

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Emotions	Talking about Feelings <ul style="list-style-type: none"> - Children talk about how they and others show feelings. - Show sensitivity to others' needs and feelings. 	Overview of: Happiness, angry, fear and upset <ul style="list-style-type: none"> - What does each one look like? - Body language. - When might we feel them? - How do we show how we feel? - Strategies to help. 	Anger and Surprise <ul style="list-style-type: none"> - Good surprises and bad surprises. - How can I help myself and others when feeling these emotions? - When might I feel anger? - How do I show these emotions? 	Nervousness and Joy <ul style="list-style-type: none"> - How to explain how I feel verbally and non-verbally. - Strategies to help when feeling these emotions. - Know that we feel a range of emotions. 	Jealousy and Fear <ul style="list-style-type: none"> - When might we become jealous? - What is the difference (with examples) of good jealousy and bad jealousy? - When might we feel fear? Strategies to help. 	Grief <ul style="list-style-type: none"> - What is grief? - Know how we will all experience it at some point. - How can we help deal with grief? 	Worry and Anxiousness <ul style="list-style-type: none"> - How to explain how I feel verbally and non-verbally. - Strategies to help when feeling these emotions. - Worries we may have about transition to secondary school.
Safety	Safety at home and school. <ul style="list-style-type: none"> - How to be safe with plug sockets, sharp objects, hot ovens etc. - PANTS rule. - What to do in a fire drill at school. 	Road Safety <ul style="list-style-type: none"> - Know the dangers of roads. - Know how to cross the road safely. - Know what to do when at the side of a busy road. 	Strangers/unfamiliar adults <ul style="list-style-type: none"> - Know what to do when we see someone we don't know. - Know what to do if we feel uncomfortable with unfamiliar adults. - Know what to do if an unfamiliar adult talks to us. 	Fire Safety <ul style="list-style-type: none"> - Know how to call 999. - Know what to do if a fire happens. - Know how to be safe. 	Water Safety <ul style="list-style-type: none"> - How to enter and leave a swimming pool safely. - What to do if others get into difficulty. - Know and understand different water environments, how to stay safe when playing in and around water including recognising flags. 	Peer Pressure <ul style="list-style-type: none"> - Know what peer pressure is. - Know when peer pressure is not good. - How peer pressure sometimes can lead to gangs and knife crime. - Know what to do if feeling uncomfortable or unsafe. 	Road Safety and First Aid <ul style="list-style-type: none"> - How to be safe and responsible on a bike when out and about. - Know basic first aid procedures.
Relationships	Making Relationships <ul style="list-style-type: none"> - Children play co-operatively, taking turns with others - Taking into account one another's ideas. - Form positive relationships with adults and other children. 	Friendships and Family <ul style="list-style-type: none"> - How we are all different from one another. - Know and look at how all families look different. - What a good friendship is. - How to make friends. - Secrets. 	Relationships and Bullying <ul style="list-style-type: none"> - What is bullying and how do I get help. - How to recognise if family relationships are making them feel unhappy or unsafe. - Falling out with friends. - Know what is safe and unsafe boundaries with my friends – fighting, unkind words and physical contact. 	Healthy Relationships <ul style="list-style-type: none"> - Healthy family life. - Different caring family relationships. - Characteristics of healthy friendships. - Restoring friendships. 	Online Relationships <ul style="list-style-type: none"> - Cyberbullying. - Difference between knowing someone online and face to face. - Risks of online friendships. - How to get help if being bullied or feel unsafe online. 	Respectful Relationships <ul style="list-style-type: none"> - Self-respect. - How to manage conflict in friendships. - Different types of relationships. - Being respectful of different relationships. - How to be respectful to a range of people they may encounter. 	Touch and Sex Education <ul style="list-style-type: none"> - Know and understand that each person's body belongs to them. - Differences between appropriate and inappropriate/unsafe physical and other contact. - Reporting feelings of being unsafe/abuse. - Sex Education Programme.
