



Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and Relationships						
Family	Exploring how families are different to each other.	Understanding ways to show respect for different families. Understanding that families offer love, care and support.	Learning that problems can occur in families and that there is help available if needed	Using respectful language to discuss different families.	Identifying ways families might make children feel unhappy or unsafe.	N/A
Friendships	Exploring how friendship problems can be overcome. Exploring friendly behaviours	Understanding difficulties in friendships and discussing action that can be taken.	Exploring ways to resolve friendship problems. Developing an understanding of the impact of bullying and what to do if bullying occurs.	Exploring physical and emotional boundaries in friendships.	Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship.	Identifying ways to resolve conflict through negotiation and compromise.
Respectful Relationships	Recognising how other people show their feelings. Identifying ways we can care for others when they are sad. Exploring the ability to successfully work with different people.	Learning how other people show their feelings and how to respond to them. Exploring the conventions of manners in different situations.	Identifying who I can trust. Learning about the effects of non verbal communication. Exploring the negative impact of stereotyping.	Exploring how my actions and behaviour can affect other people.	Exploring and questioning the assumptions we make about people based on how they look. Exploring our positive attributes and being proud of these (self-respect).	Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes.
Change and Loss	N/A	Exploring how loss and change can affect us	N/A	Discussing how to help someone who has experienced a bereavement.	N/A	Exploring the process of grief and understanding that it is different for different people.

Health and Wellbeing	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Prevention	Learning how to wash my hands properly. Learning how to deal with an allergic reaction.	Exploring the effect that food and drink can have on my teeth.	Discussing why it is important to look after my teeth.	Developing independence in looking after my teeth.	Developing independence for protecting myself in the sun.	Considering ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health
Physical health and wellbeing	Exploring positive sleep habits. Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health.	Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Learning breathing exercises to aid relaxation.	Learning stretches which can be used for relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.	Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation.	Understanding the relationship between stress and relaxation. Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep.	Identifying a range of relaxation strategies and situations in which they would be useful. Exploring ways to maintain good habits. Setting achievable goals for a healthy lifestyle.
Mental wellbeing	Identifying personal strengths and qualities. Identifying different ways to manage feelings.	Exploring strategies to manage different emotions. Developing empathy. Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing a growth mindset. Developing an understanding of self respect.	Exploring my own identity through the groups I belong to. Identifying my strengths and exploring how I use them to help others. Being able to breakdown a problem into smaller parts to overcome it.	Exploring how my skills can be used to undertake certain jobs. Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset	Taking responsibility for my own feelings	Exploring my personal qualities and how to build on them. Developing strategies for being resilient in challenging situations

Safety and the changing body	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being safe (including online)	Practising what to do if I get lost. Identifying hazards that may be found at home. Understanding people's roles within the local community that help keep us safe.	Discussing the concept of privacy. Exploring ways to stay safe online. Learning how to behave safely near the road and when crossing the road.	Exploring ways to respond to cyberbullying or unkind behaviour online. Developing skills as a responsible digital citizen. Identifying things people might do near roads which are unsafe. Beginning to recognise unsafe digital content.	Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of sharing information online.	Developing an understanding of how to ensure relationships online are safe.	Developing an understanding about the reliability of online information. Exploring online relationships including dealing with problems.
Drugs, alcohol and tobacco	Learning what is and is not safe to put in or on our bodies	Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.	Exploring that people and things can influence me and that I need to make the right decision for me. Exploring choices and decisions that I can make.	Discussing the benefits of being a non-smoker.	Learning to make 'for' and 'against' arguments to help with decision making.	Discussing the reasons why adults may or may not drink alcohol.
The changing adolescent body	N/A	N/A	N/A	Discussing some physical and emotional changes during puberty.	Learning about the emotional changes during puberty. Identifying reliable sources of help with puberty.	Discussing problems which might be encountered during puberty and using knowledge to help
Basic first aid	Practising making an emergency phone call.	N/A	Learning what to do in a medical emergency, including calling the emergency services.	Learning how to help someone who is having an asthma attack.	Learning about how to help someone who is bleeding	Learning how to help someone who is choking. Placing an unresponsive patient into the recovery position.
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Citizenship	Recognising why rules are necessary and the consequences of	Explaining why rules are in place in different settings. Identifying positives and negatives	Exploring how children's rights help them and other	Discussing how we can help to protect human rights. Identifying ways	Explaining why reducing the use of materials is positive for the	Learning about environmental issues relating to food. Discussing how education and other

	not following rules. Discussing how to meet the needs of different pets. Exploring the differences between people. Recognising the groups that we belong to.	about the school environment. Learning how to discuss issues of concern to me. Recognising the importance of looking after the school environment. Identifying ways to help look after the school environment. Recognising the contribution people make to the local community	children. Considering the responsibilities that adults and children have to maintain children's rights. Discussing ways we can make a difference to recycling rates at home/school. Identifying local community groups and discussing how these support the community	items can be reused. Explaining why reusing items is of benefit to the environment. Identifying the benefits different groups bring to the local community. Discussing the positives diversity brings to a community.	environment. Discussing how rights and responsibilities link. Exploring the right to a freedom of expression. Identifying the contribution people make to the community and how this is recognised. Developing an understanding of how parliament and Government work. Identifying ways people can bring about change in society	human rights protect us. Identifying causes which are important to us. Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.
Economic Wellbeing	Discussing how to keep money safe. Discussing what to do if we find money. Exploring choices people make about money. Developing an understanding of how banks work.	Identifying whether something is a want or need. Recognising that people make choices about how to spend money. Exploring the reasons why people choose certain jobs.	Discussing the range of feelings which money can cause. Discussing the different attitudes people have to money. Exploring the impact our spending can have on other people. Considering the advantages and disadvantages of different payment methods.	Exploring the factors which affect whether something is value for money. Discuss some impacts of losing money. Identifying negative and positive influences that can affect our career choices.	Discussing risks associated with money. Making a budget based on priorities. Discussing the role of money in selecting a job. Discussing how income can change and the feelings associated with this.	Recognising differences in how people deal with money and the role of emotions in this. Discussing some risks associated with gambling. Identifying jobs which might be suitable for them
Identity	N/A	N/A	N/A	N/A	N/A	Discussing the factors that make our 'identity'. Recognising the difference between how we see ourselves and how others see us. Exploring how the media might influence our identity.

Transition	Recognising our own strengths.	Identifying people who can help us when we are worried about changes	Learning strategies to deal with change	Recognising our own achievements. Being able to set goals.	Recognising own skills and how these can be developed.	Exploring a greater range of strategies to deal with feelings associated with change.
-------------------	--------------------------------	--	---	--	--	---