

Reception

### Celebrating Differences

Identifying Talents  
Being special  
Families  
Where we live  
Making friends  
standing up for yourself

### Healthy Me

Exercising Bodies  
Physical activity  
Healthy food  
Sleep  
Keeping clean  
Safety

### Changing Me

Bodies  
Respecting my  
body Growing up  
Growth and  
change Fun and  
fears Celebrations

Year 1

### Being Me in My World

Feeling special and safe  
Being part of a class  
Rights and responsibilities  
Rewards and feeling proud  
Consequences  
Owning the Learning Charter

Self Identity  
Understanding feelings  
Being in a classroom  
Being gentle  
Rights and responsibilities

### Being Me in My World

Challenges  
Perseverance  
Goal-setting  
Overcoming obstacles  
Seeking help  
Jobs  
Achieving goals

### Dreams and Goals

Family Life  
Friendships  
Breaking friendships  
Falling out  
Dealing with bullying  
Being a good friend

### Relationships

Similarities and differences  
understanding bullying and  
knowing how to deal with it  
Making new friends  
Celebrating the differences  
in everyone

### Celebrating Differences

### Dreams and Goals

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

Year 2

### Being Me in My World

Hopes and fears for the year  
Rights and responsibilities  
Rewards and consequences  
Safe and fair learning  
environment  
Valuing contributions Choices  
Recognising feelings

### Changing Me

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

### Relationships

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

Keeping myself healthy  
Healthier lifestyle choices  
Keeping clean, Being safe  
Medicine safety/safety with  
household items, Road safety  
Linking health and happiness

### Healthy Me

### Celebrating Differences

Assumptions and stereotypes about gender  
Understanding bullying  
Standing up for self and others  
Making new friends Gender diversity  
Celebrating difference and remaining  
friends

### Dreams and Goals

Achieving realistic goals  
Perseverance  
Learning strengths  
Learning with others  
Group co-operation  
Contributing to and sharing  
success

### Healthy Me

Motivation  
Healthier choices  
Relaxation  
Healthy eating and nutrition  
Healthier snacks and sharing  
food

### Changing Me

Life cycles in nature  
Growing from young to old  
Increasing independence  
Differences in female and male  
bodies (correct terminology)  
Assertiveness  
Preparing for transition

Different types of family  
Physical contact boundaries  
Friendship and conflict  
Secrets  
Trust and appreciation  
Expressing appreciation for  
special relationships

### Relationships

Year 3

### Celebrating Differences

- Setting personal goals
- Self-identity and worth
- Positivity in challenges
- Rules, rights and responsibilities
- Rewards and consequences
- Responsible choices
- Seeing things from others' perspectives

### Dreams and Goals

- 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

### Healthy Me

Exercise

- Fitness challenges
- Food labelling and healthy swaps
- Attitudes towards drugs
- Keeping safe and why it's important online and offline scenarios
- Respect for myself and others
- Healthy and safe choices

### Relationships

- 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

- Setting personal goals
- Self-identity and worth
- Positivity in challenges
- Rules, rights and responsibilities
- Rewards and consequences
- Responsible choices
- Seeing things from others' perspectives

### Celebrating Differences

- Judging by appearance
- Accepting self and others
- Understanding influences
- Understanding bullying
- Problem-solving
- Identifying how special and unique everyone is
- First Impressions

- 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 behavior

Year 4

### Being Me in My World

- How babies grow
- Understanding a baby's needs
- Outside body changes
- Inside body changes
- Family stereotypes
- Challenging my ideas
- Preparing for transition

### Changing Me

### Dreams and Goals

- Hopes and dreams
- Overcoming disappointment
- Creating new, realistic dreams
- Achieving goals
- Working in a group
- Celebrating contributions
- Resilience
- Positive attitudes

### Relationships

- Jealousy
- Love and loss
- Memories of loved ones
- Getting on and Falling Out
- Girlfriends and boyfriends
- Showing appreciation to people and Animals

### Changing Me

- Being unique
- Having a baby
- Girls and puberty
- Confidence in change
- Accepting change
- Preparing for transition
- Environmental change

- Healthier friendships
- Group dynamics
- Smoking
- Alcohol
- Assertiveness
- Peer pressure
- Celebrating inner strength

### Healthy Me

Year 5

### Being Me in My Worlds

- 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

### Celebrating Differences

- 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

### Celebrating Differences

- Perceptions of normality
- Understanding disability
- Power struggles
- Understanding bullying
- Inclusion/exclusion
- Differences as conflict, difference as celebration
- Empathy

### Being Me in My World

- Personal learning goals, in and out of school
- Success criteria
- Emotions in success
- Making a difference in the world
- Motivation
- Recognising achievements
- Compliments

### Dreams and Goals

Year 6

### Dreams and Goals

- Future dreams
- The importance of money
- Jobs and careers
- Dream job and how to get there
- Goals in different cultures
- Supporting others (charity)
- Motivation

### Changing Me

- Self-image 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

- Taking personal responsibility
- How substances affect the body
- Exploitation, including 'county lines' and gang culture
- Emotional and mental health
- Managing stress

### Healthy Me

- Smoking, including vaping
- Alcohol
- Alcohol and anti-social behaviour
- Emergency aid
- Body image
- Relationships with food
- Healthy choices
- Motivation and behavior

### Healthy Me

- 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
- SMARTT internet safety rules

### Relationships

### Relationships

- 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

### Changing Me

- Self-image
- Body image
- Puberty and feelings
- Conception to birth
- Reflections about change
- Physical attraction
- Respect and consent
- Boyfriends/girlfriends
- Sexting
- Transition