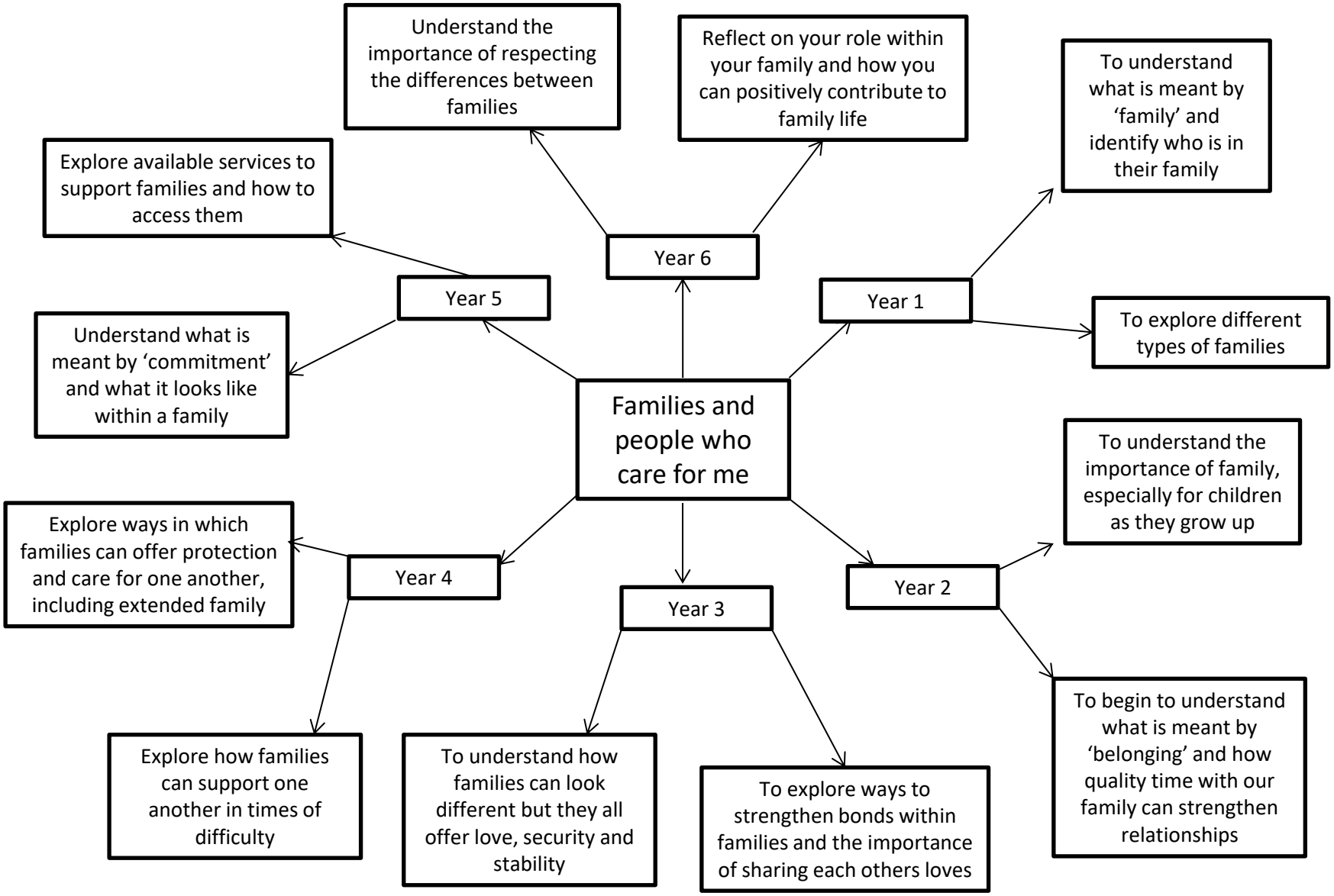
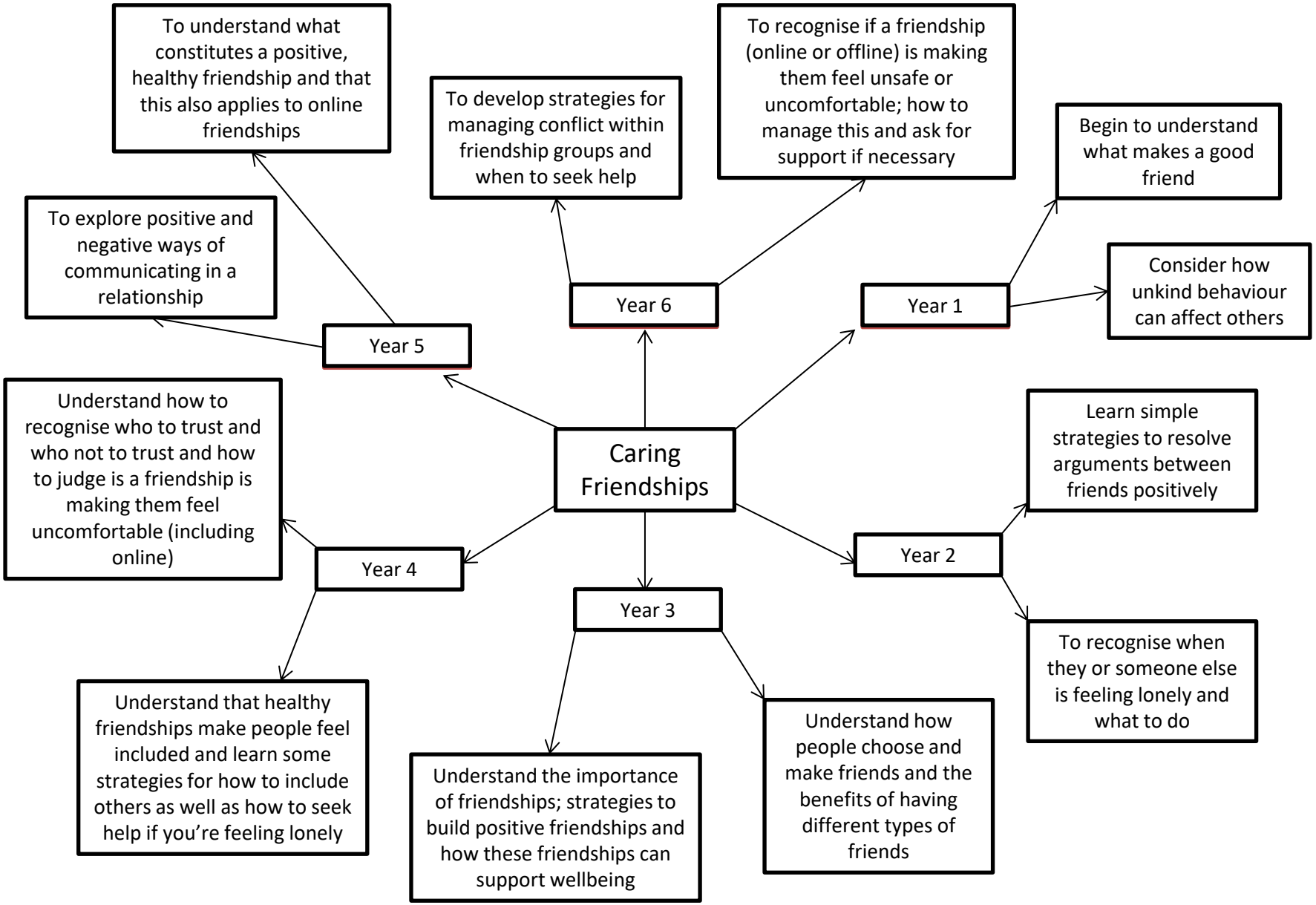
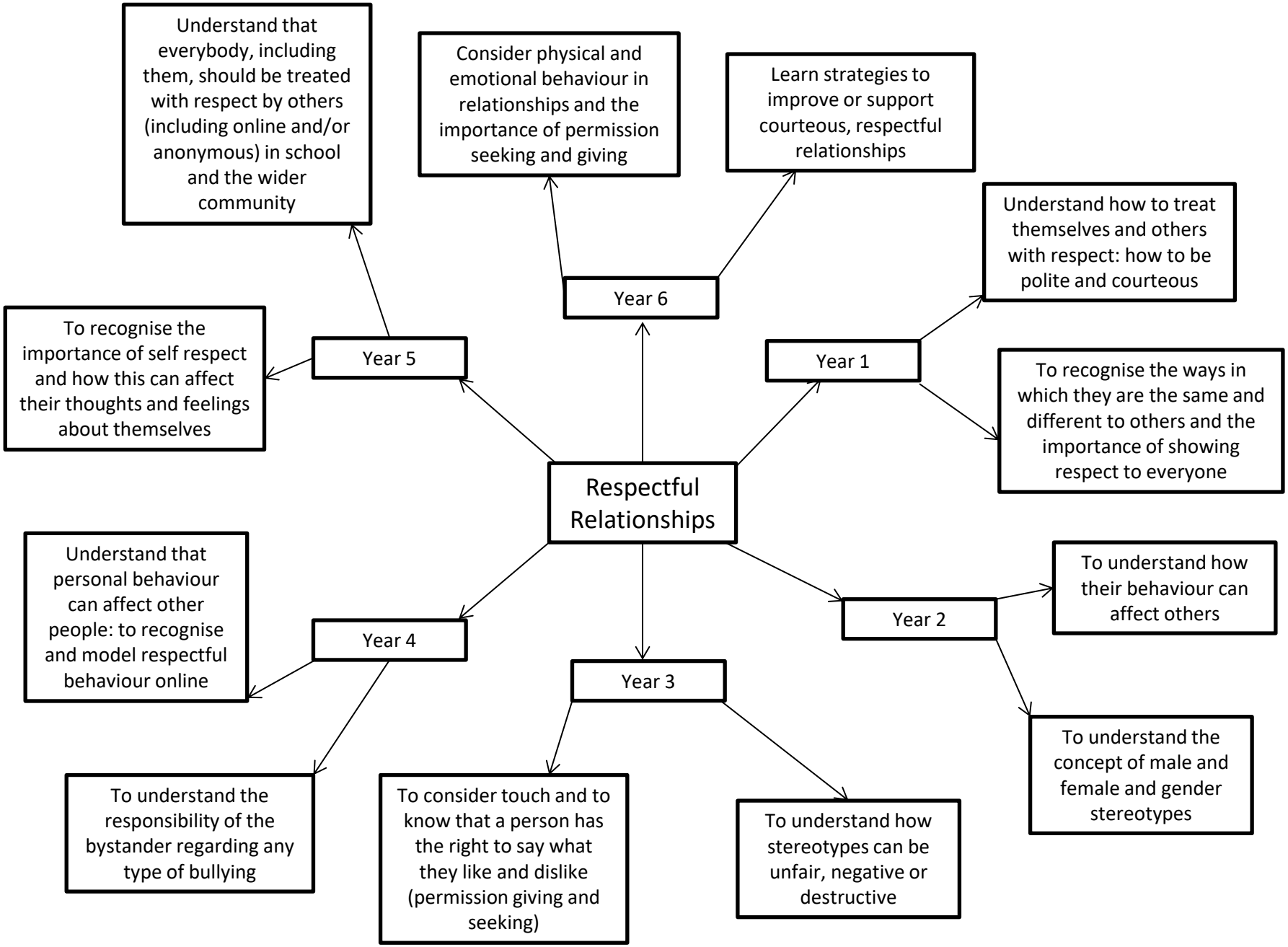
