

	<p style="text-align: center;"><b>Autumn</b></p>	<p style="text-align: center;"><b>Spring</b></p>	<p style="text-align: center;"><b>Summer</b></p>
<p>EYFS</p>	<p><b>Aut 1 – New Beginnings</b></p> <ul style="list-style-type: none"> <li>- Belonging: <i>I know I belong to my class/group</i></li> <li>- Self-awareness: <i>I can tell you something special about me</i></li> <li>- Understanding my feelings: <i>I can tell if I am happy, sad, angry or scared</i></li> <li>- Understanding the feelings of others: <i>I know that everybody in the world has feelings</i></li> <li>- Social Skills: <i>I can share in a group</i></li> <li>- Understanding rights and responsibilities: <i>I know what to do in my classroom/setting</i></li> </ul> <p><b>Aut 2 – Getting on and Falling Out (say no to bullying)</b></p> <ul style="list-style-type: none"> <li>- Friendship: <i>I can play with other children</i></li> <li>- Working together <i>I can work in a group with other children</i></li> <li>- Managing feelings <i>anger I can express my feelings when I am angry</i></li> <li>- Resolving conflict: <i>I can make-up when I have fallen out with a friend</i></li> <li>- Understanding my feelings: <i>I can tell when I am feeling angry</i></li> </ul>	<p><b>Going for Goals</b></p> <ul style="list-style-type: none"> <li>- Knowing myself : <i>I know that I can do more things now than I older when I was younger</i></li> <li>- Setting a realistic goal: <i>I can tell you what I want to achieve and how I am going to do so</i></li> <li>- Planning to reach a goal: <i>I can say what I am going to do next</i></li> <li>- Persistence: <i>I can focus my attention and start a task</i></li> <li>- Evaluation and review : <i>I can tell you what I have done and the things that worked well</i></li> </ul> <p><b>It's Good to be Me!</b></p> <ul style="list-style-type: none"> <li>- Knowing myself : <i>I can tell you the things I like doing and the things I don't like doing</i></li> <li>- Setting a realistic goal: <i>I can tell when I am feeling excited</i></li> <li>- Managing my feelings: <i>I can stay still and quiet for a short time</i></li> <li>- Standing up for myself: <i>I can stand up for my own needs and rights without hurting others</i></li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- Understanding my feelings: <i>I can show someone when I am feeling sad, angry or happy.</i></li> <li>- Managing my feelings: <i>I can talk about how I can feel better when I am feeling sad or am missing someone.</i></li> <li>- Understanding the feelings of others: <i>I can tell if someone is happy, sad or angry.</i></li> <li>- Making choices: <i>I can tell you what is fair and unfair.</i></li> </ul> <p><b>Changes/Transition</b></p> <ul style="list-style-type: none"> <li>- Knowing myself: <i>I can tell you what I can do now that I couldn't do when I started school/nursery.</i></li> <li>- Understanding my feelings: <i>I can remember feelings I have had, and why I felt like that.</i></li> <li>- Understanding the feelings of others: <i>I know that sometimes when people are not very nice to me it is because they don't feel very good inside.</i></li> <li>- Making choices: <i>I can tell you what I did with my class/group to make the outdoor area/classroom/setting better.</i></li> </ul>
<p>Year 1</p>	<p><b>Keeping/Staying safe: Road Safety</b></p> <ul style="list-style-type: none"> <li>- Understand why it is important to stay safe when crossing the road</li> <li>- Be able to recognise a range of safe places to cross the road</li> <li>- Understand the differences between safe and risky choices</li> <li>- Know different ways to help stay safe</li> </ul> <p><b>Keeping/Staying healthy: Healthy eating</b></p> <ul style="list-style-type: none"> <li>- Know that food is needed for our bodies to be healthy and to grow</li> <li>- Understand that some foods are better for good health than others</li> <li>- Be able to list different types of healthy food</li> <li>- Understand how to keep yourself and others healthy</li> <li>- Know the differences between healthy and unhealthy choices</li> </ul> <p><b>Relationships: Bullying</b></p> <ul style="list-style-type: none"> <li>- Be able to name a range of feelings</li> <li>- Understand why we should care about others feelings</li> <li>- Be able to see and understand bullying behaviours</li> <li>- Know how to cope with these bullying behaviours</li> </ul>	<p><b>Relationships: Friendship</b></p> <ul style="list-style-type: none"> <li>- Understand how to be a good friend</li> <li>- Be able to recognise kind and thoughtful behaviours</li> <li>- Understand the importance of caring about other's feelings</li> <li>- Be able to see a situation from another person's point of view</li> </ul> <p><b>Feelings and emotions: Jealousy</b></p> <ul style="list-style-type: none"> <li>- Be able to recognise and name emotions and their physical effects</li> <li>- Know the difference between pleasant and unpleasant emotions</li> <li>- Learn a range of skills for coping with unpleasant /uncomfortable emotions</li> <li>- Understand that feelings can be communicated with and without words</li> </ul>	<p><b>Being responsible: Practice makes perfect</b></p> <ul style="list-style-type: none"> <li>- Be able to name ways you can improve in an activity or sport</li> <li>- Understand the importance of trying hard and not giving up</li> <li>- Be able to see the benefits of practising an activity or sport</li> <li>- Be able to learn ways to set goals and work to reach them.</li> </ul> <p><b>Hazard Watch: Is it safe to play with?</b></p> <ul style="list-style-type: none"> <li>- Know what items are safe to play with and what items are unsafe to play with</li> <li>- Be able to name potential dangers in different environments</li> <li>- Be able to name dangers that can affect others, for example younger siblings</li> </ul>
