

	Autumn Relationships	Spring Living in the Wider World	Summer Healthy Bodies, Healthy minds
EYFS	- Understand and follow simple rules - Right and wrong - Sharing and taking turns - Fair or unfair? - Respecting the views of others - Showing how I feel - Kindness (school value) - When I feel sad.... - The ways families should care for each other - What is a secret or surprise? - How can I touch people safely? - RESPECT (School Value)	- Friendship (school value) - What is fairness? - What is money? - What is the same and different about me and my friends? - What do I need? - Working together - Our wonderful world - How can we look after our school? - Listening to others - Independence (School value)	- Determination (school value) - Making good/bad choices - Healthy and unhealthy food - What is exercise? - Dressing/undressing myself - Looking after myself - Growing older-what can I do now? - Stranger danger - Enthusiasm (School value)
Year 1	- RESPECT (School Value) R8 - Special people in our lives R9 - Feeling loved and cared for R9 - Recognising how people are feeling R1 - What kind and unkind behaviour mean inside and outside school and how it makes people feel. R2 - What makes a family? (love, trust, support) R4 - What does it mean to keep a secret? R3 - Who can I tell if I am worried about something in my family? R5 - Different types of touch (pokes, strokes, hugs, pulls) R10 - Bullying- Bodies and feelings can hurt R11 - Taking turns and showing kindness R6/R7 - Kindness (school value)	- Friendship (school value) - Rules for different situations (Home and school) L1/L2 - Similarities between us (physical and likes/dislikes) L9 - Different groups and communities L4 - Different people, different needs L8 - People who work in our community L10 - What to do in an emergency L10 - All things need looking after in different ways L3 - Looking after our world. L5 - Recycling L5 - Saving energy around the school. L5 - Where does money come from? L6/L7 - Keeping money safe. L6/L7 - Independence (School value)	- Determination (School value) - What I like and dislike H2 - Different kinds of feelings (good and bad) H4 - What does it mean to be healthy H1 - What can I do to keep healthy every day? H1 - Germs and the importance of handwashing H6/H7 - Why is exercise important? (mental and physical) H3 - People who look after me/keep me safe H13/14/15 - Safety in our home H11 - Personal safety (stranger danger) H12 - Managing uncomfortable feelings-feeling proud and jealous - Enthusiasm (School value)

Year 2	1. RESPECT needs of others and ourselves (School Value) R8 L3 2. Recognising how other people are feeling and how to respond R1 3. What is fair/unfair? Recognising when behaviour is not ok R2 4. What is a relationship? R3 5. What makes a family? Different types of families R2/R3 6. How to be a good friend? Why are friendships important? R6/R7 7. Managing feelings-worry and anger 8. Understanding how my actions affect others. R7 9. Importance of not keeping secrets that make you feel uncomfortable.(Permission seeking and giving) R3 10. Appropriate and inappropriate touch (cuddles, kisses, strokes, pokes, pulls) R10 PANTS RULE NSPCC 11. Bullying (Anti-bullying day) R13/R14 12. Bodies and feelings can be hurt (what makes them comfortable and uncomfortable) R11 13. Kindness (School value)	1. Friendship (school value) 2. The purpose of rules and adhering to them (L1/L2) 3. Communities I am part of L4 4. Respecting the local environment.L5 5. Pollution L5 6. Different forms of money i.e. coins/notes/debit/credit card L6/L7 7. Can money buy everything? L6/L7 8. Needs and wants L12 9. How do people get money? 10. The ways in which people can access information i.e. internet/phones/tablets/computers 11. Recognising that some information on the internet is factual and some is for entertainment L8/L9 12. Independence (school value)	1. Determination (School value) 2. Good and not so good feelings H4 3. What constitutes a healthy lifestyle? (sleep, physical activity, rest, eating) H1 4. Making healthy choices H2 5. Recognising what I am good at H3 6. Differences between us (including Male and female body parts) H10 7. Personal hygiene- why is it important? H6/H7 8. How do our needs change as we grow up? H8/H9 9. Safety with medicines/Household products H11 10. Sun safety H8 11. Situations where you keep/do not keep things private H16 12. What does change feel like? H5 13. Why do I feel this way? (emotions humans experience in relation to different situations) H5 14. Enthusiasm (School value)
Year 3	1. RESPECT (School Value) 2. What makes a positive, healthy relationship? R2/R4 3. Characteristics of healthy family life (commitment, protection, care, time R8 4. Why are families important? R6 5. Body and facial language to show feelings. R1 6. How to respond to unacceptable contact. (PANTS rule) R8 7. Recognise what a 'dare' is and its impact. R15	1. Friendship (school value) 2. Why do we need rules? What happens when they are broken? L2 3. What are human rights and how they protect people? L3/L4 4. Identify basic human rights for children L3/4 5. What is anti-social behaviour? L6 6. Responsibilities and rights (home, school, and environment) L7 7. What are Earth's resources used for i.e. (electricity, heating, food, paper, fuel etc) L15 8. How can the internet and social media be used positively and negatively? L11	1. Determination (School value) 2. What makes a balanced lifestyle? H1 3. Balanced diet (plant and animal) H2 4. Dental hygiene H3 5. Simple self-care techniques (rest, time with family, hobbies and interests) H16 6. Characteristics and benefits of an active lifestyle, H7 7. Mental wellbeing is important H15 8. How to manage and respond to feelings appropriately and proportionately H20/21 9. Managing uncomfortable feelings- loneliness and isolation H6/H7