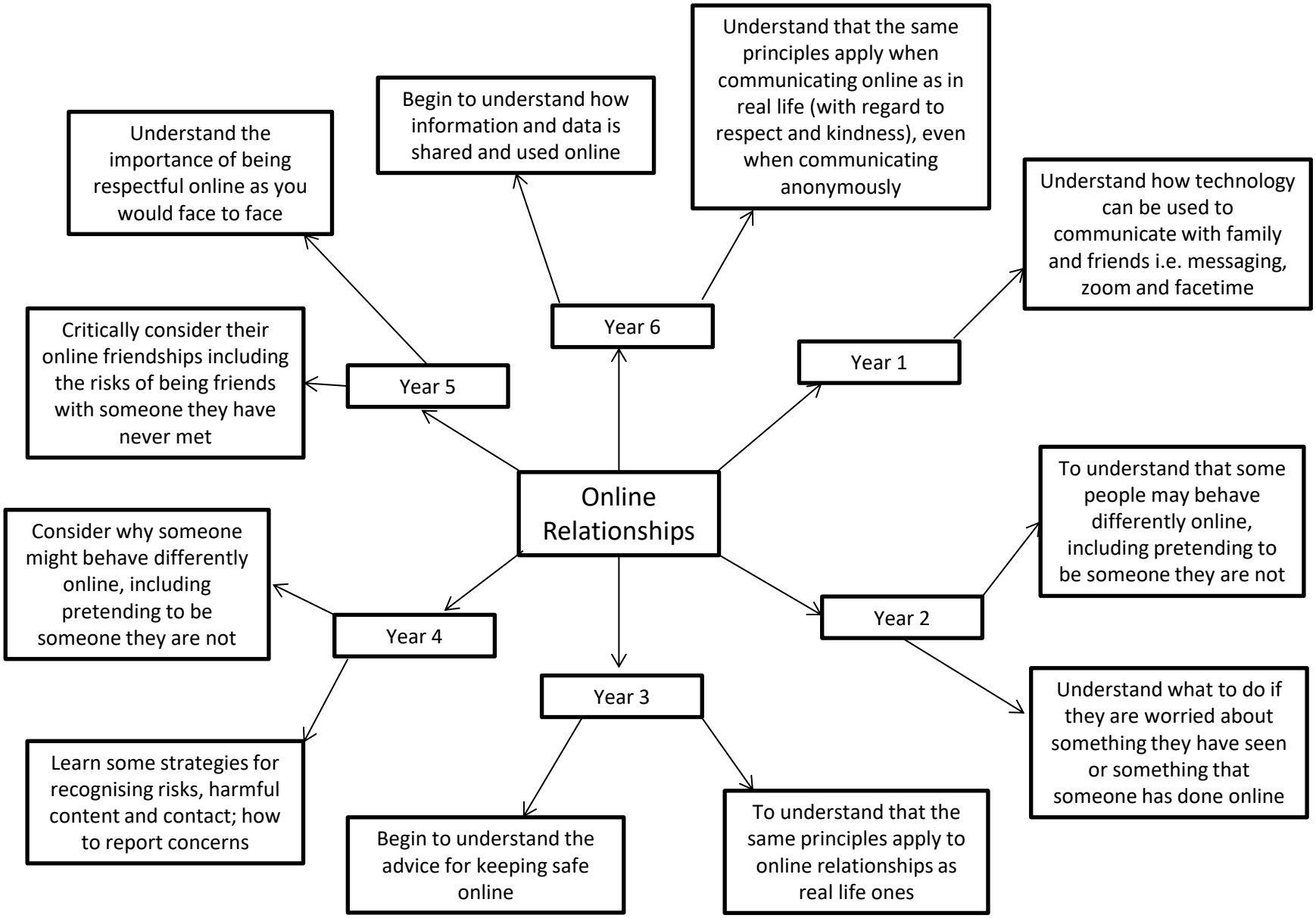
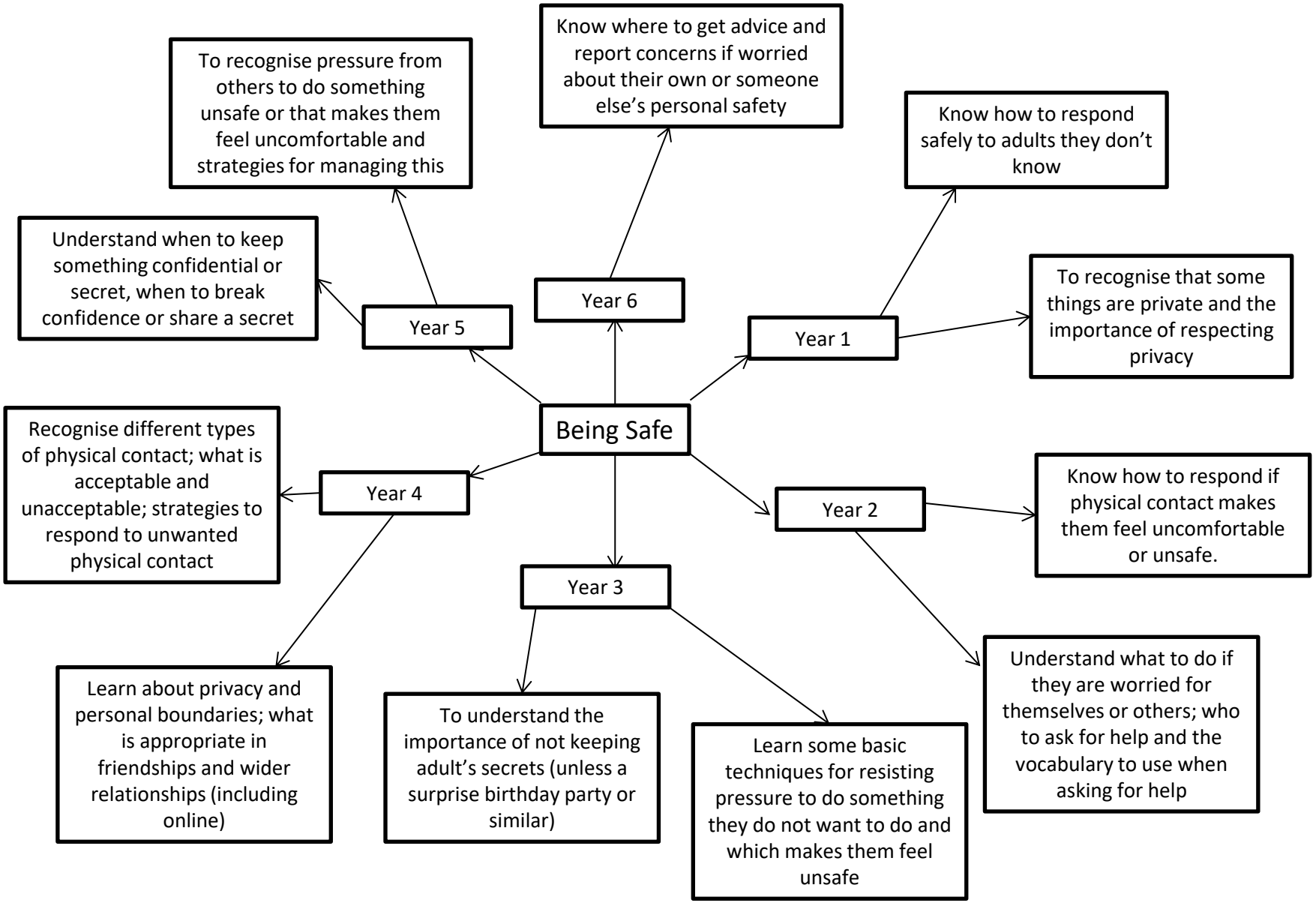
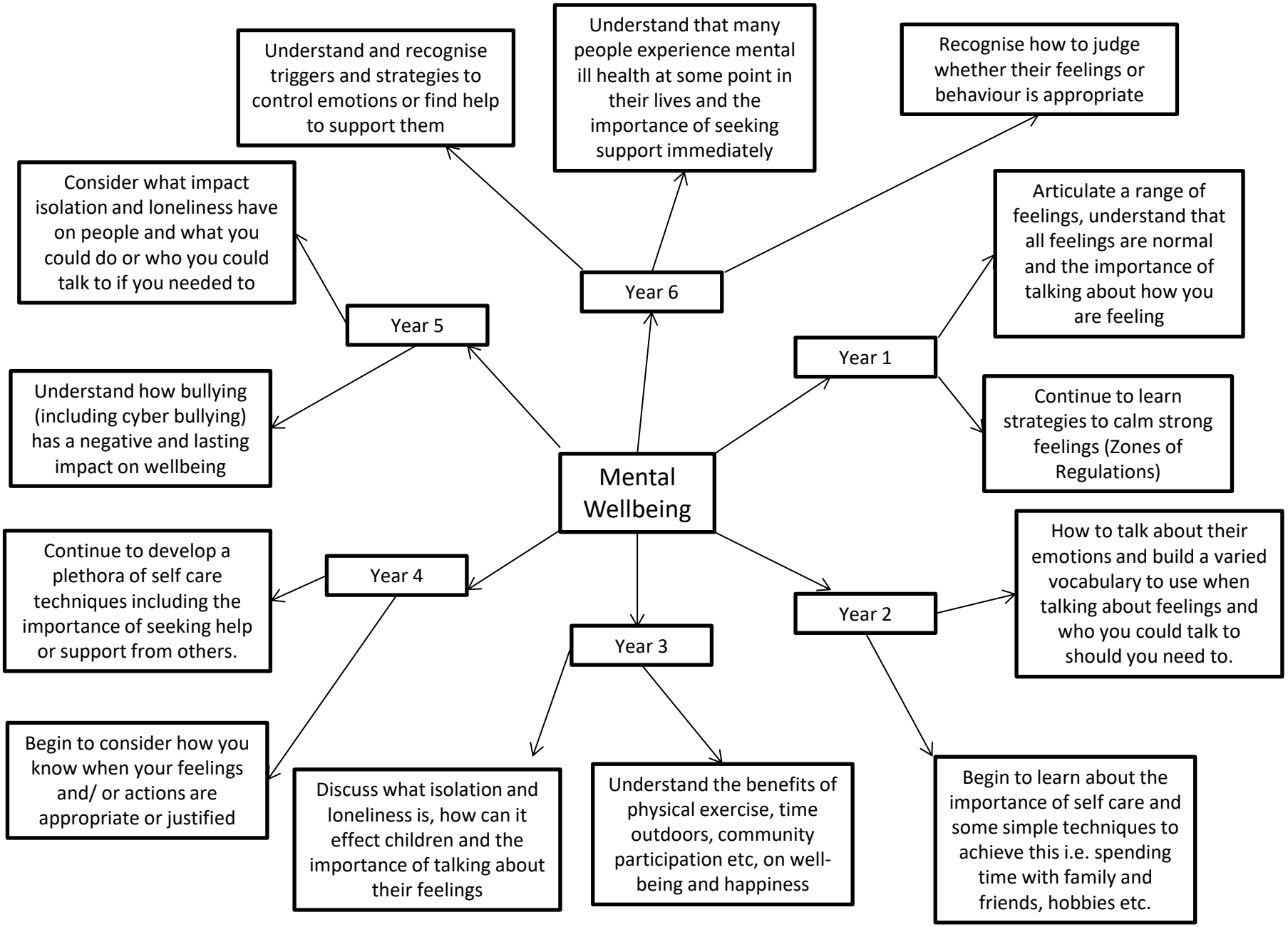

