

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Develop appropriate ways of being assertive. Talk with others to solve conflicts. Develop their sense of responsibility and membership of a community.	What are we responsible for?	Rights and Responsibilities - What are they?	Rights and Responsibilities and working in collaboration (How)	Rights and responsibilities - the need to follow these. (Why)	Being part of a team. School and the community - different people and their roles. What democracy is.	Rights and Responsibilities and working in collaboration with school, community and the country. Democracy and its benefit to the school.	United Nations of the Rights of the Child. Democracy and its benefit to the school.
		Good and bad choices.	Choices and consequences.	Responsibility of their choices made.	New challenges and how to face them with positivity.	Attitudes and actions and their effects.	Own behavior and its impact on a group and its choices, rewards and consequences.	Their choices and actions and how they can have far reaching affects locally and globally.
	Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Understand gradually how others might be feeling. Bring these ideas into pretend play.	Encourage children to express their feelings if they feel hurt or upset using descriptive vocabulary.	special Own safety	Hopes and fears for the year -Feeling worried and what to do if I need help. Safety of their classroom.	Self worth and identify positive things.	Other people's feelings.	New goals for the year and challenges they may face	Fears and challenges to the future - set goals.

Celebrating difference	Make connections between the features of their family and other families.	What am I good at? Learning that everyone is different Being different is special	Similarities and differences between people and what makes us unique and special	Recognising different gender stereotypes - that is ok!	Learn that families are different	Consider the concept of judging people by appearances and first impressions	Culture and cultural differences - racism. Feelings of people from different cultures	Differences and similarities and that, for some people, difference is difficult.
	Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, religion and so on.	Friendship and how to be kind friend	Bullying - what it is and isn't. Who might be bullied?	Feeling associated with bullying and where to get help.	Being a witness to bullying.	Pressures of being a witness - to tell or not to	Direct and indirect bullying and ways to encourage children not to use bullying behavior	How people can have power over people in a group setting.
Dreams and Goals	Select and use activities and resources, with help when needed. This helps to achieve a goal they have chosen, or one which is suggested to them.	Challenges and facing up to them	Setting simple goals and how to achieve them and overcoming difficulties	Setting realistic goals and perseverance	How do people overcome challenges	How it feels when dreams don't come true and how to cope	How they might need money to achieve their goals - some jobs pay more money than others	Strengths - and staying motivated when things get tricky

Healthy Me	<p>Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <p>Make healthy choices about food, drink, activity and toothbrushing.</p>	Understanding things they have to do to keep healthy	Know the difference between healthy and unhealthy	Know what their body needs to stay healthy	Exercise and the effects on the body	How does being healthy or unhealthy influence our minds	Peoples relationships with food - eating disorders	Own physical health, mental health and emotional health.
	Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.	Stranger danger	Road safety	What drugs are taken to make you feel better as well as other drugs	Smoking and alcohol and its effects and why people might do this	Smoking and alcohol and the risks	Risks associated with smoking and how it affects the lungs, liver and heart	Different drugs and their effects
Relationships	Develop their sense of responsibility and membership of a community.	Families and different roles people can have in their family	Learn about people in the school community as well as family	Family relationships - roles and responsibilities. Co-operation, appreciation and trust.	Different expectations and roles within the family home. Learn about stereotypes - families should build on trust, respect, appreciation and cooperation.	Emotional aspects of relationships and friendships. Jealousy and loss/bereavement. Coping with these changes.	Self esteem and how this can be boosted.	How to look after their own mental-health and wellbeing. Grief cycle and its stages.

	<p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Show more confidence in new social situations.</p> <p>Play with one or more children, extending and elaborating play ideas.</p>	<p>What makes a good friend in friendships they have made</p>	<p>Chn learn about their own attributes in a good friend - learn that touch can be used in kind and unkind words.</p>	<p>Mending friendships and understanding the importance of trust. Secrets - ones to be kept and ones to be shared</p>	<p>Negotiating conflict - and understanding there can be a win-win situation. Online relationships - rules of safety online</p> <p>Learn that we are part of a global community. Wants and needs of other children who are less fortunate than ourselves.</p>	<p>Skills of negotiating are revisited but they also learn that relationships can end if they cause negative emotions and/or feel unsafe.</p>	<p>Rights and responsibilities to being online - grooming Positive and negative impacts to being online.</p>	<p>Learn about people who could control them and have power over them. Online safety - is something helpful? Communicating with everyone in a safe and positive way.</p>
Changing Me		<p>Know that we grow from baby to adult - learn about body changes.</p>	<p>Life cycles e.g frog and compare this to a human life cycle. Simple changes from baby to toddler e.g taller, walking. How have they changed?</p>	<p>Life changes that occur from baby to old age (not puberty). How independence, freedoms and responsibilities change.</p>	<p>What babies need to grow and develop including parenting. Puberty is introduced - outside and inside changes in males and females. Bodies are getting</p>	<p>Puberty is recapped and menstruation is taught - sanitary products and personal hygiene is taught. Conception and sexual intercourse is</p>	<p>Bodily changes in males and females. Hormones in males and females and erections and wet dreams.</p> <p>The development of the foetus.</p>	<p>Reflection on puberty and the body's changes and the emotions and feelings. Childbirth and the stages of development in a baby.</p>

	Show more confidence in new social situations.	Know the names and functions of some parts of the body.	Correct body parts and their terminology. -No one has the right to hurt these body party	Re taught the correct body parts and their terminology. -No one has the right to hurt these body parts and they learn about inappropriate touch and assertiveness.	ready for making a baby.	discussed. Ovum and sperm carry genetics.	Discussion on other ways to conceive.	
		Know who to talk to if they are feeling worried. Know that sharing how they feel can help solve a worry. Know that remembering happy times can help us move on.	Happy and sad feelings and how to manage these feelings.	Practice a range of strategies to manage feelings and emotions. Where they can get help if worried or frightened.	How they feel about growing up and opportunities for reassurance if they are worried.	Feelings we get with change and how to manage these.	Why do people choose to be in a romantic relationship and choose to have a baby. Freedom, rights and responsibilities increase.	Different relationships and the importance of mutual respect and not being pressured. Transition to secondary school.
							Self esteem, self image and body image and reflections on social media.	Self esteem/ image and body image and how to improve these. Concerns

