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| **Year/ Term** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
|  | **Being Me In My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Nursery/Foundation** | 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 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 achievement with a partner  Tackling new challenges Identifying and overcoming obstacles  Feelings of success | Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with household 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 and male 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 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 difference and remaining 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 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 off line 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 |
| **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 behaviour | 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 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 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 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 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, difference as 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 |