UKS2 Learning Outcomes: Health and Wellbeing

		Y5	Y6
Mental Health	To take positive steps in the ongoing maintenance of mental wellbeing (hobbies, healthcare, support)	Main	Sub
	To recognise that their emotions will change in intensity and scale regarding an experience over time	s	m
	To know that people will experience a different range of emotions regarding the same experiences		s
	To recognise how their own actions can lead to a better overall mental wellbeing	s	
	To understand that mental ill health is common and can affect all people	m	
	To identify when they have concerns regarding their own or others' mental health and speak to a trusted adult		m
	To understand the effects of loss and grief and strategies to cope with these experiences and bereavement	s	
	To judge if their own emotions and feelings are appropriate to the environment and situation and adjust if required		m
	To display a range of strategies to cope with their emotions, especially regarding personal change and transition		m
	To consider how change and loss can affect our mental health and ways to help themselves and others during these situations	m	

		Y5	Y6
Physical Health	To recognise what positively and negatively affects our physical wellbeing	s	
	To explain the key characteristics of a balanced and healthy lifestyle	m	
	To identify and participate in a range of activities as regular healthy exercise		m
	To know the effects of a range of food types and food groups on our physical health	m	
	To understand how to plan and prepare for eating a healthy, well balanced diet	s	s
	To identify the risks associated with an inactive lifestyle (obesity, sleep issues, illness)	m	
	To understand the many self-care routines for personal hygiene and reducing risks of bacteria and viruses (especially during puberty)		m
	To identify the role of medicines and vaccines in the local and global spread of disease and illnesses		m
	To know how different substances (smoking, alcohol and common drugs) can affect and damage their bodies and mental health and the laws surrounding them		m
	To know when and how to seek support when feeling concerned about their physical wellbeing	s	s

UKS2 Learning Outcomes: Health and Wellbeing

		Y5	Y6
Me and My Body	To recognise their own individual characteristics and positive qualities	s	
	To understand that some people describe themselves using a range of gender identities	m	
	To identify the main reproductive organs of males and females		m
	To understand the major stages of puberty and its effects (both emotionally and physically; including wet dreams, erections and menstruation)	m	
	To identify a range of hygienic routines specifically for when experiencing the natural process of puberty	s	
	To understand the many self-care routines for personal hygiene and reducing risks of bacteria and viruses (especially around puberty)		m
	To understand the reproductive process and its place in the human life cycle		m
Digital Citizenship	To understand the risks associated with addiction to technology and the internet		m
	To know that their use of technology and the internet can impact their physical and mental wellbeing	m	
	To apply "media balance" to their interactions with technology and the internet	s	
	To know that they should keep private information away from their online use		s

		Y5	Y6
Staying Safe	To know the difference in meaning between "risk", "danger" and "hazard"	m	
	To understand forms of addictive behaviours and how to improve our own actions		m
	To use personal choice in selecting activities to minimise risky situations	s	s
	To know how to react to an emergency situation or accident in the most appropriate and safe way	m	
	To understand the risks and effects of common drugs, alcohol and smoking	m	
	To know how different substances (smoking, alcohol and common drugs) can affect and damage their bodies and mental health		m
	To know that FGM is against the law in the UK and how to keep themselves and others safe		m
	To understand the meaning of consent (touch, contact, respect of others)		s

UKS2 Learning Outcomes: Understanding Relationships

		Y5	Y6
My Family and my Carers	To understand that adults often make lifelong commitments to each other through marriage, civil partnerships or in other ways	m	s
	To understand that sometimes adults in a relationship may form part of a family unit whilst living together or living separately		m
	To know there are many different types of family units (single parents, foster parents, step parents, blended families, same-sex parents)	m	s
	To respect that families of all types and structures can offer love, support and care		m
	To understand that families have ups and downs and strategies to use to navigate family conflict		m
	To identify the characteristics of positive family life and know when to speak to an adult if they have any concerns		s
	To know that family units may look and behave differently in other parts of the world	m	
Understanding Friendships	To recognise that offering support is key to developing healthy friendships	m	
	To know that sometimes they must say "no" to friends when they feel uncomfortable	s	m
	To know that friendships can change in strength and intensity as time goes on	s	s
	To recognise when a friendship is making them feel uncomfortable and strategies for dealing with this	m	

		Y5	Y6
Respectful Relationships	To model positive behaviours for other members of their local communities (including school)		m
	To know that they should expect to be treated in the same manner that they treat others	s	s
	To recognise how stereotypes and prejudices can be unfair and harmful		m
	To understand many children and adults have different social, emotional or physical needs from their own	m	
	To understand the importance of self-respect and how this affects our wellbeing	m	
	To explore the meaning of marriage and partnerships and understand how the law protects individuals from forced marriage		m
Digital Citizenship	To recognise how the internet, media and marketing can influence our own body image		m
	To know ways to stop harmful communication when interacting online (through games, streaming platforms)	m	
	To know how to be safe when forming digital friendships	s	s
	To understand what cyberbullying is and how they can stop it	m	
	To understand the different uses, benefits and risks associated with social media use		m

UKS2 Learning Outcomes: Understanding Relationships

		Y5	Y6
Staying Safe	To know that sometimes they may need to break trust in keeping a secret to protect themselves and others	m	
	To understand the meaning of consent and when and how to give it		m
	To understand how to act and behave when feeling uncomfortable around other people (including friends, family and strangers)	m	
	To learn assertive behaviours and language to use when in challenging situations		m
	To recognise when others around them may be unsafe and how to report this	s	s
	To understand how and where to get support when having any concerns about their own or others' relationships	s	s

UKS2 Learning Outcomes: The World Around Us

		Y5	Y6
Global Citizenship	To identify common aspects of governments in the UK and around the world		m
	To understand common, shared rules and why they are important to follow for everyone in their community and the UK	m	s
	To understand the characteristics of a democracy and its impact on people living within this system	m	
	To understand the main principles of the Universal Declaration of Human Rights and how this affects them and their communities		m
	To know different environmental crises affecting our global community today	m	s
	To consider the problems caused by environmental issues and give possible solutions	s	m
	To understand the meaning of refugees and some reasons for migration		m
	To understand a range of global and local events and the impact they can have	m	s
	To understand that many areas of our world have different economic resources and the challenges this can bring	m	
	To recognise that many countries and people around the world have a variety of challenges and needs	m	
	To recognise that some media providers often report news in different ways with different narratives		m
	To understand some of the causes of global conflicts and varying impacts of war		m

		Y5	Y6
Our communities	To begin participating in and supporting the development of their school environment	s	
	To understand and celebrate the many diverse members of their local community	m	s
	To recognise the impact of anti-social behaviours and prejudice within their communities	s	m
	To recognise the role of voluntary and community service both locally and globally	m	
Economic Wellbeing	To understand the role of trade between countries and the impacts of globalisation		m
	To identify ways to budget and why this is important	m	
	To recognise the different types of skills needed to be successful within a variety of workplaces (teamwork, communication)	m	
	To understand stereotypes within the workplace and how it can affect people's future employment choices	s	
	To consider the varying routes to different kinds of employment and job types (vocational training, college, university)		m

UKS2 Learning Outcomes: The World Around Us

		Y5	Y6
Personal Growth	To find positive role models in their local and wider communities		m
	To share thoughts and opinions on shared social and moral dilemmas with reasoning	m	
	To show empathy when considering a person's needs, feelings or ideas that are different to their own	s	s
	To reflect positively on feedback to improve their next projects and learning experiences	s	
	To support and care for people in their community who are more vulnerable than themselves		m
	To consider their strengths, weaknesses and personal growth made during primary school	m	