

## RHE Knowledge Progression

<b>YEAR 3</b>	
<p><b>RELATIONSHIPS EDUCATION</b></p> <p>RELATIONSHIPS UNIT 1: Families and people who care for us</p>	<p><b>KNOWLEDGE</b></p> <ul style="list-style-type: none"> <li>• I know what a family is</li> <li>• I know that other families in school or the wider world are different to my family</li> <li>• I know that there are different types of families including single parent, step and foster families and I should respect these differences</li> <li>• I know that families of all types can give family members love and care</li> <li>• I know that families are important for children growing up</li> <li>• I know that families can give love, security and stability</li> <li>• I know the key characteristics of what makes a healthy family life (commitment, care, spending time together, being there for each other in times of difficulty)</li> <li>• I know how to recognise unsafe family relationships</li> <li>• I know how unsafe family relationships can make me feel unhappy or unsafe.</li> <li>• I know how to seek help or advice from other if needed.</li> <li>• I know who Dr Barnardo is</li> <li>• I know how Dr Barnardo changed things to make children safer</li> </ul>
<p><b>RELATIONSHIPS AND HEALTH EDUCATION</b></p> <p>ONLINE SAFETY AND RELATIONSHIPS UNIT: Online behaviour and personal information (Linked to computing)</p>	<ul style="list-style-type: none"> <li>• I know why people use the internet as part of their lives</li> <li>• I know the benefits of using the internet</li> <li>• I know that the internet can be a negative place and it can impact our mental health</li> <li>• I know ways of communicating online (email, blog, instant messaging and video calling)</li> <li>• I know some positive and negative aspects of online communication</li> <li>• I know how to communicate respectfully online</li> <li>• I know how online actions can impact other people and their feelings.</li> <li>• I know how to respond to a hurtful message or comment online.</li> <li>• I know where and how to address any concerns I have online</li> <li>• Know the importance of keeping personal information private</li> <li>• I know what personal information is</li> </ul>
<p><b>HEALTH EDUCATION</b></p> <p>KEEPING SAFE</p>	<ul style="list-style-type: none"> <li>• I know how to make a clear and efficient call to emergency services if necessary.</li> <li>• I know which emergency service to ask for in different situations</li> <li>• I know what a first aider is</li> <li>• I know what a hazard is</li> <li>• I can use my senses to identify hazards</li> <li>• I know the danger hazards could put me in I know how fire can be useful and dangerous</li> <li>• I know how fires can be started</li> <li>• I know how I can reduce the risks of a fire at home</li> <li>• I know how firefighters keep us safe</li> <li>• I know what to do in the event of a fire</li> <li>• I know how to keep safe around fireworks</li> <li>• I know the role of a first aider</li> <li>• I know some basic first aid procedures for common injuries</li> </ul>
<p><b>RELATIONSHIPS EDUCATION</b></p> <p>RELATIONSHIPS UNIT 2: Respectful relationships and being safe</p>	<ul style="list-style-type: none"> <li>• I know what respect is</li> <li>• I know why respect is important</li> <li>• I know what makes a respectful relationship.</li> <li>• I know ways improve relationships to make them respectful.</li> <li>• I know what respect looks like in school</li> <li>• I know the importance of treating others in school with respect and being treated with respect in return</li> <li>• I know practical steps that I can use to improve respectful relationships in school</li> <li>• I know what manners are and what being courteous is</li> <li>• I know that it is important to always be polite and show good manners in all relationships</li> <li>• I know how to respect people's personal space and boundaries.</li> <li>• I know that it is not always right to keep secrets if they relate to being safe.</li> </ul>

	<ul style="list-style-type: none"> <li>• I know how to recognise and report feelings of being unsafe or feeling bad about any adult and how to ask for help.</li> <li>• I know what a trusted adult is</li> </ul>
