



Autumn 1 Citizenship - Rights, Rules & Responsibilities (RR 1/2)	
<ul style="list-style-type: none"> • How do rules and conventions help me to feel happy & safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? RR • Can I take part in discussions and decisions in class? 	<ul style="list-style-type: none"> • Class and school rules and charters • Rules and laws in society • Understanding right and wrong • Explaining views • Decision making • School and class councils • Responsibilities to other people
Autumn 2 Myself & My Relationships - My Emotions (ME 1/2)	
<ul style="list-style-type: none"> • What am I good at and what is special about me? • How can I stand up for myself? • Can I name some different feelings? • Can I describe situations in which I might feel happy, sad, cross etc? • How do my feelings and actions affect others? • How do I manage some of my emotions and associated behaviours? • What are the different ways people might relax and what helps me to feel relaxed? • Who do I share my feelings with? 	<ul style="list-style-type: none"> • Self awareness • Assertiveness • Identifying & naming • Emotions • Coping with feelings • Feelings, thoughts & behaviours • Likes & dislikes • Impulsive behaviour • Calming down & relaxing • Seeking 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 - Working Together (WT 1/2)

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| <ul style="list-style-type: none">• What am I and other people good at?• What new skills would I like to develop?• How can I listen well to other people?• How can I work well in a group?• Why is it important to take turns?• How can I negotiate to sort out disagreements?• How are my skills useful in a group?• What is a useful evaluation? | <ul style="list-style-type: none">• Recognising strengths• Developing skills• Steps towards goals• Effective communication• Compromise & co-operation• Discussion & negotiation• Applying group work & communication skills• Evaluating |
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Spring 1 Economic Wellbeing - Financial Capability (FC 1/2)

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| <ul style="list-style-type: none">• Where does money come from and where does it go when we 'use' it?• How might I get money and what can I do with it?• How do we pay for things?• What does it mean to have more or less money than you need?• How do I feel about money?• How do my choices affect me, my family, others?• What is a charity? | <ul style="list-style-type: none">• Money in different / familiar contexts• Cash values• Money as a finite resource• Uses of money• Saving and spending• Effects of loss• How banks, etc work• Emotions in relation to money• Charity |
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Spring 2 Healthy & Safer Lifestyles - Healthy Lifestyles (HL 1/2)

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| <ul style="list-style-type: none">• How can I stay as healthy as possible?• What does it feel like to be healthy?• What does healthy eating mean and why is it important?• Why is it important to be active & what are the opportunities for physical activity?• What foods do I like and dislike and why?• What can help us eat healthily?• Why do we need food?• What healthy choices can I make? | <ul style="list-style-type: none">• Staying healthy• Rest and sleep• Dental health• Eat Well Guide• Physical activity• Healthy eating• Food preparation• Making real choices |
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Summer 1 Healthy & Safer Lifestyles - Managing Safety and Risk (MSR 1/2)	
<ul style="list-style-type: none"> • What are risky situations and how might I feel? • What is my name, address and phone number and when might I need to give them? • What is an emergency and who can help? • What makes a place or activity safe for me? • What are the benefits and risks for me when walking near the road, and how can I stay safer? • What are the benefits and risks for me in the sun and how can I stay safer? • What do I enjoy when I'm near water and how can I stay safer? • What are the risks for me if I am lost and how can I get help? • How can I help to stop simple accidents from happening and how can I help if there is an accident? 	<ul style="list-style-type: none"> • Risky situations • Emotions associated with risk • Basic personal information • Asking for & giving help in an emergency • Safety eyes & ears • Road safety and travel to & from school • Rules for keeping safer • Sun and water safety • Keeping safe from accidents
Summer 1 Healthy & Safer Lifestyles - Digital Lifestyles (TG Digital Lifestyles)	
<ul style="list-style-type: none"> • What are some examples of ways in which I use technology and the internet and what are the benefits? • What is meant by "identity" and how might someone's identity online be different from their identity in the physical world? • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? • What sort of information might I choose to put online and what do I need to consider before I do so? • When might I need to report something and how would I do this? • What sort of rules can help to keep us safer and healthier when using technology? • Who can help me if I have questions or concerns about what I experience online or about others' online behaviour? 	<ul style="list-style-type: none"> • Decision making • Positive contributions • Evaluating content • Information storage & sharing • Mental & physical wellbeing • Responsibilities • Reporting
Summer 2 Healthy & Safer Lifestyles - Relationships and Sex Education (RS 2)	
<ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (NC Science) • What do babies and children need from their families? • Which stable, caring relationships are at the heart of families I know? • What are my responsibilities now I'm growing up? 	<ul style="list-style-type: none"> • Babies to children to adults • Growing up • Caring families • Family variety • Marriage • Changing responsibilities
Summer 2 Healthy & Safer Lifestyles - Drug Education (DE 1/2)	
<ul style="list-style-type: none"> • 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? 	<ul style="list-style-type: none"> • Medicines • Health professionals • Going to the doctors • Feeling ill, feeling better • Risky household substances • Safety rules • Being persuaded