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|  Wellbeing | AUTUMN 1 Being me in my worldBV: 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 MeChanging 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 boysGrowing responsibility.Coping with change.Preparing for transition.  |
| Year 6  | Identifying goals for the next year.Global citizenshipChildren’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.  |