



Aims :

- To help pupils and young people be safe, healthy and prepared for life’s opportunities
- To help pupils build their confidence, resilience and self-esteem.
- To help pupils manage risk, make informed choices and understand what influences their decisions.

Early Years Framework and National Curriculum

Nursery

Communication and Language

- Be able to express a point of view and to debate when they disagree with an adult or friend, using words as well as actions. **Start a conversation with an adult or a friend and continue it for many turns.**

Personal, Social and Emotional Development

- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.
- Develop their sense of responsibility and membership of a community.
- Become more outgoing with unfamiliar people, in the safe context of their setting.
- Show more confidence in new social situations.
- Play with one or more other children, extending and elaborating play ideas.
- Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
- Increasingly follow rules, understanding why they are important.
- Remember rules without needing an adult to remind them.
- Develop appropriate ways of being assertive.
- Talk with others to solve conflicts.
- Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’.

	<ul style="list-style-type: none"> • Understand gradually how others might be feeling. • Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly • Make healthy choices about food, drink, activity and toothbrushing. <p>Physical Development</p> <ul style="list-style-type: none"> • Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. <p>Understanding the World</p> <ul style="list-style-type: none"> • Begin to make sense of their own life-story and family's history. • Show interest in different occupations. • Continue developing positive attitudes about the differences between people. <p>Know that there are different countries in the world and talk about the differences they have experienced or seen in photos.</p>
Reception	<p>Communication and Language</p> <ul style="list-style-type: none"> • Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen. • Develop social phrases. <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. • Manage their own needs. -personal hygiene • Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity <ul style="list-style-type: none"> - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian <p>Personal Development</p> <ul style="list-style-type: none"> • Further develop the skills they need to manage the school day successfully: lining up and queuing at mealtimes

	<p>Understanding the World</p> <ul style="list-style-type: none"> •Talk about members of their immediate family and community. •Name and describe people who are familiar to them. <p>Recognise that people have different beliefs and celebrate special times in different ways.</p>
ELG – Communication and Language	<p>Listening and Attention</p> <ul style="list-style-type: none"> • Hold conversation when engaged in back-and-forth exchanges with their teachers and peers. <p>Speaking</p> <p>Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.</p>
ELG - Personal, Social and Emotional Development	<p>Self Regulation</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Managing Self • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. <p>Show sensitivity to their own and others’ needs.</p>
ELG – Physical Development	<p>Gross Motor Skills</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others.
ELG – Understanding the World	<p>Past and Present</p> <ul style="list-style-type: none"> • Talk about the lives of people around them and their roles in society.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Select and use activities and	Develop their sense of responsibility and	Play with one or more other children,	Understand gradually how others might be feeling.	Show more confidence in new social	Be able to express a point of view and to

	<p>resources, with help when needed. This helps them achieve the goal they have chosen, or one which is suggested to them.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Begins to make sense of their own life-story and family's history.</p>	<p>membership of a community.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Develop appropriate ways of being assertive.</p>	<p>extending and elaborating play ideas.</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'</p> <p>Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet.</p> <p>Know there are different countries in the world and talk about the differences they have experienced or seen in photos.</p>	<p>Make healthy choices about food, drink, activity and toothbrushing.</p>	<p>situations.</p> <p>Find solutions to conflicts and rivalries.</p>	<p>debate when they disagree with an adult or a friend, using words as well as actions.</p> <p>Remember rules without needing an adult to remind them.</p> <p>Talk with others to solve conflicts.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p> <p>Shows interest in different occupations.</p> <p>Continue developing positive attitudes about the differences between people.</p>
Reception	<p>See themselves as a valuable individual.</p> <p>Build constructive and respectful relationships.</p>	<p>Know and talk about the different factors that support their overall health and well-being: regular physical</p>	<p>Develop social phrases.</p> <p>Show resilience and perseverance in the face of challenge.</p>	<p>Manage their own needs- personal hygiene</p>	<p>Express their feelings and consider the feelings of others.</p>	<p>Use talk to help work out problems and organise thinking and activities, and to explain how things</p>

