

Oakgrove School - Curriculum Matrix



Year 3

Core 3 – Unit 1

Rules	<ul style="list-style-type: none"> To understand why rules are needed in different situations To recognise that rules may need to be changed
Thinking Ahead	<ul style="list-style-type: none"> To understand why it is important to plan ahead and think of potential consequences as a result of their actions
Taking the Lead	<ul style="list-style-type: none"> To understand why it is important to behave responsibly To recognise that actions have consequences

Core 1 Unit 1

Physical, Emotional and Mental 1	To know and understand the difference between the terms physical, emotional and mental
Physical, Emotional and Mental 2	To become more self-aware
Physical, Emotional and Mental 3	To understand why setting goals is important

Core 1 Unit 2

A Balanced Approach	To understand the meaning of the word 'healthy'
Physical Exercise	To know the recommended guidelines for physical activity and understand the reasons for these
Healthy Choices	<ul style="list-style-type: none"> To recognise the need to take responsibility for actions To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle
Sleep	To know the importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn

Core 1 Unit 6 – Lessons 1 and 2

Equality	To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
Digital Privacy 1	To begin to make responsible choices and consider consequences

Core 2 Unit 1 and 2

Clear Messages	<ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to communicate clearly
How to Listen	To understand why it is important to listen to others
Responding to Others	To talk about their views on issues that affect themselves and their class
Expressing Opinions	To know how to communicate their opinions in a group
Working Together 1	To work co-operatively, showing fairness and consideration to others
Working Together 2	To understand why it is important to work collaboratively
Shared Goals	To know how to identify ways to improve the environment

Core 2 Unit 3

Resilience	<ul style="list-style-type: none"> To know how to recognise the difference between isolated hostile incidents and bullying To recognise how attitude, behaviour and peer reactions can influence choice and behaviour, including dealing with bullying
Self-Worth	To understand what self-worth is and why it is important
Persistence and Resilience	<ul style="list-style-type: none"> To understand the terms 'resilience' and 'persistence' and why these character traits are important To face new challenges positively and know when to seek help
Negative Persistence	<ul style="list-style-type: none"> To know how to recognise bullying behaviour To recognise right and wrong, which is fair and unfair and explain why To understand the nature and consequences of negative behaviour such as bullying, aggression

Core 1 Unit 6 – Lessons 3-4

Online Privacy 1	To use ICT safely including keeping electronic data secure
Online Privacy 2	To use ICT safely including using software filters and settings
Online Privacy 3	To know how information and data is stored and used online

Core 1 Unit 4

Identified Strengths 1	To understand that everyone has different strengths and weaknesses
Identified Strengths 2	<ul style="list-style-type: none"> To know how to set realistic targets To self-assess, understanding how this will help their future actions
Setting Goals 1	To understand how to break down the steps needed to achieve a goal
Setting Goals 2	To identify and talk about their own and others' strengths and weaknesses and how to improve

Core 1 Unit 6 – Lessons 5, 6

Internet Use 1	<ul style="list-style-type: none"> To know that for most people the internet is an integral part of life and how many benefits To know about the benefits of following time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing
Internet Use 2	To know why social media, some computer games and online gaming, for example, are age restricted

Core 1 Unit 5

Class / Separation 1	<ul style="list-style-type: none"> To listen to and show consideration for other people's views To empathise with another viewpoint
Class / Separation 2	To listen to, reflect on and respect other people's views and feelings
Class / Separation 3	To develop strategies for managing and controlling strong feelings and emotions
Family Changes	To understand that family units can be different and can sometimes change
Feelings	To know how to judge whether what they are feeling and how they are behaving is appropriate and appropriate
Self-Respect	To learn about the importance of self-respect and how this links to their own happiness

Year 4

Core 3 Unit 2 and 3

Different Communities	To understand why it is important to be part of a community
School Communities	To understand why it is important to be part of a community
Gender Stereotypes	<ul style="list-style-type: none"> To know and understand the terms 'stereotypical' and 'stereotype' Challenge stereotypes relating to gender and work

Core 1 Unit 8

How to Help	To take responsibility for their own safety and the safety of others and be able to seek help in an emergency
Emergency Call 1	To know when and how to make an emergency call
Emergency Call 2	To recognise the importance of local organisations in providing for the needs of the local community

Core 3 Unit 4

Money Choices	<ul style="list-style-type: none"> To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age
Managing Money	<ul style="list-style-type: none"> To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age

Core 1 Unit 3

A Balanced Diet 1	To know where different foods come from
A Balanced Diet 2	To know about and understand the function of different food groups for a balanced diet
Working with Food 1	To identify the range of jobs carried out by the people they know
Working with Food 2	To learn to prepare and cook a variety of dishes

