



Year 1

Autumn 1: *Being Me in My World*

- Understand their own rights and responsibilities with their classroom
- Understand that their choices have consequences
- Understand that their views are important

Autumn 2: *Celebrating Differences*

- Know what bullying means
- Know who to tell if they or someone else is being bullied or is feeling unhappy
- Know that people are unique and that it is OK to be different
- Know skills to make friendships
- Know that people have differences and similarities

Spring 1: *Dreams and Goals*

- Know how to set simple goals
- Know how to achieve a goal
- Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them
- Know when a goal has been achieved
- Know how to work well with a partner
- Know that tackling a challenge can stretch their learning

Spring 2: *Healthy Me*

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly
- Know how to keep safe when crossing the road
- Know how to keep themselves clean and healthy
- Know that germs cause disease/illness
- Know about people who can keep them safe

Summer 1: *Relationships*

- Know that everyone's family is different
- Know that families are founded on belonging, love and care
- Know that physical contact can be used as a greeting
- Know how to make a friend
- Know who to ask for help in the school community
- Know that there are lots of different types of families
- Know the characteristics of healthy and safe friends
- Know about the different people in the school community and how they help

Summer 2: *Changing Me*

- Know who to ask for help if they are worried or frightened
- Know that animals including humans have a life cycle
- Know that changes happen when we grow up
- Know that people grow up at different rates and that is normal
- Know that learning brings about change



Year 2

Autumn 1: *Being Me in My World*

- Understand the rights and responsibilities of class members
- Know about rewards and consequences and that these stem from choices
- Know that it is important to listen to other people
- Understand that their own views are valuable
- Know that positive choices impact positively on self-learning and the learning of others
- Identifying hopes and fears for the year ahead

Autumn 2: *Celebrating Differences*

- Know the difference between a one-off incident and bullying
- Know that sometimes people get bullied because of difference
- Know that friends can be different and still be friends
- Know there are stereotypes about boys and girls
- Know where to get help if being bullied
- Know that it is OK not to conform to gender stereotypes
- Know it is good to be yourself
- Know the difference between right and wrong and the role that choice has to play in this

Spring 1: *Dreams and Goals*

- Know how to choose a realistic goal and think about how to achieve it
- Know that it is important to persevere
- Know how to recognise what working together well looks like
- Know what good group-working looks like
- Know how to share success with other people

Spring 2: *Healthy Me*

- Know what their body needs to stay healthy
- Know what relaxed means
- Know why healthy snacks are good for their bodies
- Know which foods give their bodies energy
- Know that it is important to use medicines safely
- Know what makes them feel relaxed/stressed
- Know how medicines work in their bodies
- Know how to make some healthy snacks

Summer 1: *Relationships*

- Know that there are lots of forms of physical contact within a family
- Know how to stop if someone is hurting them
- Know there are good secrets and worry secrets and why it is important to share worry secrets
- Know what trust is
- Know that everyone's family is different
- Know that families function well when there is trust, respect, care, love and co-operation
- Know some reasons why friends have conflicts
- Know that friendships have ups and downs and sometimes change with time
- Know how to use the Mending Friendships or Solve it together problem-solving methods

Summer 2: *Changing Me*

- Know who to ask for help if they are worried or frightened
- Know that life cycles exist in nature
- Know that aging is a natural process including old age
- Know that some changes are out of an individual's control
- Know how their bodies have changed from when they were a baby and that they will continue to change as they age



Year 3

Autumn 1: *Being Me in My World*

- Know that the school has a shared set of values
- Know why rules are needed and how these relate to choices and consequences
- Know that actions can affect others' feelings
- Know that others may hold different views
- Understand that they are important
- Know what a personal goal is
- Understanding what a challenge is

Autumn 2: *Celebrating Differences*

- Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do
- Know that conflict is a normal part of relationships
- Know that some words are used in hurtful ways and that this can have consequence
- Know why families are important
- Know that everybody's family is different
- Know that sometimes family members don't get along and some reasons for this

Spring 1: *Dreams and Goals*

- Know that they are responsible for their own learning
- Know what an obstacle is and how they can hinder achievement
- Know how to take steps to overcome obstacles
- Know what dreams and ambitions are important to them
- Know about specific people who have overcome difficult challenges to achieve success
- Know how they can best overcome learning challenges
- Know what their own strengths are as a learner
- Know how to evaluate their own learning progress and identify how it can be better next time

Spring 2: *Healthy Me*

- Know how exercise affects their bodies
- Know that the amount of calories, fat and sugar that they put into their bodies will affect their health
- Know that there are different types of drugs
- Know that there are things, places and people that can be dangerous
- Know when something feels safe or unsafe
- Know why their hearts and lungs are such important organs
- Know a range of strategies to keep themselves safe
- Know that their bodies are complex and need taking care of

Summer 1: *Relationships*

- Know that different family members carry out different roles or have different responsibilities within the family
- Know some of the skills of friendship, e.g. taking turns, being a good listener
- Know some strategies for keeping themselves safe online
- Know that they and all children have rights (UNCRC)
- Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc
- Know how some of the actions and work of people around the world help and influence my life
- Know the lives of children around the world can be different from their own

Summer 2: *Changing Me*

- Know that in nature it is usually the female that carries the baby
- Know that babies need love and care from their parents/carers
- Know some of the changes that happen between being a baby and a child



Year 4

Autumn 1: *Being Me in My World*

- Know their place in the school community
- Know what democracy is (applied to pupil voice in school)
- Know how groups work together to reach a consensus
- Know that having a voice and democracy benefits the school community
- Know how individual attitudes and actions make a difference to a class
- Know about the different roles in the school community
- Know that their own actions affect themselves and others

