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| Wellbeing | AUTUMN 1  Being me in my world  BV: Democracy | AUTUMN 2  Celebrating Difference  BV: Tolerance of others with different beliefs and values. | SPRING 1  Dreams and Goals    BV: Mutual  respect. | SPRING 2  Healthy Me  BV: Individual liberty | SUMMER 1  Relationships  BV: The rule of law. | SUMMER 2  Changing Me  Changing world: Environmental project. |
| Reception | 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 activity.  Healthy food.  Sleep.  Keeping clean.  Safety. | Family life.  Friendships.  Breaking friendships and falling out.  Dealing with bullying.  Being a good friend. | Bodies.  Respecting my body.  Growing up.  Growth and change.  Fun and fears.  Celebrations. |
| Year 1 | Feeling special and safe.  Being part of a class.  Rights and responsibilities.  Rewards and feeling proud.  Consequences. | Similarities and differences. Celebrating the difference in everyone.  Understanding bullying and knowing how to deal with it.  Making new friends. | Setting goals.  Identifying successes and achievements.  Learning styles.  Working well and celebrating achieving 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/safety with household items.  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.  Linking growing and learning.  Coping with change. |
| Year 2 | Hopes and fears for this 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 and sharing success. | Motivation  Healthier choices.  Relaxation.  Healthy eating and nutrition.  Healthier snacks and sharing food. | Different types of family.  Physical contact boundaries.  Friendship and conflict.  Secrets.  Trust and appreciation.  Expressing appreciating for special relationships. | Life cycles in nature.  Growing from young to old.  Increasing independence.  Differences in female and male bodies.  Assertiveness.  Preparing for transition. |
| Year 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-centered).  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.  Keeping safe on and offline.  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 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. |
| Year 4 | Being part of a class team.  Being a school citizen.  Rules, rights and responsibilities and democracy.  Rewards and consequences.  Having a voice.  What motivates behavior? | Challenging assumptions.  Judging by appearance.  Accepting self and others.  Understanding influences.  Understanding bullying.  Understanding 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. | Healthier 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.  Confidence in change.  Accepting change.  Preparing for transition.  Environmental change. |
| Year 5 | Planning the forthcoming year.  Being a citizen.  Rights and responsibilities.  Rewards and consequences.  How behavior affects groups.  Democracy, having a voice and participating. | Cultural difference 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 job and how to get there.  Goals in different cultures.  Supporting others (charity)  Motivation. | Smoking  Alcohol  Alcohol and anti-social behavior.  Emergency aid.  Body image.  Relationships with food.  Healthy choices.  Motivation and behavior. | Self-recognition and self-worth.  Building self-esteem.  Safer online communities.  Rights and responsibilities online.  Online gaming and gambling.  Reducing screen time.  Dangers of online grooming.  SMARRT internet safety rules. | Self and body image.  Influence of online and media on body image.  Puberty for girls  Puberty for boys  Growing responsibility.  Coping with change.  Preparing for transition. |
| Year 6 | Identifying goals for the next year.  Global citizenship  Children’s universal rights.  Feeling welcome and valued.  Choices, consequences and rewards.  Group dynamics  Democracy and having a voice (school council)  Anti-social behavior.  Role-modelling. | Perceptions of normality.  Understanding disability.  Power struggles.  Understanding bullying.  Inclusion/  exclusion.  Differences as conflict, differences 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 substances affect the body.  Exploitation, including ‘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.  Taking responsibility with technology use. | Self-image.  Body-image.  Puberty and feelings.  Conception with birth.  Reflections about change.  Physical attraction.  Respect and consent.  Boyfriends/ girlfriends.  Sexting.  Transition. |