

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	<p>Understand what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental care.</p> <p>Understand how to maintain personal hygiene.</p> <p>Understand that medicines can help to keep people healthy but only if used properly.</p> <p>Start to understand the associated feelings in change and loss.</p> <p>Start to explore how to manage feelings and the strategies which can be used when findings things difficult.</p> <p>Understand the benefits of having a positive learning attitude.</p> <p>Recognise that everyone is different and have different likes, dislikes, strengths, etc.</p> <p>Recognise the people that look after them and know who to go to if they are worried.</p>	<p>Learn from experiences, recognise and celebrate strengths and set simple yet challenging goals.</p> <p>Recognise that humans experience different feelings, some good and some not so good.</p> <p>Develop confidence in describing feelings and strategies for managing emotions.</p> <p>Understand the process of growing from young to old and recognise how people's needs change.</p> <p>Understand how to make informed choices that help to improve physical and emotional health.</p> <p>Recognise that choices can have positive and not so positive consequences and the impact of decisions needs to be considered.</p> <p>Recognise that we are presented with new opportunities and responsibilities that will increase independence.</p> <p>Understand different ways of keeping physically and emotionally safe, including when online and in the environment.</p> <p>Understand the difference between a surprise and a secret.</p> <p>Name the main parts of the body (including external genitalia) and understand that boys and girls are different.</p> <p>Understand that some things should remain private (body parts).</p>	<p>Understand the need to make informed decisions about health including diet, lifestyle, sun exposure and personal and oral hygiene.</p> <p>Understand what a habit is and recognise that habits can have both a positive and negative affect on a healthy lifestyle.</p> <p>Recognise when to ask for help and develop techniques for resisting pressure to do something dangerous, unhealthy or makes them feel uncomfortable.</p> <p>Differentiate between the terms 'risk', 'danger' and 'hazard'.</p>	<p>Understand that mental health, just like physical health, is part of daily life; we need to take care of our mental health.</p> <p>Understand different techniques and routines that can support mental health and wellbeing.</p> <p>Recognise that feelings can change over time and in intensity and understand the importance of expressing them.</p> <p>Begin to recognise the signs of mental ill health and wellbeing and understand how to seek support for themselves and others.</p> <p>Recognise opportunities to make their own choices about food, what might influence their choices and the benefits of a balanced diet.</p> <p>Recognise that we can experience setbacks/ perceived failures and learn to manage these.</p> <p>Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.</p> <p>Understand how personal hygiene routines need to change during puberty.</p> <p>Understand the process of reproduction and birth as part of the human life cycle.</p> <p>Know that there are legal, restricted and illegal substances (drugs, alcohol).</p>	<p>Understand how to make informed choices and their responsibility in creating a 'balanced lifestyle'.</p> <p>Understand the risks and effects of legal drugs common to everyday life and how these can impact on health.</p> <p>Recognise that bacteria and viruses can affect health and that following simple routines can reduce the spread.</p> <p>Develop awareness of how to predict, assess and manage risk in different situations and use this as an opportunity to build resilience.</p>	<p>Recognise that sometimes we experience conflicting emotions and when we need to listen to these or overcome them.</p> <p>Further develop growth mindset by facing new challenges positively, drawing on help, making responsible choices and taking action.</p> <p>Understand what positively and negatively affects their physical, mental and emotional health (including the media).</p> <p>To reflect on and celebrate their achievements, identify strengths, areas of improvement and set high, aspirational goals.</p> <p>Recognise their increasing responsibility in keeping themselves and others safe.</p> <p>Understand how to care for their body and that they have the right to protect their body from inappropriate or unwanted contact.</p> <p>Know how to get support if they are worried for themselves for their peers.</p>