Families and people who care for me
Year 1
To understand what is meant by 'family' and identify who is in their family
To explore different types of families
Year 2
To understand the importance of family, especially for children as they grow up
To begin to understand what is meant by 'belonging' and how quality time with our family can strengthen relationships
Year 3
To understand how families can look different but they all offer love, security and stability
To explore ways to strengthen bonds within families and the importance of sharing each others loves
Year 4
Explore ways in which families can offer protection and care for one another, including extended family
Explore how families can support one another in times of difficulty
Year 5
Understand what is meant by 'commitment' and what it looks like within a family
Explore available services to support families and how to access them
Year 6
Understand the importance of respecting the differences between families
Reflect on your role within your family and how you can positively contribute to family life


Caring Friendships
Year 1
Begin to understand what makes a good friend
Consider how unkind behaviour can affect others
Year 2
Learn simple strategies to resolve arguments between friends positively
To recognise when they or someone else is feeling lonely and what to do
Year 3
Understand how people choose and make friends and the benefits of having different types of friends
Understand the importance of friendships; strategies to build positive friendships and how these friendships can support wellbeing
Year 4
Understand that healthy friendships make people feel included and learn some strategies for how to include others as well as how to seek help if you're feeling lonely
Understand how to recognise who to trust and who not to trust and how to judge is a friendship is making them feel uncomfortable (including online)
Year 5
To explore positive and negative ways of communicating in a relationship
To understand what constitutes a positive, healthy friendship and that this also applies to online friendships
Year 6
To develop strategies for managing conflict within friendship groups and when to seek help
To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary


