

<p><b>Myself &amp; My Relationships</b> <b>Beginning and Belonging</b></p> <ul style="list-style-type: none"> <li>• Do I understand simple ways to make sure my school is a safe, happy place? RR</li> <li>• How can I get to know the people in my class? CF</li> <li>• How do I feel when I am doing something new? MW</li> <li>• How can I make someone feel welcome in class? MW</li> <li>• What helps me manage in new situations? MW</li> <li>• Who can help me at home and at school? BS</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling safe and happy</li> <li>• Belonging in the class / school / community</li> <li>• Ground rules / class charters</li> <li>• Doing new things</li> <li>• Resilience</li> <li>• Asking for help</li> </ul>	<p><b>Citizenship</b> <b>Rights, Rules &amp; Responsibilities</b></p> <ul style="list-style-type: none"> <li>• How do rules make me feel happy and safe?</li> <li>• How do I take part in making rules?</li> <li>• Who looks after me and what are their responsibilities?</li> <li>• What jobs and responsibilities do I have in school and at home?</li> <li>• <b>Can I listen to other people, share my views and take turns?</b> RR</li> <li>• Can I take part in discussions and decisions in class?</li> </ul>	<ul style="list-style-type: none"> <li>• Class and school rules and charters</li> <li>• Rules and laws in society</li> <li>• Understanding right and wrong</li> <li>• Explaining views</li> <li>• Decision making</li> <li>• School and class councils</li> <li>• Responsibilities to other people</li> </ul>
<p><b>Myself &amp; My Relationships</b> <b>My Emotions</b></p> <ul style="list-style-type: none"> <li>• <b>What am I good at and what is special about me?</b> RR</li> <li>• <b>How can I stand up for myself?</b> RR</li> <li>• <b>Can I name some different feelings?</b> MW</li> <li>• <b>Can I describe situations in which I might feel happy, sad, cross etc?</b> MW</li> <li>• <b>How do my feelings and actions affect others?</b> MW</li> <li>• <b>How do I manage some of my emotions and associated behaviours?</b> MW</li> <li>• <b>What are the different ways people might relax and what helps me to feel relaxed?</b> MW</li> <li>• <b>Who do I share my feelings with?</b> MW</li> </ul>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Assertiveness</li> <li>• Identifying &amp; naming emotions</li> <li>• Coping with feelings</li> <li>• Feelings, thoughts &amp; behaviour</li> <li>• Likes &amp; dislikes</li> <li>• Impulsive behaviour</li> <li>• Calming down &amp; relaxing</li> <li>• Seeking support</li> </ul>	<p><b>Myself &amp; My Relationships</b> <b>Family and Friends</b></p> <ul style="list-style-type: none"> <li>• <b>Can I describe what a good friend is and does and how it feels to be friends?</b> CF</li> <li>• <b>Why is telling the truth important?</b> CF</li> <li>• <b>What skills do I need to choose, make and develop friendships?</b> CF</li> <li>• <b>How might friendships go wrong, and how does it feel?</b> CF</li> <li>• <b>How can I try to mend friendships if they have become difficult?</b> CF</li> <li>• <b>What is my personal space and how do I talk to people about it?</b> BS</li> <li>• <b>Who is in my family and how do we care for each other?</b> FP</li> <li>• <b>Who are my special people, why are they special and how do they support me?</b> CF</li> </ul>	<ul style="list-style-type: none"> <li>• Friendship</li> <li>• Truthfulness</li> <li>• My family</li> <li>• Special people</li> <li>• Problem solving in relationships</li> <li>• Different points of view</li> <li>• Personal space</li> <li>• Safety circles</li> </ul>
<p><b>Citizenship</b> <b>Working Together</b></p> <ul style="list-style-type: none"> <li>• What am I and other people good at?</li> <li>• What new skills would I like to develop?</li> <li>• How can I listen well to other people? RR</li> <li>• How can I work well in a group? RR</li> <li>• Why is it important to take turns? RR</li> <li>• How can I negotiate to sort out disagreements? CF</li> <li>• How are my skills useful in a group?</li> <li>• What is a useful evaluation? RR</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising strengths</li> <li>• Developing skills</li> <li>• Steps towards goals</li> <li>• Effective communication</li> <li>• Compromise &amp; co-operation</li> <li>• Discussion &amp; negotiation</li> <li>• Applying group work &amp; communication skills</li> <li>• Evaluating</li> </ul>	<p><b>Myself &amp; My Relationships</b> <b>Anti-bullying</b></p> <ul style="list-style-type: none"> <li>• <b>Why might people fall out with their friends?</b> CF</li> <li>• <b>Can I describe what bullying is?</b> RR</li> <li>• <b>Do I understand some of the reasons people bully others?</b> RR</li> <li>• <b>Why is bullying never acceptable or respectful?</b> RR</li> <li>• <b>How might people feel if they are being bullied?</b> MW</li> <li>• <b>Who can I talk to if I have worries about friendship difficulties or bullying?</b> RR</li> <li>• <b>How can I be assertive?</b> RR</li> <li>• <b>Do I know what to do if I think someone is being bullied?</b> RR</li> <li>• <b>How do people help me to build positive and safe relationships?</b> CF</li> <li>• <b>What does my school do to stop bullying?</b> RR</li> </ul>	<ul style="list-style-type: none"> <li>• Respecting difference</li> <li>• Defining bullying</li> <li>• Physical, mental and emotional wellbeing</li> <li>• Assertiveness</li> <li>• Safety circles</li> <li>• Telling &amp; asking for help</li> <li>• Supporting others</li> <li>• Creating an anti-bullying ethos</li> </ul>
