

	Being me in my world	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Reception</b>	Understanding feelings Being in a Classroom Being gentle	Identifying talents Families Making friends Standing up for yourself	Challenges Perseverance Seeking help Jobs Goal setting	Exercising bodies Healthy Food Keeping clean Sleep	Friendship (breaking) Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Fun and fears
<b>Year 1</b>	Feeling special and safe Being part of a class Rewards and feeling proud Consequences Rights and responsibilities	Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating differences in everyone	Setting goals Identifying success and achievements Learning Styles Tackling new challenges Identifying and overcoming obstacles Feelings of success	Healthier lifestyle choices Keeping clean Being safe Medicine/household item safety Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences Qualities as a person Being a good friend to myself Celebrating special relationships	Life cycles – animals and humans Changes since a baby Differences between female and male body (correct terminology) Coping with change Transition
<b>Year 2</b>	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices	Stereotypes and genders Understanding bullying Standing up for self and others Making friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Sharing success	Motivation Relaxation Healthy eating and nutrition Healthy snacks	Different types of families Physical contact boundaries Friendship and conflict Secrets Trust and appreciation	Life cycles in nature Growing from young to old Increasing independence Differences between female and male body (correct terminology) Assertiveness Preparing for transition

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<b>Year 3</b>	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Seeing things from another perspective	Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying Hurtful words Giving and receiving compliments	Difficult challenges Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Simple budgeting	Fitness challenges Food labelling Attitudes towards drugs Keeping safe online Respecting myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Being a global citizen Being aware of how my choices affect others Lives of other children	How babies grow Understanding a baby's needs Inside and outside body changes Family stereotypes Preparing for transition
<b>Year 4</b>	Being part of a class team Being a school citizen Rights, responsibilities and Democracy, having a voice Rewards and consequences Group decisions	Challenging assumptions Judging by appearance Understanding influences Understanding bullying First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Resilience	Healthy friendships Smoking Alcohol Assertiveness Peer pressure	Jealousy Love and loss Memories of loved ones Girlfriends and boyfriends Showing appreciation	Being unique Confidence in change Accepting change Environmental change Preparing for transition
<b>Year 5</b>	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences Democracy, having a voice, participating	Cultural differences and conflict Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams Importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting charity	Smoking, including vaping Alcohol Alcohol and antisocial behaviour Emergency aid Body image Relationships with food	Self-recognition and self-worth Building self esteem Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self and body image Influence of media and online on body image Puberty Conception Coping with change Preparing for transition
<b>Year 6</b>	Goals for the year Global citizenship Universal children's rights Feeling welcome and valued Choices, consequences and rewards Democracy, having a voice Role modelling	Perceptions of normality Understanding disability Understanding bullying Inclusion and exclusion Empathy	Personal learning goals in and out of school Emotions in success Making a difference in the world Compliments	Taking personal responsibility Exploitation, including gang culture Emotional and mental well being Managing stress	Mental health Love and loss Managing feelings Power and control Technological safety	Self-image Body-image Puberty and feelings From conception to birth Physical attraction Respect and consent Boyfriends/girlfriends Preparing for transition