Respectful Relationships
Year 1
Understand how to treat themselves and others with respect: how to be polite and courteous
To recognise the ways in which they are the same and different to others and the importance of showing respect to everyone
Year 2
To understand how their behaviour can affect others
To understand the concept of male and female and gender stereotypes
Year 3
To consider touch and to know that a person has the right to say what they like and dislike (permission giving and seeking)
To understand how stereotypes can be unfair, negative or destructive
Year 4
Understand that personal behaviour can affect other people: to recognise and model respectful behaviour online
To understand the responsibility of the bystander regarding any type of bullying
Year 5
To recognise the importance of self respect and how this can affect their thoughts and feelings about themselves
Understand that everybody, including them, should be treated with respect by others (including online and/or anonymous) in school and the wider community
Year 6
Consider physical and emotional behaviour in relationships and the importance of permission seeking and giving
Learn strategies to improve or support courteous, respectful relationships


Online Relationships
Year 1
Understand how technology can be used to communicate with family and friends i.e. messaging, zoom and facetime
Year 2
To understand that some people may behave differently online, including pretending to be someone they are not
Understand what to do if they are worried about something they have seen or something that someone has done online
Year 3
To understand that the same principles apply to online relationships as real life ones
Begin to understand the advice for keeping safe online
Year 4
Consider why someone might behave differently online, including pretending to be someone they are not
Learn some strategies for recognising risks, harmful content and contact; how to report concerns
Year 5
Critically consider their online friendships including the risks of being friends with someone they have never met
Understand the importance of being respectful online as you would face to face
Year 6
Begin to understand how information and data is shared and used online
Understand that the same principles apply when communicating online as in real life (with regard to respect and kindness), even when communicating anonymously


