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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-makingHaving 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 |