KEY STAGE 2

Life Skills Road Map

St Michael’s V.A. Junior School

allangels’primaryfederation
Clover Hill V.A. Infant & Nursery School
& St. Michael’s V.A. Junior School,
Bowthorpe, Norwich

Year 3



Being Me in My World

I can explain how my behaviour can affect how others feel and behave. I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.



Celebrating Difference

I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help.



Dreams and Goals

I can explain the different ways that help me learn and what I need to do to improve. I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.



Healthy Me

I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. I can express how being anxious/ scared and unwell feels.



Relationships

I can explain how my life is influenced positively by people I know and also by people from other countries. I can explain why my choices might affect my family, friendships and people around the world who I don’t know.



Changing Me

I can explain how boys’ and girls’ bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I understand how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.

KEY STAGE 2

Life Skills Road Map

St Michael’s V.A. Junior School

allangels’primaryfederation
Clover Hill V.A. Infant & Nursery School
& St. Michael’s V.A. Junior School,
Bowthorpe, Norwich

Year 4



Being Me in My World

I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.



Celebrating Difference

I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I’m not sure. I can explain why it is good to accept myself and others for who we are.



Dreams and Goals

I can plan and set new goals even after a disappointment. I can explain what it means to be resilient and to have a positive attitude.



Healthy Me

I can recognize when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.



Relationships

I can recognise how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal.



Changing Me

I can summarise the changes that happen to boys’ and girls’ bodies that prepare them for making a baby when they are older. I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions on how might manage my feelings when changes happen.

KEY STAGE 2

Life Skills Road Map

St Michael’s V.A. Junior School

allangels’primaryfederation
Clover Hill V.A. Infant & Nursery School
& St. Michael’s V.A. Junior School,
Bowthorpe, Norwich

Year 5



Being Me in My World

I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.



Celebrating Difference

I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.



Dreams and Goals

I can compare my hopes and dreams with those of young people from different cultures. I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.



Healthy Me

I can explain different roles that food and substances can play in people’s lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.



Relationships

I can explain different roles that food and substances can play in people’s lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body.



Changing Me

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception. I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.

KEY STAGE 2

Life Skills Road Map

St Michael’s V.A. Junior School

allangels’primaryfederation
Clover Hill V.A. Infant & Nursery School
& St. Michael’s V.A. Junior School,
Bowthorpe, Norwich

Year 6



Being Me in My World

I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make.



Celebrating Difference

I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.



Dreams and Goals

I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place.



Healthy Me

I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure



Changing Me

I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.