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|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Autumn 1  Being me in my world | Recognising the significance of themselves | Understanding their role as a member of the class | Understanding the impact that actions can have | Acknowledging the views of others in the class and the wider school community | Understanding how democracy impacts a school community | Recognising their place within a school’s democratic society | Understanding their global role in our democratic world |
| Autumn 2  Celebrating Difference | Recognising that all people are different | Understanding what bullying is and how to prevent it | Recognising how gender stereotypes can result in bullying | Recognising the differences in people’s families | Understanding what different forms of bullying are and how to prevent them | Understanding the meaning of cultural diversity | Recognising how diversity can also result in bullying |
| Spring 1  Dreams and Goals | Understanding how to persevere to achieve a goal | Understanding how to overcome obstacles | Recognising how collaboration helps to achieve goals | Understanding and evaluating their own strengths and weaknesses | Understanding how to overcome disappointment | Recognising how jobs and cultures can impact dreams and goals | Understanding how they can impact the world |
| Spring 2  Healthy Me | Understanding what it means to be healthy | Understanding how to make healthy lifestyle choices | Understanding how healthy eating and medicine can keep the body healthy | Recognising strategies for keeping their body safe and healthy | Understanding the meaning of peer pressure and its influences | Understanding what substances to avoid to maintain a healthy lifestyle | Understanding how to take responsibility for their own health |
| Summer 1  Relationships | Understanding what a healthy relationship is (family and friends) | Recognising the characteristics of a good individual in a person’s life | Understanding how to overcome conflict and develop trust | Recognising their rights and how to keep others safe | Understanding how jealousy or negative feelings impact a relationship | Understanding how to stay safe online | Understanding how to take care of their own mental health |
| Summer 2  Changing Me | Understanding how a baby grows to an adult | Naming different male and female body parts and recognising that they are private and solely belong to them | Understanding that our bodies change as we get older | Understanding what happens to our body during puberty | Understanding how a baby is made and what happens to a female during puberty | Understanding puberty for males and females and how sexual intercourse leads to conception | Understanding how relationships change as you grow older |
| Diversity | Understanding what diversity is and how our classrooms are diverse | Exploring ways in which the world is diverse | Understanding what equality is and how this is shown in society | Understanding how to embrace our differences | Exploring different groups that show diversity within society and understanding discrimination | Understanding cultural diversity | Recognising how diversity can be celebrated in our school |
| First Aid | Not Applicable | Not Applicable | Not Applicable | Head injuries, bites, and stings, calling for help. Why is first aid important? | Head injuries and calling for help, asthma, burns. | Head injuries, calling for help, bleeding, and broken bones. | Head injuries and calling for help, choking and basic life support. |