<b>HEALTH EDUCATION</b>  MENTAL WELLBEING	<ul style="list-style-type: none"> <li>• I know that there is a range of emotions</li> <li>• I know different words for the similar emotions</li> <li>• I know how to talk about my emotions</li> <li>• I know examples of when people feel different emotions</li> <li>• I know how my emotions might affect my behaviour</li> <li>• I know when my behaviour maybe inappropriate because of the way I am feeling</li> <li>• I know how to recognise conflicting feelings and how this may affect my behaviour</li> <li>• I know what isolation and loneliness is</li> <li>• I know how isolation and loneliness can effect us</li> <li>• I know some strategies for handling these negative feelings of isolation and loneliness</li> <li>• I know that it is important to discuss my feelings with an adult and seek support.</li> <li>• I know what bullying is</li> <li>• I know the negative impacts of bullying on our wellbeing</li> <li>• I know how and where to seek support and help if I or someone I know is being bullied</li> <li>• I know what emotional and mental wellbeing is</li> <li>• I know some simple self-care techniques to look after my emotional and mental wellbeing</li> <li>• I know who I can go to for support if I am worried about my ability or someone else’s ability to control their emotions</li> </ul>
<b>HEALTH EDUCATION</b>  PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles	<ul style="list-style-type: none"> <li>• I know what makes up a healthy diet (including calories and nutritional content)</li> <li>• I know the different food groups (sugars and fat, carbohydrates, vitamins and minerals, protein, calcium)</li> <li>• I know how to plan and prepare healthy meals</li> <li>• I know the effects and risks of a poor diet on our bodies</li> <li>• I know what obesity and tooth decay is</li> <li>• I know what a habit is I know why habits can be hard to change</li> <li>• I know that habits can have both positive and negative effects on a healthy lifestyle</li> <li>• I know why it is important for my health to get enough sleep</li> <li>• I know that a lack of sleep can affect my weight, mood and ability to learn (sleep deprivation).</li> <li>• I know what to do to get good quality sleep.</li> <li>• I know who Jamie Oliver is and why he is important for improving schools meals.</li> </ul>
<b>YEAR 4</b>	
<b>RELATIONSHIPS EDUCATION</b>  RELATIONSHIPS UNIT 1: Caring Friendships	<ul style="list-style-type: none"> <li>• I know that friendships are important in making us feel happy and secure.</li> <li>• I know that friendships do not make others feel lonely or excluded</li> <li>• I know different ways to make new friends</li> <li>• I know the characteristics that makes a good friend (including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties)</li> <li>• I know that that friendships have ups and downs and that friends can fall out</li> <li>• I know some strategies to solve friendship problems effectively and safely</li> <li>• <b>I know what bullying is</b></li> <li>• I know about different types of bullying</li> <li>• I know what to do if me or someone I know is being bullied</li> </ul>
<b>RELATIONSHIPS AND HEALTH EDUCATION</b>  ONLINE SAFETY AND RELATIONSHIPS UNIT: Online behaviour and content	<ul style="list-style-type: none"> <li>• I know how to recognise cyberbullying.</li> <li>• I know who to tell if I encounter cyberbullying.</li> <li>• I know how the impact cyber bullying can have on our mental health and well being</li> <li>• I know what a bystander is and what to do to support someone who is being cyber-bullied</li> <li>• I know how an online search works.</li> <li>• I know how to search for specific information effectively and safely online</li> <li>• I know that not everything online is trustworthy</li> <li>• I know what how to identify whether information online is reliable</li> <li>• I know how to keep myself safe online.</li> <li>• I know how to keep myself emotionally safe online.</li> </ul>

(Linked to computing)	<ul style="list-style-type: none"> <li>• I know where and how to report concerns and get support with issues online</li> </ul>
<b>HEALTH EDUCATION</b>  PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles  (Health and prevention/ Drugs, alcohol and tobacco)	<ul style="list-style-type: none"> <li>• I know how to recognise early signs of physical illness (such as weight loss, or unexplained changes to the body)</li> <li>• I know that bacteria and germs cause disease</li> <li>• I can identify some common diseases and the symptoms related to them.</li> <li>• I know how germs (bacteria) spread</li> <li>• I know how following simple routines (regular handwashing) can reduce the spread of diseases</li> <li>• I know about good dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> <li>• I know how substances and drugs can damage our health</li> <li>• I know how alcohol, tobacco and 'energy drinks can damage our immediate and future health and safety</li> <li>• I know that there are illegal and legal types of drugs.</li> <li>• I know that there are different types of commonly used drugs and substances.</li> <li>• I know that people take drugs to make them better.</li> <li>• I know the importance of taking medicines correctly</li> <li>• I know what the NHS is and who Aneurin Bevan is</li> </ul>
