

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS - Reception	<p>My Feelings / Democracy</p> <p>Children will learn to understand their feelings and how to communicate how they are feeling.</p>	<p>Special Relationships</p> <p>Understand why families are valuable and begin to notice similarities and differences within diverse families.</p>	<p>Self Care</p> <p>Understand the importance of rules and understand what perseverance means when facing a challenge – children will learn what resilience means.</p>	<p>Following Instructions</p> <p>Children will learn what it means to be honest and be able to respond to instructions.</p>	<p>Family and Friends</p> <p>Children will understand how we all have different beliefs and celebrations, we will know how to be a good friend and how to listen to one another.</p>	<p>My Wellbeing</p> <p>Children will learn how to look after their wellbeing with exercise, meditation or a balanced diet – children will learn to care for themselves.</p>
Year 1	<p>Family and Relationships</p> <p>Children will explore how families can be different, they will understand the impact of positive relationships and how to solve problems within relationships. Children will also develop an understanding of what stereotyping is and how to avoid it.</p>	<p>Health and Wellbeing</p> <p>Children will explore personal qualities and how to manage their own feelings and emotions. Children will understand the impact and importance of a good nights sleep and what it means to relax. Children will also look at allergic reactions and how to protect ourselves in the sun.</p>	<p>Safety and the Changing Body</p> <p>Children will learn how to respond to adults in different scenarios; distinguishing between appropriate and inappropriate physical contact. Understanding what to do if lost and how to make an emergency phone call. Children will also be able to identify hazards in the home and how to avoid or prevent hazards from happening.</p>	<p>Citizenship</p> <p>Children will learn about the importance of rules and consequences of not following them. Children will understand how needs for babies are different. Children will also explore similarities and differences.</p>	<p>Economic Wellbeing</p> <p>Children will be learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of jobs roles in schools</p>	<p>Transition</p>
Year 2	<p>Family and Relationships</p> <p>Children will learn that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-</p>	<p>Health and Wellbeing</p> <p>Children will learn about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene</p>	<p>Safety and the Changing Body</p> <p>Children will learn develop an understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy</p>	<p>Citizenship</p> <p>Children will develop an awareness of society and show ways they can care for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.</p>	<p>Economic Wellbeing</p> <p>Children will learn where money comes from, how to look after money, how we use money and looking at careers and jobs.</p>	<p>Transition</p>

	respect.					
Year 3	<p>Family and Relationships Children will learn how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p>	<p>Health and Wellbeing Children will understand what healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.</p>	<p>Safety and the Changing Body Children will learn how to call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.</p>	<p>Citizenship Children will learn about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.</p>	<p>Economic Wellbeing An introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and stereotypes.</p>	Transition
Year 4	<p>Family and Relationships Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.</p>	<p>Health and Wellbeing Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.</p>	<p>Safety and the Changing Body Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.</p>	<p>Citizenship Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p>	<p>Economic Wellbeing Exploring: choices associated with spending, what makes something good value for money, stereotypes in the workplace, career aspirations and what influences career choices.</p>	Transition
Year 5	<p>Family and Relationships Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a</p>	<p>Health and Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the</p>	<p>Safety and the Changing Body Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential</p>	<p>Citizenship An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on</p>	<p>Economic Wellbeing Developing understanding about income and expenditure, borrowing, risks with money, career choices, finance and feelings, stereotypes in</p>	Transition

	friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	importance of rest and relaxation.	dangers and how to administer first aid to someone who is bleeding.	the planet and contributing to the community.	the workplace.	
Year 6	Family and Relationships Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Health and Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Safety and the Changing Body Learning about: the reliability of online information, the changes experienced during puberty, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Citizenship Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Economic Wellbeing Exploring: attitudes to money, how to keep money safe, banks and organisations, the risks of gambling, career paths and the variety of different jobs available.	My Identity Two lessons on the theme of personal identity and body image - helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.