<p><b>Citizenship</b> <b>Diversity and Communities</b></p> <ul style="list-style-type: none"> <li>• <b>What makes me 'me', what makes you 'you'?</b> RR</li> <li>• <b>Do all boys and all girls like the same things?</b> RR</li> <li>• <b>What is my family like and how are other families different?</b> FP</li> <li>• <b>What different groups do we belong to?</b> RR</li> <li>• <b>What is a stereotype and can I give some examples?</b> RR</li> <li>• Who helps people in my locality and what help do they need? MW</li> <li>• <b>What does 'my community' mean and how does it feel to be part of it?</b> MW</li> <li>• How do people find out about what is happening in my community? MW</li> <li>• How do we care for animals and plants?</li> <li>• How can I help look after my school?</li> </ul>	<ul style="list-style-type: none"> <li>• My identity</li> <li>• Different families</li> <li>• Different cultures and beliefs</li> <li>• Groups in and out of school</li> <li>• Respect</li> <li>• Community</li> <li>• Stereotypes</li> <li>• People who help us</li> <li>• School environment</li> <li>• Needs of people/animals / pets/plants</li> </ul>	<p><b>Economic Wellbeing</b> <b>Financial Capability</b></p> <ul style="list-style-type: none"> <li>• Where does money come from and where does it go when we 'use' it?</li> <li>• How might I get money and what can I do with it?</li> <li>• How do we pay for things?</li> <li>• What does it mean to have more or less money than you need?</li> <li>• How do I feel about money?</li> <li>• How do my choices affect me, my family, others?</li> <li>• What is a charity?</li> </ul>	<ul style="list-style-type: none"> <li>• Money in different / familiar contexts</li> <li>• Cash values</li> <li>• Money as a finite resource</li> <li>• Uses of money</li> <li>• Saving and spending</li> <li>• Effects of loss</li> <li>• How banks etc work</li> <li>• Emotions in relation to money</li> <li>• Charity</li> </ul>
<p><b>Healthy &amp; Safer Lifestyles</b> <b>Managing Safety and Risk</b></p> <ul style="list-style-type: none"> <li>• What are risky situations and how do they make me feel? MW</li> <li>• <b>What is my name, address and phone number and when might I need to give them?</b> BFA</li> <li>• <b>What is an emergency and who can help?</b> BFA</li> <li>• What makes a place or activity safe for me? MW</li> <li>• What are the benefits and risks for me when walking near the road, and how can I stay safer? MW</li> <li>• <b>What are the benefits and risks for me in the sun and how can I stay safer?</b> HP</li> <li>• What do I enjoy when I'm near water and how can I stay safer? MW</li> <li>• <b>What are the risks for me if I am lost and how can I get help?</b> BS</li> <li>• <b>How can I help to stop simple accidents from happening and how can I help if there is an accident?</b> BFA</li> </ul>	<ul style="list-style-type: none"> <li>• Risky situations</li> <li>• Emotions associated with risk</li> <li>• Basic personal information</li> <li>• Asking for &amp; giving help in an emergency</li> <li>• Safety eyes &amp; ears</li> <li>• Road safety</li> <li>• Travel to &amp; from school</li> <li>• Rules for keeping safer</li> <li>• Sun safety</li> <li>• Water safety</li> <li>• Keeping safe from accidents</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles</b> <b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• <b>Which substances might enter our bodies, how do they get there and what do they do?</b> DAT</li> <li>• <b>What are medicines and why and when do some people use them?</b> DAT</li> <li>• <b>When and why do people have an injection from a doctor or a nurse?</b> HP</li> <li>• <b>Who is in charge of what medicine I take?</b> DAT</li> <li>• <b>What different things can help me feel better if I feel poorly?</b> DAT</li> <li>• <b>How can I keep safe with medicines and substances at home and at school?</b> DAT</li> <li>• What is persuasion and how does it feel to be persuaded? MW</li> </ul>	<ul style="list-style-type: none"> <li>• Medicines</li> <li>• Health professionals</li> <li>• Going to the doctors</li> <li>• Feeling ill, feeling better</li> <li>• Risky household substances</li> <li>• Safety rules</li> <li>• Being persuaded</li> </ul>