<b>RELATIONSHIPS EDUCATION</b>  RELATIONSHIPS UNIT 2: Respectful relationships and being safe	<ul style="list-style-type: none"> <li>• I know what a respectful relationship is</li> <li>• I know it is important to respect others even when they are different from me</li> <li>• I know when a relationship is not respectful.</li> <li>• I know strategies to improve or support respectful relationships</li> <li>• I know how to get help for myself or others.</li> <li>• I know what sort of touch I am happy with and what sort I am not happy with.</li> <li>• I know the difference between appropriate and inappropriate touch</li> <li>• I know that I have the right to say "no" to unwanted touch</li> <li>• I know what permission is and why people should ask for permission in relationships</li> <li>• I know that it is important to have clear boundaries in relationships</li> <li>• I know what privacy is and why it is important for adults and children</li> <li>• I know that it is not always right to keep secrets especially if they make me unsafe</li> <li>• I know what a trusted adult is</li> <li>• I know how to recognise feelings of being unsafe or feeling bad about any adult and how to seek help</li> </ul>
HEALTH EDUCATION  GROWING AND CHANGING	<ul style="list-style-type: none"> <li>• I know the difference between male and female body parts (internal and external)</li> <li>• I know the different stages in the human lifecycle</li> <li>• I know that puberty is when our bodies change from a child to an adult for reproduction</li> <li>• I know that puberty mostly happens between the ages of 8 and 18 years old although this can be different for different people</li> <li>• I know what a hormone is (testosterone, oestrogen and progesterone) and how it causes puberty</li> <li>• I know the physical changes that happen to female and male bodies in puberty (including pubic hair growth, spots or acne, genitalia growth, growth spurts, menstruation, wet dreams) I know what the menstrual cycle is the process where the body thickens the lining of the uterus and releases an egg needed for pregnancy</li> <li>• I know that menstruation is when your body releases the lining of the uterus through the vagina.</li> <li>• I know that the length of a menstrual cycle can vary from person to person</li> <li>• I know what happens before and during menstruation/period (light spotting, bleeding, stomach cramps or bloating, mood swings, increased appetite, spots, vaginal discharge)</li> <li>• I know what menstrual products are and why they are used.</li> <li>• I know that different menstrual products vary as people's menstruation varies too.</li> <li>• I know who you can talk to if you want help, advice or support about the menstrual cycle I know that testicles produce sperm</li> <li>• I know that erections happen when vessels in the penis fill with blood</li> <li>• I know some reasons why erections happen</li> <li>• I know what ejaculation is when sperm is released through the head of the penis</li> <li>• I know ejaculations can happen during sleep and this is called a wet dream</li> </ul>
<b>LIVING IN THE WIDER WORLD</b>	<ul style="list-style-type: none"> <li>• I know that there are human rights to protect everyone</li> <li>• I know I have rights and responsibilities</li> <li>• I know I have a responsibility to protect the planet</li> <li>• I know there are rules and laws to protect me and the environment</li> </ul>

<p>LOOKING AFTER OUR WORLD</p>	<ul style="list-style-type: none"> <li>• I know there are consequences for breaking this rule</li> <li>• I know the negative impact litter has on our environment</li> <li>• I know ways we can reduce the amount of littering</li> <li>• I know what climate change and global warming is</li> <li>• I know what the green house effect is and what causes it</li> <li>• I know the impact the greenhouse effect on global warming and climate change</li> <li>• I know who Greta Thunberg is</li> <li>• I know I have a responsibility to protect our environment</li> <li>• I know that by reducing, reusing and recycling I can reduce amount of rubbish going to landfill sites</li> <li>• I know what recycling is and how it can help reduce greenhouse gas emissions</li> <li>• I know what renewable and non-renewable energy sources are</li> <li>• I know what sustainable means</li> <li>• I know I have a responsibility to protect the environment</li> <li>• I know that everyday life choices can help save energy</li> </ul>
<p><b>YEAR 5</b></p>	