	8. What sort of boundaries are appropriate with peers and others (including online). R21 R8 9. Occasions when you might/might not seek/give permission (different contexts) R26 10. Solving disputes and conflict amongst peers. R10/R12/L8 11. What is marriage and do people have to marry? R3/R5 12. What is meant by a stereotype? R16 13. Standing up for myself H21/ R20 14. Kindness (School Value)	9. How to assess the reliability of sources of information (on and offline) L12 10. What do I need money for? L18 11. What influences people's decisions when spending money? L18 12. saving and budgeting L18 13. Independence (school value)	10. The importance of sleep H4 11. Change (including transitions) and feelings associated with it H8 12. What is a risk, danger and hazard H9 13. Fire Safety & What do to in an emergency H10 14. Enthusiasm (School Value)
Year 4	1. RESPECT (School Value) 2. Different kinds of relationships (friendship, family, romantic, online) R1 3. Marriage and civil partnerships R3 4. Hiding or showing feelings H17/H19 5. How do people choose and make friends? R10 6. The conventions of courtesy and Manners R33 7. Ups and downs in friendship including practical steps to improve friendships R16 8. Communicating respectfully when online R30 9. Knowing someone online v knowing someone offline (face to face) R12 10. How do I recognise who to trust or not trust? R18 11. Responding safely and appropriately to adults that you may not know on and offline R24 12. Challenging stereotypes 13. Discrimination. What it means and how to challenge it R21 14. Kindness (school value)	1. Friendship (school value) 2. What are the benefits of living in a community? L8 3. Different faiths and religions /celebrating diversity L8 4. Why do children need human rights? L2 5. Anti-social behaviour and how it affects people. 6. Climate change and its effect on the world. L5 7. How is data/information shared and used online? L13 8. Leaving a digital footprint L13/L14 9. How to keep track of money L21 10. Spending decisions based on priorities, needs and wants L20 11. What is charity L20 12. Independence (school value)	1. Determination (School value) 2. Growing up/change (age appropriate) 3. Scale of emotions H6/H7/H17 4. Self- worth/self respect H5 5. Does the media portray reality? (ie Photoshop, airbrushing etc) H4 6. The benefits of rationing time online H13 7. Why are some social media/games age restricted? H37 L23 8. Managing uncomfortable feelings- guilt and shame 9. Situations that make affect our health 10. Recognising when someone is ill. Early physical signs and what to do H5 11. Water Safety and swimming H41 12. What constitutes a healthy diet (including understanding calories & nutritional content) H1/H6 13. Menu planning healthy meal H6 Enthusiasm (school value)
Year 5	1. RESPECT (School Value) 2. What makes a good relationship? R11 3. Put downs and boost ups R14 R17	1. Friendship (School Value) 2. What is happening in our world today? Look at current news (age relevant) 3. Democracy L2	1. Determination (school value) 2. Male and female changes (puberty) H31 3. Managing uncomfortable feelings (confusion/embarrassment) H31

