

EYFS - Autumn Term	EYFS - Spring Term	EYFS - Summer Term
<p>Positive Relationships</p> <p>Know:</p> <ul style="list-style-type: none"> • How to resolve conflict • How to make friends <p>My Body</p> <p>Know:</p> <ul style="list-style-type: none"> • How to look after my teeth • That healthy food is important for my body <p>How I Feel:</p> <p>Know:</p> <ul style="list-style-type: none"> • How to manage my feelings • Some emotions and how to identify them <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • The 4 zone colours • What the 4 colours mean <p>Autumn 2</p> <ul style="list-style-type: none"> • What the blue zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • Making a new friend <p>Autumn 2</p> <ul style="list-style-type: none"> • To say hello 	<p>Working Together:</p> <p>Know:</p> <ul style="list-style-type: none"> • There are rules I need to follow • Rules are important to keep us safe • That I need to take turns <p>Reach for the Stars</p> <p>Know:</p> <ul style="list-style-type: none"> • What resilience means • That I need to be resilient when I face challenges • What confidence is and how important it is • That I need to focus when I am learning <p>Being Safe</p> <p>Know:</p> <ul style="list-style-type: none"> • How to identify dangers • how to stay safe when faced with danger <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the red zone is • Tools I can use to get back to green. <p>Spring 2</p> <ul style="list-style-type: none"> • What the yellow zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • That all families are different <p>Spring 2</p> <ul style="list-style-type: none"> • To celebrate my family 	<p>Super Me</p> <p>Know:</p> <ul style="list-style-type: none"> • We all have different strengths • My own strengths • That we are all different <p>Me and My World</p> <p>Know:</p> <ul style="list-style-type: none"> • People who help us • About our environment and keeping it safe <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • How to identify what zone I am in • How to identify what I am feeling <p>Summer 2</p> <ul style="list-style-type: none"> • How to have positive thoughts. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • How to choose what I like <p>Summer 2</p> <ul style="list-style-type: none"> • That it's ok to like different things

Year 1 - HT1 Health and Wellbeing	Year 1 - HT2 Health and Wellbeing	Year 1 - HT3 Relationships	Year 1 - HT4 Relationships	Year 1 - HT5 Living in the Wider World	Year 1 - HT6 Living in the Wider World
<p>Health and Wellbeing</p> <p>Know:</p> <ul style="list-style-type: none"> • What healthy means • Who helps us stay healthy • Things we put in our bodies effects how we feel • What medicine is • What vaccinations and immunisations are • How to stay safe around medicine <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • The 4 zone colours • What the 4 colours mean <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • I like the way I am • Our bodies work in different ways 	<p>Health and Wellbeing</p> <p>Know:</p> <ul style="list-style-type: none"> • Some community roles and jobs • Who to get help from and how to ask for help • How to respond to unknown adults • How to manage feeling unsafe and what to do • How to call 999 and what to say <p>*Link to Careers</p> <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the blue zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • Proud to be me 	<p>Relationships</p> <p>Know:</p> <ul style="list-style-type: none"> • My likes and dislikes • That everyone has different likes and dislikes • My own strengths and what makes me unique • We all have similarities and differences • The correct names for body parts • Pants are private and personal privacy <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the red zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • To join in • To work together 	<p>Relationships</p> <p>Know:</p> <ul style="list-style-type: none"> • I belong in different groups e.g. family • My family is important • Different families have different family structures/lives • It is important to share worries with a trusted adult <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the yellow zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • To find ways to play together • To play with boys and girls 	<p>Living in the Wider World</p> <p>Know:</p> <ul style="list-style-type: none"> • What money is • How to get money • How to save and spend money • Needs and wants are different • I need to keep money safe <p>*Link to Financial Education</p> <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • How to identify what zone I am in • How to identify what I am feeling <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • I share the world with many people 	<p>Living in the Wider World</p> <p>Know:</p> <ul style="list-style-type: none"> • My behaviour affects others • Everyone has a responsibility in the classroom • How to care for animals and people • I need to look after the planet and what can harm the planet • People's needs change as they get older • Transition <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • How to have positive thoughts. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • Recognising people are different ages

