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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 andknowing how to deal with it- Making new friends- Celebrating the differencesin everyone | - Setting goals- Identifying successes andachievements- Learning styles- Working well and celebratingachievement with a partner- Tackling new challenges- Identifying and overcomingobstacles- Feelings of success | - Keeping myself healthy- Healthier lifestyle choices- Keeping clean- Being safe- Medicine safety/safety withhousehold 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 andmale 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 learningenvironment- Valuing contributions- Choices- Recognising feelings | - Assumptions andstereotypes about gender- Understanding bullying- Standing up for self andothers- Making new friends- Gender diversityCelebrating difference andremaining 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 specialrelationships | - Life cycles in nature- Growing from young to old- Increasing independence- Differences in female and malebodies (correct terminology)- Assertiveness- Preparing for transition |
| Year 3 | - Setting personal goals- Self-identity and worth- Positivity in challenges- Rules, rights andresponsibilities- Rewards and consequences- Responsible choices- Seeing things from others’perspectives | - Families and theirdifferences- Family conflict and how tomanage it (child-centred)- Witnessing bullying and howto solve it- Recognising how words canbe hurtful- Giving and receivingcompliments | - Difficult challenges and achievingsuccess- Dreams and ambitions- New challenges- Motivation and enthusiasm- Recognising and trying toovercome obstacles- Evaluating learning processes- Managing feelings- Simple budgeting | - Exercise- Fitness challenges- Food labelling and healthy swaps- Attitudes towards drugs- Keeping safe and why it’simportant online and off linescenarios- 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 childrenhave different lives- Expressing appreciation for familyand 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 anddemocracy (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 andunique 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 andanimals | - 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 howthey can cause conflict- Racism- Rumours and name-calling- Types of bullying- Material wealth andhappiness- Enjoying and respectingother 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 andrewards- Group dynamicsDemocracy, 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 andout 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 ‘countylines’ and gang culture- Emotional and mental health- Managing stress | - Mental health- Identifying mental health worries andsources of support- Love and loss- Managing feelings- Power and control- Assertiveness- Technology safety- Take responsibility with technologyuse | - Self-image- Body image- Puberty and feelings- Conception to birth- Reflections about change- Physical attraction- Respect and consent- Boyfriends/girlfriends- Sexting- Transition |