



Foundation Stage			
EYFS	Autumn	Spring	Summer
	<p><b>Being In My World</b> Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p> <p><b>Celebrating Differences</b> Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p><b>Dreams and Goals</b> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p><b>Healthy Me</b> Physical activity Healthy food Sleep Keeping clean Safety</p>	<p><b>Relationships</b> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p><b>Changing Me</b> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>



Year 1			
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	<p><b>Being In My World</b>            Feeling special and safe            Being part of a class            Rights and responsibilities            Rewards and feeling proud            Consequences            Owing the Learning Charter</p> <p><b>Celebrating Differences</b>            Similarities and differences            Understanding bullying and knowing how to deal with it            Making new friends            Celebrating the differences in everyone</p>	<p><b>Dreams and Goals</b>            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</p> <p><b>Healthy Me</b>            Keeping myself healthy            Healthier lifestyle choices            Keeping clean            Being safe            Medicine safety/safety with household items            Road safety            Linking health and happiness</p>	<p><b>Relationships</b>            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</p> <p><b>Changing Me</b>            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</p>



Year 2			
Year 2	Autumn	Spring	Summer
	<p><b>Being In My World</b> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p> <p><b>Celebrating Differences</b> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p>	<p><b>Dreams and Goals</b> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p> <p><b>Healthy Me</b> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p><b>Relationships</b> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> <p><b>Changing Me</b> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>



Year 3			
Year 3	Autumn	Spring	Summer
	<p><b>Being In My World</b>            Setting personal goals            Self-identity and worth            Positivity in challenges            Rules, rights and responsibilities            Rewards and consequences            Responsible choices            Seeing things from others' perspectives</p> <p><b>Celebrating Differences</b>            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</p>	<p><b>Dreams and Goals</b>            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</p> <p><b>Healthy Me</b>            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</p>	<p><b>Relationships</b>            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</p> <p><b>Changing Me</b>            How babies grow            Understanding a baby's needs            Outside body changes            Inside body changes            Family stereotypes            Challenging my ideas            Preparing for transition</p>



Year 4			
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	<p><b>Being In My World</b>            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</p> <p><b>Celebrating Differences</b>            Challenging assumptions            Judging by appearance            Accepting self and others            Understanding influences            Understanding bullying            Problem-solving            Identifying how special and unique everyone is            First impressions</p>	<p><b>Dreams and Goals</b>            Hopes and dreams            Overcoming disappointment            Creating new, realistic dreams            Achieving goals            Working in a group            Celebrating contributions            Resilience            Positive attitudes</p> <p><b>Healthy Me</b>            Healthier friendships            Group dynamics            Smoking            Alcohol            Assertiveness            Peer pressure            Celebrating inner strength</p>	<p><b>Relationships</b>            Jealousy            Love and loss            Memories of loved ones            Getting on and Falling Out            Girlfriends and boyfriends            Showing appreciation to people and animals</p> <p><b>Changing Me</b>            Being unique            Having a baby            Girls and puberty            Confidence in change            Accepting change            Preparing for transition            Environmental change</p>



Year 5			
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	<p><b>Being In My World</b>            Planning the forthcoming year            Being a citizen            Rights and responsibilities            Rewards and consequences            How behaviour affects groups            Democracy, having a voice, participating</p> <p><b>Celebrating Differences</b>            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</p>	<p><b>Dreams and Goals</b>            Future dreams            The importance of money            Jobs and careers            Dream job and how to get there            Goals in different cultures            Supporting others (charity)            Motivation</p> <p><b>Healthy Me</b>            Taking personal responsibility            How substances affect the body            Exploitation, including 'county lines' and gang culture            Emotional and mental health            Managing stress</p>	<p><b>Relationships</b>            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</p> <p><b>Changing Me</b>            Self-image            Body image            Puberty and feelings            Conception to birth            Reflections about change            Physical attraction            Respect and consent            Boyfriends/girlfriends            Sexting            Transition</p>



Year 6			
Year 6	Autumn	Spring	Summer
	<p><b>Being In My World</b>            Personal identity            What influences personal identity            Identify personal strengths            How do others see me?            Group identity            My growing sense of personal identity and independence            Online and global identity            Expectations</p> <p><b>Celebrating Differences</b>            Assertiveness            Prejudice and discrimination            My values and those of others            Challenging stereotypes            Discrimination in school            How prejudice and discrimination fuels bullying            Being inclusive</p>	<p><b>Dreams and Goals</b>            What are my dreams and goals?            Steps to success            Coping when things don't go to plan            Rewarding my dreams            Intrinsic and extrinsic motivation            Keeping my dreams alive            How dreams and goals change in response to life</p> <p><b>Healthy Me</b>            Healthy choices about my emotional health            Managing stress            Managing my choices around substances            Managing my nutritional choices            Medicines and immunisation            Healthy choices about physical activity and rest/sleep</p>	<p><b>Relationships</b>            My changing web of friendships            Support I need now and in the future            Developing positive relationships            What external factors affect relationships, e.g. media influences?            Assertiveness in relationships            The changing role of families</p> <p><b>Changing Me</b>            My changing body and feelings            What is self-image?            Coping during times of change            My changing ways of thinking            Managing my changes in mood            Moving forwards into my next year of education</p>