



		Years 1 and 2	Years 3 and 4	Years 5 and 6
Health and wellbeing	Health	<ul style="list-style-type: none"> To understand the need for physical activity to keep healthy To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health To understand how muscles work To make positive real-life choices To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle To make positive real-life choices 	<ul style="list-style-type: none"> To know and understand the difference between the terms physical, emotional and mental To become more self-aware To understand the meaning of the word 'healthy' To know the recommended guidelines for physical activity and understand the reasons for these To recognise the need to take responsibility for actions To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn 	<ul style="list-style-type: none"> To know about the basic synergy between physical, emotional and mental health To understand the importance of making change in adopting a more healthy lifestyle To know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body To know how and when to seek support including which adults to speak to in school if they are worried about their health To know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough To know the facts and science relating to immunisation and vaccination
	Hygiene	<ul style="list-style-type: none"> To learn about the importance of effective teeth cleaning and good dental hygiene To learn how to take care of teeth, in addition to brushing To manage basic personal hygiene To find out which foods are good for us To understand the importance of a healthy lifestyle, including dental hygiene 		

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		<ul style="list-style-type: none"> • To make simple choices that improve their health and well-being e.g. healthy eating • To learn to eradicate germs and the spread of diseases by washing hands • To understand how germs spread infections and diseases • To learn about the importance of and reasons for bathing and showering • To manage basic personal hygiene • To learn about the importance of and reasons for bathing and showering • To understand the importance of maintaining personal hygiene 		
	<p>Nutrition and food</p>	<ul style="list-style-type: none"> • To learn about where vegetables and fruit grow • To learn to make simple choices that improve their health and well-being e.g. healthy eating • To understand the need for protein as part of a balanced diet • To recognise which types of food are healthy • To apply their knowledge of healthy eating to plan a menu for a themed party • To make positive real-life choices 	<ul style="list-style-type: none"> • To know where different foods come from • To know about and understand the function of different food groups for a balanced diet • To learn to prepare and cook a variety of dishes • To work co-operatively, showing fairness and consideration to others 	<ul style="list-style-type: none"> • To know about the different food groups and their related importance as part of a balanced diet • To develop an awareness of their own dietary needs • To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle • To know how to cook and apply the principles of nutrition and healthy eating • To prepare and cook with a variety of ingredients, using a range of cooking techniques
	<p>Emotions</p>	<ul style="list-style-type: none"> • To learn to take responsibility for their own actions • To recognise how their behaviour and that of others may influence people both positively and negatively • To listen to, reflect on and respect other people's views and feelings • To learn about a range of different feelings and emotions 	<ul style="list-style-type: none"> • To listen to and show consideration for other people's views • To empathise with another viewpoint • To listen to, reflect on and respect other people's views and feelings • To develop strategies for managing and controlling strong feelings and emotions • To understand that family units can be different and can sometimes change 	<ul style="list-style-type: none"> • To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures • To manage changing emotions and recognise how they can impact on relationships • To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle

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		<ul style="list-style-type: none"> • To recognise, name and manage their feelings in a positive way • To learn about making positive choices and how they can lead to happiness • To recognise, name and manage their feelings in a positive way • To recognise how their behaviour affects other people • To recognise how their behaviour and that of others may influence people both positively and negatively • To learn about the importance of love • To recognise, name and deal with their feelings in a positive way • To understand and be aware of the different ways to show sadness • To understand about coping with change and loss • To understand that all actions have consequences • To learn to take responsibility for our actions • To recognise how their behaviour affects other people • To recognise how their behaviour and that of others may influence people both positively and negatively 	<ul style="list-style-type: none"> • To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate • To learn about the importance of self-respect and how this links to their own happiness 	<ul style="list-style-type: none"> • To understand the need for empathy when peers are experiencing conflict at home
	<p>Aspirations</p>	<ul style="list-style-type: none"> • To think about themselves, learn from experiences and recognise what they are good at • To recognise choices that they can make and value their achievements • To learn how to set simple goals and targets for themselves 	<ul style="list-style-type: none"> • To identify the range of jobs carried out by the people they know • To reflect on the range of skills needed in different jobs • To understand why setting goals is important • To understand that everyone has different strengths and weaknesses • To know how to set realistic targets 	<ul style="list-style-type: none"> • To identify and talk about their own and others' strengths and weaknesses and how to improve • To self-assess, understanding how this will help their future actions • To be able to reflect on past achievements • To recognise achievements of others as being worthwhile and important • To begin to set personal goals