Year 2 - HT1 Relationships	Year 2 - HT2 Relationships	Year 2 - HT3 Living in the Wider World	Year 2 - HT4 Health and Wellbeing	Year 2 - HT5 Health and Wellbeing	Year 2 - HT6 Health and Wellbeing
<p>Relationships</p> <p>Know:</p> <ul style="list-style-type: none"> • what to do if I feel lonely. • what makes a good friend and that my words can affect my friends. • What characteristics make a good friend. • What behaviours to look for in a friend. • How to ask for help with friendships. <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • The 4 zone colours • What the 4 colours mean <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • What makes a good friend. 	<p>Relationships</p> <p>Know:</p> <ul style="list-style-type: none"> • That words effect other people. • What wanted/unwanted physical contact looks like and how to respond to it. • I know that pants are private and if someone asks to see them, I should say no and tell an adult. • what bullying is and that I should tell an adult if I am being bullied or see bullying. <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the blue zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • What makes people proud. 	<p>Living in the Wider World</p> <p>Know:</p> <ul style="list-style-type: none"> • That there are different jobs • Different jobs require different qualities. • That there are different jobs and that you earn money from these. • That different people want different jobs and have different interests. <p>*Link to Careers</p> <p>*Link to Financial Education</p> <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the red zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • To welcome different people 	<p>Health and Wellbeing</p> <p>Know:</p> <ul style="list-style-type: none"> • It is important to follow rules for my safety. • It is important to not follow peer pressure. • I need to tell an adult if anything makes me worried or unsafe. • How to stay safe on the internet. <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • What the yellow zone is • Tools I can use to get back to green. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • That I belong 	<p>Health and Wellbeing</p> <p>Know:</p> <ul style="list-style-type: none"> • I know too much sugar isn't good for my body and teeth. • I know that sleep, healthy food, drink, and exercise is important for my body. • Vitamin D comes from the sun. • I need to take screen breaks. <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • How to identify what zone I am in • How to identify what I am feeling <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • How to have self confidence 	<p>Health and Wellbeing</p> <p>Know:</p> <ul style="list-style-type: none"> • How to name and describe my feelings. • Tools to improve my feelings. • I know different things and experiences can change emotions. • I can ask for help with big feelings. <p>Zones of Regulation</p> <p>Know:</p> <ul style="list-style-type: none"> • How to have positive thoughts. <p>No Outsiders</p> <p>Know:</p> <ul style="list-style-type: none"> • How to feel proud to be different • What diversity is

Year 3 - HT1 Health and Wellbeing	Year 3 - HT2 Health and Wellbeing	Year 3 - HT3 Health and Wellbeing	Year 3 - HT4 Relationships	Year 3 - HT5 Relationships	Year 3 - HT6 Living in the Wider World
<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> How to identify hazards and how to reduce them How to keep my body safe e.g. seatbelt What consent and peer pressure are About health and hygiene routines How to stay safe and healthy What first aid is and what to do in an emergency <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean <p>No Outsiders Know:</p> <ul style="list-style-type: none"> What discrimination means 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> About healthy foods, nutritionally rich food and impact of a bad diet How to have good oral hygiene Where to get advice for food and dental care <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> What a bystander is 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> About benefits of physical exercise How often to be active and what happens if we aren't About choosing physical activity The importance of sleep Where to get advice for sleep and physical activity <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> What a stereotype is 	<p>Relationships Know:</p> <ul style="list-style-type: none"> How to support one another when lonely How to seek support when lonely How to make positive friendships What to do if a friendship turns negative How to manage conflict between friends <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> To be welcoming 	<p>Relationships Know:</p> <ul style="list-style-type: none"> There are different types of families Different families share similar experiences e.g. holidays How to care for family members How to ask for advice <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling <p>No Outsiders Know:</p> <ul style="list-style-type: none"> What living in Britain today is like 	<p>Living in the Wider World Know:</p> <ul style="list-style-type: none"> There are different groups of people About diverse communities How communities make people feel included I must respect different ways of life. <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> How to have positive thoughts. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> What an outsider is

Year 4 - HT1 Health and Wellbeing	Year 4 - HT2 Health and Wellbeing	Year 4 - HT3 Health and Wellbeing	Year 4 - HT4 Living in the Wider World	Year 4 - HT5 Relationships	Year 4 - HT6 Health and Wellbeing
<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> How to recognise personal qualities and our individuality. How to develop self-worth, identify positives about myself and achievements About my personal attributes and strengths How to set personal goals How to learn from mistakes <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to help someone accept difference 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> Everyday things can affect feelings Feelings can change overtime and have different levels of intensity How to express my feelings About loss, grief and change How to seek advice for my feelings <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to look after our mental health 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> How to predict and manage risk How to keep safe in the local environment e.g. rail/water About peer influence and how to manage it Impact of online action and how to report online concerns Anti-social behaviour and law breaking <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to find common ground 	<p>Living in the Wider World Know:</p> <ul style="list-style-type: none"> Ways to protect our planet Everyday choices effect the environment What Fairtrade is How to share ideas and opinions on topical issues How to show care for others (animals/people) <p>*Link to Financial Education</p> <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to show acceptance 	<p>Relationships Know:</p> <ul style="list-style-type: none"> The effects of behaviour on others, including online How to show respectful, courteous behaviour About privacy/confidence/secrets and when to tell The rights of the child and protecting these How to be inclusive What discrimination is Responding to aggressive/inappropriate behaviour <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to choose when to be assertive 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> Body changes in puberty for males and females. About menstruation Puberty can affect emotions and feelings About personal hygiene To where and who to seek advice and support from. <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> How to have positive thoughts. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to be proud of who I am

