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| **Year** | **Being Me** | **Celebrating Difference** | **Hopes and Dreams** | **Healthy Me** | **Relationships** | **Changing Me** |
| R | -Self-identity  -Understanding feelings  -Being in a classroom  -Being gentle  -Rights and responsibilities | -Identifying talents -Being special  -Families  -Where we live  -Making friends  -Standing up for yourself | -Challenges  -Perseverance  -Goal-setting  -Overcoming obstacles  -Seeking help  -Jobs  -Achieving goals | -Exercising bodies -Physical activities  -Healthy food  -Sleep  -Keeping clean  -Safety | -Family life  -Friendships -Breaking friendships  -Falling out  -Dealing with bullying | -Bodies  -Respecting my body  -Growing up  -Growth and change  -Fun and fears  -Celebrations |
| 1 | -Feeling special and safe  -Being part of a class  -Rights and responsibilities  -Rewards and feeling proud  -Consequences  -Owning the Learning Charter | -Similarities and differences  -Understanding bullying and knowing how to deal with it  -Making new friends  - Celebrating the differences in everyone | - Setting goals  - Identifying successes and achievements  - Learning styles  - Working well and celebrating achievement with a partner  - Tackling new challenges  - Identifying and overcoming obstacles  - Feelings of success | - Keeping myself healthy  - Healthier lifestyle choices  - Keeping clean  - Being safe  - Medicine safety and safety with household safety  - Road safety  - Linking health and happiness | - Belonging to a family  - Making friends/being a good friend  - Physical contact preferences  - People who help us  - Qualities as a friend and person  - Self-acknowledgement  - Being a good friend to myself  - Celebrating special relationships | - Life cycles: animal and human  - Changes in me  - Changes since being a baby  - Differences between female and male bodies (correct terminology)  - Linking growing and learning  - Coping with change  - Transition |
| 2 | - Hopes and fears for the year  - Rights and responsibilities  - Rewards and consequences  - Safe and fair learning environment  - Valuing contributions  - Choices  - Recognising feelings | - Assumptions and stereotypes about gender  - Understanding bullying  - Standing up for self and others  - Making new friends  - Gender diversity  - Celebrating difference and remaining friends | - Achieving realistic goals  - Perseverance  - Learning strengths  - Learning with others  - Group co-operation  - Contributing to sharing and success | - Motivations  -Healthier choices  - Relaxation  - Healthy eating and nutrition  - Healthier snacks and sharing food | - Different types of family  - Physical contact and boundaries  - Friendships and conflict  - Secrets  - Trust and appreciation  -Expressing appreciation for special relationships | - Life cycles in nature  - Growing from young to old  - Increasing independence  - Differences in male and female bodies (correct terminology)  - Assertiveness  -Preparing for transition |
| 3 | -Setting personal goals  - Self-identity and worth  - Positivity in challenges  - Rules, rights and responsibilities  - Rewards and consequences  - Responsible choices  - Seeing things from others’ perspectives | - Families and their differences  -Family conflict and how to manage it (child-centred)  - Witnessing bullying and how to solve it  - Recognising how words can be hurtful  - Giving and receiving compliments | - Difficult challenges and achieving success  - Dreams and ambitions  - New challenges  - Motivation and enthusiasm  - Recognising and trying to overcome obstacles  - Evaluating learning processes  - Managing feelings  - Simple budgeting | - Exercise  - Fitness challenges  - Food labelling and healthy swaps  - Attitudes towards drugs  - Keeping safe and why it’s important  - Online and offline scenarios  - Respect for myself and others  - Healthy and safe choices | - Family roles and responsibilities  - Friendship and negotiation  - Keeping safe online and who to go to for help  - Being a global citizen  - Being aware of how my choices affect others  - Awareness of how other children have different lives  - Expressing appreciation for family and friends | - How babies grow  - Understanding a baby’s needs  - Outside body changes  - Inside body changes  - Family stereotypes  - Challenging my ideas  - Preparing for transition |
| 4 | -Being part of a class team  - Being a school citizen  - Right, responsibilities and democracy (school council)  - Rewards and consequences  - Group decision-making  Having a voice  -What motivates behaviour | - Challenging assumptions - Judging by appearance  - Accepting self and others  - Understanding influences  - Understanding bullying  -Problem solving  - Identifying how special and unique everyone is  - First impressions | - Hopes and dreams  - Overcoming disappointment  - Creating new, realistic dreams  - Achieving goals  - Working in a group  - Celebrating contributions  - Resilience  - Positive attitudes | - Healthy friendships  - Group dynamics  - Smoking  - Alcohol  - Assertiveness  - Peer pressure  - Celebrating inner strength | -Jealousy  - Love and loss  - Memories of loved ones  - Getting on and falling out  - Girlfriends and boyfriends  - Showing appreciation to people and animals | - Being unique  - Having a baby  - Girls and puberty  - Confidence in change  - Accepting change  - Preparing for transition  - Environmental change |
| 5 | -Planning the forthcoming year  - Being a citizen  - Rights and responsibilities  - Rewards and consequences  - How behaviour affects groups  - Democracy, having a voice and participating | -Cultural differences and how they can cause conflict  - Racism  - Rumours and name-calling  - Types of bullying  - Material wealth and happiness  - Enjoying and respecting other cultures | - Future dreams  - The importance of money  - Jobs and careers  -Dream jobs and how to get there  - Goals in difference cultures  - Supporting others (charity)  - Motivation | - Smoking, including vaping  - Alcohol  - Alcohol and anti-social behaviour  - Emergency aid  - Body image  - Relationships with food  - Healthy choices  - Motivation and behaviour | - Self-recognition and self-worth  - Building self-esteem  - Safer online communities  - Online gaming and gambling  - Reducing screen time  -Dangers of online grooming  - SMART internet safety rules | - Self and body image  - Influence of media on body image  - Puberty for girls  - Puberty for boys  - Conception and IVF  - Growing responsibility  - Coping with change  - Preparing for transition |
| 6 | -Identifying goals for the year  - Global citizenship  - Feeling welcome and valued  - Choices, consequences and rewards  - Group dynamics  - Democracy and having a voice  - Anti-social behaviour  - Role modelling | - Perceptions of normality  - Understanding disability  - Power struggles  - Understanding bullying  - Inclusion and exclusion  - Differences as conflict  - Difference as celebration  - Empathy | - Personal learning goals in and out of school  - Success criteria  - Emotions in success  - Making a difference in the world  - Motivation  - Recognising achievements  - Compliments | - Taking personal responsibility  - How substance affects the body  - Exploitation, county lines and gang culture  - Emotional and mental health  - Managing stress | - Mental health  - Identifying mental health worries and sources of support  - Love and loss  - Managing feelings  - Power and control  - Assertiveness  - Technology safety  - Take responsibility with technology use | - Self-image  - Body image  - Puberty and feelings  - Conception to birth  - Reflections about change  - Physical attraction  - Respect and consent  - Boyfriends and girlfriends  - Sexting  - Transition |