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			<ul style="list-style-type: none"> • To self-assess, understanding how this will help their future actions • To understand how to break down the steps needed to achieve a goal • To identify and talk about their own and others' strengths and weaknesses and how to improve • To reflect on the range of skills needed in different jobs 	<ul style="list-style-type: none"> • To identify the skills they need to develop to make their contribution in the working world in the future • To make connections between their learning, the world of work and their future economic wellbeing
	<p>Safety</p>	<ul style="list-style-type: none"> • To understand the importance of sun safety • To know how to keep safe in the sun • To recognise and manage risk in everyday activities • To learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe • To develop an awareness of the Green Cross Code • To demonstrate basic road safety skills • To learn about the importance of medicine safety • To recognise that some substances can help or harm the body • To learn about the difference between secrets and surprises • To understand when not to keep adults' secrets • To seek help from an appropriate adult when necessary • To learn about who to go to for help and advice • To recognise that there are people who care for and look after them • To know how to keep safe and how and where to get help 	<ul style="list-style-type: none"> • To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • To begin to make responsible choices and consider consequences • To use ICT safely including keeping electronic data secure • To use ICT safely including using software features and settings • To know how information and data is shared and used online • To know that for most people the internet is an integral part of life and has many benefits • To know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing • To know why social media, some computer games and online gaming, for example, are age restricted • To know where and how to report concerns and get support with issues online 	<ul style="list-style-type: none"> • To take action based on responsible choices • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs • To take action based on responsible choices • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends • To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs • To take action based on responsible choices • To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends

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		<ul style="list-style-type: none">• To recognise and respond to issues of safety relating to themselves and others and how to get help• To learn about the importance of using the internet• To know how to keep safe and how and where to get help• To use strategies to stay safe when using ICT and the internet• To know the importance of self-respect and how this links to their own happiness• To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	<ul style="list-style-type: none">• To take responsibility for their own safety and the safety of others and be able to seek help in an emergency• To know when and how to make an emergency call• To recognise the importance of local organisations in providing for the needs of the local community• To behave safely and responsibly in different situations	<ul style="list-style-type: none">• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs• To take action based on responsible choices• To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs• To know concepts of basic first-aid, for example dealing with common injuries, including head injuries• To know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted• Understand why it is important to focus on keeping healthy and take appropriate action by making healthy choices• Understand the term 'risk' and how it links to consequence• Understand the term 'addiction' and know some of the different forms it can take• Recognise the link between choice and consequence• Become familiar with the names of the most common drugs• Understand how advertising influences our choices
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	<p style="text-align: center;">Growing and changing</p>	<ul style="list-style-type: none"> • To identify and respect similarities and differences between boys and girls • To learn about the process of growing from young to old • To learn the names for different parts of the body • To recognise similarities and differences based on gender • To recognise and respect similarities and differences between people • To learn about the physical changes in their bodies as we grow • To understand emotional changes as they grow up • To learn about how our needs change and grow as we develop • To recognise the simple physical changes to their bodies experienced since birth • 	<ul style="list-style-type: none"> • To understand that the rate at which we grow differs from person to person • To show awareness of changes that take place as they grow • To know and understand how to look after our teeth • To understand what happens when we lose teeth as we grow up and why this happens 	<ul style="list-style-type: none"> • To know about, recognise and understand changes that occur during puberty
<p style="text-align: center;">Relationships</p>	<p style="text-align: center;">Communication</p>	<ul style="list-style-type: none"> • To recognise and communicate feelings to others • To recognise and communicate feelings to others • To listen to, reflect on and respect other people's views and feelings • To understand that it is important to share their opinions and to be able to explain their views • To know the conventions of courtesy and manners 	<ul style="list-style-type: none"> • To recognise that there are many ways to communicate • To understand the need to communicate clearly • To understand why it is important to listen to others • To talk about their views on issues that affect themselves and their class • To know how to communicate their opinions in a group • To listen to and show consideration for other people's views • To work co-operatively, showing fairness and consideration to others 	<ul style="list-style-type: none"> • To recognise that there are many different ways to communicate • To understand the need for confidentiality in certain situations • To know and understand the importance of listening to others • To understand the role of the listener in any relationship • To recognise that there are many ways to communicate • To understand the need to both listen and speak when communicating with others
	<p style="text-align: center;">Collaboration</p>	<ul style="list-style-type: none"> • To learn to listen to other people and play and work co-operatively 	<ul style="list-style-type: none"> • To understand why it is important to work collaboratively 	<ul style="list-style-type: none"> • Understand that there are many situations in which collaboration is necessary

