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|  | **2023 - 2024** | | | | | | | |
| **Autumn** | | **Spring** | | | **Summer** | | |
|  | **8** | **8** | | **5** | **5** | | **7** | **7** |
|  | **Being Me in My World** | **Celebrating Difference** | | **Dreams and Goals** | **Healthy Me** | | **Relationships** | **Changing Me** |
| **EYFS** | * Self-identity * Understanding feelings * Being in a classroom * Being gentle * 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** | * 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 female and male bodies (correct terminology) * Linking growing and learning * Coping with change Transition |
| **Year 2** | * 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 in female and male bodies (correct terminology) * Assertiveness Preparing for transition |

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|  | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Year 3** | * 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-centred) * 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 * Outside body changes * Inside body changes * Family stereotypes * Challenging my ideas * Preparing for transition |
| **Year 4** | * 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 * Showing appreciation to people and animals | * Being unique * Girls and puberty * Confidence in change * Accepting change * Preparing for transition * Environmental change |

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|  | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Year 5** | * 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 * 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 * Puberty for girls * Puberty for boys * Conception (including IVF) * Growing responsibility * Coping with change * Preparing for transition |
| **Year 6** | * 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 behaviour * 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 |