Core 2 Unit 4

Connections	<ul style="list-style-type: none"> To understand how we are all connected by our similarities To recognise and respect similarities and differences between people
Family Lives	To know and understand how the make-up of family units can differ
Religious Views 1	To understand and appreciate the range of different cultures and religions represented within school
Religious Views 2	To understand the term 'diversity' and appreciate diversity within school

Core 2 Unit 5

Friendship 1	<ul style="list-style-type: none"> To know and understand the features of a good friend To understand why it is important to be positive in relationships with others
Friendship 2	To know how to communicate their opinions in a group setting
Friendship 3	To know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that respect is always to be given
Friendship 4	To know and understand the characteristics of friendships, including mutual respect, trust, honesty, supportiveness, giving, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties

Core 1 Unit 7

Before Puberty	<ul style="list-style-type: none"> To understand that the rate at which we grow differs from person to person To know awareness of changes that take place as they grow
After Puberty	<ul style="list-style-type: none"> To know and understand how to look after our health To understand what happens when we lose our health and how we can get it back

UKS2 Core 1 Unit 2

Food Choices 1	To know about the different food groups and their relative importance as part of a balanced diet
Food Choices 2	To work independently and in groups, taking on different roles and collaborating towards common goals
Cooking	To prepare and cook with a variety of ingredients, using a range of cooking techniques

UKS2 Core 1 Unit 3

Identified Strengths 1	To identify and talk about their own and others' strengths and weaknesses and how to improve
Identified Strengths 2	To be able to reflect on past achievements
Setting Goals 1	To begin to set personal goals
Setting Goals 2	To identify the skills they need to develop to make their contribution in the working world in the future

Year 5

Core 3 Unit 1 and 2

Worklife	To understand why structures are needed in different situations
Law and Order	To know and understand the meaning of the following: democracy, sovereignty, dictatorship, government, monarchy
U.N. Rights	To learn about organisations such as the United Nations
Community Involvement	To understand the benefits of being a diverse community and how to celebrate diversity

Core 1 Unit 4

South and Self 1	To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
South and Self 2	To know about and understand the cycle nature of life and how death is an inevitable part of the cycle
Managing Conflict	To understand the need for empathy when peers are experiencing conflict at home

Core 3 Unit 3

Budgeting	To learn about budgeting and what it means to budget
Consumer Issues 1	To know and understand financial terms such as loan, interest, law and discount
Consumer Issues 2	To show initiative and take responsibility for activities that develop enterprise capability

Core 1 Unit 5 Lesson 1-4

Weight	To know about and understand the impact that excess of substances can have on individuals, their families and friends
Smoking	To know about and understand the impact that excess of substances can have on individuals, their families and friends
Alcohol	To know about and understand the impact that excess of substances can have on individuals, their families and friends
Drugs	To know about and understand the impact that excess of substances can have on individuals, their families and friends

Core 2 Unit 1 and 2

Confidentiality	<ul style="list-style-type: none"> To recognise that there are many different ways to communicate To understand the need to communicate clearly
Listening	To understand the importance of listening to others
Responding	To understand the need to respond to others
Teamwork	To understand that there are many situations in which collaboration is necessary
Shared Goals	To understand the need to collaborate in a group situation
Community Spirit	To recognise that there are many roles within a community

Core 2 Unit 3

Race and Ethnicity	To learn about racial discrimination and its impact on societies, past and present
Gender Stereotypes	To learn about gender discrimination and its impact
Culture	To learn about the importance of diversity in different cultures

Core 2 Unit 1

Physical, Emotional and Mental 1	To know about the basic elements between physical, emotional and mental health
Physical, Emotional and Mental 2	To know about, recognise and understand changes that occur during puberty
Healthy Lifestyle	To understand the importance of making change in adopting a more healthy lifestyle
Physical Fitness	To know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body
Healthy Mindset	To know how and when to seek support including mental health issues to school if they are worried about their health
Immunity	To know the facts and science relating to allergies, immunisation and vaccination

Choices 1-6

I can explain what words such as 'identity', 'ethnicity' and 'characteristic' mean

I know what the term 'identity' means

I have an understanding of critical things that make me who I am

I can build a positive sense of my own identity

I know what a 'stereotype' is

I understand what resilience means, why it is essential and how it can help me make positive choices

I can describe feelings to other people and empathise with them

I know and can tell the difference between groups to which I belong

I can identify how groups or individuals influence me

I can recognise how different influences affect other people and give examples of where they might come from

I understand why I choose to belong to particular groups

I can identify how my choices may be influenced by basic needs and explain what these needs are

I understand what the term 'vulnerable' means

I can identify things that might make people vulnerable

I can recognise how people might become susceptible to negative influences

I understand how my actions might communicate things that could put me at risk

I can recognise and identify behaviours that negatively influence young people.