<p>Year 2</p>	<p><b>Keeping/Staying safe: Tying shoelaces</b></p> <ul style="list-style-type: none"> <li>- Know the reasons to make sure laces are tied</li> <li>- Learn how to tie up laces properly</li> <li>- Know rules to keep ourselves and others safe</li> <li>- Understand the differences between safe and risky choices</li> </ul> <p><b>Keeping/Staying healthy: Washing hands</b></p> <ul style="list-style-type: none"> <li>- Understand why we need to wash our hands</li> <li>- Know how germs are spread and how they can affect our health</li> <li>- Be able to practise washing your hands</li> <li>- Know the differences between healthy and unhealthy choices</li> </ul> <p><b>Keeping/Staying healthy: Brushing teeth</b></p> <ul style="list-style-type: none"> <li>- Understand why we need to brush our teeth</li> <li>- Be able to practise brushing your teeth</li> <li>- Know the differences between healthy and unhealthy choices</li> <li>- Be able to develop strategies to help you remember to brush your teeth when you forget, are tired or busy.</li> </ul>	<p><b>Relationships: Body language</b></p> <ul style="list-style-type: none"> <li>- Be able to recognise and name a range of feelings</li> <li>- Understand that feeling can be shown without words</li> <li>- Be able to see a situation from another person's point of view</li> <li>- Understand why it is important to care about other's feelings</li> </ul> <p><b>Feelings and emotions: Worry</b></p> <ul style="list-style-type: none"> <li>- Be able to recognise and name emotions and their physical effects</li> <li>- Know the differences between pleasant and unpleasant emotions</li> <li>- Learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>- Understand that feelings can be communicated with and without words</li> </ul>	<p><b>Feelings and emotions: Anger</b></p> <ul style="list-style-type: none"> <li>- Be able to recognise and name emotions and their physical effects</li> <li>- Know the differences between pleasant and unpleasant emotions</li> <li>- Learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>- Understand that feelings can be communicated with and without words</li> </ul> <p><b>Being responsible: Water spillage</b></p> <ul style="list-style-type: none"> <li>- Know how you can help people around you</li> <li>- Understand the types of things you are responsible for</li> <li>- Know how and understand the importance of preventing accidents</li> <li>- Be able to recognise the differences between being responsible and irresponsible</li> </ul> <p><b>Money matters: Money matters</b></p> <ul style="list-style-type: none"> <li>- Understand different ways we can receive money</li> <li>- Know how to keep money safe</li> </ul>

			<ul style="list-style-type: none"> <li>- Understand why we might need to save money</li> <li>- Be able to recognise the differences between safe and risky choices</li> </ul>
Year 3	<p><b>Keeping/Staying safe: Staying safe</b></p> <ul style="list-style-type: none"> <li>- Know ways to keep ourselves and others safe</li> <li>- Be able to recognise risky situations</li> <li>- Be able to identify trusted adults around us</li> <li>- Understand the differences between safe and risky choices</li> </ul> <p><b>Keeping/Staying safe: Leaning out of windows</b></p> <ul style="list-style-type: none"> <li>- Be able to recognise a range of warning signs</li> <li>- Be able to spot the dangers we may find at home</li> <li>- Know the importance of listening to our trusted adults</li> <li>- Be able to understand ways we can keep ourselves and others safe at home</li> <li>- Know the differences between safe and risky choices</li> </ul> <p><b>Keeping/Staying healthy: Medicine</b></p> <ul style="list-style-type: none"> <li>- Know, understand, and be able to practise simple safety rules about medicine</li> <li>- Understand when it is safe to take medicine</li> <li>- Know who we can accept medicine from</li> <li>- Understand the differences between healthy and unhealthy choices</li> </ul>	<p><b>Relationships: Touch</b></p> <ul style="list-style-type: none"> <li>- Understand the difference between appropriate and inappropriate touch</li> <li>- Know why it is important to care about other's feelings</li> <li>- Understand personal boundaries</li> <li>- Know who and how to ask for help</li> </ul> <p><b>Being responsible: Helping some in need</b></p> <ul style="list-style-type: none"> <li>- Know how you can help other people</li> <li>- Be able to