	- Why have my friendships changed and benefits of having new friends? R16 - Recognising when a relationship is unhealthy R18 - Peer influence and how it can make people behave R15 - Strategies to manage peer approval i.e. exit strategies, assertive communication R15 - How to recognise and report feelings of feeling unsafe or feeling bad about any adult. R4 R9 - Practical steps to improve or support respectful relationships R33 R34 - How to ask for, give and not give permission for physical contact R22 R26 - Different types of discrimination i.e. sexism, ageism, racism, homophobia R21 - Online abuse, trolling, bullying and harassment and its impact R20 - Kindness (School Value)	- How to go about changing rules and laws (school council, MP, petitions) L2 - Plastic pollution - How anti-social behaviour can affect people and society. - Fact, opinion or biased information online L12 - Fake news L12 - Careers for the future L28/L31 - The importance of ambition and drive L30 - College, university, apprenticeships (routes into work) L32 - Independence (school value)	- Personal identity (including gender identity) H26 - How common is mental ill health? H21 - Where and how to seek support about mental health H14 - How images in the media can distort reality L16 - Ranked, targeted and selected information online L14 - Balanced diet-benefits and problems occurring with unhealthy eating and inactivity (including obesity) H6 - How to get a restful sleep H8 - Taking responsibility for your own safety - Positive risk taking V dangerous behaviours - Vaccinations and immunisations H12 - Enthusiasm (school value)
Year 6	- RESPECT (School Value) - What it means to be attracted to someone (romantically, emotionally, sexually) R2 - Skills to maintain a healthy, positive relationship R2/R4 - Marriage/civil partnership- Is it forever R5/R19 - Divorce/separation - Recognising when a relationship is unhealthy R3 - Addressing negative behaviours/being assertive R10 - Listening to other points of view R17 - Confidentiality and when you should break it. R9 - What consent means (different contexts) R8 - How to report concerns or abuse and the vocabulary and confidence needed to do so - Kindness (School Value)	- Friendship (school value) - Prejudice and the difference between prejudice and discrimination L10 - Tolerance of others when they are different from them (physically, in personality or background) L4 L8 - How views can be influenced by the media (advertising, reviews, gossip, reality tv) L16 - Sharing things online-rules and laws concerning this L13/15 - Diffusing conflict/respecting different points of view - How to challenge/respond to anti-social behaviour L6 - The consequences of crime L6 - Rich and poor nations - Risks associated with money (debt, fraud, gambling) L22 - Enterprise-what does it mean? L16 - Independence (School Value)	- Determination (school value) - What is love? - Where do babies come from? (SEX ED) - Managing uncomfortable feelings-stress and anxiety SATS - Relaxation techniques - Basic first aid (head injuries and common injuries i.e. bites and stings) Red Cross - Basic first aid-choking - Basic first aid-asthma - Making an efficient 999 call - Drugs-legal and illegal - Smoking and vaping risks - Alcohol and its limits - Moving on/transition-strategies to help - Enthusiasm (school value)

Whole School Focus/ Diary events	Rewards and consequences, School rules Setting up School Councils/Eco etc Harvest Black History Month One World Week.	Anti-Bullying Week Bonfire Night Sustainable Development Day International Children's Day Remembrance Road safety week. Children in Need Diwali Human Rights Day Christmas	Epiphany Unicef Day of Change Walk to School Week Recycling Week Holocaust Memorial Day Martin Luther Day Chinese New Year	International Women's Day Mother's Day Red Nose Day Fairtrade Fortnight Go Green Week World Book Day Easter	Father's Day Family Week National Children's Day Disability Awareness Day Fruit Tuck shop	Refugee Week World Environment Day Summer Fair International Week My Money Week Ramadan
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