<p><b>RELATIONSHIPS EDUCATION</b></p> <p>RELATIONSHIPS UNIT 1: Families and people who care for us</p>	<ul style="list-style-type: none"> <li>• I know that other families in school or the wider world are different to my family</li> <li>• I know that there are different types of families including same sex families, blended and multi-race families and I should respect these differences</li> <li>• I know that families of all types can give family members love and care</li> <li>• I know that there are different types of relationships that make up a family</li> <li>• I know the importance of stable caring relationships being at the heart of happy families</li> <li>• I know that marriage represents a formal and legally recognised commitment of two people to each other for their whole lives</li> <li>• I know the key characteristics of what makes a healthy family life (commitment, care, spending time together, being there for each other in times of difficulty)</li> <li>• I know how to recognise unsafe family relationships</li> <li>• I know how negative family environments can impact our mental and physical health and well being.</li> <li>• I know how to seek help or advice from other if needed.</li> </ul>
<p><b>RELATIONSHIPS AND HEALTH EDUCATION</b></p> <p>ONLINE SAFETY AND RELATIONSHIPS UNIT: Not everything is what it seems</p> <p>(Linked to computing)</p>	<ul style="list-style-type: none"> <li>• I know the risks of spending too much time online on my physical and mental wellbeing.</li> <li>• I know how to ration the time I spend online to improve my physical and mental health.</li> <li>• I know the signs of a suspicious email.</li> <li>• I know what a SPAM email is and its dangers</li> <li>• I know what information is safe to share on line.</li> <li>• I know what personal information should be kept private.</li> <li>• I know how to identify a safe website</li> <li>• I know that not everything I see online is true.</li> <li>• I know how false photographs can make people feel bad about themselves.</li> <li>• I know how to recognise how images in the media (and online) do not always reflect reality</li> <li>• I know how to recognise how images in the media can affect how people feel about themselves</li> <li>• I know who to where and how to get support with online issues.</li> </ul>
<p><b>HEALTH EDUCATION</b></p> <p>PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles</p>	<p><b>KNOWLEDGE</b></p> <ul style="list-style-type: none"> <li>• I know what makes a healthy diet.</li> <li>• I know what influences our food choices.</li> <li>• I know the characteristics of an active lifestyle.</li> <li>• I know the mental and physical benefits of an active lifestyle (physical exercise, time outdoors, community participation, voluntary and service-based activity) on mental wellbeing and happiness.</li> <li>• I know the importance of building regular exercise into daily and weekly routines</li> <li>• I know how to build regular exercise into my daily and weekly routine ( e.g. walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise).</li> <li>• I know the risks associated with an inactive lifestyle (including obesity).</li> <li>• I know how and when and who to seek support if I am worried about my health</li> <li>• I know the risks of too much exposure to the sun, including skin cancer.</li> <li>• I know how to reduce the risk of sun damage and stay safe in the sun.</li> </ul>
<p><b>RELATIONSHIPS EDUCATION</b></p>	<ul style="list-style-type: none"> <li>• I know what respect looks like in school</li> <li>• I know the importance of treating others in school with respect and being treated with respect in return</li> </ul>

<p>RELATIONSHIPS UNIT 2: Respectful relationships and being safe</p>	<ul style="list-style-type: none"> <li>• I know practical steps that I can use to improve respectful relationships in school</li> <li>• I know what bullying is and how it does not show someone respect</li> <li>• I know the impact that bullying can have and how to get help</li> <li>• I know what a bystander is and their responsibilities to report any bullying they witness I know the importance of treating everyone in society with respect regardless of the their job or age.</li> <li>• I know I should be treated with respect by others.</li> <li>• I know the importance of treating everyone in society with respect regardless of the their job or age.</li> <li>• I know I should respect those in positions of authority</li> <li>• I know that some people will have different choices and beliefs to me</li> <li>• I know that some people come from different backgrounds to me</li> <li>• I know it is important to respect others even when they are different from me (choices and beliefs)</li> <li>• I know the difference between a safe adult and an unsafe adult</li> <li>• I know how to respond safely to adults I do not know</li> <li>• I know how to recognise and report feelings of being unsafe or feeling bad about any adult.</li> <li>• I know how to report concerns or abuse and where to seek help</li> </ul>
