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| **Age Group** | **Being Me In My World****Autumn 1** | **Celebrating Difference****Autumn 2** | **Dreams and Goals****Spring 1** | **Healthy Me****Spring 2** | **Relationships****Summer 1** | **Changing Me****Summer 2** |
| **(F1-F2)****Ages 3-5** | Self-identity Understanding feelingsBeing in a classroomBeing gentleRights and responsibilities | Identifying talents Being special Families Where we liveMaking friends Standing up for yourself | Challenges Perseverance Goal-settingOvercoming obstaclesSeeking helpJobsAchieving goals | Exercising bodies Physical activity Healthy foodSleepKeeping clean Safety | Family life Friendships Breaking friendshipsFalling outDealing with bullyingBeing a good friend | BodiesRespecting my bodyGrowing upGrowth and change Fun and fears Celebrations |
| **Year 1****Ages 5-6** | Feeling special and safeBeing part of a classRights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter | Similarities and differences Understanding bullying and knowing how to deal with itMaking new friends Celebrating the differences in everyone | Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partnerTackling new challenges Identifying and overcoming obstaclesFeelings of success | Keeping myself healthyHealthier lifestyle choicesKeeping cleanBeing safeMedicine safety/safety withhousehold itemsRoad safetyLinking health and happiness | Belonging to a familyMaking friends/being a good friendPhysical contact preferencesPeople who help usQualities as a friend and personSelf-acknowledgementBeing a good friend to myselfCelebrating special relationships | Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition |
| **Year 2****Ages****6-7** | Hopes and fears for the yearRights and responsibilitiesRewards and consequencesSafe and fair learningenvironmentValuing contributionsChoicesRecognising feelings | Assumptions andstereotypes about genderUnderstanding bullyingStanding up for self andothersMaking new friendsGender diversityCelebrating difference andremaining friends | Achieving realistic goalsPerseveranceLearning strengthsLearning with othersGroup co-operationContributing to and sharingsuccess | MotivationHealthier choicesRelaxationHealthy eating and nutritionHealthier snacks and sharingfood | Different types of familyPhysical contact boundariesFriendship and conflictSecretsTrust and appreciationExpressing appreciation for specialrelationships | Life cycles in natureGrowing from young to oldIncreasing independenceDifferences in female and male bodies (correct terminology)AssertivenessPreparing for transition |
| **Year 3****Ages****7-8** | Setting personal goalsSelf-identity and worthPositivity in challengesRules, rights andresponsibilitiesRewards and consequencesResponsible choicesSeeing things from others’perspectives | Families and theirdifferencesFamily conflict and how tomanage it (child-centred)Witnessing bullying and howto solve itRecognising how words canbe hurtfulGiving and receivingcompliments | Difficult challenges and achievingsuccessDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying toovercome obstaclesEvaluating learning processesManaging feelingsSimple budgeting | ExerciseFitness challengesFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why it’simportant online and off linescenariosRespect for myself and othersHealthy and safe choices | Family roles and responsibilitiesFriendship and negotiationKeeping safe online and who to go tofor helpBeing a global citizenBeing aware of how my choices affectothersAwareness of how other childrenhave different livesExpressing appreciation for familyand friends | How babies growUnderstanding a baby’s needsOutside body changesInside body changesFamily stereotypesChallenging my ideasPreparing for transition |
| **Year 4****Ages****8-9** | Being part of a class teamBeing a school citizenRights, responsibilities anddemocracy (school council)Rewards and consequencesGroup decision-makingHaving a voiceWhat motivates behaviour | Challenging assumptionsJudging by appearanceAccepting self and othersUnderstanding influencesUnderstanding bullyingProblem-solvingIdentifying how special andunique everyone isFirst impressions | Hopes and dreamsOvercoming disappointmentCreating new, realistic dreamsAchieving goalsWorking in a groupCelebrating contributionsResiliencePositive attitudes | Healthier friendshipsGroup dynamicsSmokingAlcoholAssertivenessPeer pressureCelebrating inner strength | JealousyLove and lossMemories of loved onesGetting on and Falling OutGirlfriends and boyfriendsShowing appreciation to people andanimals | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changePreparing for transitionEnvironmental change |
| **Year 5****Ages****9-10** | Planning the forthcoming yearBeing a citizenRights and responsibilitiesRewards and consequencesHow behaviour affects groupsDemocracy, having a voice,participating | Cultural differences and howthey can cause conflictRacismRumours and name-callingTypes of bullyingMaterial wealth andhappinessEnjoying and respectingother cultures | Future dreamsThe importance of moneyJobs and careersDream job and how to get thereGoals in different culturesSupporting others (charity)Motivation | Smoking, including vapingAlcoholAlcohol and anti-social behaviourEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour | Self-recognition and self-worthBuilding self-esteemSafer online communitiesRights and responsibilities onlineOnline gaming and gamblingReducing screen timeDangers of online groomingSMARRT internet safety rules | Self- and body imageInfluence of online and media onbody imagePuberty for girlsPuberty for boysConception (including IVF)Growing responsibilityCoping with changePreparing for transition |
| **Year 6****Ages****10-11** | Identifying goals for the yearGlobal citizenshipChildren’s universal rightsFeeling welcome and valuedChoices, consequences andrewardsGroup dynamicsDemocracy, having a voiceAnti-social behaviourRole-modelling | Perceptions of normalityUnderstanding disabilityPower strugglesUnderstanding bullyingInclusion/exclusionDifferences as conflict,difference as celebrationEmpathy | Personal learning goals, in andout of schoolSuccess criteriaEmotions in successMaking a difference in the worldMotivationRecognising achievementsCompliments | Taking personal responsibilityHow substances affect the bodyExploitation, including ‘countylines’ and gang cultureEmotional and mental healthManaging stress | Mental healthIdentifying mental health worries andsources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyTake responsibility with technologyuse | Self-imageBody imagePuberty and feelingsConception to birthReflections about changePhysical attractionRespect and consentBoyfriends/girlfriendsSextingTransition |

