



| Autumn 1 Myself & My Relationships - Beginning and Belonging (BB 1/2) | |
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| <ul style="list-style-type: none"> • Do I understand simple ways to help my school feel like a safe, happy place? • How can I get to know the people in my class? • How do I feel when I am doing something new? • How can I help someone feel welcome in class? • What helps me manage in new situations? • Who can help me at home and at school? | <ul style="list-style-type: none"> • Feeling safe and happy • Belonging in the class /school / community • Ground rules / class charters • Doing new things • Resilience • Asking for help |
| Autumn 2 Myself & My Relationships - Family and Friends (FF 1/2) | |
| <ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? • Why is telling the truth important? • What skills do I need to choose, make and develop friendships? • How might friendships go wrong, and how does it feel? • How can I try to mend friendships if they have become difficult? • What is my personal space and how do I talk to people about it? • Who is in my family and how do we care for each other? • Who are my special people, why are they special and how do they support me? | <ul style="list-style-type: none"> • Friendship • Truthfulness • My family • Special people • Problem solving in relationships • Different points of view • Personal space • Networks of support |
| Autumn 2 Myself & My Relationships - Anti-bullying (AB 1/2) | |
| <ul style="list-style-type: none"> • Why might people fall out with their friends? • Can I describe what bullying is? • Do I understand some of the reasons people bully others? • Why is bullying never acceptable or respectful? • How might people feel if they are being bullied? • Who can I talk to if I have worries about friendship difficulties or bullying? • How can I be assertive? • Do I know what to do if I think someone is being bullied? • How do people help me to build positive and safe relationships? • What does my school do to stop bullying? | <ul style="list-style-type: none"> • Respecting difference • Defining bullying • Physical, mental and emotional wellbeing • Assertiveness • Networks of support • Telling & asking for help • Supporting others • Creating an anti-bullying ethos |

Spring 1 Citizenship - Diversity and Communities (DC 1/2)

- What makes me 'me', what makes you 'you'?
- Do all boys and all girls like the same things?
- What is my family like and how are other families different?
- What different groups do we belong to?
- What is a stereotype and can I give some examples?
- Who helps people in my locality and what help do they need?
- What does 'my community' mean and how does it feel to be part of it?
- How do people find out about what is happening in my community?
- How do we care for animals and plants?
- How can I help look after my school?

- My identity
- Different families
- Different cultures and beliefs
- Groups in and out of school
- Respect
- Community
- Stereotypes
- People who help us
- School environment
- Needs of people/animals /pets/plants

Spring 2 Myself & My Relationships - Managing Change (MC 1/2)

- How are my achievements, skills and responsibilities changing and what else might change?
- How might people feel during times of loss and change?
- How do friendships change?
- What helps me to feel calmer when I am experiencing strong emotions linked to loss and change?
- How might people feel when they lose a special possession?
- When can I make choices about changes?

- Changing friendship patterns
- Changing skills & responsibilities
- Changing habits
- Transitions within school
- Losing things
- Emotions involved with change

Summer 1 Healthy & Safer Lifestyles - Personal Safety (PS 1/2)

- Can I identify different feelings and tell others how I feel?
- Which school/classroom rules are about helping people to feel safe?
- Can I name my own Early Warning Signs?
- How do I know which adults and friends I can trust?
- Who could I talk with if I have a worry or need to ask for help?
- What could I do if a friend or someone in my family isn't kind to me?
- Can I identify private body parts and say 'no' to unwanted touch?
- What could I do if I feel worried about a secret?
- What could I do if something worries or upsets me when I am online?

- Identifying and communicating feelings
- School/classroom rules
- Early Warning signs
- Identifying trusted adults
- Networks of support
- Recognising unkind behaviour
- Bodily autonomy
- Safe, unsafe & unwanted touch
- Safe and unsafe secrets
- Online safety

Summer 2 Healthy & Safer Lifestyles - Relationships and Sex Education (RS 1)

- What are the names of the main parts of the body?
- What can my amazing body do?
- When am I in charge of my actions and my body?
- How can I keep my body clean?
- How can I avoid spreading common illnesses and diseases?

- External parts of the body
- My amazing body
- Germs
- Hand washing

Summer 2 Healthy & Safer Lifestyles - Drug Education (DE 1/2)

- Which substances might enter our bodies, how do they get there and what do they do?
- What are medicines and why and when do some people use them?
- When and why do people have an injection from a doctor or a nurse?
- Who is in charge of what medicine I take?
- What different things can help me feel better if I feel poorly?
- How can I keep safe with medicines and substances at home and at school?
- What is persuasion and how does it feel to be persuaded?

- Medicines
- Health professionals
- Going to the doctors
- Feeling ill, feeling better
- Risky household substances
- Safety rules
- Being persuaded