LKS2 Learning Outcomes: Health and Wellbeing

		Y3	Y4			Y3	Y4
Mental Health	To know that mental health is a part of our daily lives	Main		Physical Health	To understand the characteristics of physical wellbeing	m	s
	To understand a range of emotions and why they may feel like this	m			To identify choices in daily life and common situations that can lead to physical wellbeing		m
	To know that positive mental health does not mean always being "happy"	Sub	s		To recognise the elements of a healthy, balanced diet and make informed decisions on choosing foods	m	s
	To understand that mental health (like physical health) can be exercised and improved		s		To understand the impact of poor diets on our physical and mental wellbeing		m
	To identify and share activities that can support their mental health		m		To understand the importance of regular exercise to promote physical and mental wellbeing	s	
	To understand the term "habits" and how they can affect our mental wellbeing (positives and negatives)		m		To know and undertake the many different aspects of hygienic routines (self-care, oral hygiene, cleaning)	m	
	To know that activities such as physical exercise, charity and hobbies can promote positive mental health	m			To understand the impact of poor personal hygiene on our overall wellbeing	s	
	To understand that people can become mentally ill just like a physical illness		m		To understand the role of our immune system in relation to germs and diseases	m	
	To know when to ask for support from adults when feeling worried about their mental health		s		To know when and how to seek support when concerned over their physical wellbeing		s
	To understand it is important to express their feelings, emotions, worries and thoughts	s	m		To recognise when they are feeling physically unwell and identify strategies to solve this (speak to an adult, diet choices, exercise)		m

LKS2 Learning Outcomes: Health and Wellbeing

		Y3	Y4
Me and My Body	To understand that people (including themselves) identify with different cultures, hobbies and likes and dislikes	m	
	To understand that many people will have different physical abilities and needs; both in school and the wider community		s
	To identify and celebrate the numerous ethnicities both globally and within their own community		m
	To identify their strengths and celebrate their achievements with others	s	
	To know that all people change emotionally and physically as they grow older		m
	To identify and name the main genitalia of males and females	m	
	To consider ways in which people physically change as they grow older (including puberty)		s
Digital Citizenship	To understand that technology and the internet have many benefits for our physical and mental health	m	
	To know that technology and digital use can have negative effects on overall wellbeing (inactivity, balancing time online, online abuse)	s	
	To understand how to make a strong password and ways it can help keep us safe when online		m
	To understand why many aspects of the internet are age restricted (social media, online gaming, websites)		m
	To identify when they interact with media they feel is inappropriate and how to speak to an adult		s

		Y3	Y4
Staying Safe	To identify and describe many common shared rules in their environments and why they are important	m	
	To know ways to recognise when they are feeling physically or emotionally unwell (weight-loss, changes to their body or feelings)	m	
	To know how to predict and evaluate risks in unfamiliar situations or environments		s
	To understand fire safety procedures and actions to take at school, home and the wider community	s	
	To understand how to treat basic injuries (small cuts, minor burns and nosebleeds)		m
	To know that common drug use (caffeine, cigarettes/vaping, alcohol) can negatively affect our health		s
	To identify who they can contact within school with any concerns regarding their wellbeing	s	

LKS2 Learning Outcomes: Understanding Relationships

		Y3	Y4
My Family and my Carers	To identify how families can support and care for each other in positive ways	m	s
	To know that it is important to spend time together with family members and share experiences	s	m
	To identify that there are other types of relationships outside of family (friends, boyfriends/girlfriends, teachers)	m	s
	To recognise and respect that other children may have different types of family units	m	
	To know that adults and some younger people often form romantic and caring relationships (from a range of genders, ethnicities or cultures)		m
	To know how to speak to an adult within school if they have any concerns regarding their family or home life		m
Understanding Friendships	To know that positive friendships can have a meaningful impact on their wellbeing	m	
	To identify the characteristics of positive friendships (respect, trust, kindness, generosity)	s	s
	To recognise that friendships will have ups and downs and strategies to manage conflict		m
	To know ways in which to choose and build new friendships that will have a positive effect on their wellbeing	m	
	To identify when a friendship is not improving their overall wellbeing	s	s
	To understand that friendships change and develop over time		m