Being Safe
Year 1
Know how to respond safely to adults they don't know
To recognise that some things are private and the importance of respecting privacy
Year 2
Know how to respond if physical contact makes them feel uncomfortable or unsafe.
Understand what to do if they are worried for themselves or others; who to ask for help and the vocabulary to use when asking for help
Year 3
To understand the importance of not keeping adult's secrets (unless a surprise birthday party or similar)
Learn some basic techniques for resisting pressure to do something they do not want to do and which makes them feel unsafe
Year 4
Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact
Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)
Year 5
To recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this
Understand when to keep something confidential or secret, when to break confidence or share a secret
Year 6
Know where to get advice and report concerns if worried about their own or someone else's personal safety


Mental Wellbeing
Year 1
Articulate a range of feelings, understand that all feelings are normal and the importance of talking about how you are feeling
Continue to learn strategies to calm strong feelings (Zones of Regulations)
Year 2
How to talk about their emotions and build a varied vocabulary to use when talking about feelings and who you could talk to should you need to.
Begin to learn about the importance of self care and some simple techniques to achieve this i.e. spending time with family and friends, hobbies etc.
Year 3
Understand the benefits of physical exercise, time outdoors, community participation etc, on well-being and happiness
Discuss what isolation and loneliness is, how can it effect children and the importance of talking about their feelings
Year 4
Continue to develop a plethora of self care techniques including the importance of seeking help or support from others.
Begin to consider how you know when your feelings and/ or actions are appropriate or justified
Year 5
Understand how bullying (including cyber bullying) has a negative and lasting impact on wellbeing
Consider what impact isolation and loneliness have on people and what you could do or who you could talk to if you needed to
Year 6
Understand that many people experience mental ill health at some point in their lives and the importance of seeking support immediately
Recognise how to judge whether their feelings or behaviour is appropriate
Understand and recognise triggers and strategies to control emotions or find help to support them

Internet Safety and Harms

Year 1

- Begin to understand that too much time spent on electronic devices can have a negative impact on their wellbeing.
- Understand what to do and who to talk to if they experience something that worries them online.

Year 2

- Begin to understand that the internet can be a negative place which may affect your wellbeing.
- To know that some online games / content have an age limit and understand how to make safe viewing choices.

Year 3

- To begin to understand that the internet is an integral part of life and has many benefits
- Begin to understand that information found online may not be true

Year 4

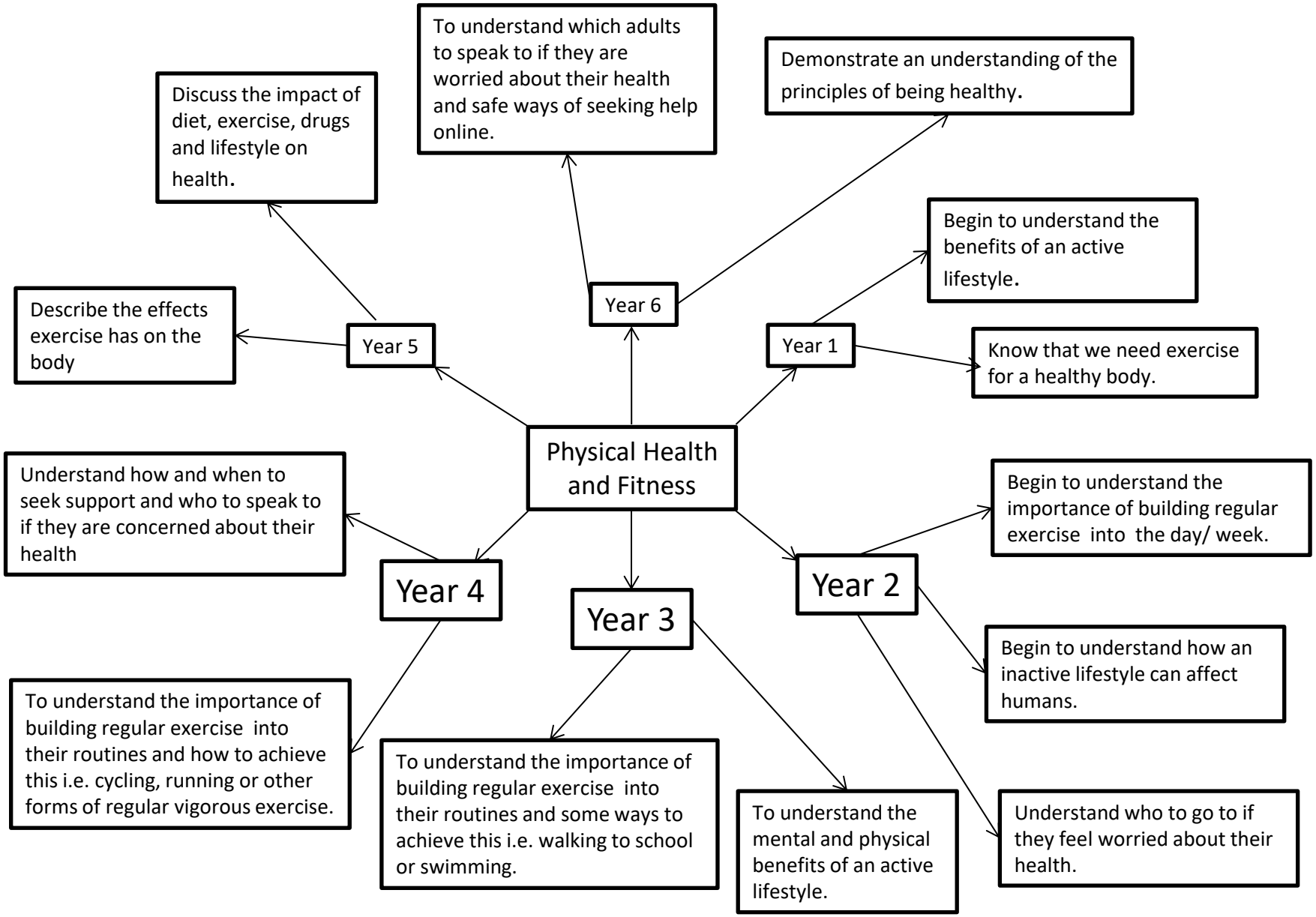
- Understand how to use search engines effectively to ensure the most accurate information.
- Begin to understand how to display respectful behaviour online and what to do if they experience something that worries them.