	<p>Further develop the skills they need to manage the school day successfully: lining up and queuing mealtimes</p> <p>Talk about members of their immediate family and community.</p> <p>Name and describe people who are familiar to them.</p>	<p>activity, healthy eating, toothbrushing sensible amounts of 'screen time,' having a good sleep routine, being a safe pedestrian</p> <p>Recognise that people have different beliefs and celebrate special times in different ways.</p>	<p>Identify and moderate their own feelings socially and emotionally.</p>			<p>work and why they might happen.</p> <p>Think about the perspectives of others.</p>
	Me and My School	Me and My Safety	Happy and Healthy Me	Me and My Relationships	Me in the World	Me and Other People
Year 1	<p>Class rules</p> <p>School Council</p> <ul style="list-style-type: none"> • Making choices • Compromise • Skills of a representative • Own skills in relation to School Council • Class meetings 	<ul style="list-style-type: none"> • Medicines • Identifying risks and ways to stop accidents happening • People who help us • Road safety – keeping safe near the road and in the car 	<p>My body</p> <ul style="list-style-type: none"> • Parts of the body • Changing needs • Influences on health and wellbeing • Likes and dislikes • Consequences of choices • Emotional health 	<ul style="list-style-type: none"> • Valuing themselves • Family – different types • Friendship skills • Good and bad friendships • Making choices 	<p>Pets and animals</p> <ul style="list-style-type: none"> • Likes and dislikes • Right and wrong • Needs of animals • Fair and unfair • Human needs 	<ul style="list-style-type: none"> • My identity • Groups belong to <p>Bullying</p>
Vocabulary	Rule, help, safe, manners, courtesy Choice, reason,	Swallow, inject, sniff, breath, rub,	Head, neck, shoulders, arms, hands, fingers, legs, feet, toes, face,	special, unique, talent, achievement, selfrespect, groups,	Choice, favourite, pet, animal, reason	Group, community, belonging, culture, include, exclude,

	respect, difference, compromise School Council, representative, changes Responsibility, role, views, skills, job, recognise, proud Types of skills e.g. listening, caring, understanding, sports skills etc. Meeting, agenda, minutes, chairperson, secretary	dangerous, risk, safe, medicines, help, doctor, nurse, chemist, danger, risk, plan, safe, home, Police officer, fire officer, school crossing patrol, lifeguards Emergency, phone, 999, road, holding hands, pavement, bright clothes, seatbelt, car	eyes, nose, mouth, ears, teeth, hair, knee, elbow, change, needs, grow, develop, Baby, child, teenager, elderly, older, opportunity, responsibility, Healthy, food, exercise, sleep, clean, teeth, brushing, like, dislike, reason Choice Self care, emotional health, feelings	belonging, identity, uniform, same, different, similar, family, relationship, care, love, look after, special, person, friend, good, like, trust, listen, share, help, talk, kind, good friend, choice	Right, wrong, culture Needs, food, shelter, warmth, care, space Cost, money Fair, unfair, responsibility, needs, Food, shelter, space, attention, leaflet, wants, rights, Contribute, help	friendship, fair, unfair, tease, kidding, fun, not fun, unpleasant, kind, unkind, bullying, teasing
Year 2	<p>Class rules</p> <ul style="list-style-type: none"> • why have rules <p>School Council</p> <ul style="list-style-type: none"> • How it works • Role of a representative • Class council meeting <p>Feelings</p> <ul style="list-style-type: none"> • Name feelings • Dealing with feelings including negative ones 	<ul style="list-style-type: none"> • Body parts • Personal hygiene • Spread of germs and diseases • Balanced diet • Healthy lunchbox 	<ul style="list-style-type: none"> • Working together • Behaviour and impact on others • Resolving conflict • Teasing and bullying • Changing relationships 	<p>Safe and unsafe:-</p> <ul style="list-style-type: none"> • Things e.g. medicines and household substances • Places e.g. roads • People i.e. safe and unsafe touches, feeling comfortable/uncomfortable, secrets and surprises 	<ul style="list-style-type: none"> • Similarities and differences between boys and girls • Different types of families <p>Race and religion</p>	<p>Local area</p> <ul style="list-style-type: none"> • Positive and negatives of the local area • Discussion • Role in improving area <p>Money</p> <ul style="list-style-type: none"> • Sources of money • Uses of money • Keeping money safe <p>Making choices</p>
Vocabulary	Rule, help, safe, courtesy, manners, law, breaking,	nipples, vulva, penis, testicles, clean, dirty, hygiene,	Behaviour, affect, others, sharing, taking turns, helping, rules,	Safe, unsafe, dangerous, risk, risky, harmful, danger, less, reduce, medicine,	same, different, similar, boy and girl job, career, male,	Like, dislike, reason, area, street, road, feature, Good, bad, positive, negative,

