



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



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 stay 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



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



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



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



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