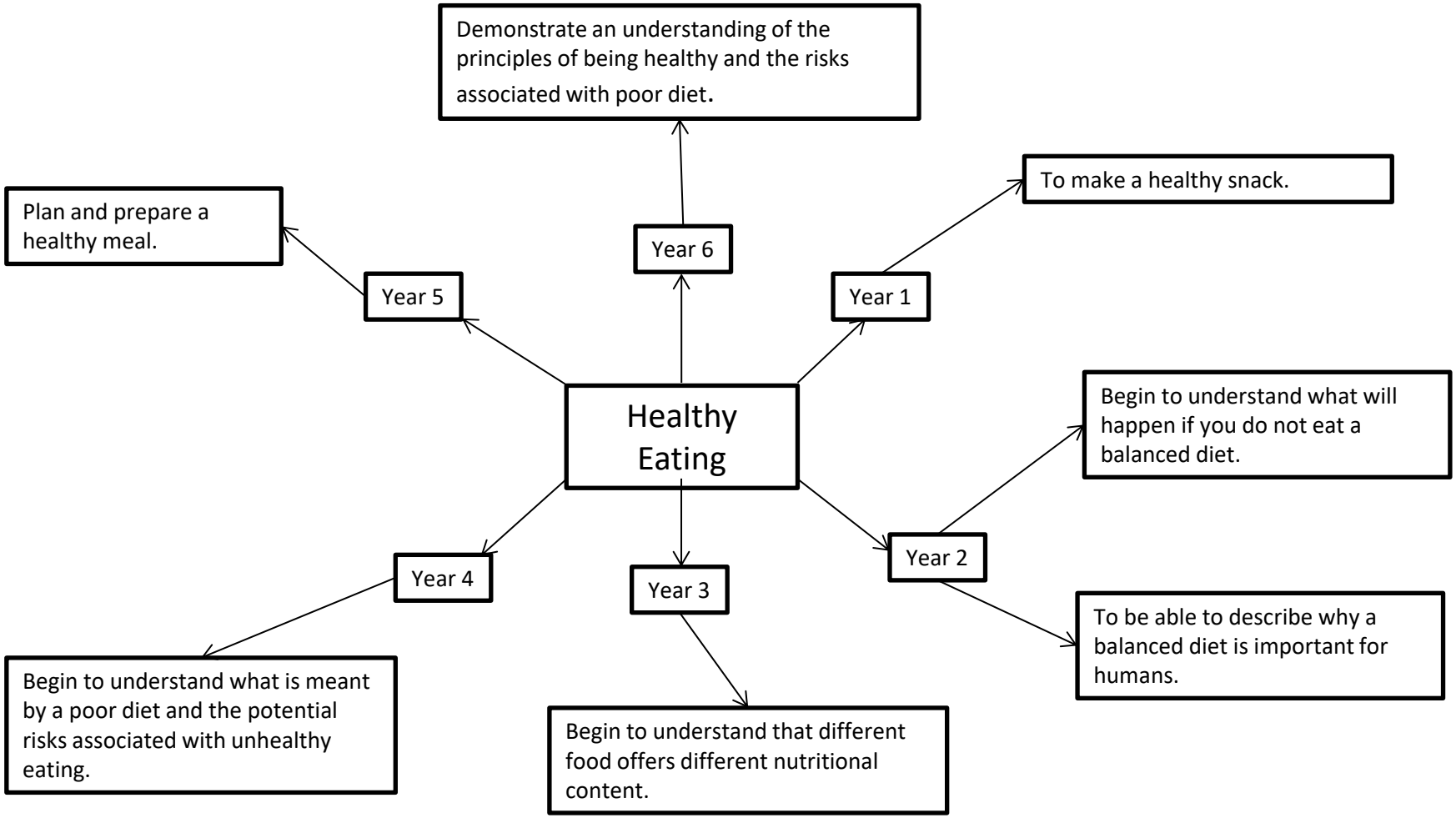
Year 5

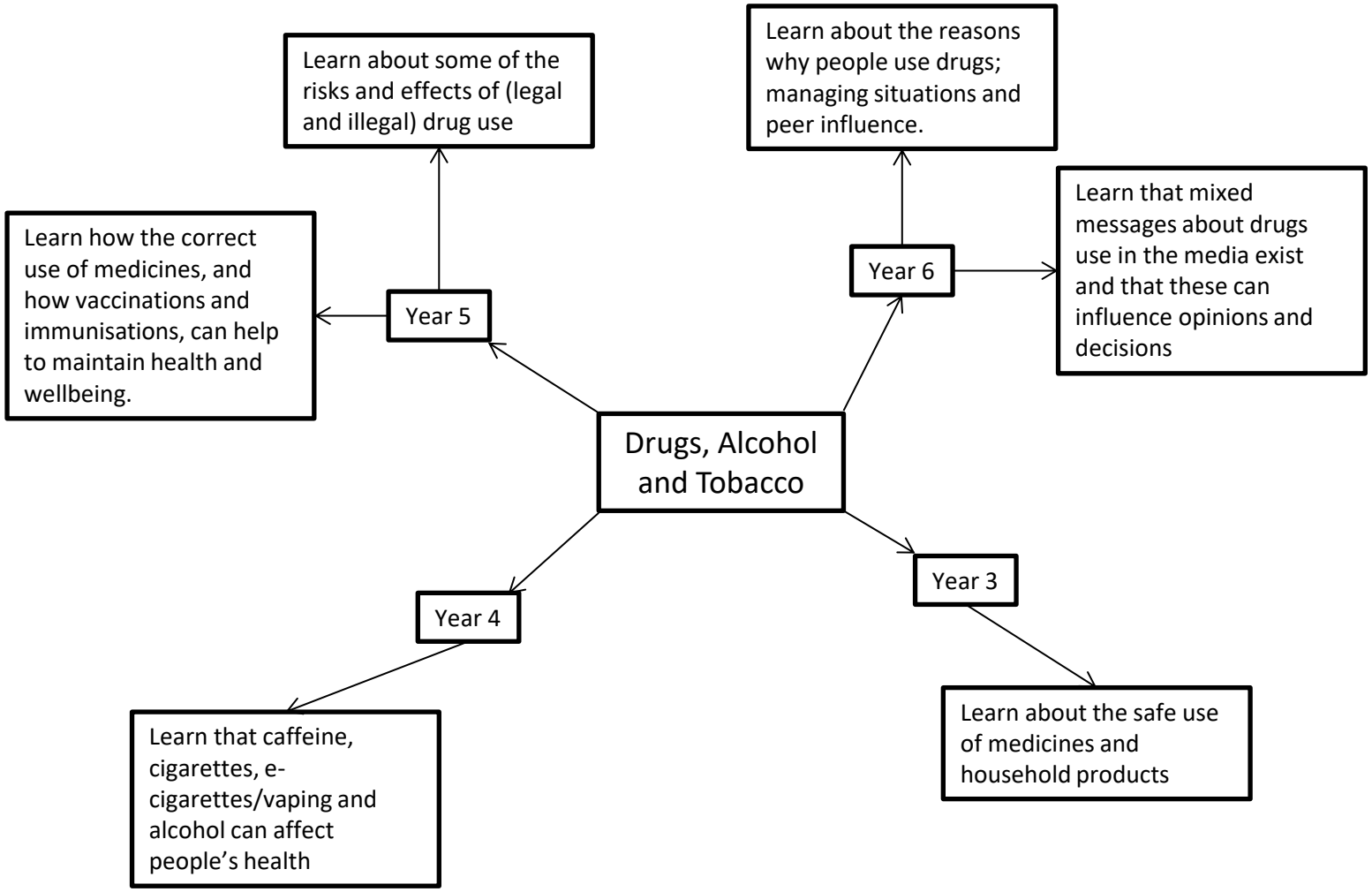
- Participate constructively in an online community and consider the effect of their online actions, displaying respectful behaviour
- Understand some of the ways that the internet may have a negative impact on mental health.

