

	Autumn 1-Being Me in My World	Autumn 2- Celebrating Difference	Spring 1- Dreams and Goals	Spring 2- Healthy Me	Summer 1- Relationships	Summer 2- Changing Me
EYFS	Zones of Regulation Belonging Being kind and gentle hands Rights and responsibilities	Things I'm good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenge and perseverance Never giving up Setting a goal Obstacles and support Jobs Feeling proud	Exercise Moving and resting Healthy foods Sleep Keeping clean Safe adults	My family and me Make friends Falling out and bullying Being a good friend	My body Respecting my body Growing up Fun and fears Celebrating the year
Year 1	Zones of Regulation Feeling safe and special in my class Rights and responsibilities Rewards and feeling proud Consequences	The same as Different from What is bullying? What do I do about bullying? Making new friends Celebrating difference	Goal setting Recognising and celebrating success Working together Challenging myself Overcoming obstacles	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Healthy and happy	Building gender equality Families Making friends Greetings People who help us Being my own best friend Celebrating my special relationships	Life cycles Changing me My changing body- from baby to child Boys and girls bodies Learning and growing Coping with changes
Year 2	Zones of Regulation Hopes and fears Rights and responsibilities Rewards and consequences	Boys and girls Why does bullying happen? Standing up for myself Diversity Celebrating difference and still being friends What is racism? Anti-racism	Goals to success My learning strengths Learning with others Group challenge Celebrating our achievements	Being healthy Being relaxed Medicine safety Healthy eating Happy, healthy me	Building gender equality Families Keeping safe Friends and conflict Secrets Trust and appreciation Celebrating my special relationships	Life cycles in nature Growing from young to old The changing me Boys and girls bodies Assertiveness Looking ahead
Year 3	Zones of Regulation Positive self-esteem Responsible choices and asking for help Rights and responsibilities Rewards and consequences	Families Family conflict Witness and feelings Witness and solutions Words that harm Compliments	Dreams and goals Ambitions A new challenge Overcoming obstacles Celebrating my learning	Being fit and healthy Drugs Being safe Safe or unsafe Water safety Respecting my body	Building gender equality Families roles and responsibilities Friendship E-safety	How babies grow Babies Outside body changes Family stereotypes Looking ahead

		Redefining racism Racial stereotypes			Being a global citizen Celebrating my relationships	
Year 4	Zones of Regulation Being inclusive School citizen Rights, responsibilities and democracy Rewards and consequences	Judging by appearance Understanding influences Understanding bullying Problem solving Special me How we look Unconscious bias Anti-racism	Hopes and dreams Broken dreams Overcoming disappointment Creating new dreams Achieving goals Celebrating success	Friends Group dynamics Smoking and vaping Alcohol Healthy friendships Inner strength and assertiveness Responding safely and appropriately to adults	Building gender equality Jealousy Love and loss Memories Getting on and falling out Girlfriends and boyfriends Celebrating my relationships	Unique me Girls and puberty Circles of change Accepting change Looking ahead
Year 5	Zones of Regulation Values and hopes Being a citizen of my country Rights and responsibilities Rewards and consequences	Different cultures Racism Rumours and name calling Types of bullying Does money matter? Celebrating difference across the world Hidden differences- autism Representation matters	When I grow up Jobs and careers My dream job Dreams and goals of other cultures Supporting each other Rallying support	Smoking and vaping Alcohol Emergency aid & vaccinations Body image Relationships with food Healthy lifestyles & recognising the signs of illness	Building gender equality Recognising me Online communities Online gaming Relationships and technology	Self and body image Inside body changes Having a baby Puberty for girls Puberty for boys Conception Looking ahead
Year 6	Zones of Regulation Goals and worries Being a global citizen	Am I normal? Understanding difference Power struggles Why bully? Celebrating difference Myth busting	Personal learning goals Steps to success Dreams for the future Helping to make a difference Recognising our achievements	Taking responsibility Drugs Exploitation Gangs Emotional and mental health Managing stress and pressure	Building gender equality Mental health Love and loss Power and control Being online: real or fake Using technology responsibly	My self-image Puberty Babies conception to birth Boyfriends and girlfriends Real self and ideal self Looking ahead

