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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Nursery |  |  |  |  |  |  |
| Reception | - Self-identity  - Understanding feelings  - Being in a classroom  - Being gentle  - Rights and responsibilities | - Identifying talents  - Being special  - Families  - Where we live  - Making friends  - Standing up for yourself | - Challenges  - Perseverance  - Goal-setting  - Overcoming obstacles  - Seeking help  - Jobs  - Achieving goals | - Exercising bodies  - Physical activity  - Healthy food  - Sleep  - Keeping clean  - Safety | - Family life  - Friendships  - Breaking friendships  - Falling out  - Dealing with bullying  - Being a good friend | - Bodies  - Respecting my body  - Growing up  - Growth and change  - Fun and fears  - Celebrations |
| Year 1 | - Feeling special and safe  - Being part of a class  - Rights and responsibilities  - Rewards and feeling proud  - Consequences  - Owning the Learning Charter | - Similarities and differences  - Understanding bullying and  knowing how to deal with it  - Making new friends  - Celebrating the differences  in everyone | - Setting goals  - Identifying successes and  achievements  - Learning styles  - Working well and celebrating  achievement with a partner  - Tackling new challenges  - Identifying and overcoming  obstacles  - Feelings of success | - Keeping myself healthy  - Healthier lifestyle choices  - Keeping clean  - Being safe  - Medicine safety/safety with  household items  - Road safety  - Linking health and happiness | - Belonging to a family  - Making friends/being a good friend  - Physical contact preferences  - People who help us  - Qualities as a friend and person  - Self-acknowledgement  - Being a good friend to myself  - Celebrating special relationships | - Life cycles – animal and human  - Changes in me  - Changes since being a baby  - Differences between female and  male bodies (correct terminology)  - Linking growing and learning  - Coping with change  - Transition |
| Year 2 | - Hopes and fears for the year  - Rights and responsibilities  - Rewards and consequences  - Safe and fair learning  environment  - Valuing contributions  - Choices  - Recognising feelings | - Assumptions and  stereotypes about gender  - Understanding bullying  - Standing up for self and  others  - Making new friends  - Gender diversity  Celebrating difference and  remaining friends | - Achieving realistic goals  - Perseverance  - Learning strengths  - Learning with others  - Group co-operation  - Contributing to and sharing success | - Motivation  - Healthier choices  - Relaxation  - Healthy eating and nutrition  - Healthier snacks and sharing food | - Different types of family  - Physical contact boundaries  - Friendship and conflict  - Secrets  - Trust and appreciation  - Expressing appreciation for special  relationships | - Life cycles in nature  - Growing from young to old  - Increasing independence  - Differences in female and male  bodies (correct terminology)  - Assertiveness  - Preparing for transition |
| Year 3 | - Setting personal goals  - Self-identity and worth  - Positivity in challenges  - Rules, rights and  responsibilities  - Rewards and consequences  - Responsible choices  - Seeing things from others’  perspectives | - Families and their  differences  - Family conflict and how to  manage it (child-centred)  - Witnessing bullying and how  to solve it  - Recognising how words can  be hurtful  - Giving and receiving  compliments | - Difficult challenges and achieving  success  - Dreams and ambitions  - New challenges  - Motivation and enthusiasm  - Recognising and trying to  overcome obstacles  - Evaluating learning processes  - Managing feelings  - Simple budgeting | - Exercise  - Fitness challenges  - Food labelling and healthy swaps  - Attitudes towards drugs  - Keeping safe and why it’s  important online and off line  scenarios  - Respect for myself and others  - Healthy and safe choices | - Family roles and responsibilities  - Friendship and negotiation  - Keeping safe online and who to go to for help  - Being a global citizen  - Being aware of how my choices affect others  - Awareness of how other children  have different lives  - Expressing appreciation for family  and friends | - How babies grow  - Understanding a baby’s needs  - Outside body changes  - Inside body changes  - Family stereotypes  - Challenging my ideas  - Preparing for transition |
| Year 4 | - Being part of a class team  - Being a school citizen  - Rights, responsibilities and  democracy (school council)  - Rewards and consequences  - Group decision-making  - Having a voice  - What motivates behaviour | - Challenging assumptions  - Judging by appearance  - Accepting self and others  - Understanding influences  - Understanding bullying  - Problem-solving  - Identifying how special and  unique everyone is  - First impressions | - Hopes and dreams  - Overcoming disappointment  - Creating new, realistic dreams  - Achieving goals  - Working in a group  - Celebrating contributions  - Resilience  - Positive attitudes | - Healthier friendships  - Group dynamics  - Smoking  - Alcohol  - Assertiveness  - Peer pressure  - Celebrating inner strength | - Jealousy  - Love and loss  - Memories of loved ones  - Getting on and Falling Out  - Girlfriends and boyfriends  - Showing appreciation to people and  animals | - Being unique  - Having a baby  - Girls and puberty  - Confidence in change  - Accepting change  - Preparing for transition  - Environmental change |
| Year 5 | - Planning the forthcoming year  - Being a citizen  - Rights and responsibilities  - Rewards and consequences  - How behaviour affects groups  - Democracy, having a voice,  participating | - Cultural differences and how  they can cause conflict  - Racism  - Rumours and name-calling  - Types of bullying  - Material wealth and  happiness  - Enjoying and respecting  other cultures | - Future dreams  - The importance of money  - Jobs and careers  - Dream job and how to get there  - Goals in different cultures  - Supporting others (charity)  - Motivation | - Smoking, including vaping  - Alcohol  - Alcohol and anti-social behaviour  - Emergency aid  - Body image  - Relationships with food  - Healthy choices  - Motivation and behaviour | - Self-recognition and self-worth  - Building self-esteem  - Safer online communities  - Rights and responsibilities online  - Online gaming and gambling  - Reducing screen time  - Dangers of online grooming  - SMARRT internet safety rules | - Self- and body image  - Influence of online and media on body image  - Puberty for girls  - Puberty for boys  - Conception (including IVF)  - Growing responsibility  - Coping with change  - Preparing for transition |
| Year 6 | - Identifying goals for the year  - Global citizenship  - Children’s universal rights  - Feeling welcome and valued  - Choices, consequences and  rewards  - Group dynamics  Democracy, having a voice  - Anti-social behaviour  - Role-modelling | - Perceptions of normality  - Understanding disability  - Power struggles  - Understanding bullying  - Inclusion/exclusion  - Differences as conflict,  difference as celebration  - Empathy | - Personal learning goals, in and  out of school  - Success criteria  - Emotions in success  - Making a difference in the world  - Motivation  - Recognising achievements  - Compliments | - Taking personal responsibility  - How substances affect the body  - Exploitation, including ‘county  lines’ and gang culture  - Emotional and mental health  - Managing stress | - Mental health  - Identifying mental health worries and  sources of support  - Love and loss  - Managing feelings  - Power and control  - Assertiveness  - Technology safety  - Take responsibility with technology  use | - Self-image  - Body image  - Puberty and feelings  - Conception to birth  - Reflections about change  - Physical attraction  - Respect and consent  - Boyfriends/girlfriends  - Sexting  - Transition |