recognise kind and thoughtful behaviours and actions</li> <li>- Understand the risks of talking to people you don't know very well in the community</li> <li>- Be able to identify the differences between being responsible and irresponsible</li> </ul> <p><b>Being responsible: Stealing</b></p> <ul style="list-style-type: none"> <li>- Understand the differences between borrowing and stealing</li> <li>- Be able to describe how you might feel if something of yours is borrowed and not returned</li> <li>- Know why it is wrong to steal</li> <li>- Be able to identify the differences between being responsible and irresponsible</li> </ul>	<p><b>Feelings and Emotions: Grief</b></p> <ul style="list-style-type: none"> <li>- Be able to recognise and name emotions and their physical effects</li> <li>- Know the differences between pleasant and unpleasant emotions</li> <li>- Learn a range of skills for coping with unpleasant /uncomfortable emotions</li> <li>- Understand that feelings can be communicated with and without words</li> </ul> <p><b>Hazard Watch : Is it safe to eat or drink?</b></p> <ul style="list-style-type: none"> <li>- Know which food and drink items are safe or unsafe</li> <li>- Be able to name potential dangers in different environments</li> <li>- Be able to name dangers that can affect others, for example younger siblings</li> </ul> <p><b>Fire Safety : Hoax calling / Petty Arson</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of being responsible and how our actions/choices can affect others</li> <li>- Know what a 'hoax call' is and why it can be risky</li> <li>- Understand why our emergency services are an important part of our community</li> <li>- Be able to identify the differences between safe and risky choices</li> <li>- Be able to practise simple ways of staying safe and finding help</li> <li>- Know that even small fires can be very dangerous</li> </ul>
Year 4	<p><b>Keeping/staying safe: cycle safety</b></p> <ul style="list-style-type: none"> <li>- Identify strategies we can use to keep ourselves and others safe</li> <li>- Recognise the impact and possible consequence of an accident or incident</li> <li>- Identify what is a risky choice</li> <li>- Create a set of rules for and identify ways of keeping safe</li> </ul> <p><b>A world without judgement: Breaking down barriers</b></p> <ul style="list-style-type: none"> <li>- Recognise positive attributes in others</li> <li>- Explain why being different is okay</li> <li>- Recognise your own strengths and goals, and understand that these may be different from those around you</li> <li>- Identify some of the ways we can overcome barriers and promote equality</li> </ul>	<p><b>Keeping/staying healthy: Healthy living</b></p> <ul style="list-style-type: none"> <li>- Explain what is meant by a balanced diet and plan a balanced meal</li> <li>- Recognise how too much sugar, salt and saturated fat in our food and drink can affect us now and when we are older</li> <li>- Understand nutritional information on packaged food and explain what it means</li> <li>- Describe different ways to maintain a healthy lifestyle</li> </ul> <p><b>Feelings and emotions: Jealousy</b></p> <ul style="list-style-type: none"> <li>- Recognise our thoughts, feelings and emotions, and identify the differences between those that feel good and those that don't</li> <li>- Describe how we can support others who feel lonely, jealous or upset</li> <li>- Recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and others</li> <li>- Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions such as loneliness and jealousy</li> </ul>	<p><b>Being responsible: Coming home on time</b></p> <ul style="list-style-type: none"> <li>- Recognise the importance of behaving in a responsible manner in a range of situations</li> <li>- Describe a range of situations where being on time is important</li> <li>- Explain the importance of having rules in the home</li> <li>- Describe ways that behaviour can be seen to be sensible and responsible</li> </ul> <p><b>The working world: Chores at home</b></p> <ul style="list-style-type: none"> <li>- Identify ways in which we can help those who look after us</li> <li>- Explain the positive impact of our actions</li> <li>- Describe the ways in which we can contribute to our home, school and community</li> <li>- Identify the skills we may need in our future job roles</li> </ul> <p><b>Growing and changing: Relationships</b></p> <ul style="list-style-type: none"> <li>- Identify the different types of relationships we can have and describe how these can change as we grow</li> <li>- Explain how our families support us and how we can support our families</li> <li>- Identify how relationships can be healthy and unhealthy</li> <li>- Explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable</li> </ul>
