



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> Self identity Understanding feelings Being in a classroom Being gentle Right and responsibilities 	<ul style="list-style-type: none"> Identifying talents Being Special Families Where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals 	<ul style="list-style-type: none"> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 	<ul style="list-style-type: none"> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend 	<ul style="list-style-type: none"> Body parts Stereotypes Growing up Fun and fears Celebrations
Year 1	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences The learning charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the difference in everyone 	<ul style="list-style-type: none"> Setting goals Identifying success and achievements Learning styles Working well and celebrating achievement Tackling new challenges Identifying and overcoming obstacles 	<ul style="list-style-type: none"> Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating relationships 	<ul style="list-style-type: none"> Life cycles of animals Life stages Body parts Stereotypes
Year 2	<ul style="list-style-type: none"> Hopes and fears Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 	<ul style="list-style-type: none"> Assumptions and stereotypes Standing up for yourself Making new friends Gender diversity Celebrating differences 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success 	<ul style="list-style-type: none"> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food 	<ul style="list-style-type: none"> Different types of family Friendship and conflict Secrets Trust and appreciation Expressing appreciation to someone 	<ul style="list-style-type: none"> Life cycles in nature Growing old Changes from birth to now What makes me smile? What makes me laugh?
Year 3	<ul style="list-style-type: none"> Setting personal goals Self-identity Positivity Rules, rights and responsibilities Rewards and consequences Seeing things from others' perspectives 	<ul style="list-style-type: none"> Families and their differences Family conflict Witnessing bullying Recognising how words can be hurtful Giving and receiving compliments 	<ul style="list-style-type: none"> Difficult challenges Dreams and ambitions New challenges Motivation and enthusiasm Overcoming obstacles Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Exercise Fitness challenge Food labelling Attitudes towards drugs Keeping safe online and offline Respect Healthy and safe choices 	<ul style="list-style-type: none"> Family roles and responsibilities Friendships and negotiation Getting help online Being a global citizen Being aware of how choices affect others. Awareness of difference Expressing appreciation for friends and family 	<ul style="list-style-type: none"> What do babies and children need to survive? Changes from birth to now Appearance changes (child to adult) Future aspirations



Year 4	<ul style="list-style-type: none"> • Being part of a class or team • Being a school citizen • Rights, responsibilities and democracy • Rewards and consequences • Group decision making • Having a voice • Motivation 	<ul style="list-style-type: none"> • Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • First impressions 	<ul style="list-style-type: none"> • Hopes and dreams • Overcoming disappointment • Creating dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitude 	<ul style="list-style-type: none"> • Healthier friendships • Group dynamics • Smoking • Alcohol • Assertiveness • Peer pressure • Celebrating inner strength 	<ul style="list-style-type: none"> • Jealousy • Love and loss • Memories of loved ones • Getting on and falling out • Showing appreciations to people and animals 	<ul style="list-style-type: none"> • Understanding emotions of change • Changes can be beyond our control. • Changes in friendships • Changes in families • Future aspirations
Year 5	<ul style="list-style-type: none"> • Planning ahead • Being a citizen • Rights and responsibilities • Rewards and consequences • Democracy • How behaviour affects a group 	<ul style="list-style-type: none"> • Cultural differences causing conflict • Racism • Rumours • Types of bullying • Material wealth • Enjoying and respecting cultures 	<ul style="list-style-type: none"> • Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Motivation 	<ul style="list-style-type: none"> • Smoking • Alcohol • Anti-social behaviour • Emergency aid • Body image • Healthy choices • Motivation and behaviour 	<ul style="list-style-type: none"> • Self-recognition and self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming • Reducing screen time • SMART internet safety rules 	<ul style="list-style-type: none"> • Self-esteem • Puberty • Self-care • Appropriate and inappropriate touch
Year 6	<ul style="list-style-type: none"> • Identifying goals for the year • Global citizenship • Children's universal rights • Feeling welcome and valued • Choices • Group dynamics • Anti-social behaviour 	<ul style="list-style-type: none"> • Perceptions of normality • Understanding disability • Power struggles • Understanding bullying • Inclusion/ exclusion • Differences as celebration • Empathy 	<ul style="list-style-type: none"> • Personal learning goals in and out of school • Success criteria • Emotions in success • Making a difference in the world • Motivation • Recognising achievements • Compliments 	<ul style="list-style-type: none"> • Taking personal responsibility • How substances affect the body • Exploitation • Emotional and mental health • Managing stress 	<ul style="list-style-type: none"> • Mental health • Love and loss • Managing feelings • Power and control • Assertiveness • Technology safety • Take responsibility with technology use 	<ul style="list-style-type: none"> • Peer pressure • Healthy bodies • Secondary school transition • Fears and anxieties