



(38 sessions a year)



<p>Year 1</p>	<p>Health and wellbeing Listen to, reflect on and respect other people's views and feelings. Be able to take turns. Agree and follow rules for a collaborative game.</p>	<p>Relationships Learn about the conventions of courtesy and manners. Recognise what is kind and unkind behaviour. Understand that family and friends should care for each other.</p>	<p><u>Safety and the changing body</u> Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.</p>	<p><u>Citizenship</u> Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy</p>	<p><u>Economic wellbeing</u> Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.</p>
<p>Year 2</p>	<p>Relationships: Recognise the difference between right and wrong / fair and unfair. Understand that family and</p>	<p>Health and Wellbeing: Know how to keep safe and how and where to get help. Take responsibility for their own</p>	<p><u>Safety and the changing body</u> Developing understanding of safety:</p>	<p><u>Citizenship</u> Learning about rules outside school; caring for</p>	<p><u>Economic wellbeing</u> Learning about financial literacy including how</p>

	<p>friends should care for each other.</p>	<p>safety and the safety of others and be able to seek help in an emergency</p>	<p>roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p>	<p>the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.</p>	<p>adults get money, wants and needs, using skills and talents and inclusive environments.</p>
	<p>2024 onwards <u>Families and relationships</u> Learning that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.</p>	<p>2024 onwards <u>Health and wellbeing</u> Learning about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene</p>			
Year 3	<p>Relationships Friendships: Know and understand the features of a good friend. Understand why it is important to be positive in relationships with others. Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p>	<p>Health and Wellbeing Recognise and respect similarities and differences between people. Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle. Develop strategies for managing and controlling strong feelings and emotions.</p>	<p><u>Safety and the changing body</u> Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.</p>	<p><u>Citizenship</u> Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.</p>	<p><u>Economic wellbeing</u> Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.</p>

	<p>2024 Onwards</p> <p><u>Families and relationships</u></p> <p>Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p>	<p>2024 Onwards</p> <p><u>Health and wellbeing</u></p> <p>Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.</p>			
Year 4	<p>Health and Wellbeing</p> <p>Know that for most people the internet is an integral part of life and has many benefits. Reflect on the impact of people's actions on others. Recognise and respond to issues of safety relating to themselves and others and how to get help.</p>	<p>Living in the wider world / Relationships</p> <p>Know what a stereotype is, and how stereotypes can be unfair, negative or destructive. Know and understand the terms 'discrimination' and 'stereotype'. Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying. Talk about their views on issues that affect themselves and their class.</p>	<p><u>Safety and the changing body</u></p> <p>Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.</p>	<p><u>Citizenship</u></p> <p>Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p>	<p><u>Economic wellbeing</u></p> <p>Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.</p>

	<p>2024 onwards</p> <p><u>Families and relationships</u></p> <p>Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.</p>	<p>2024 onwards</p> <p><u>Health and wellbeing</u></p> <p>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.</p>			
Year 5	<p><u>Living in the wider world</u></p> <p>Recognise how rights need to be balanced against responsibilities in order to protect individuals and communities from injustice. Recognise the difference between right and wrong and what is fair and unfair. Recognise that people's basic needs are the same around the world, discussing why some societies are more able to meet these needs than others.</p>	<p><u>Relationships / Health and Wellbeing</u></p> <p>Know that the same principles apply to online relationships as to face-to-face relationships, incl the importance of respect for others online including when we are anonymous. Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p>	<p><u>Safety and the changing body</u></p> <p>Exploring the emotional and physical changes of puberty, incl menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p>	<p><u>Citizenship</u></p> <p>An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.</p>	<p><u>Economic wellbeing</u></p> <p>Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.</p>

	<p>2024 Onwards <u>Families and relationships</u> Developing an understanding; of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.</p>	<p>2024 Onwards <u>Health and wellbeing</u> Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.</p>			
Year 6	<p>Relationships / Health and Wellbeing Recognise their strengths and how they can contribute to different groups. Identify the skills they need to develop to make their own contribution in the working world in the future. To know how to be a discerning consumer of information online incl understanding that information, including that from search engines, is ranked, selected and targeted.</p>	<p>Health and Wellbeing Make connections between their learning, the world of work and their future economic wellbeing. Begin to set personal goals. Recognise how their behaviour and that of others may influence people both positively and negatively</p>	<p><u>Safety and the changing body</u> Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p>	<p><u>Citizenship</u> Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.</p>	<p><u>Economic wellbeing</u> Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.</p> <p><u>Identity</u> Personal identity and body image.</p>
	<p>2024 onwards <u>Families and relationships</u> Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p>	<p>2024 Onwards <u>Health and wellbeing</u> Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being</p>			

		resilient in challenging situations and planning for long-term goals.			
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