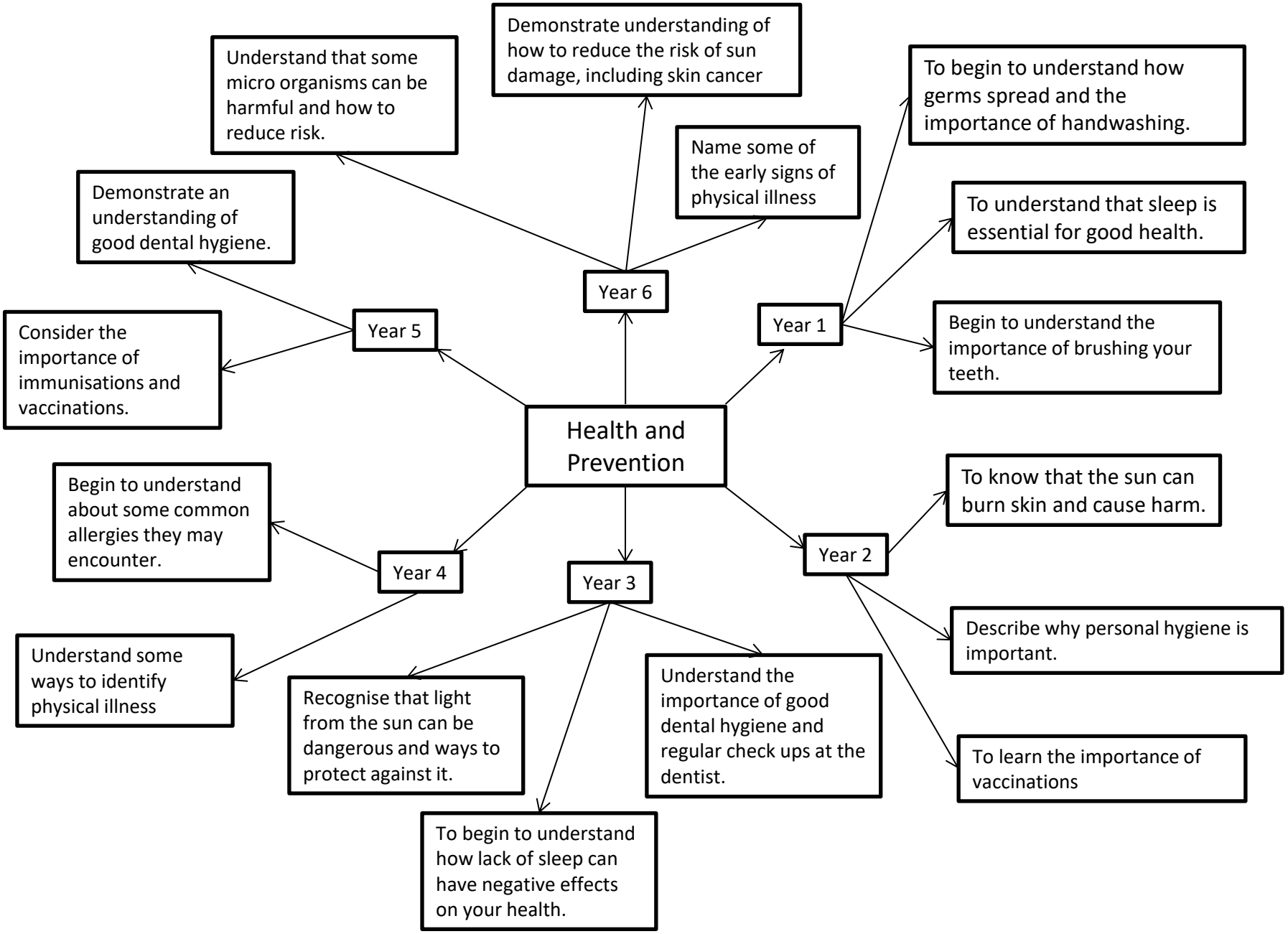
Year 6

- To understand how the internet can be used in everyday. Consider it's benefits and why some aspects i.e. social media and games are age restricted.
- To understand that online content can have positive and negative impacts on well being and to post sensitively, with an awareness of others.


Physical Health and Fitness
Year 1
Know that we need exercise for a healthy body.
Begin to understand the benefits of an active lifestyle.
Year 2
Begin to understand the importance of building regular exercise into the day/ week.
Begin to understand how an inactive lifestyle can affect humans.
Understand who to go to if they feel worried about their health.
Year 3
To understand the mental and physical benefits of an active lifestyle.
To understand the importance of building regular exercise into their routines and some ways to achieve this i.e. walking to school or swimming.
Year 4
To understand the importance of building regular exercise into their routines and how to achieve this i.e. cycling, running or other forms of regular vigorous exercise.
Understand how and when to seek support and who to speak to if they are concerned about their health
Year 5
Describe the effects exercise has on the body
Discuss the impact of diet, exercise, drugs and lifestyle on health.
Year 6
Demonstrate an understanding of the principles of being healthy.
To understand which adults to speak to if they are worried about their health and safe ways of seeking help online.


Healthy Eating
Year 1
To make a healthy snack.
Year 2
Begin to understand what will happen if you do not eat a balanced diet.
To be able to describe why a balanced diet is important for humans.
Year 3
Begin to understand that different food offers different nutritional content.
Year 4
Begin to understand what is meant by a poor diet and the potential risks associated with unhealthy eating.
Year 5
Plan and prepare a healthy meal.
Year 6
Demonstrate an understanding of the principles of being healthy and the risks associated with poor diet.