	<p>following, British, School Council, representative, meeting, changes Responsibility, role, views, Skills, job, recognise, proud, Types of skills e.g. listening, caring, understanding, sports skills etc. Meeting, agenda, minutes, chairperson, secretary Feelings – frustrated, angry, valued, happy, Negative, positive</p>	<p>washing, infection, disease, germ, spread, catch, illness, spread, infection, stop, cover, nurse, doctor, pharmacist, first aid Eatwell guide: - sections; - Fruit and vegetables Potatoes, bread, rice, pasta and other starchy carbohydrates, dairy and alternatives, beans, pulses, fish, eggs, meat and other proteins, oil and spreads, water (and drinks) Healthy, balance, treat, variety Emotional health, feelings</p>	<p>fair, unfair, courtesy, manners Fair, unfair, right and wrong, kind, unkind, special, change, loss, happy, sad, angry, remember, talk, share</p>	<p>substance, worried Road, stop, look and listen, rules, adult, help Emergency, phone, 999, police, fire, ambulance comfortable, uncomfortable, acceptable, unacceptable, secret, surprise, tell, no, stop</p>	<p>female, agree, disagree Family, society, culture, community Race, colour, respect Faith, belief</p>	<p>select choose, Describe, improve, action Debate, listen idea, agree, disagree</p>
Year 3	<ul style="list-style-type: none"> • Class rules • New challenges • Valuing themselves <p>School Council</p>	<ul style="list-style-type: none"> • Balanced diet • Impact of healthy diet <p>Making choices</p>	<ul style="list-style-type: none"> • Managing money • Good value • Resource allocation 	<ul style="list-style-type: none"> • What is risk • Road Safety • Pressure <p>Safe and unsafe touches</p>	<ul style="list-style-type: none"> • What makes a good friend <p>Falling out</p>	<ul style="list-style-type: none"> • My identity • My community – school and local <p>Similarities and differences in community</p>
Vocabulary	<p>Strength, skill, success, achievement, challenge, change, overcome, rule, agree, positive,</p>	<p>Balance diet, too much, not enough, variety, healthy, food, benefit, tooth decay, choice, healthier, treat,</p>	<p>Money, work, present, inheritance, sale, buy, purchase, bill, save, spend, bank, building society, safe, piggy bank, charity, value,</p>	<p>Safe, unsafe, risk, identify, help, rules, crossing, medicines, drugs, safety, keeping safe, decisions, pressure,</p>	<p>family, parent, carer, partner, mum, dad, grandparents, step mum, step dad, choice, consequences,</p>	<p>Like, dislike, appearance, same, different, community, group, individual,</p>

	contribute, school, responsible, behaviour School Council, representative, skills, develop, role, elected, Councillor	influence, positive, negative, agree, disagree, respect, opinion, reason male, female, boy, girl, changes physical, emotional, social, teenager, knee, elbow, shoulder, wrist, ankle, stomach, heart, lungs, brain, tongue, penis, testicles, breasts, vulva, vagina, womb	cost, amount, worth, quality, delivery, value, resource, renewable, non renewable, limited, natural, fair, unfair, difference, reduce, reuse, recycle, energy, waste	influence, assertive, nervous, brave, compromise, frightened, think, persuade, sensible, negotiate, acceptable, unacceptable, depends, worried, hurt, upset, tell, good and bad secret, surprise, worried, anxious	friend, good, skills, arguments, fair, unfair	common, area, share, similarities, differences, race, nationality, region, religion, ethnicity Britain
Year 4	<ul style="list-style-type: none"> • Class rules • Role of School Council rep • Jobs on the School Council • Class council My strengths and weaknesses	<ul style="list-style-type: none"> • Feelings of other people • Developing relationships • Different types of relationships • Puberty 	<ul style="list-style-type: none"> • Safety in school Responsibilities for my safety and the safety of others E safety	<ul style="list-style-type: none"> • Rights and responsibilities • Rights of the Child • Jobs and duties 	<ul style="list-style-type: none"> • Similarities and differences • Communities including Britain • Respect and tolerance 	What keeps me healthy? What can make me ill – bacteria and viruses Drugs – medicines and Tobacco Good and bad
Vocabulary	Rule, positive, agree, democracy, majority, fair, minority, ballot, vote, politics, class council, representative, chairperson, secretary Free speech, freedom, respect, opinion, view, courtesy, manners Councillor, issue, community	feelings, emotions, moods, relationships, safe, unsafe, comfortable, uncomfortable, private, acceptable, unacceptable, lost, separated, died, relief, regret, remember, support, share violence, enemy, responsibility	Risk – possible consequences and likelihood of something occurring Danger – somebody or something which may cause harm Hazard – Possible source of harm Rule, law, breaking, safe, on line, passwords, personal	Responsibility, right, duty	Tolerance Similarities Respect Differences Contribute Courtesy Manners	Healthy, exercise, food, water, ill, unwell, bacteria, virus, germs, spread, stop, hygiene vaccine, immune, disease, injection Allergy, reaction, help, symptoms, feelings, Better, feel, Medicine, drug,

