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|  | **Autumn 1****Being Me in my World** | **Autumn 2****Celebrating Difference** | **Spring 1****Dreams and Goals** | **Spring 2****Healthy me** | **Summer 1****Relationships** | **Summer 2****Changing Me** |
| Reception | Self-identityUnderstanding feelingsBeing in a classroomBeing gentleRights and responsibilities | Identifying talentsBeing specialFamiliesWhere we liveMaking friendsStanding up for yourself | ChallengesPerseveranceGoal settingOvercoming obstaclesSeeking helpJobsAchieving goals | Exercising bodiesPhysical activityHealthy foodSleepkeeping cleanSafety | Family lifeFriendshipsBreaking friendshipsFalling outDealing with bullyingBeing a good friend | BodiesRespecting my bodyGrowing upGrowth and changeFun and fearsCelebrations |
| Year 1 | Feeling special and safeBeing part of a classRights and responsibilitiesRewards and feeling proudConsequencesOwning the learning charter | Similarities and differencesUnderstanding bullying and knowing how to deal with it.making new friendsCelebrating the differences in everyone. | Setting goalsIdentifying successes and achievementsLearning stylesWorking well and celebrating achievement with a partnerTackling new challengesIdentifying and overcoming obstaclesFeelings of success | Keeping myself healthyHealthier lifestyle choicesKeeping cleanBeing safe Medicine safety/safety with household itemsRoad safetyLinking health and happiness | Belonging to a familyMaking friends/being a good friend Physical contact preferencesPeople who help us Qualities as a friend and personSelf -acknowledgementBeing a good friend to myselfCelebrating special relationships | Life cycles – animal and human Changes in me Changes since being a babyDifferences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition |
| Year 2 | Hopes and fears for the yearRights and responsibilities Rewards and consequencesSafe and fair learning environmentValuing contributionsChoices Recognising feelings | Assumptions and stereotypes about genderUnderstanding bullyingStanding up for self and othersMaking new friendsGender diversityCelebrating difference and remaining friends | Achieving realistic goals Perseverance Learning strengthsLearning with othersGroup co-operationContributing to and sharing success | Motivation Healthier choicesRelaxationHealthy eating and nutritionHealthier snacks and sharing food  | Different types of familyPhysical contact boundaries Friendship and conflictSecrets Trust and appreciationExpressing appreciation for special relationships | Life cycles in natureGrowing from young to oldIncreasing independenceDifferences in female and male bodies (correct terminology)AssertivenessPreparing for transition |
| Year 3 | Setting personal goals Self -identity and worthPositivity in challenges Rules, rights and responsibilitiesRewards and consequencesResponsible choices Seeing things from others’ perspectives  | Families and their differencesFamily conflict and how to manage it (child-centred)Witnessing bullying and how to solve itRecognising how words can be hurtfulGiving and receiving compliments | Difficult challenges and achieving successDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying to overcome obstaclesEvaluating learning processesManaging feelingsSimple budgeting | ExerciseFitness challengesFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why it’s important online and off line scenariosRespect for myself and othersHealthy and safe choices | Family roles and responsibilitiesFriendship and negotiationKeeping safe online and who to go to for helpBeing a global citizenBeing aware of how my choices affect othersAwareness of how other children have different livesExpressing appreciation for family and friends | How babies growUnderstanding a baby’s needsOutside body changesInside body changes Family stereotypes Challenging my ideas Preparing for transition |
|  | **Autumn 1****Being Me in my World** | **Autumn 2****Celebrating Difference** | **Spring 1****Dreams and Goals** | **Spring 2****Healthy me** | **Summer 1****Relationships** | **Summer 2****Changing Me** |
| Year 4 | Being part of a class teamBeing a school citizenRights, responsibilities and democracy (school council)Rewards and consequencesGroup decision-makingHaving a voiceWhat motivates behaviour | Challenging assumptionsJudging by appearanceAccepting self and othersUnderstanding influencesUnderstanding bullyingProblem-solving Identifying how special and unique everyone is First impressions | Hopes and dreamsOvercoming disappointmentCreating new, realistic dreamsAchieving goals Working in a groupCelebrating contributionsResilience Positive attitudes | Healthier friendshipsGroup dynamicsSmokingAlcoholAssertivenessPeer pressure Celebrating inner strength  | Jealousy Love and lossMemories of loved onesGetting on and Falling OutGirlfriends and boyfriends Showing appreciation to people and animals | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting change Preparing for transitionEnvironmental change |
| Year 5 | Planning the forthcoming yearBeing a citizenRights and responsibilitiesRewards and consequencesHow behaviour affects groupsDemocracy, having a voice, participating  | Cultural differences and how they can cause conflict RacismRumours and name-calling Types of bullyingMaterial wealth and happinessEnjoying and respecting other cultures | Future dreamsThe importance of moneyJobs and careersDream job and how to get thereGoals in different culturesSupporting others (charity)Motivation | Smoking, including vapingAlcoholAlcohol and anti-social behaviourEmergency aid Body image Relationships with foodHealthy choicesMotivation and behaviour | Self -recognition and self-worthBuilding self -esteemSafer online communitiesRights and responsibilities onlineOnline gaming and gamblingReducing screen time Dangers of online groomingSMARRT internet safety rules | Self - and body imageInfluence of online and media on body image Puberty for girlsPuberty for boysConception (including IVF) Growing responsibility Coping with change Preparing for transition |
| Year 6 | Identifying goals for the yearGlobal citizenshipChildren’s universal rights Feeling welcome and valued Choices, consequences and rewardsGroup dynamicsDemocracy, having a voice Anti-social behaviourRole-modelling | Perceptions of normalityUnderstanding disabilityPower strugglesUnderstanding bullying Inclusion/exclusionDifferences as conflict, difference as celebrationEmpathy | Personal learning goals, in and out of schoolSuccess criteriaEmotions in successMaking a difference in the world MotivationRecognising achievements Compliments  | Taking personal responsibility How substances affect the bodyExploitation, including ‘county lines’ and gang cultureEmotional and mental healthManaging stress  | Mental healthIdentifying mental health worries and sources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safety Take responsibility with technology use  | Self -imageBody imagePuberty and feelingsConception to birth Reflections about change Physical attractionRespect and consentBoyfriends/girlfriendsSextingTransition |