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| Age Group | Being Me In My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| Reception | Self-identity Understanding feelings and deign to regulate behavior accordingly  Being in a classroom  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 and 2  A | 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 between male and female bodies and understanding bodies belong to them.  Assertiveness  Preparing for transition |
| Year 1 and 2  B | 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 male and female bodies and understanding bodies belong to them.  Linking growing and learning  Coping with change Transition |
| Age Group | Being Me In My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| Year 3 and 4  A | 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  Outside body changes Inside body changes  Confidence in change Accepting change Preparing for transition Environmental change |
| Year 3 and 4  B | 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-centered)  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  Differences in female and male bodies (correct terminology)  Family stereotypes Challenging my ideas Preparing for transition |

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| Age Group | Being Me In My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| Year 5 and 6  B | 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 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  Age appropriate puberty (including menstration)  Having a baby  Coping with change Preparing for transition |
| Year 5 and 6  A | 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 behavior  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  Conception (including IVF)  Growing responsibility |