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| Age Group | Being me in my world | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| Reception (& Nursery)  Age 3-5 | 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  Falling out  Dealing with bullying  Being a good friend | Bodies  Respecting my body  Growing up  Growth and change  Fun and fears  Celebrations |
| Year 1  Age 5-6 | Feeling special and safe Being part of a class  Rights and responsibilities Rewards and feeling proud Consequences  Owning the Learning Charter | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone | Setting goals  Identifying successes and achievements  Learning styles  Working well and celebrating achievement 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  Linking growing and learning Coping with change Transition |
| Year 2  Age 6-7 | Hopes and fears for the 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 appreciation for special relationships | Life cycles in nature  Growing from young to old Increasing independence  Assertiveness  Preparing for transition |
| Year 3  Age 7-8 | 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-centred) 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  Attitudes towards drugs Keeping safe and why it’s important online and off line scenarios  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 other children have different lives Expressing appreciation for family and friends | How babies grow Understanding a baby’s needs  Family stereotypes Challenging my ideas Preparing for transition |
| Year 4  Age 8-9 | Being part of a class team Being a school citizen  Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice  What motivates behaviour | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving  Identifying 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 Showing appreciation to people and animals | Being unique  Confidence in change Accepting change  Preparing for transition  Environmental change |
| Year 5  Age 9-10 | Planning the forthcoming year  Being a citizen  Rights and responsibilities Rewards and consequences How behaviour affects groups  Democracy, having a voice, participating | Cultural differences 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, including vaping Alcohol  Alcohol and anti-social behaviour  Emergency aid  Body image  Relationships with food Healthy choices  Motivation and behaviour | 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  Growing responsibility  Coping with change  Preparing for transition |
| Year 6  Age 10-11 | Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued  Choices, consequences and rewards  Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling | Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict, difference 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  Take responsibility with technology use | Self-image  Body image  Puberty  Reflections about change  Transition |