Year 5	<p><b>Keeping/staying safe: peer pressure</b></p> <ul style="list-style-type: none"> <li>- Identify strategies we can use to keep ourselves and others safe</li> <li>- Recognise ways to manage peer pressure</li> <li>- Explain the potential outcomes that may happen when we take risks</li> <li>- Recognise the impact and possible consequence of an accident or incident</li> </ul> <p><b>Keeping/staying healthy: Smoking</b></p> <ul style="list-style-type: none"> <li>- Explain some of the risks associated with smoking and name the addictive ingredient found in cigarettes and e-cigs</li> </ul>	<p><b>A world without judgement: inclusion and acceptance</b></p> <ul style="list-style-type: none"> <li>- Identify some of the ways in which we are different and unique</li> <li>- Explain some of the elements which help us to have a diverse community</li> <li>- Describe strategies to overcome barriers and promote diversity and inclusion</li> </ul> <p><b>Feelings and emotions: Anger</b></p> <ul style="list-style-type: none"> <li>- Recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant</li> </ul>	<p><b>Being responsible: Looking out for others</b></p> <ul style="list-style-type: none"> <li>- Recognise why we should take action when someone is being unkind</li> <li>- Describe caring and considerate behaviour, including the importance of looking out for others</li> <li>- Demonstrate why it is important to behave in an appropriate and responsible way</li> <li>- Identify how making some choices can impact others' lives in a negative way</li> </ul> <p><b>The working world: Enterprise</b></p>

	<ul style="list-style-type: none"> <li>- Describe how smoking can affect your immediate and future health and well being</li> <li>- Give reasons why someone might start and continue to smoke</li> <li>- Identify and use skills and strategies to resist any pressure to smoke</li> </ul>	<ul style="list-style-type: none"> <li>- Explain how feelings can be communicated with or without words</li> <li>- Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> <li>- Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger</li> </ul>	<ul style="list-style-type: none"> <li>- Understand and explain why people might want to save money</li> <li>- Identify ways in which you can help out at home</li> <li>- Budget for items you would like to buy</li> <li>- Recognise way to make money and the early stages of enterprise</li> </ul> <p><b>Growing and changing: Puberty</b></p> <ul style="list-style-type: none"> <li>- Explain what puberty means</li> <li>- Describe the changes that boys and girls make go through during puberty</li> <li>- Identify why our bodies go through puberty</li> <li>- Develop coping strategies to help with the different stages of puberty</li> <li>- Identify who and what can help us during puberty</li> </ul>
Year 6	<p><b>Keeping/staying safe: water safety</b></p> <ul style="list-style-type: none"> <li>- Identify a range of danger signs</li> <li>- Develop and name strategies that can help keep ourselves and others safe</li> <li>- Recognise the impact and possible consequence of an accident or incident</li> </ul> <p><b>Keeping/staying healthy: alcohol</b></p> <ul style="list-style-type: none"> <li>- Identify what is a risky choice</li> <li>- Identify the risks associated with alcohol</li> <li>- Describe how alcohol can affect your immediate and future health</li> <li>- Develop and recognise skills and strategies to keep safe</li> </ul>	<p><b>A world without judgement: British Values</b></p> <ul style="list-style-type: none"> <li>- Understand that there are a wide range of religions and beliefs in the UK</li> <li>- Explain each of the British Values: Democracy, The rule of law, Individual liberty, Mutual respect, Tolerance of those with different faiths and beliefs</li> <li>- Recognise that everybody is entitled to live the life that they choose, as long as they are not harming anyone</li> <li>- Explain why people can have different opinions and recognise how our judgements and opinions can affect others</li> </ul> <p><b>Feelings and emotions: Worry</b></p> <ul style="list-style-type: none"> <li>- Recognise our thoughts, feelings and emotions</li> <li>- Identify how we can reduce our feeling of worry</li> <li>- Explain how we can support others who feel worried</li> <li>- Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and others</li> </ul>	<p><b>Being responsible: Stealing</b></p> <ul style="list-style-type: none"> <li>- Explain what consent means</li> <li>- Recognise the importance of being honest and not stealing</li> <li>- Explain why it is important to have a trusting relationship between friends and family</li> <li>- Identify how making some choices can impact others' lives in a negative way</li> </ul> <p><b>The working world: In app purchases</b></p> <ul style="list-style-type: none"> <li>- Know and understand various money-related terms</li> <li>- Recognise some of the ways in which we can spend money via technology</li> <li>- Describe the potential impact of spending money without permission</li> <li>- Identify strategies to save money</li> </ul> <p><b>Growing and changing: Conception</b></p> <ul style="list-style-type: none"> <li>- Explain the terms 'conception' and 'reproduction'</li> <li>- Describe the function of the female and male reproductive systems</li> <li>- Identify the various ways adults can have a child</li> <li>- Explain various different stages of pregnancy</li> <li>- Identify the laws around consent</li> </ul>