

Age group	Being me in my world	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me
Reception	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 Achieving and setting goals Overcoming obstacles Seeking help Jobs	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	Assumptions and stereotypes about gender Understanding bullying Standing	Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths	Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety	Different types of family Physical contact boundaries Friendship and conflict Secrets	Life cycles in nature Growing from young to old Increasing independence Differences in female

	<ul style="list-style-type: none"> Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 	<ul style="list-style-type: none"> up for self and others Making new friends Celebrating difference and remaining friends 	<ul style="list-style-type: none"> Learning with others Group co-operation Contributing to and sharing success 	<ul style="list-style-type: none"> out and about Medicines 	<ul style="list-style-type: none"> Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> and male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	<ul style="list-style-type: none"> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and offline Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help 	<ul style="list-style-type: none"> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends 	<ul style="list-style-type: none"> How babies grow Differences in female and male bodies (correct terminology) changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition
Year 4	<ul style="list-style-type: none"> Being part of a class team 	<ul style="list-style-type: none"> Challenging assumptions Judging by 	<ul style="list-style-type: none"> Hopes and dreams Overcoming disappointment 	<ul style="list-style-type: none"> Healthier friendships Peer influences 	<ul style="list-style-type: none"> Jealousy 	<ul style="list-style-type: none"> Being unique Outside body

	Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the year ahead 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 Materials wealth and happiness Enjoying and respecting other cultures	Future dreams Spending, saving and value 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 vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition/self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition
Year 6	Identifying goals for the year Global citizenship	Perceptions of normality	Personal learning goals, in and out of school Success	Taking personal responsibility How substances affect	Mental health Identifying mental health worries and	Self-image Body-image Puberty and feelings

	<p>Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p>	<p>Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p>sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>	<p>Inside body changes Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Conception (including IVF)</p>
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