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		<ul style="list-style-type: none"> • To recognise the importance of listening to other people • To understand the importance of being able to work cooperatively • To understand the concept of negotiation • To understand the importance of being able to play and work cooperatively • To work independently and in groups, taking on different roles and collaborating towards common goals • To take part in a simple debate about topical issues • To share opinions and explain their views 	<ul style="list-style-type: none"> • To take the lead, prioritise actions and work independently and collaboratively towards goals • To know how to identify ways to improve the environment • To know how to spot problems and find ways of dealing with them 	<ul style="list-style-type: none"> • To understand the need to develop team work skills • To recognise that there are many roles within a community • To understand the need to collaborate in a group situation • To work independently and in groups, taking on different roles and collaborating towards common goals
	<p>Similarities and differences</p>	<ul style="list-style-type: none"> • To reflect on the similarities and differences between people • To learn about others • To reflect on the similarities and differences between people • To recognise and respect similarities and differences between people 	<ul style="list-style-type: none"> • To understand how we are all connected by our similarities • To recognise and respect similarities and differences between people • To know and understand how the make-up of family units can differ • To empathise with another viewpoint • To understand and appreciate the range of different cultures and religions represented within school • To learn about the need for tolerance for those of different faiths and beliefs • To understand the term 'diversity' and appreciate diversity within school • To recognise and challenge stereotyping and discrimination 	<ul style="list-style-type: none"> • To learn about racial discrimination and its impact on societies, past and present • To learn about gender discrimination and its impact • To challenge stereotyping and discrimination • To learn about the importance of family in different cultures • To recognise and respect similarities and differences between people
	<p>Healthy relationships</p>	<ul style="list-style-type: none"> • To learn about bullies and bullying behaviour • To understand the difference between impulsive and considered behaviour • To understand that name-calling is hurtful and avoidable 	<ul style="list-style-type: none"> • To know how to recognise the difference between isolated hostile incidents and bullying • To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying 	<ul style="list-style-type: none"> • To know that relationships can change as a result of growing up • To know that marriage (and civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong

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		<ul style="list-style-type: none">• To recognise how their behaviour affects other people• To understand what is and what is not bullying behaviour• To understand the difference between impulsive and considered behaviour• To recognise the difference between good and bad choices• To recognise how their behaviour affects other people• To recognise how their behaviour affects other people• To recognise how attitude and behaviour, including bullying, may affect others• To recognise how their behaviour and that of others may influence people both positively and negatively• To understand who can help if someone is affected by bullying• To recognise that there are people who care for and look after them• To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying• To seek help from an appropriate adult when necessary• To recognise how their behaviour affects other people• To recognise how their behaviour and that of others may influence people both positively and negatively• To learn strategies to cope with unfair teasing• To understand that there are different types of teasing and bullying	<ul style="list-style-type: none">• To understand what self-esteem is and why it is important• To understand the terms 'resilience' and 'persistence' and why these character traits are important• To face new challenges positively and know when to seek help• To know how to recognise bullying behaviour• To recognise right and wrong, what is fair and unfair and explain why• To understand the nature and consequences of negative behaviours such as bullying, aggressiveness• To know and understand the features of a good friend• To know how to communicate their opinions in a group setting• To work co-operatively, showing fairness and consideration to others• To know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	<ul style="list-style-type: none">• To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing• To know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous• To know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met• To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
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		<ul style="list-style-type: none"> • To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying • To recognise what is kind and unkind behaviour • To recognise how their behaviour and that of others may influence people both positively and negatively • To understand the importance of making friends • To identify and respect the differences and similarities between people • To develop positive relationships through work and play • To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships • To learn about the importance of sharing as part of friendship and kindness • To recognise the difference between right and wrong and what is fair and unfair 		
	RSE	<ul style="list-style-type: none"> • To understand that family and friends should care for each other • To understand that family and friends should care for each other • To learn how to develop positive relationships with peers • To identify different relationships that they have and why these are important • To learn about the importance of family • To recognise that family and friends should care for each other • To recognise that there are people who care for and look after them 	<ul style="list-style-type: none"> • To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • Know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • To understand why it is important to be positive in relationships with others 	<ul style="list-style-type: none"> • To know about and understand the importance of touch in a range of contexts • To know the difference between appropriate and inappropriate touches • Know how and understand why close relationships are formed, especially during adolescence • Understand why friendship is important in the establishment of close relationships

