; different reasons our loved ones leave	To know that there are dangers in the home. Recognise safe and unsafe adults and their roles. Outdoor safety/ fire
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; - keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral - hygiene and dental care	Physical and emotional changes in - puberty; external genitalia; personal hygiene routines; support	Medicines and household products common to everyday life

								with puberty	
<b>Year 5</b>	Managing friendships and peer - influence	Physical contact and feeling safe	Responding respectfully to a wide range - of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others.	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid
<b>Year 6</b>	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations.	Expressing opinions and respecting other points of view - including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes;	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; - increasing independence; managing transition FGM	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media;

Physical Health & Fitness is also promoted throughout the year in PE/Outdoor Learning. E-safety is also planned into the Computing curriculum each half term. First Aid- we follow St John Ambulance Key Stage 2 pathway and lesson plans.

When children leave Great Dunham, they will be kind, considerate and respectful individuals. They will have achieved a sense of belonging whilst developing their individuality. They will be a positive and valued member of the community.