Drugs, Alcohol and Tobacco
Year 3
Learn about the safe use of medicines and household products
Year 4
Learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health
Year 5
Learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing.
Learn about some of the risks and effects of (legal and illegal) drug use
Year 6
Learn about the reasons why people use drugs; managing situations and peer influence.
Learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions


Health and Prevention
Year 1
To begin to understand how germs spread and the importance of handwashing.
To understand that sleep is essential for good health.
Begin to understand the importance of brushing your teeth.
Year 2
To know that the sun can burn skin and cause harm.
Describe why personal hygiene is important.
To learn the importance of vaccinations
Year 3
Understand the importance of good dental hygiene and regular check ups at the dentist.
To begin to understand how lack of sleep can have negative effects on your health.
Recognise that light from the sun can be dangerous and ways to protect against it.
Year 4
Understand some ways to identify physical illness
Begin to understand about some common allergies they may encounter.
Year 5
Consider the importance of immunisations and vaccinations.
Demonstrate an understanding of good dental hygiene.
Year 6
Understand that some micro organisms can be harmful and how to reduce risk.
Demonstrate understanding of how to reduce the risk of sun damage, including skin cancer
Name some of the early signs of physical illness

Basic First Aid

Year 1

Understand who helps us when we are not feeling well or involved in an accident i.e. parents, school staff, paramedics, doctors etc.

Year 2

Begin to understand some simple ways that you could care for someone who is hurt.

Year 3

Understand how a bite or sting may present, how to treat the aliment and how to seek further medical support.

Year 4

Understand how to identify someone who is having an asthma attack, how to give first aid

Demonstrate some ways to deal with head injuries and how to access further medical support if necessary.

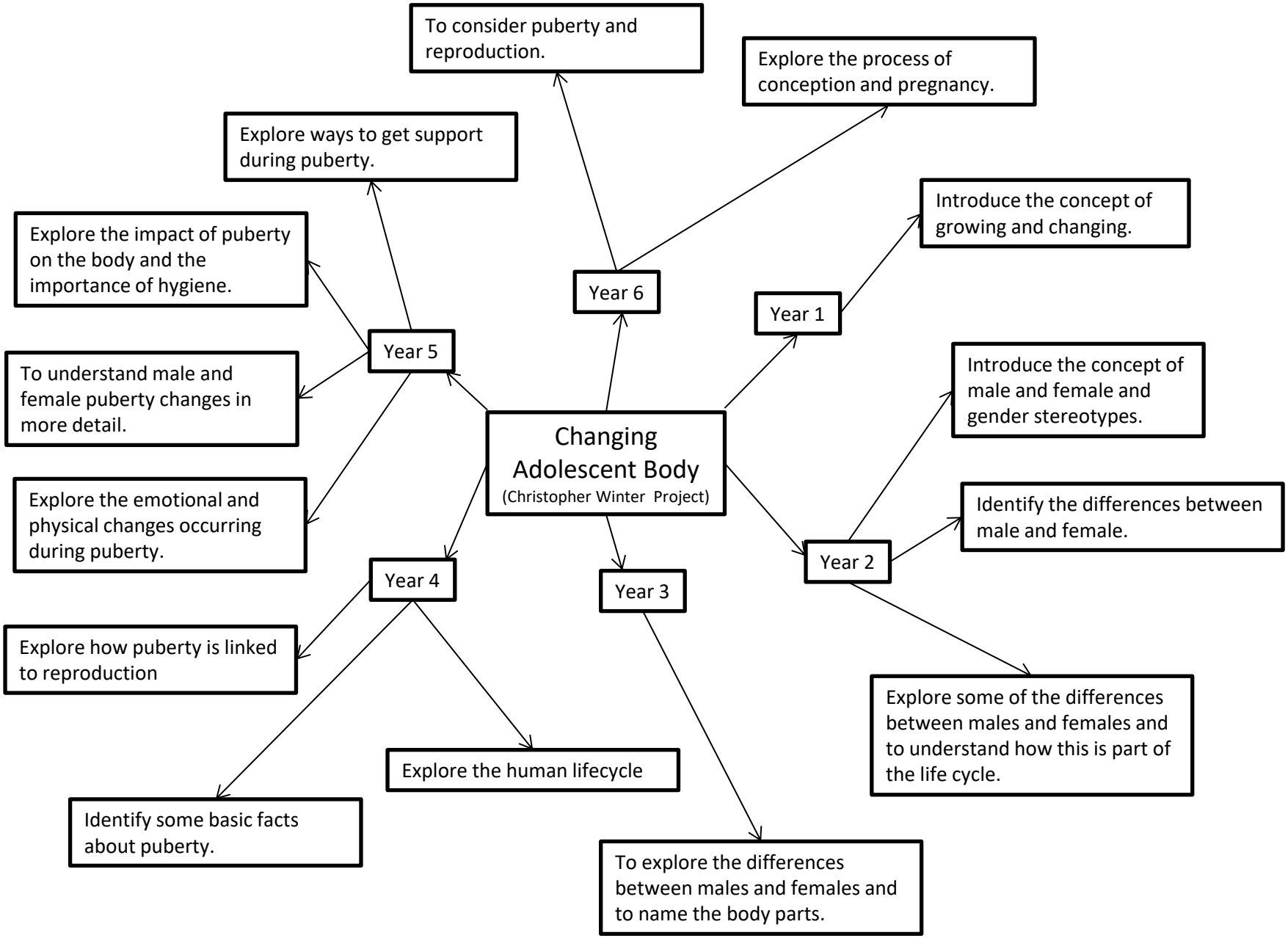
Year 5

Demonstrate ways of helping someone who is bleeding and how to seek further medical support.

Year 6

Understand how to contact the emergency services and give them the correct information.

Recognise signs of choking, how to give first aid and how to seek further medical support.


Changing Adolescent Body
(Christopher Winter Project)
Year 1
Introduce the concept of growing and changing.
Year 2
Introduce the concept of male and female and gender stereotypes.
Identify the differences between male and female.
Explore some of the differences between males and females and to understand how this is part of the life cycle.
Year 3
To explore the differences between males and females and to name the body parts.
Year 4
Explore the human lifecycle
Identify some basic facts about puberty.
Explore how puberty is linked to reproduction
Year 5
To understand male and female puberty changes in more detail.
Explore the emotional and physical changes occurring during puberty.
Explore the impact of puberty on the body and the importance of hygiene.
Explore ways to get support during puberty.
Year 6
To consider puberty and reproduction.
Explore the process of conception and pregnancy.