

	Autumn- Relationships			Spring- Living in the Wider World			Summer- Health and Well-Being		
	Families & Friendships	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media and digital resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
N	Children will be introduced to the regulation station in class. They will be encouraged to talk about their feelings.	Become more outgoing with unfamiliar people their setting. Develop appropriate ways of being assertive. Talk with others to solve conflicts. <i>Anit-Bullying Week</i>	Extending and elaborating play ideas. Help to find solutions to conflicts. Begin to understand how others might be feeling. Show confidence in new social situations.	Develop their sense of responsibility and membership of a community.	Look at IT platforms they use at home and school and begin to understand the importance of keeping safe online.	Select and use activities and resources to help them to achieve a goal they have chosen, or one which is suggested to them.	Be increasingly independent as they get dressed and meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands. Make healthy choices.	Explore growth in plants. Understand key features of the life cycle of a plant and animal. Begin to understand the need to respect and care for the environment and living things.	Follow rules, understanding why they are important- sometimes independently.
R	The children will be introduced to self-regulation. They will understand the importance of listening and following instructions. Use talk to help work out problems and organise thinking and activities.	Play co-operatively. Express their feelings and consider the feelings of others. Show resilience and perseverance. <i>Anit-Bullying Week</i>	Building relationships. Work and play co-operatively. Form positive attachments to adults and peers. Show sensitivity to their own and other's needs. Identify their own feelings.	Show an understanding of their feelings and those of others. Begin to regulate their behaviour accordingly. Talk about members of their immediate family and community.	Importance of staying safe online.	Work towards simple goals. Work on self-regulation with a focus on patience. Take turns and share. See themselves as a valuable individual.	Manage their own basic hygiene and personal needs, including dressing, toileting, washing hands and the importance of healthy food choices. Know and talk about the different factors that support their overall health and wellbeing.	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	Understand the need for rules and know right from wrong. Behave accordingly. Know and talk about the different factors that support their overall health and wellbeing.
Y1	Roles of different people; different types of families and feeling cared for.	Recognising privacy; staying safe; seeking permission <i>Anit-Bullying Week</i>	How behaviour affects others; being polite and respectful and attitudes towards learning.	What rules are; caring for others' needs; looking after the environment and living things.	Using the internet and digital devices; communicating safely online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us, keeping safe online and who to tell if online content makes us feel worried.
Y2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour and bullying. <i>Anit-Bullying Week</i>	Recognising things in common and differences; playing and working co-operatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information, factual and entertainment.	What money is; needs and wants; looking after money	Why sleep is important; medicines and vaccines, keeping healthy; keeping teeth healthy; managing feelings and asking for help with them.	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Y3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour including online. <i>Anit-Bullying Week</i>	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedom and responsibilities	How the internet is used, assessing authenticity of information online and knowing who to report concerns to.	Different jobs and skills; job stereotypes; setting personal goals. How interests might link into careers.	Health choices and habits linked to diet; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Y4	Positive friendships, including online. Risks of communication with unknown people, reporting concerns.	Responding to hurtful behaviour; managing confidentiality; recognising risks online. <i>Anit-Bullying Week</i>	Respecting differences and similarities; discussing difference sensitively. Recognising similarities, they have with others.	What makes a community; shared responsibilities and showing compassion and support for others.	How data is shared and used	Making decisions about money; using and keeping money safe and implications of spending money.	Maintaining a balanced lifestyle physically and mentally; oral hygiene and dental care.	Personal identity; recognising individuality and different qualities; mental wellbeing	Medicines and household products; drugs common to everyday life and risks and effects of these drugs, how to seek support.
Y5	Managing friendships and peer influence. Negative friendships, how to seek support.	Physical contact and feeling safe. How to respond to unwanted contact and how to challenge it. <i>Anit-Bullying Week</i>	Responding respectfully to a wide range of people; recognising prejudice and discrimination and how to challenge it.	Protecting the environment; compassion towards others. How we spend money can impact the environment.	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations what influences career choices, workplace stereotypes	Healthy sleep habits; sun safety; medicines, allergies, vaccinations, immunisations, and the importance of hygiene.	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y6	Attraction to others; romantic relationships; civil partnership and marriage and gender identity.	Recognising and managing pressure; consent in different situations and how to give and seek consent. <i>Anit-Bullying Week</i>	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes.	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks, impact on emotions and health.	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.	Human reproduction and birth; changing during puberty, how reproductive organs work, increasing independence; managing transition.	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.