



Autumn 1 Myself and My Relationships 1 – Beginning and Belonging (NB, GFG)	
<ul style="list-style-type: none"><li>• How am I special and what is special about other people in my class?</li><li>• What have I learnt to do and what would I like to learn next?</li><li>• How do we welcome new people to our class?</li><li>• What can I do to make the classroom a safe and happy place?</li><li>• How can I play and work well with others?</li><li>• How can I respect the needs of others?</li><li>• How does my behaviour make other people feel?</li></ul>	<ul style="list-style-type: none"><li>• Belonging in the class</li><li>• Likes and dislikes</li><li>• Similarities and differences</li><li>• Setting goals</li><li>• Recognising feelings</li><li>• Communication and cooperation</li><li>• Ground Rules</li><li>• Rights Rules and Responsibilities</li><li>• Right and wrong</li><li>• Fair and unfair</li></ul>
Autumn 2 Myself and My Relationships 2 – My Family and Friends – Including Anti-bullying (GOFO, SNTB)	
<ul style="list-style-type: none"><li>• Who are my special people and why are they special to me?</li><li>• Who is my family and how do we care for each other?</li><li>• What is a friend?</li><li>• How can I be a good friend?</li><li>• How do I make new friends?</li><li>• How can I make up with friends when I have fallen out with them?</li><li>• How does what I do affect others?</li><li>• Do I know what to do if someone is unkind to me?</li></ul>	<ul style="list-style-type: none"><li>• Valuing difference and diversity</li><li>• Kind and unkind behaviour</li><li>• Bullying</li><li>• Conflict resolution</li><li>• Asking for help and telling</li><li>• Being assertive</li><li>• Safety Circle</li><li>• Supporting others</li></ul>
Autumn 2 Myself and My Relationships 3 – My Emotions (C, R, GTBM)	
<ul style="list-style-type: none"><li>• Can I recognise and show my emotions?</li><li>• Can I recognise emotions in other people and say how they are feeling?</li><li>• Do I know what causes different emotions in myself and other people?</li><li>• How do I and others feel when things change?</li><li>• Do I know simple ways to make myself feel better?</li><li>• How can I help to make other people feel better?</li></ul>	<ul style="list-style-type: none"><li>• Identifying and managing emotions</li><li>• Feelings, thought and behaviour</li><li>• Fair and unfair</li><li>• Loss and change</li><li>• Empathy</li></ul>

Spring 1 Citizenship 1 - Identities and Diversity	
<ul style="list-style-type: none"> <li>• Who are the people in my class and how are we similar to and different from each other?</li> <li>• Who are the different people who make up a family?</li> <li>• What things are especially important to my family and me?</li> <li>• What are some of the similarities and differences in the way people including families live their lives?</li> <li>• How can we value different types of people including what they believe in and how they live their lives?</li> <li>• How do we celebrate what we believe in and how is this different for different people?</li> </ul>	<ul style="list-style-type: none"> <li>• Similarities, difference and diversity</li> <li>• Respecting and valuing others</li> <li>• The way we live</li> <li>• Neighbourhood</li> <li>• Our beliefs</li> <li>• Routines, customs and traditions</li> <li>• Culture, race and religion</li> </ul>
Spring 1 Citizenship 2 - Me and My World	
<ul style="list-style-type: none"> <li>• Who are the people who help to look after me and my school</li> <li>• How can I help to look after my school?</li> <li>• How can I help to care for my things at home?</li> <li>• Where do I live and what are the different places and features in my neighbourhood?</li> <li>• Who are the people who live and work in my neighbourhood including people who help me?</li> <li>• How can we look after the local neighbourhood and keep it special for everybody?</li> <li>• What do animals and plants need to live and how can I help to take care of them?</li> <li>• What is money and why do we need it?</li> <li>• How do we save money?</li> </ul>	<ul style="list-style-type: none"> <li>• People and places</li> <li>• Family, school, neighbourhood</li> <li>• Jobs, roles and responsibilities</li> <li>• Helping and working together</li> <li>• Caring for living things</li> <li>• Local environments</li> <li>• Money</li> </ul>
Spring 2 Healthy and Safer Lifestyles 3 - Healthy Lifestyles	
<ul style="list-style-type: none"> <li>• What things can I do when I feel good and healthy?</li> <li>• What can't I do when I am feeling ill or not so healthy?</li> <li>• What can I do to help keep my body healthy?</li> <li>• Do I understand why food and drink are good for us?</li> <li>• Do I understand what exercise is and why it is good for us?</li> <li>• Do I understand why rest and sleep are good for us?</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Choices</li> <li>• My teeth</li> <li>• Food and drink</li> <li>• Exercise</li> <li>• Rest and sleep</li> <li>• Leisure time</li> </ul>

### Summer 1 Healthy and Safer Lifestyles 2 - Keeping Safe (Including Drug Education)

- What do I think I have to keep safe from?
- How do I know if something is safe or unsafe?
- Do I understand simple safety rules for when I am at home, at school and when I am out and about?
- Can I say 'No!' if I feel unsure about something and it does not feel safe or good?
- Can I ask for help and tell people who care for me if I am worried or upset?
- Who are the people who help to keep me safe?
- What goes on to and into my body and who puts it there?
- Why do people use medicines?
- What are the safety rules relating to medicines and who helps me with these?

- Assessing risk
- Personal safety skills
- Safety Circle
- Good and bad secrets
- Good and bad touches
- Real and pretend
- Lost and found
- Road Safety
- Safe use of medicines
- Medicines, pills, injections

### Summer 2 Healthy and Safer Lifestyles 1 - My Body and Growing Up

- What does my body look like?
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?

- Valuing the body
- Body parts
- My teeth
- Shapes and sizes
- Self care skills
- Change and responsibilities