			information, CEOP button, secret			danger, risk Drugs, tobacco, alcohol, Smoke, tobacco, negative, positive, lungs, cancer, irritate, Smoke free, benefits, Habit, good, bad, change, life cycle, grow, change, develop and mature, puberty, body processes, inevitable grow, bigger, taller, heavier, stronger, change, developing
Year 5	<ul style="list-style-type: none"> • My achievements • My goals • School Council rep <p>Class rules</p>	<ul style="list-style-type: none"> • Physical health • Emotional health • What can affect our health including the media <p>How will my body change as I grow up</p>	<ul style="list-style-type: none"> • Puberty emotions • Anti social behaviour • Nature and consequence of bullying 	<ul style="list-style-type: none"> • When do I feel unsafe • How can I deal with this • Pressure including peer pressure <p>Getting help</p>	<ul style="list-style-type: none"> • How are laws made in the UK • Parliament • Public money • Personal money – loans, debt and interest 	<ul style="list-style-type: none"> • Identities in the UK • Celebration of diversity • Racism
Vocabulary	Skills, attributes, goals, target, improve, ambition, School Council, contribute, democratic, job, role, contribution, stand, election, representative, skills, characteristics	Balance, clean, hygienic, energy, exercise/physical activity, emotional health, admire, like, real life, fantasy, ambition, internet, online images, puberty, change, mature, breasts,	stereotype, gender, individuals, expectations, discrimination, relationships, love, feelings, partner, marry, marriage, commitment, legal, lifelong, secret, risk, responsibility	Safe, unsafe, feelings, overcome, positive, risk taking, behave, appropriate, choice, responsibility, peer pressure, resist, refuse, aggressive, passive, assertive, body language	manageable, unmanageable reduction, cash less, credit/debit card, budget expenses, essentials occupation, earnings	Spiritual, Respect, Tolerance, Volunteer, Choice, Point of view

	representative, candidate, vote, election, regular, everyday, one off	menstruation (period), ovary, ovum, fallopian tubes, womb, vagina, monthly, labia, vulva, clitoris, sanitary towels, tampons, personal hygiene, hormones, bacteria, sweat, perspire, greasy, odour, toiletries, dental hygiene	Unhappy, unsafe, help, Family, care, difference, respect			
Year 6	<ul style="list-style-type: none"> • Class rules • Opportunities and challenges of Y6 • School Council My contribution to my school	<ul style="list-style-type: none"> • Body changes • Periods • Feeling during puberty Media	<ul style="list-style-type: none"> • Environment and Sustainability • Pressure groups and charities 	<ul style="list-style-type: none"> • Drugs – solvents and alcohol • Pressure related to drug use Strategies for making decisions and saying no	<ul style="list-style-type: none"> • Changing friendships and relationships 	<ul style="list-style-type: none"> • Diverse nature of UK • UK • Life in other countries Stereotypes Challenging stereotypes
Vocabulary	Skills, attributes, achievement, change, goals, challenge, overcome, help, support, School Council representative, role Job description, person specification, interests,	puberty, emotional, physical, social, compromise, negotiate fallopian tube, womb, ovary, cervix, vagina, bladder, penis, scrotum, sperm duct, testicle, urethra, menstruation, periods, Reproductive organs, egg, sexual		Law, illegal, legal, effect, risk, health, community, society, choice, consequence, advice First aid, help, emergency, support	lawyer, prosecuting, defending, jury, judge, stereotype, racism, bullying, actions, consequences Future, hope, fear, worry, positive, negative, puberty, feelings	Values, challenge, change, respect, Tolerance, stereotype, open minded, point of view, challenge, resolve

	Application, responsibility, duty, right, conflict, compromise, plan	intercourse, womb, hips, testicles, baby, periods, breasts, ovaries, uterus Physical health, mental health, change, balance, choice				
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