Keeping and staying healthy	Keeping Healthy and Safe <ul style="list-style-type: none"> - Importance of good health and exercise. - Healthy diet. - Managing basic hygiene and personal needs. 	Personal Hygiene. <ul style="list-style-type: none"> - Why we should keep ourselves clean and how we can do this. - Importance of washing our hands. - Importance of washing ourselves. 	Brushing Teeth <ul style="list-style-type: none"> - Dental health and the benefits of good oral hygiene and dental flossing. - Check-ups at the dentist and the importance of these. 	Mental Health and Sleep <ul style="list-style-type: none"> - Importance of looking after our mental health. - Know the mental benefits of exercise. - Know the importance of sufficient good quality sleep for good health. 	Internet and Inactive Lifestyle <ul style="list-style-type: none"> - Impact the internet has on our health. - Understand and know the risks associated with an inactive lifestyle, including obesity. - Know where to get help if worried about their health. 	Mental Health. And Puberty <ul style="list-style-type: none"> - Impact different experiences have on our mental health. - How to seek help if worried about theirs or someone else's mental health. - How our body changes. 	Drugs, alcohol and smoking. <ul style="list-style-type: none"> - Facts about legal and illegal harmful substances. - Risks associated with these substances. - Smoking, alcohol and drug-taking.

Internet Safety	Recognising Technology <ul style="list-style-type: none"> - Recognise a range of technology that is used in places. - Select and use technology for particular purposes. 	The Internet <ul style="list-style-type: none"> - Know what we use the internet for and how it can help us. - Know how to search the internet safely. - Know why we should keep information safe. 	Being Respectful and Responsible Online <ul style="list-style-type: none"> - To know how to be respectful and safe when using the internet/technology. - How to get help if we feel unsafe. - To describe how to behave responsibly on the internet. 	Information Online <ul style="list-style-type: none"> - Know which information can be shared and which shouldn't be. - Know how to keep information safe online and offline and its importance. - To discuss different levels of privacy. 	Cyber Awareness <ul style="list-style-type: none"> - Stealing personal information - Face to face and online relationships. - Impact of using the internet, cyberbullying and media has on us. 	Helping myself and others keep safe <ul style="list-style-type: none"> - Importance of keeping personal information private- creating a strong password and customising privacy settings. - Age restrictions online. - Effect of their online actions on themselves and others. 	The Internet and You <ul style="list-style-type: none"> - Understand how the content of texts, messages, photos and emails can have serious consequences. - How to manage requests for images and how to get help. - Know ways to deal with a variety of situations that may arise online.
The Working Wider World	Self-confidence and Awareness <ul style="list-style-type: none"> - Have the confidence to try new activities - Have the confidence to speak in a familiar group. - They say when they do or don't need help. 	Money <ul style="list-style-type: none"> - Know what money is. - Know the forms money comes in. - Know the different sources we get money from. 	Money <ul style="list-style-type: none"> - Why we need money for different reasons and purposes. - Describing ways in which money can be looked after. - Know the difference between needs and wants. 	Setting Goals <ul style="list-style-type: none"> - Celebrate their achievements. - To understand how to set goals to help them achieve personal outcomes. - To know the importance of setting goals. - To set some goals for myself, goals for now and goals for in the future. 	Communication Skills <ul style="list-style-type: none"> - Effective communication with a team. - How to communicate 1:1 effectively. - How to explain confidently and respectfully your views. - Responding to other people's point of view whether that be positive or negative. 	Enterprise <ul style="list-style-type: none"> - Importance of keeping money safe and managing it effectively including how to budget. - Know the affect their spending has on others and the environment. 	Jobs and careers <ul style="list-style-type: none"> - Know the different jobs and careers available. - The different routes into careers. - Skills needed for different careers.
Wider World	Behaviour and Rules <ul style="list-style-type: none"> - Talk about their own and others' behaviour. - Consequences of behaviour. - Know that some behaviour is unacceptable. - Able to follow rules. 	Rules and our environment. <ul style="list-style-type: none"> - Know why we have rules. - Know why different rules are needed for different situations. - Ways to look after people, living things and our environment. 	Living in a Community <ul style="list-style-type: none"> - What is a community? - What groups do I belong too? - Roles and responsibilities people have in their community. 	Diversity <ul style="list-style-type: none"> - What is a diverse community? - Benefits of a diverse community. - How to help our diverse community. - Importance of having compassion towards others. 	Laws, rules and responsibilities <ul style="list-style-type: none"> - Why we have laws and rules. - Human Rights. - Consequences of not adhering to laws and rules. - Rights and responsibilities. - Stealing and the consequences related to law and rules. 	Prejudice and discrimination <ul style="list-style-type: none"> - Know the meanings of these. - Know ways of responding to discrimination if witnessed or experienced. - Know how they are still present in today's society and examples of these. 	Our World <ul style="list-style-type: none"> - Know what radicalisation and extremism are. - To know that there are some cultural practices which are against British law and universal human rights.