Year 5 - HT1 Health and Wellbeing	Year 5 - HT2 Health and Wellbeing	Year 5 - HT3 Relationships	Year 5 - HT4 Living in the Wider World	Year 5 - HT5 Relationships	Year 5 - HT6 Living in the Wider World
<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> • What first aid is • How to do first aid • The importance of head injuries and what to do • How to seek adult help when required • I need to remain calm when administering first aid <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> • The 4 zone colours • What the 4 colours mean <p>No Outsiders Know:</p> <ul style="list-style-type: none"> • To consider responses to racist behaviour 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> • What everyday drugs are • That some drugs are legal and some are illegal • That there are drug laws to protect people • How to prevent and reduce risk • What habits are • That there are drug support organisations • How to ask for help <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> • What the blue zone is • Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> • To consider consequences 	<p>Relationships Know:</p> <ul style="list-style-type: none"> • That there are similarities and differences between people • About identity and individuality • That I have personal qualities • What a stereotype is and how to challenge them • That my attitude and behaviour effects myself and others <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> • What the red zone is • Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> • To justify my actions • That art can demonstrate freedom 	<p>Living in the Wider World Know:</p> <ul style="list-style-type: none"> • There are a range of jobs • That some jobs are unpaid/voluntary • That I need different skills/qualities and attributes for different jobs • There are different influences that affect people's career choices • I can challenge job stereotypes <p>*Link to Careers</p> <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> • What the yellow zone is • Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> • How to express an opinion 	<p>Relationships Know:</p> <ul style="list-style-type: none"> • There are different types of relationships • There are different ways of communicating • There is a difference between online and in person relationships • Risks in friendships • Types of content that are safe to share online • How to respond to friendship difficulty <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> • How to identify what zone I am in • How to identify what I am feeling <p>No Outsiders Know:</p> <ul style="list-style-type: none"> • How to explore friendship 	<p>Living in the Wider World Know:</p> <ul style="list-style-type: none"> • About spending and saving decisions • Ways to track my money • Ways to spend my money • There are lots of ways to pay • The value of money • The risks associated with money <p>*Link to Financial Education</p> <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> • How to have positive thoughts. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> • How to recognise when someone needs help

Year 6 - HT1 Health and Wellbeing	Year 6 - HT2 Health and Wellbeing	Year 6 - HT3 Living in the Wider World	Year 6 - HT4 Living in the Wider World	Year 6 - HT5 Relationships	Year 6 - HT6 Health and Wellbeing
<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> The link between mental health and physical health About positive friendships That involvement in groups can support wellbeing I can make choices to support my mental health e.g. sleep, food, friendships <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to recognise my freedom About language and freedom of speech 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> About healthy and unhealthy habits How drugs (illegal and legal can affect people's health) How to identify early signs of physical or mental ill-health Anyone can experience poor mental health How to seek support That FGM is illegal and how to tell an adult <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to overcome fears about difference How to stand up to discrimination 	<p>Living in the Wider World Know:</p> <ul style="list-style-type: none"> That the media influences wellbeing About sharing on social media That the media can be inconsistent and that messages/images can be manipulated Reliable sources <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to promote diversity How to consider responses to immigration 	<p>Living in the Wider World Know:</p> <ul style="list-style-type: none"> About unsafe/suspicious content About targeted adverts How to report information How to recognise risks in gambling How to debate/discuss influences on people's decisions <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How to consider democracy To consider causes of racism 	<p>Relationships Know:</p> <ul style="list-style-type: none"> About different types of relationships That gender/ethnicity and faith doesn't affect love About marriage and civil partnerships About forced marriages <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How life changes as you grow 	<p>Health and Wellbeing Know:</p> <ul style="list-style-type: none"> About puberty How babies are conceived What contraception is About increased opportunities and responsibilities with age Friendships can change as we grow How to manage change <p>Zones of Regulation Know:</p> <ul style="list-style-type: none"> How to have positive thoughts. <p>No Outsiders Know:</p> <ul style="list-style-type: none"> How our bodies function