

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
Health and Wellbeing Know: <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 	Health and Wellbeing Know: <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>	Relationships Know: <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 	Relationships Know: <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 	Living in the Wider World Know: <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>	Living in the Wider World Know: <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
Zones of Regulation Know: <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean 	Zones of Regulation Know: <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling 	Zones of Regulation Know: <ul style="list-style-type: none"> How to have positive thoughts.
No Outsiders Know: <ul style="list-style-type: none"> I like the way I am Our bodies work in different ways 	No Outsiders Know: <ul style="list-style-type: none"> Proud to be me 	No Outsiders Know: <ul style="list-style-type: none"> To join in To work together 	No Outsiders Know: <ul style="list-style-type: none"> To find ways to play together To play with boys and girls 	No Outsiders Know: <ul style="list-style-type: none"> I share the world with many people 	No Outsiders Know: <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
Relationships Know: <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. 	Relationships Know: <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. 	Living in the Wider World Know: <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 *Link to Financial Education</p>	Health and Wellbeing Know: <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. 	Health and Wellbeing Know: <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. 	Health and Wellbeing Know: <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.
Zones of Regulation Know: <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean 	Zones of Regulation Know: <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling 	Zones of Regulation Know: <ul style="list-style-type: none"> How to have positive thoughts.
No Outsiders Know: <ul style="list-style-type: none"> What makes a good friend. 	No Outsiders Know: <ul style="list-style-type: none"> What makes people proud. 	No Outsiders Know: <ul style="list-style-type: none"> To welcome different people 	No Outsiders Know: <ul style="list-style-type: none"> That I belong 	No Outsiders Know: <ul style="list-style-type: none"> How to have self confidence 	No Outsiders Know: <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
Health and Wellbeing Know: <ul style="list-style-type: none"> How to identify hazards and how to reduce him 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 	Health and Wellbeing Know: <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 	Health and Wellbeing Know: <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 	Relationships Know: <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 	Relationships Know: <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 	Living in the Wider World Know: <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.
Zones of Regulation Know: <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean 	Zones of Regulation Know: <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling 	Zones of Regulation Know: <ul style="list-style-type: none"> How to have positive thoughts.
No Outsiders Know: <ul style="list-style-type: none"> What discrimination means 	No Outsiders Know: <ul style="list-style-type: none"> What a bystander is 	No Outsiders Know: <ul style="list-style-type: none"> What a stereotype is 	No Outsiders Know: <ul style="list-style-type: none"> To be welcoming 	No Outsiders Know: <ul style="list-style-type: none"> What living in Britain today is like 	No Outsiders Know: <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
Health and Wellbeing Know: <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 	Health and Wellbeing Know: <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 	Health and Wellbeing Know: <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 	Living in the Wider World Know: <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>	Relationships Know: <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 	Health and Wellbeing Know: <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.
Zones of Regulation Know: <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean 	Zones of Regulation Know: <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling 	Zones of Regulation Know: <ul style="list-style-type: none"> How to have positive thoughts.
No Outsiders Know: <ul style="list-style-type: none"> How to help someone accept difference 	No Outsiders Know: <ul style="list-style-type: none"> How to look after our mental health 	No Outsiders Know: <ul style="list-style-type: none"> How to find common ground 	No Outsiders Know: <ul style="list-style-type: none"> How to show acceptance 	No Outsiders Know: <ul style="list-style-type: none"> How to choose when to be assertive 	No Outsiders Know: <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
Health and Wellbeing Know: <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 Zones of Regulation Know: <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean No Outsiders Know: <ul style="list-style-type: none"> To consider responses to racist behaviour 	Health and Wellbeing Know: <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 Zones of Regulation Know: <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. No Outsiders Know: <ul style="list-style-type: none"> To consider consequences 	Relationships Know: <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 Zones of Regulation Know: <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. No Outsiders Know: <ul style="list-style-type: none"> To justify my actions That art can demonstrate freedom 	Living in the Wider World Know: <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 *Link to Careers Zones of Regulation Know: <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. No Outsiders Know: <ul style="list-style-type: none"> How to express an opinion 	Relationships Know: <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 Zones of Regulation Know: <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling No Outsiders Know: <ul style="list-style-type: none"> How to explore friendship 	Living in the Wider World Know: <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 *Link to Financial Education Zones of Regulation Know: <ul style="list-style-type: none"> How to have positive thoughts. No Outsiders Know: <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
Health and Wellbeing Know: <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 	Health and Wellbeing Know: <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 	Living in the Wider World Know: <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 	Living in the Wider World Know: <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 	Relationships Know: <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 	Health and Wellbeing Know: <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
Zones of Regulation Know: <ul style="list-style-type: none"> The 4 zone colours What the 4 colours mean 	Zones of Regulation Know: <ul style="list-style-type: none"> What the blue zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the red zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> What the yellow zone is Tools I can use to get back to green. 	Zones of Regulation Know: <ul style="list-style-type: none"> How to identify what zone I am in How to identify what I am feeling 	Zones of Regulation Know: <ul style="list-style-type: none"> How to have positive thoughts.
No Outsiders Know: <ul style="list-style-type: none"> How to recognise my freedom About language and freedom of speech 	No Outsiders Know: <ul style="list-style-type: none"> How to overcome fears about difference How to stand up to discrimination 	No Outsiders Know: <ul style="list-style-type: none"> How to promote diversity How to consider responses to immigration 	No Outsiders Know: <ul style="list-style-type: none"> How to consider democracy To consider causes of racism 	No Outsiders Know: <ul style="list-style-type: none"> How life changes as you grow 	No Outsiders Know: <ul style="list-style-type: none"> How our bodies function