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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.
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| **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.
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| **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.
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| **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.
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