



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Self regulation My feelings In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.</p>	<p>Family and Relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair</p>	<p>Family and Relationships 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>Family and Relationships 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>Family and Relationships Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement</p>	<p>Family and Relationships Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p>	<p>Family and Relationships Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief</p>
Autumn 2	<p>Building relationships Special relationships In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.</p>	<p>Health and Wellbeing Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy</p>	<p>Health and Wellbeing 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>	<p>Health and Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, and 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 into achievable steps.</p>	<p>Health and Wellbeing 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 and relaxing activities; developing independence in dental hygiene</p>	<p>Health and Wellbeing 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>	<p>Health and Wellbeing 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 resilient in challenging situations and planning for long-term goals</p>
Spring 1	<p>Managing self Taking on challenges In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to</p>	<p>Safety and the changing body Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding</p>	<p>Safety and the changing body Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises;</p>	<p>Safety and the changing body Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think</p>	<p>Safety and the changing body Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions;</p>	<p>Safety and the changing body Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential</p>	<p>Safety and the changing body 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</p>

	communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.	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	naming body parts and looking at the concept of privacy.	about choices and influence	exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma	dangers and how to administer first aid to someone who is bleeding.	administer first aid to someone who is choking or unresponsive.
Spring 2	Self regulation Listening and following instructions In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.	Citizenship 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	Citizenship Lesson collection: learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.	Citizenship 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	Citizenship 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	Citizenship 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	Citizenship Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy
Summer 1	Building relationships My family and friends In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.	Economic Wellbeing Learning about a range of money and bank functions including cash safety, spending, saving and jobs.	Economic Wellbeing Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.	Economic Wellbeing Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.	Economic Wellbeing Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.	Economic Wellbeing Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.	Economic Wellbeing Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.
Summer 2	Managing self My wellbeing In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.	Transition Helping Year 1 pupils with the transition to a new year and the changes that come with it	Transition A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes that may come with this move.	Transition Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this	Transition Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings	Transition Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.	Identity Two lessons on the theme of personal identity and body image Transition Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have