<p><b>Healthy &amp; Safer Lifestyles</b> <b>Digital Lifestyles</b></p> <ul style="list-style-type: none"> <li>• <b>What are some examples of ways in which I use technology and the internet and what are the benefits?</b> OR</li> <li>• <b>What is meant by "identity" and how might someone's identity online be different from their identity in the physical world?</b> OR</li> <li>• <b>What are some examples of online content or contact which might mean I feel unsafe, worried or upset?</b> OR</li> <li>• <b>What sort of information might I choose to put online and what do I need to consider before I do so?</b> OR</li> <li>• <b>When might I need to report something and how would I do this?</b> OR</li> <li>• <b>What sort of rules can help to keep us safer and healthier when using technology?</b> IS</li> <li>• <b>Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?</b> IS</li> </ul>	<ul style="list-style-type: none"> <li>• Decision making</li> <li>• Positive contributions</li> <li>• Evaluating content</li> <li>• Information storage &amp; sharing</li> <li>• Mental &amp; physical wellbeing</li> <li>• Responsibilities</li> <li>• Reporting</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles</b> <b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>• Can I identify different feelings and tell others how I feel? MW</li> <li>• <b>Which school/classroom rules are about helping people to feel safe?</b> BS</li> <li>• <b>Can I name my own Early Warning Signs?</b> BS</li> <li>• How do I know which adults and friends I can trust? CF</li> <li>• <b>Who could I talk with if I have a worry or need to ask for help?</b> BS</li> <li>• <b>What could I do if a friend or someone in my family isn't kind to me?</b> BS</li> <li>• <b>Can I identify private body parts and say 'no' to unwanted touch?</b> BS</li> <li>• <b>What could I do if I feel worried about a secret?</b> BS</li> <li>• <b>What could I do if something worries or upsets me when I am online?</b> BS</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying and communicating feelings</li> <li>• School/classroom rules</li> <li>• Early Warning signs</li> <li>• Identifying trusted adults</li> <li>• Personal networks</li> <li>• Recognising unkind behaviour</li> <li>• Bodily autonomy</li> <li>• Safe, unsafe &amp; unwanted touch</li> <li>• Safe and unsafe secrets</li> <li>• Online safety</li> </ul>
<p><b>Healthy &amp; Safer Lifestyles</b> <b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• <b>What are the names of the main parts of the body?</b> BS</li> <li>• What can my amazing body do?</li> <li>• <b>When am I in charge of my actions and my body?</b> BS</li> <li>• <b>How can I keep my body clean?</b> HP</li> <li>• <b>How can I avoid spreading common illnesses and diseases?</b> HP</li> </ul>	<ul style="list-style-type: none"> <li>• External parts of the body</li> <li>• My amazing body</li> <li>• Germs</li> <li>• Hand washing</li> </ul>	<p><b>Healthy &amp; Safer Lifestyles</b> <b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• How do babies change and grow? (Statutory NC Science Y2)</li> <li>• How have I changed since I was a baby? (Statutory NC Science Y2)</li> <li>• What's growing in that bump? (Sex Education/NC Science)</li> <li>• <b>What do babies and children need from their families?</b> FP</li> <li>• <b>Which stable, caring relationships are at the heart of families I know?</b> FP</li> <li>• <b>What are my responsibilities now I'm growing up?</b> CAB</li> </ul>	<ul style="list-style-type: none"> <li>• Babies to children to adults</li> <li>• Growing up</li> <li>• Caring families</li> <li>• Family variety</li> <li>• Marriage</li> <li>• Changing responsibilities</li> </ul>
<p><b>Healthy &amp; Safer Lifestyles</b> <b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• <b>How can I stay as healthy as possible?</b> HP</li> <li>• <b>What does it feel like to be healthy?</b> MW</li> <li>• <b>What does healthy eating mean and why is it important?</b> HE</li> <li>• <b>Why is it important to be active &amp; what are the opportunities for physical activity?</b> PHF</li> <li>• What foods do I like and dislike and why?</li> <li>• <b>What can help us eat healthily?</b> HE</li> <li>• Why do we need food?</li> <li>• What healthy choices can I make?</li> </ul>	<ul style="list-style-type: none"> <li>• Staying healthy</li> <li>• Rest and sleep</li> <li>• Dental health</li> <li>• Eatwell Guide</li> <li>• Physical activity</li> <li>• Healthy eating</li> <li>• Food preparation</li> <li>• Making real choices</li> </ul>	<p><b>Myself &amp; My Relationships</b> <b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• How are my achievements, skills and responsibilities changing and what else might change?</li> <li>• How might people feel during times of loss and change? MW</li> <li>• How do friendships change? CF</li> <li>• What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW</li> <li>• How might people feel when they lose a special possession?</li> <li>• When can I make choices about changes?</li> </ul>	<ul style="list-style-type: none"> <li>• Changing friendship patterns</li> <li>• Changing skills &amp; responsibilities</li> <li>• Changing habits</li> <li>• Transitions within school</li> <li>• Losing things</li> <li>• Emotions involved with change</li> </ul>

**Relationships Education:** • FP Families & People who care for me • CF Caring Friendships • RR Respectful Relationships • OR Online Relationships • BS Being Safe

**Health Education:** • MW Mental Wellbeing • IS Internet Safety & Harms • PHF Physical Health & Fitness • HE Healthy Eating • DAT Drugs, Alcohol & Tobacco • HP Health & Prevention • BFA Basic First Aid • CAB Changing Adolescent Body

**Bold text & initials = main link** Initials only = contributes to