

Concept	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Environment Safety (inc sun safety) Rewards and consequences Rules and choice Feelings	Self Identity Understanding my feelings Being in a classroom Being Gentle Rights and Responsibility	Feeling special and safe Being part of a class Rewards and feeling proud Consequences Rights and responsibilities I can explain why I have a right to learn in a happy and safe class. I can explain how everyone in my class has responsibilities to make our class happy and safe.	Hope and fears Safe and fair learning Contributions Choices Recognising feelings Rewards and consequences Rights and responsibilities I can explain why my behaviour can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others.	Personal goals Self-identity Positivity in challenges Responsible choices Seeing others perspective Rewards and consequences Rules, rights and responsibility. I can explain how my behaviour can affect how others feel and behave. I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.	Being part of a class team Being a school citizen Group Decision making Having voice What motivates behaviour Rewards and consequences Rights and responsibilities and democracy I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.	Planning the forthcoming year Being a citizen How behaviour affects groups Democracy having a voice participating Rewards and consequences Rights and responsibilities I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.	Identifying goals for the year Global citizenship Children's rights Feelings welcome Group dynamics Democracy Anti-social behaviour Role-modelling Choices, consequences and rewards I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make.
Celebrating Differences	Religious Festivals Families	Identifying talents Being Special	Similarities and difference.	Stereotypes Understanding bullying	Families and differences	Challenging assumptions	Cultural differences and how they can cause conflict	Perceptions of normality Disability

	Friendships Making Friends Families	Families Where we live Making friends Standing up your yourself	Understanding bullying and how to deal with it Making new friends Celebrating differences I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special. I can explain what bullying is and how being bullied might make somebody feel.	Standing up for yourself Making friends Gender diversity Celebrating differences- remaining friends I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.	Family conflict and how to manage it Witnessing bullying and how to solve it Recognising how words can hurt Giving and receiving compliments. I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation.	Judging appearances Accepting self and others Understanding influences Understanding bullying Problem solving Identifying how special and unique everyone is First impressions I can tell you a time when my first impression of someone changed as I got to know them.I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. I can explain why it is good to accept myself and others for who we are.	Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures. I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.	Power struggles Bullying Inclusion/exclusion Differences as conflict Differences as celebration I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.
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Dreams and Goals	Resilience Careers People Who Help Us Yoimoji Characteristics of effective learning	Challenges Perseverance Goal Setting Seeking help Jobs Overcoming obstacles Achieving goals	Setting goals Successes and achievement Learning styles Working well and celebrating achievement with a partner Teaching new challenges Overcoming obstacles Feelings of success I can explain how I feel when I am successful and how this can be celebrated positively. I can say why my internal treasure chest is an important place to store positive feelings.	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other. I can explain how it felt to be part of a group and can identify a range of feelings about group work.	Difficult challenge and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Overcome obstacles Evaluate learning process Manage feeling Simple budgeting I can explain the different ways that help me learn and what I need to do to improve. I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes I can plan and set new goals even after a disappointment. I can explain what it means to be resilient and to have a positive attitude.	Future dreams Importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others Motivation I can compare my hopes and dreams with those of young people from different cultures. I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	Personal learning goals, in and out of school Success Criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place.
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Healthy Me	Exercise Healthy Eating Washing hands Snack (healthy) Dentistry* Safety	Exercising Healthy Food Sleep Keeping clean Safety	Keeping healthy Lifestyle choices Keeping clean Being safe Medicine Road safety Health and happiness I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. I can give examples of when being healthy can help me feel happy.	Motivation Healthier choice Relaxation Healthy eating Nutrition Healthier snacks and sharing food I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.	Exercise Fitness Food labelling and healthy swaps Attitude towards drugs Keeping safe and its importance Respect for myself and others Healthy and safe choices I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. I can express how being anxious/ scared and unwell feels.	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer Pressure Celebrating inner strength I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.	Smoking Alcohol Anti-social behaviour Emergency aid Body Image Relationship with food Healthy Choices Motivation and behaviour I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body.	Taking personal responsibility How substance affect the body Exploitation and gang culture Emotional and mental health Managing stress I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.
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Relationships	Being a good friend Making friends Teamwork Families	Family Life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Belonging to a family Friendship Physical contact People who help us Being a good friend Special relationships I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.	Different families Friendship and conflict Physical contact boundaries Secrets Trust Expressing appreciation I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	Family roles and responsibilities Friendship and negotiation Keeping safe online Being a global citizen Aware of my choices and how they affect others Awareness of others lives I can explain how my life is influenced positively by people I know and also by people from other countries. I can explain why my choices might affect my family, friendships and people around the world who I don't know.	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals I can recognise how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal.	Self recognition and self worth Building self esteem Safer online Rights and responsibilities online Online gaming Reduce screen time Dangers of online grooming SMARRT internet safety rules. I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.	Mental Health Mental health worried and support Love and loss Manage feelings Power and control Assertiveness Technology safety Take responsibility with technology use I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings.
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Changing Me (RSHE)	Body parts (outer) Listening and speaking Baby and Me (parenting)	Bodies Respecting my body Growing up Growing and change Fun and fears Celebrations	Life cycles Changes in me Changes since a baby Female and body parts (differences) Growing and learning Coping with change Transition I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. I can explain why some changes I might experience might feel better than others.	Life cycles Growing from young to old Independence Difference is female and male bodies Assertiveness Transitions I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't. I can tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.	How babies grow Understanding a baby's needs Outside body changes Family stereotypes Challenging my ideas Preparing for transition I can explain how boys' and girls' bodies change on the outside during the growing up process . I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.	Being Unique Having a baby Confidence in change Accepting change Preparing transition Environmental change I can summarise the changes that happen to boys' and girls' bodies. I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.	Self body image Influence of online and media on body image Puberty Growing responsibility Coping with change Preparing for transition I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.	Self-image Body Image Puberty and feelings Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition I recognise how I feel when I reflect on becoming a teenager and how I feel about the development of a baby.
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