****

|  |  |
| --- | --- |
|  | **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
 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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
 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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
 |