Choices 7-11

I can recognise behaviours that negatively influence or 'groom' young people

I know, understand and can apply positive strategies to keep myself safe

I am aware of extreme beliefs, how they are used to influence people, and how they differ from British Values

I know how to be more resilient to negative influences

I am aware of extreme beliefs, how they are used to influence people, and how they differ from British Values

I know how to be more resilient to negative influences

I can understand how people might become vulnerable to negative influence

I know people I can trust

I can identify a trusted adult that I can go to for help

I can see things from someone else's point of view

I understand that it can be challenging to make good choices when being influenced by others

I know that the decisions we all make can have positive or negative consequences

I understand how it might feel to be faced with a difficult choice

I understand the influences around me and can develop strategies to manage them

I can demonstrate ways to be a positive influence in my own and others' lives

Year 6

Extremism and Radicalisation

Building Confidence and Resilience	<ul style="list-style-type: none"> Understand the meaning and importance of resilience and courage Recognise and know how to deal with situations involving peer pressure
Extreme Reactions	<ul style="list-style-type: none"> Recognise the features of extremism Identify why and how people are recruited into extremist activity Identify some of the stereotypes related to extremism Understand how extremist can lead to harm
Identity Groups	<ul style="list-style-type: none"> Recognise individuality and celebrate differences Identify why and how people are recruited into radicalised activity Identify some of the stereotypes related to radicalisation Identify the risks faced in relation to extremist activity Understand how they can lead to harm
Vulnerability	<ul style="list-style-type: none"> Recognise extremism and radicalisation Identify why and how people are recruited into radicalised activity Identify some of the stereotypes related to extremism Identify the risks faced in relation to extremist activity Understand how they can lead to harm
Tolerance	<ul style="list-style-type: none"> Recognise extremism and radicalisation Identify why and how people are recruited into radicalised activity Identify some of the stereotypes related to extremism Identify the risks faced in relation to extremist activity Understand how they can lead to harm

Core 1 Unit 5 Lesson 5 and 6

Basic First Aid	To know concepts of basic first-aid, for example dealing with common injuries, including head injuries
Internet Safety	To know how to be a discerning consumer of information online including understanding that information, including that from search engines, is tracked, selected and targeted

Choices lessons 1-6

I can work collaboratively with classmates to create agreed ground rules

I am familiar with the story of Marcus and some of the language and concepts from the Year 5 module

I understand the key things that make me who I am

I can talk about my hopes and fears for the year ahead

I understand that circumstances might cause me to behave in ways I usually might not

I can explain how different pressures might affect how people feel and behave

I can explain how different pressures might affect how people feel and behave

I can empathise with different viewpoints and perspectives

I know I have a responsibility to act positively online.

I know agencies exist to protect me, particularly when I am online.

I understand the growth mindset and how to use it to overcome challenges

I can use growth mindset phrases to overcome obstacles and enjoy learning.

I recognise that not achieving a challenging goal is part of learning and should not change how I see myself.

Substance Abuse 1 and 2

Keeping Safe	To understand why it is important to focus on keeping healthy and safe when using substances
Taking Risks	To understand the term 'risk' and how it links to consequence

Core 2 Unit 4: Substance Abuse 3, 4, 5

Physical Contact	To know about and understand the importance of touch in a range of contexts
Support and Care	To know that relationships can change as a result of growing up
Partnership	To know that marriage (and partnership) represents a formal and legally recognised commitment of individuals to each other which is intended to be lifelong
Mental Wellbeing	To know that feeling including (re)evaluating how a negative and often lasting impact on mental wellbeing
Online Relationships	To know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including what we see and say
Taking Drugs	To understand the term 'addiction' and know some of the different forms it can take
Drug Awareness	To become familiar with the names of the most common drugs
Substance Abuse	To understand how substances influence our choices

SRE

Forming Relationships	<ul style="list-style-type: none"> To know how and understand why close relationships are formed, especially during adolescence To understand why friendship is important in the establishment of other relationships
Sexual Relationships	To know about and understand the physical, mental and emotional changes that take place during puberty
Healthy Relationships	To understand why friendship is important in the establishment of close relationships
Unhealthy Relationships	To understand what an unhealthy relationship is and how to deal with relationship issues
Gender Issues	To know about gender identities and how to respond to transgender issues

Choices lesson 7-12

I can identify the voice of my inner critic and understand why it's unhelpful.

I can calm my inner critic and tune into more supportive self-talk.

I am more conscious of my thoughts.

I can explain the qualities that I value.

I understand what makes people important to me and why.

I can identify self-limiting thoughts and reframe them positively.

I know that failure is often a necessary and valuable part of the learning process. I can put myself in the place of others and understand their points of view.

I can reflect on situations to come up with sound advice for myself.

I can make positive changes in my life.

I am looking forward to moving to secondary school.

I know what success at secondary school means to me.

I can use techniques learned in earlier sessions to develop my inner mentor.

I am prepared to take responsibility for making my move to secondary school successful.

I have a plan to achieve success in secondary school.

I have SMART objectives to strive for at secondary school.

Go Big Go Awesome 1-12