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		<ul style="list-style-type: none"> • To identify their special people and what makes them special • To identify different relationships that they have and why these are important 		<ul style="list-style-type: none"> • Know about and understand the physical, mental and emotional changes that take place during puberty • Learn about sex (and bust some myths!) • Understand why friendship is important in the establishment of close relationships • Know the features of a healthy relationship • Understand what an unhealthy relationship is and know how to deal with relationship issues • Know about gender identities and have an awareness of transgender issues • Understand the difference between being transgender and transvestite
<p>Living in the wider world</p>	<p>Rules and responsibilities</p>	<ul style="list-style-type: none"> • To understand the difference between right and wrong • To recognise right and wrong, what is fair and unfair and explain why • To understand the reason why we have rules • To learn about rules as expectations • To understand to agree and follow rules for their group and classroom • To understand the why we have rules / expectations • To learn about how they can contribute to the life of the class • To suggest rules that would improve things for the common good • To understand why it is important to be able to take turns • To agree and follow rules for a collaborative game • To take turns and share as appropriate • To understand the concept of 'borrowing 	<ul style="list-style-type: none"> • To understand why rules are needed in different situations • To recognise that rules may need to be changed • To understand why it is important to plan ahead and think of potential consequences as a result of their actions • To understand why it is important to behave responsibly • To recognise that actions have consequences 	<ul style="list-style-type: none"> • To understand why structure is needed in different situations • To understand the term 'anarchy' and understand the implications of living in an anarchic society • To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy • To learn about organisations such as the United Nations • To understand the importance and significance of equal rights

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		<ul style="list-style-type: none"> • To show responsibility to others • To understanding the importance of sharing • To know that everyone has a responsibility to consider the needs of others • To understand that people and other living things have needs and that they have responsibilities to meet them • To learn about responsibility to others 		
	<p>Communities</p>	<ul style="list-style-type: none"> • To consider ways of looking after the school or community and how to care for the local environment • To understand their role in the class community • To know how to contribute to the life of the classroom • To understand that they belong to various groups and communities • To work independently and in groups, taking on different roles and collaborating towards common goals • To develop a sense of belonging in the wider community • To understand the role of the local community • To consider ways of looking after the school or community and how to care for the local environment • To suggest rules that would improve things for the common good • To develop a strong relationship with the local community • To understand the importance of shared responsibility within all communities 	<ul style="list-style-type: none"> • To understand why it is important to be part of a community • To understand why it is important to be part of a community • To know and understand the terms 'discrimination' and 'stereotype' • Challenge stereotypes relating to gender and work 	<ul style="list-style-type: none"> • To understand the benefits of living in a diverse community and learn to celebrate diversity • To talk with a wide range of adults

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	<p>Economic awareness</p>	<ul style="list-style-type: none"> • To understand where money comes from • To recognise notes and coins • To understand the role of money in our society • To identify the different types of work people do and learn about different places of work • To recognise where money comes from and the choices people make to spend money on things they want and need • To understand why it is important to keep money safe • To understand the importance of managing money carefully • To understand that we cannot always afford the items we want to buy • To understand the importance of choices and spending money wisely • To gain a basic understanding of enterprise • To contribute to enterprise activities 	<ul style="list-style-type: none"> • To learn about and reflect on their own spending habits / choices • To understand why financial management and planning is important from a young age • To learn about and reflect on their own spending habits / choices • To understand why financial management and planning is important from a young age 	<ul style="list-style-type: none"> • To learn about budgeting and what it means to budget • To understand why financial management and planning is important from a young age • To know and understand financial terms such as loan, interest, tax and discount • To make connections between their learning, the world of work and their future economic wellbeing • To show initiative and take responsibility for activities that develop enterprise capability • To know and understand the principles of enterprise • To understand profit and loss • To know and understand the principles of charity work
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