		Y3	Y4
Respectful Relationships	To understand the importance of using language with courtesy and respect when speaking to others	m	
	To adapt their roles when working in groups or teams in order to achieve a shared goal		m
	To respect themselves and have an understanding of self-worth and self-esteem	m	
	To listen and speak to people with respect from a range of backgrounds and with different feelings and ideas		s
	To know the importance of asking and seeking permission in relationships of all kinds		m
	To recognise behaviour in their communities that is disrespectful and ways to act positively about this		m
	To identify different forms of bullying and strategies for dealing with them	m	
Digital Citizenship	To understand the term "Digital Identity" and how it applies to themselves and others	m	s
	To know how their "Digital Footprint" is created and the effects it can have on their wellbeing and reputation		m
	To recognise positive ways to communicate online (including use of images and emojis)		m
	To understand that not all information found on the internet is true	s	
	To know when and how to give credit for work and content found online	m	

LKS2 Learning Outcomes: Understanding Relationships

		Y3	Y4
Staying Safe	To know strategies for dealing with hurtful behaviour to themselves or others	m	
	To understand what kinds of physical contact are safe and appropriate and how to respond	s	
	To understand how to respond safely to unfamiliar adults in a range of environments and settings		m
	To understand how to act safely towards controlling behaviours such as manipulation, coercion, peer pressure and blackmail		m
	To identify situations where they feel "peer pressure" and evaluate the safety of an activity or action	m	
	To identify and report feelings of being unsafe including with regard to adults in their shared communities and school		m
	To know who to contact in school when worried about their own or others' safety	s	s
	To understand the meaning of safeguarding and its importance in their many shared communities		m

LKS2 Learning Outcomes: The World Around Us

		Y3	Y4			Y3	Y4
Global Citizenship	To enquire and research into events and topics affecting people and our world both locally and globally	m	s	Our Communities	To identify the different groups of people that make up their local community	m	s
	To recognise rules and regulations that affect laws around them	m			To understand there are a range of personal and religious beliefs both locally and globally	m	
	To know that each person (including themselves) has responsibilities to support others around them	m	s		To recognise the benefits of a diverse community and how it can positively affect communities	s	s
	To respect and empathise with other people's lives and situations in different global settings	m	s		To understand what stereotypes are and how they can cause conflict		m
	To consider the effects of environmental issues both locally and globally		m		To make an active commitment to helping and supporting others in their local community	m	
	To understand the impacts and meaning of epidemic, pandemic and endemic diseases		m		To recognise the shared values that are used to build and grow strong communities		m
	To identify current local and global problems affecting areas and people and share their opinions	s		Economic Wellbeing	To compare a range of types of employment and consider their uses in civic duty	m	
	To understand the basic human rights that everyone is entitled to around the world		m		To understand the role of money in everyday life and different ways it can be used		m
	To recognise that they can affect people's lives through their own actions	s			To identify simple ways they can look after money (bank accounts, piggy banks, other savings)	m	
	To recognise that different areas of our world enjoy varying levels of social, personal and economic benefits		m		To think critically about the value of buying things with money and understand its worth		m

LKS2 Learning Outcomes: The World Around Us

		Y3	Y4
Personal Growth	To share and explain their views on experiences and topics with reasoning (including their own beliefs and spirituality)	m	
	To take responsible risks in trying new activities and approaching new learning		m
	To identify the morality between "right" or "wrong" actions and consider the effects of each on others	s	
	To set goals and targets whilst tracking their own progress	m	
	To show confidence in approaching activities in their own style and using their strategies		m
	To display enthusiasm and excitement in their own learning	s	s
	To positively interact with a range of people of varying backgrounds and personalities in their local environments		m
	To reflect on personal growth and learning and consider steps to continuing development	m	m