



EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS Nursery</b>	<p>Select and use activities and resources, with help when needed. This helps them achieve the goal they have chosen, or one which is suggested to them.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting</p>	<p><b>Whole School – Anti-bullying</b></p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Develop their sense of responsibility and membership of a community.</p> <p>Develop appropriate ways of being assertive.</p>	<p>Play with one or more other children, extending and elaborating play ideas. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p> <p>Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet.</p> <p><b>Whole School – Children's Mental Health Week</b></p>	<p>Understand gradually how others might be feeling.</p> <p>Make healthy choices about food, drink, activity and toothbrushing.</p>	<p>Show more confidence in new social situations.</p> <p>Find solutions to conflicts and rivalries.</p>	<p>Remember rules without needing an adult to remind them.</p> <p>Talk with others to solve conflicts.</p>
	<b>Building Relationships</b>	<b>My wellbeing</b>	<b>Self-regulation</b>	<b>My feelings</b>	<b>Taking on Challenges</b>	
<b>EYFS Reception</b>	<p>Why do we have rules? Special people Sharing I am unique What makes a good friend Being a good friend</p>	<p><b>Whole School – Anti-bullying</b></p> <p>Festivals Building Towers What is exercise? Being a safe pedestrian Eating healthily</p>	<p>Similarities &amp; differences (relationships) Coping strategies Facial expressions</p> <p><b>Whole School – Children's Mental Health Week</b></p>	<p>Identifying my feelings</p>	<p>Emotional adjectives Team races</p>	



KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My School	Citizenship	Family & Relationships	Safety & the Changing Body	Health & Wellbeing	Economic Wellbeing
Year 1	Rules School Council	<b>Whole School – Anti-bullying</b>  Similar, yet different	What is family? What are friendships? Friendship problems Healthy Friendships Gender Stereotypes  <b>Whole School – Children’s Mental Health Week</b>	Adults in school Adults outside school Making an emergency phone call Appropriate contact Safety with substances	Understanding my emotions Ready for bed Handwashing & personal hygiene Sun safety Allergies	What is money? Saving & spending
Year 2	Me and My School	Citizenship	Health & wellbeing	Safety & the changing body	Family & relationships	Economic wellbeing
	Rules Rules beyond school School Council  Similar yet different – my local community Giving my opinion	<b>Whole School – Anti-bullying</b> (Unhappy Friendships)  Healthy Diet Looking after our teeth	Experiencing different emotions Developing a growth mindset  Secrets & surprises Appropriate contact (private parts)  <b>Whole School – Children’s Mental Health Week</b>	Staying safe with medicine Communicating online	Families are different Manners & courtesy Change & loss Gender stereotypes: careers/jobs	Exploring needs Exploring wants

Lower KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me and My School	Health & Wellbeing	Family and Relationships	Safety & the Changing Body	Citizenship	Economic wellbeing
	Rules & signposting School Council	<b>Whole School – Anti-bullying (Friendship: Conflicts V Bullying /Cyberbullying)</b>  My healthy diary Wonderful me Resilience: breaking down barriers Diet & dental health	Healthy families <b>Friendship conflicts (bullying)</b> Learning who to trust Respecting differences in others Stereotyping gender  <b>Whole School – Children’s Mental Health Week</b>	First Aid: emergencies & calling for help <b>Cyberbullying</b> Influences Keeping safe out & about	Rights of the child Charity Local democracy	Budgeting Career quest



<b>Year 4</b>	<b>Me and My School</b>	<b>Family &amp; Relationships</b>	<b>Health &amp; Wellbeing</b>	<b>Safety &amp; the Changing Body</b>	<b>Citizenship</b>	<b>Economic Wellbeing</b>
	Rules & signposting School Council	<b>Whole School – Anti-bullying (Bullying)</b>  Respect and manners Healthy friendships Stereotypes: Disability Change & loss	Looking after our teeth Celebrating mistakes My happiness Emotions Mental health  <b>Whole School – Children's Mental Health Week</b>	Internet safety: Age restrictions Share aware Privacy & security Introducing puberty Tobacco	What are human rights? Diverse communities	Value for money Looking after money

<b>Upper KS2</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Me and My School</b>	<b>Family &amp; Relationships</b>	<b>Economic Wellbeing</b>	<b>Citizenship</b>	<b>Safety &amp; the Changing Body</b>	<b>Health &amp; Wellbeing</b>
<b>Year 5</b>	Rules & signposting School Council	<b>Whole School – Anti-bullying (Bullying)</b>  Friendship skills Marriage Respecting myself Family Life Stereotypes: Race & religion	Risks handling money online  <b>Whole School – Children's Mental Health Week</b>	Breaking the law Parliament	Online friendships Staying safe online Puberty Menstruation First Aid: Bleeding Alcohol, drugs & tobacco: Making decisions	The importance of rest Taking responsibility for my feelings Healthy meals Sun safety
<b>Year 6</b>	<b>Me and My School</b>	<b>Safety &amp; the changing body</b>	<b>Family &amp; relationships</b>	<b>Health &amp; wellbeing</b>	<b>Citizenship</b>	<b>Economic wellbeing</b>
	Rules School Council	<b>Whole School – Anti-bullying</b>  Alcohol Social media Physical & emotional changes of puberty First Aid: Basic life support	Respect Respectful relationships Challenging stereotypes Resolving conflict Change & loss  <b>Whole School – Children's Mental Health Week</b>	Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Physical health concerns	Human rights Prejudice & discrimination National democracy	Career routes  <b>IDENTITY</b> Identity & body image