Autumn 2: *Celebrating Differences*

- Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying
- Know the reasons why witnesses sometimes join in with bullying and don't tell anyone
- Know that sometimes people make assumptions about a person because of the way they look or act
- Know there are influences that can affect how we judge a person or situation
- Know what to do if they think bullying is or might be taking place
- Know that first impressions can change

Spring 1: *Dreams and Goals*

- Know how to make a new plan and set new goals even if they have been disappointed
- Know how to work as part of a successful group
- Know how to share in the success of a group
- Know what their own hopes and dreams are
- Know that hopes and dreams don't always come true
- Know that reflecting on positive and happy experiences can help them to counteract disappointment
- Know how to work out the steps they need to take to achieve a goal

Spring 2: *Healthy Me*

- Know that there are leaders and followers in groups
- Know the facts about smoking and its effects on health
- Know the facts about alcohol and its effects on health, particularly the liver
- Know ways to resist when people are putting pressure on them
- Know what they think is right and wrong
- Know how different friendship groups are formed and how they fit into them
- Know which friends they value most
- Know that they can take on different roles according to the situation
- Know some of the reasons some people start to smoke
- Know some of the reasons some people drink alcohol

Summer 1: *Relationships*

- Know some reasons why people feel jealousy
- Know that loss is a normal part of relationships
- Know that negative feelings are a normal part of loss
- Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe
- Know that jealousy can be damaging to relationships
- Know that memories can support us when we lose a special person or animal

Summer 2: *Changing Me*

- Know that change can bring about a range of different emotions
- Know that personal hygiene is important during puberty and as an adult
- Know that change is a normal part of life and that some cannot be controlled and have to be accepted



Year 5

Autumn 1: *Being Me in My World*

- Understand how democracy and having a voice benefits the school community
- Understand how to contribute towards the democratic process
- Understand the rights and responsibilities associated with being a citizen in the wider community and their country
- Know how to face new challenges positively
- Understand how to set personal goals
- Know how an individual's behaviour can affect a group and the consequences of this

Autumn 2: *Celebrating Differences*

- Know external forms of support in regard to bullying e.g. Childline
- Know that bullying can be direct and indirect
- Know what racism is and why it is unacceptable
- Know what culture means
- Know that differences in culture can sometimes be a source of conflict
- Know that rumour spreading is a form of bullying online and offline
- Know how their life is different from the lives of children in the developing world

Spring 1: *Dreams and Goals*

- Know about a range of jobs that are carried out by people I know
- Know the types of job they might like to do when they are older
- Know that young people from different cultures may have different dreams and goals
- Know that they will need money to help them to achieve some of their dreams
- Know that different jobs pay more money than others
- Know that communicating with someone from a different culture means that they can learn from them and vice versa
- Know ways that they can support young people in their own culture and abroad

Spring 2: *Healthy Me*

- Know basic emergency procedures, including the recovery position
- Know the health risks of smoking
- Know how smoking tobacco affects the lungs, liver and heart
- Know how to get help in emergency situations
- Know that the media, social media and celebrity culture promotes certain body types
- Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure
- Know some of the risks linked to misusing alcohol, including antisocial behaviour
- Know what makes a healthy lifestyle

Summer 1: *Relationships*

- Know that there are rights and responsibilities in an online community or social network
- Know that there are rights and responsibilities when playing a game online
- Know that too much screen time isn't healthy
- Know how to stay safe when using technology to communicate with friends
- Know that a personality is made up of many different characteristics, qualities and attributes
- Know that belonging to an online community can have positive and negative consequences

Summer 2: *Changing Me*

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know that becoming a teenager involves various changes and also brings growing responsibility
- Know what perception means and that perceptions can be right or wrong



Year 6

Autumn 1: *Being Me in My World*

- Know about children's universal rights (United Nations Convention on the Rights of the Child)
- Know about the lives of children in other parts of the world
- Know that personal choices can affect others locally and globally
- Know how to set goals for the year ahead
- Understand what fears and worries are
- Understand that their own choices result in different consequences and rewards
- Understand how democracy and having a voice benefits the school community
- Understand how to contribute towards the democratic process

Autumn 2: *Celebrating Differences*

- Know that people can hold power over others individually or in a group
- Know that power can play a part in a bullying or conflict situation
- Know that there are different perceptions of 'being normal' and where these might come from
- Know that difference can be a source of celebration as well as conflict
- Know that being different could affect someone's life
- Know why some people choose to bully others
- Know that people with disabilities can lead amazing lives

Spring 1: *Dreams and Goals*

- Know their own learning strengths
- Know what their classmates like and admire about them
- Know a variety of problems that the world is facing
- Know some ways in which they could work with others to make the world a better place
- Know what the learning steps are they need to take to achieve their goal
- Know how to set realistic and challenging goals

Spring 2: *Healthy Me*

- Know how to take responsibility for their own health
- Know what it means to be emotionally well
- Know how to make choices that benefit their own health and well-being
- Know about different types of drugs and their uses
- Know how these different types of drugs can affect people's bodies, especially their liver and heart
- Know that stress can be triggered by a range of things
- Know that being stressed can cause drug and alcohol misuse
- Know that some people can be exploited and made to do things that are against the law
- Know why some people join gangs and the risk that this can involve

Summer 1: *Relationships*

- Know that it is important to take care of their own mental health
- Know ways that they can take care of their own mental health
- Know the stages of grief and that there are different types of loss that cause people to grieve
- Know that sometimes people can try to gain power or control them
- Know some of the dangers of being 'online'
- Know how to use technology safely and positively to communicate with their friends and family

Summer 2: *Changing Me*

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know the importance of self-esteem and what they can do to develop it
- Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class