<p>HEALTH EDUCATION  MENTAL WELLBEING</p>	<ul style="list-style-type: none"> <li>• I know that there is a range of emotions</li> <li>• I know different words for the similar emotions</li> <li>• I know how to talk about my emotions</li> <li>• I know examples of when people feel different emotions</li> <li>• I know what mental well being is and that it is a normal part of daily life</li> <li>• I know how to identify some mental health problems</li> <li>• I know that it is common for people to experience mental ill health</li> <li>• I know that with the right help and support people’s problems can be resolved</li> <li>• I know some celebrities who have suffered mental ill health</li> <li>• I know that children can suffer with mental ill health too</li> <li>• I know what isolation and loneliness is</li> <li>• I know how isolation and loneliness can effect us</li> <li>• I know what bullying is</li> <li>• I know the negative impacts of bullying on our wellbeing</li> <li>• I know how and where to seek support and help if I or someone I know is being bullied</li> <li>• I know strategies to improve my mental wellbeing</li> <li>• I know how to identify triggers that suggest my mental wellbeing might be suffering</li> <li>• I know who I can go to for support if I am worried about my ability or someone else’s ability to control their mental wellbeing</li> </ul>
<p>HEALTH EDUCATION  KEEPING SAFE</p>	<ul style="list-style-type: none"> <li>• I know the definitions of the terms ‘risk’, ‘danger’, and ‘hazard’.</li> <li>• I know how to recognise, predict and assess risks in different situations and decide how to manage them responsibly</li> <li>• I can identify different hazards and risks in my home including fire hazardsI know how to identify hazards and risks on roads and railways lines</li> <li>• I know how to keep myself safe on roads and railway linesI know the risks and hazards that water can cause (seas, lakes, rivers)</li> <li>• I know how to keep safe around water</li> <li>• I know the role of the coastguard and RNLI</li> <li>• I know the role of a first aider</li> <li>• I know some basic first aid procedures for common injuries</li> <li>• I know what the recovery position is and how to apply into a casualty</li> </ul>
<b>YEAR 6</b>	
<p>RELATIONSHIPS EDUCATION  RELATIONSHIPS UNIT 1: Caring Friendships</p>	<ul style="list-style-type: none"> <li>• I know that there are different types of friendships (online, older, younger, peer to peer)</li> <li>• I know how different friendships can make me feel differently</li> <li>• I know the importance of how to choose appropriate friends</li> <li>• I can recognise the qualities that make a good friend (including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties)</li> <li>• I know that that friendships have ups and downs and that friends can fall out</li> <li>• I know some strategies to solve friendship problems effectively and safely</li> <li>• I know how to recognise who to trust and not to trust</li> </ul>

	<ul style="list-style-type: none"> <li>• I can recognise signs that show when a friendship can make people unhappy or uncomfortable</li> <li>• I know when to seek help or advice when faced with a difficult friendship</li> </ul>
<b>RELATIONSHIPS AND HEALTH EDUCATION</b>  ONLINE SAFETY AND RELATIONSHIPS UNIT: Online Relationships  (Linked to computing)	<ul style="list-style-type: none"> <li>• I know why someone might have an online friendship.</li> <li>• I know what personal information is and why it should be kept private.</li> <li>• I know some of the dangers of revealing personal information to an online friend.</li> <li>• I know how to keep myself safe when communicating with an online friend.</li> <li>• I know what bullying and cyberbullying are.</li> <li>• I know how the impact cyber bullying can have on our mental health and physical well being</li> <li>• I know ways in which people could address cyberbullying.</li> <li>• I know what a stereotype is</li> <li>• I know how a stereotype can be unfair, negative or destructive.</li> <li>• I know how to identify a gender stereotype in an online media message.</li> <li>• I know what an age restriction</li> <li>• I know age restrictions for some computer games and social media sites.</li> <li>• I know why age restrictions are used to keep children safe.</li> <li>• I know why it is important to cite a source.</li> </ul>
<b>HEALTH EDUCATION</b>  PHYSICAL HEALTH AND WELLBEING UNIT 1 : Healthy Lifestyles	<ul style="list-style-type: none"> <li>• I know what legal and illegal harmful substances are and the risks they pose to our health.</li> <li>• I know the risks that smoking, alcohol use and drug-taking can have on our bodies.</li> <li>• I know that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others</li> <li>• I know strategies for recognising and managing peer influence and a desire for peer approval in friendships</li> <li>• I know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</li> <li>• I know what allergies, immunisation and vaccinations are</li> <li>• I know why we need immunisations and vaccinations for our health</li> <li>• I know who Edward Jenner is and why he was important in the world of immunisations.</li> </ul>