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Relationships	<p>Communicate their feelings to others.</p> <p>Recognise how other people show their emotions and respond.</p> <p>Share their opinions that matter to them and explain their views.</p> <p>Listen to other people and how to play / work cooperatively.</p> <p>Recognise strategies that can be used to resolve arguments / disagreements.</p> <p>Identify people who love and care for them.</p> <p>Recognise how their behaviour affects other people.</p> <p>Understand that our bodies and emotions can be hurt by words and actions, including online.</p> <p>Recognise what is fair and unfair, right and wrong, kind and unkind.</p> <p>Recognise when people are unkind to each other and respond in appropriate ways.</p> <p>Understand that hurtful behaviour is not accepted and how report bullying to a trusted adult.</p>	<p>Identify their special people, what makes them special and how they should care for each other.</p> <p>Learn how to offer constructive support and feedback to others.</p> <p>Further develop strategies that can be used to solve simple arguments, including negotiation.</p> <p>Understand the difference between secrets and surprises and the importance of not keeping an adult's secret.</p> <p>Identify and respect the differences and similarities between people.</p> <p>Develop basic techniques for resisting pressure to do something that they don't want to do or makes them feel unsafe.</p> <p>Recognise that some things are private and that privacy should be respected.</p> <p>Understand that sometimes people behave differently online.</p> <p>Understand how to respond safely to adults that they don't know.</p> <p>Further understand that people's bodies and feelings can be hurt and how to respond to this.</p>	<p>Recognise and respond appropriately to a wider range of feelings in others.</p> <p>Understand that personal behaviour can affect other people as well as themselves.</p> <p>Understand that pressure to behave in an unacceptable or unhealthy way can come from a variety of sources (peer influence, media, online) and develop strategies to manage this.</p> <p>Feel confident in raising concerns if worried about their own or someone else's personal safety.</p> <p>Identify what constitutes a positive and healthy friendship.</p>	<p>Recognise that there are different types of relationship, including those between acquaintances, friends, relatives and family.</p> <p>Know how to recognise if family relationships / friendships are making them feel unhappy, unsafe or uncomfortable and how to ask for support.</p> <p>Know what discrimination is and how to challenge it.</p> <p>Recognise bullying and abuse, including prejudice-based bullying in person, online and through social media.</p> <p>Realise consequences of anti-social and aggressive behaviours such as bullying and discrimination.</p> <p>Resolve differences by looking at alternatives and respecting the views of others.</p> <p>Develop strategies to resolve disputes and conflict through using negotiation and compromise.</p>	<p>Recognise what constitutes positive and healthy relationships and develop skills to maintain these.</p> <p>Recognise in which ways a relationship can be healthy / unhealthy and who to talk to for support.</p> <p>Recognise the importance of friendship and how positive relationships support wellbeing.</p> <p>Develop strategies to respond to hurtful behaviour experienced or witnessed (including online) and know how to report concerns.</p> <p>Respect the similarities and differences between people and recognise what they have in common with other people.</p> <p>Listen and respond respectfully and know how to constructively challenge other views in discussions or debates.</p>	<p>Understand that marriage and civil partnership are a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.</p> <p>Understand that marriage is a commitment that is freely entered into by both people and that forcing someone into a marriage is a crime.</p> <p>Recognise and respect that there are different types of family structure.</p> <p>Recognise different types of physical contact, judge what is acceptable and unacceptable and know how to respond.</p> <p>Recognise that pressure to behave in an unacceptable and unhealthy way can come from a variety of sources and know how to ask for help.</p> <p>Understand the concept of keeping something confidential or a secret and when this should or shouldn't be agreed to.</p>

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Living in the Wider World	<p>Understand and explain what rules are and why they are needed in different situations.</p> <p>Understand that people and living things have different needs.</p> <p>Recognise the different groups and communities that they belong to and the roles and responsibilities that people have within them.</p> <p>Know that money comes from different sources and can be used for different purposes.</p> <p>Understand that people need to make choices about how to spend and save their money.</p> <p>Recognise the difference between needs and wants – sometimes people may not always be able to have everything they want.</p>	<p>Recognise that people and living things have needs that everyone has responsibilities in meeting.</p> <p>Understand the role money plays in their life including how to manage it and how to make sensible choices when spending it.</p> <p>Understand the role of the internet in everyday life and that not all information seen online is true.</p>	<p>Recognise the need for rules and laws in protecting others and the consequences of not adhering to them.</p> <p>Understand the importance of compassion and the role we play in showing care and concern towards others.</p> <p>Understand what a community is and value the different contributions people can make and the diversity within them.</p> <p>Understand what stereotypes are, how they can be challenged and how they can negatively influence behaviours and attitudes towards others.</p> <p>Recognise prejudice behaviour / actions that discriminate against others and know how to respond if witnessed or experienced.</p> <p>Recognise that people have different attitudes towards saving and spending money.</p> <p>Understand that there are a variety of jobs that people can have and people can have more than one job in their lifetime.</p>	<p>Identify the different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.</p> <p>Understand that they can take part in making and changing rules.</p> <p>Recognise and challenge stereotypes.</p> <p>Consider the lives of people living in other places and people with different values and customs.</p> <p>Understand that resources can be allocated in different ways and economic choices can affect individuals and the environment.</p>	<p>Understand that everyone has human rights which are there to protect everyone.</p> <p>Understand the role money plays in their own and others' lives, including how to manage money and about being a critical consumer.</p> <p>Recognise the risks associated with money and ways of keeping money safe.</p> <p>Develop an initial understanding of 'interest', 'loan', 'debt' and 'tax'.</p> <p>Understand what being part of a community means and recognise the varied institutions that support communities locally and nationally.</p>	<p>Recognise that children have their own rights set out in the United Nations Declarations of the Rights of the Child.</p> <p>Research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer recommendations to appropriate people.</p> <p>Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom.</p> <p>Know and use strategies for keeping safe online, including the importance of protecting personal information.</p>