

Citizenship Knowledge and skills tracker

	Autumn 1 and 2		Spring 1 and 2		Summer 1 and 2	
Year 5 Carousel	Careers and Wider World Virgin Money Project Understanding enterprise Building and developing individual skills The importance of teamwork skills Creativity within business Understanding market research Importance of developing a brand identity and marketing Sales skills		Relationships/Changing Me Consent and autonomy, body image and stereotypes, substances which are harmful to our bodies (inc. vaping), the importance of sleep and keeping clean, especially as bodies change through puberty. The unit will explore the things that influence the way people think about their bodies, where different pressures can come from and how these pressures can be resisted. Road safety, dangers and hazards		Health and Wellbeing Only One You Understanding uniqueness Importance of friendships and how to maintain friendships Understanding diversity Exploring human rights and freedoms Understanding identities and communities	
Year 6	Careers and Wider World Understanding Democracy Concepts of fairness, differing opinions, campaigning, making decisions, debating skills	Health and Wellbeing Safety First Understand risks, dangers, hazards including roads, rails, rivers and fireworks Peer pressure assessing risk understand some basic first aid	Relationships Digital Wellbeing Identify benefits and risks of the internet Recognise the signs of inappropriate relationships online Understand the benefits and risks of social media Understand how to use social media responsibly Knowing that online bullying is wrong and the ways to make it stop Deciding on the reliability of news read online	SATS build up	Relationships/Changing Me Identifying VIPs, the importance of kindness and respect, conflicts and resolutions, secrets, healthy and unhealthy relationships. Name physical changes during puberty, describe emotional changes, understand different types of relationship	Relationships/Changing Me Identifying VIPs, the importance of kindness and respect, conflicts and resolutions, secrets, healthy and unhealthy relationships. Name physical changes during puberty, describe emotional changes, understand different types of relationship
Year 7	Careers and Wider World Human Rights Developing an understanding of human rights,	Relationships Being Me Recognising identity is affected by a range of factors, influencers, peer pressure (vaping) and belonging, online	Relationships Show Racism The Red Card Understanding the term racism, how to deal with racist incidents, how stereotypes affect us,	Relationships/Changing Me Healthy relationships, supportive relationships, getting on/falling out, discernment and assertiveness	Health and Wellbeing Healthy Me How to recognise and deal with anxiety and stress, substances, good	Careers and Wider World Finance – money skills Bartering and exchange Identifying fraud and scams, Understanding budgeting and payment methods, Profit and loss, Understanding the

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	children's rights, and absolute rights	identity, consequences of online behaviour	analysing case studies of racism, considering human rights and racism.	Changing bodies, having a baby, types of relationship, image and self-esteem, changing feelings	nutrition, exercise and sleep, medicines and immunisations	difference between products and services Understanding the importance of teamwork and communication skills
Year 8	<p>Careers and Wider World Parliament and Monarchy</p> <p>Links between parliament and monarchy, understanding how parliament works, the role of the house or Lords, how laws are made</p> <p>6</p>	<p>Careers and Wider World Laws and Justice</p> <p>Understanding legal ages, analysing why young people commit crime, rights and the police, young offenders</p> <p>6</p>	<p>Relationships Celebrating Difference</p> <p>Understanding prejudice and discrimination, inequality, social injustice, LGBT bullying, making a positive contribution to society</p> <p>5</p>	<p>Careers and Wider World</p> <p>Future Careers Apprenticeships Employability skills Potential jobs/careers</p> <p>5</p>	<p>Health and Wellbeing Healthy Me</p> <p>Good physical health, managing stress, substances including substance misuse and exploitation (County Lines), medicines</p> <p>5</p>	<p>Relationships/ Changing Me</p> <p>Appearance ideals, being in control of relationships (consent), coercive relationships, social media and relationships, learning how to be in a positive, loving relationship Sexual orientation, attraction, different types of relationship, misconceptions of pornography, alcohol and risk, contraception and STI's</p> <p>5 + 6</p>