<b>RELATIONSHIPS EDUCATION</b>  RELATIONSHIPS UNIT 2: Respectful relationships and being safe	<ul style="list-style-type: none"> <li>• I know what discrimination</li> <li>• I know how to recognise examples of discrimination</li> <li>• I know people who have stood against discrimination</li> <li>• I know how to challenge discrimination</li> <li>• I know what self-respect is</li> <li>• I know why positive self-respect leads to my own happiness</li> <li>• I know what permission is and why it is important to give permission in relationships.</li> <li>• I know that my body belongs to me</li> <li>• I know which body parts should be private</li> <li>• I know what sort of touch I am happy with and what sort I am not happy with.</li> <li>• I know what safe touch is.</li> <li>• I know the difference between appropriate and inappropriate touch</li> <li>• I know that I have the right to say “no” to unwanted touch</li> <li>• I know how to recognise feelings of being unsafe or feeling bad about any adult</li> <li>• I know where and how to ask for advice or help for myself and others</li> <li>• I know how to report concerns</li> <li>• I know what a trusted adult is</li> </ul>
<b>HEALTH EDUCATION</b>  GROWING AND CHANGING	<ul style="list-style-type: none"> <li>• I know that puberty is when our bodies change from a child to an adult for reproduction</li> <li>• I know that puberty mostly happens between the ages of 8 and 18 years old although this can be different for different people</li> <li>• I know what a hormone is (testosterone, oestrogen and progesterone) and how it causes puberty</li> <li>• I know the physical changes that happen to female and male bodies in puberty (including pubic hair growth, spots or acne, genitalia growth, growth spurts, menstruation, wet dreams)</li> <li>• I know the importance of good hygiene and washing during puberty</li> <li>• I know what the menstrual cycle is the process where the body thickens the lining of the uterus and releases an egg needed for pregnancy</li> <li>• I know that menstruation is when your body releases the lining of the uterus through the vagina.</li> <li>• I know that the length of a menstrual cycle can vary from person to person</li> </ul>

	<ul style="list-style-type: none"> <li>• I know what happens before and during menstruation/period (light spotting, bleeding, stomach cramps or bloating, mood swings, increased appetite, spots, vaginal discharge)</li> <li>• I know what menstrual products are and why they are used.</li> <li>• I know that different menstrual products vary as people’s menstruation varies too.</li> <li>• I know who you can talk to if you want help, advice or support about the menstrual cycle</li> <li>• I know some strategies for improving menstrual wellbeing</li> <li>• I know that testicles produce sperm</li> <li>• I know that erections happen when vessels in the penis fill with blood</li> <li>• I know some reasons why erections happen</li> <li>• I know what ejaculation is when sperm is released through the head of the penis</li> <li>• I know ejaculations can happen during sleep and this is called a wet dream</li> <li>• I know that emotional changes in puberty are caused by hormones</li> <li>• I know that emotional changes in puberty can lead to changes in behaviour</li> <li>• I know strategies for managing changes in emotions during puberty</li> <li>• I know a healthy diet rich in iron, calcium and vitamin D is important during puberty</li> <li>• I know that puberty causes changes to our sleep cycle</li> <li>• I know the importance of a healthy sleep routine and some strategies for this</li> </ul>
<p><b>LIVING IN THE WIDER WORLD</b></p> <p>MONEY MATTERS</p>	<ul style="list-style-type: none"> <li>• I know that people have different attitudes to saving and spending money</li> <li>• I know what influences people’s decisions about spending money (manufacturers)</li> <li>• I know what ‘good value for money’ means</li> <li>• I know that people’s spending decisions can affect others and the environment</li> <li>• I know different ways to keep track of money</li> <li>• I know some of the risks associated with money (money, can be lost, won or stolen)</li> <li>• I know ways of keeping money safe I know that there is a broad range of jobs/careers that people can have</li> <li>• I know that some jobs are paid more than others and money can be influential in people’s job or career choice</li> <li>• I know that there can be stereotypes in the workplace and a person’s career I know how to reflect on what I am good at</li> <li>• I know what job/career I would like to do when I am older</li> <li>• I know what skills would help me with my future career.</li> </ul>