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| **Term** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus** | **Being Me in My**  **World** | **Celebrating**  **Difference** | **Dreams & Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **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 achievements. * Tackling new challenges. Identifying and overcoming obstacles. * Feelings of success. | * Keeping myself healthy. * Healthier lifestyle choices. * Keeping clean. * Being safe. * Medicine safety and safety with household items. * Road safety. * Linking health and happiness. | * Identifying family members. * Understanding what a good friend is. * Understanding appropriate greetings to friends. * Knowing who can help at school. * Recognising my qualities. * Appreciating special people. | * 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 1-2** | * Feeling special and safe. * Being part of a class/safe and fair learning environment. * Rights and responsibilities. * Rewards and consequences. * Feeling proud and recognising feelings * Owning the Learning Charter. | * Similarities and differences. * Assumptions and   stereotypes about gender.   * Understanding bullying and   how to deal with it.   * Making new friends * Celebrating differences. | * Setting realistic goals. * Identifying strengths and   achievements.   * Working and learning with others. * Group co-operation. * Celebrating and sharing success. | * Keeping myself healthy and making healthy choices. * Medicine safety/safety with   household items.   * Road safety. * Healthy eating. | * Family and different types of families. * Keeping safe and   understanding appropriate greetings.   * Understanding how to be a good friend and how to solve conflict. * Trust and knowing who can help at school. * Appreciating and celebrating special people. | * Life cycles. * Growing from young to old and identifying changes * Differences in female and * Male bodies (correct terminology). * Coping with change * Transition. |

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| **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 differences and   remaining friends. | * Achieving realistic goals. * Perseverance. * Learning strengths. * Learning with others. * Group co-operation. * Contributing to and sharing success. | * Motivation. * Healthier choices. * Relaxation. * Medicine safety. * 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 offline 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. |

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| **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 behavior. | * 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, Boys 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 in a group. | * 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 behavior. * Emergency aid. * Body image. * Relationships with food. * Healthy choices. * Motivation and behavior. | * 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. |

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| **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, differences as a 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. |