



Intent

- To know that everyone is unique and this is what makes our society interesting.
- To know how to keep safe in the real and digital world.
- To ask for help when they need it.

	Curriculum	Knowledge	Skills	Vocabulary
F2	<p style="text-align: center;"><b>Autumn 1</b> <b><u>Citizenship</u></b></p> <p><b>Identities and Diversity</b></p> <ul style="list-style-type: none"> <li>• To know who the people in my class are.</li> <li>• To know who the different people are who make up a family.</li> <li>• To know that families are different.</li> </ul> <p style="padding-left: 40px;">To know that we can celebrate what we believe in.</p> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Beginning and Belonging</b></p> <ul style="list-style-type: none"> <li>• To know how I am special and what is special about other people in my class.</li> <li>• To know how we welcome new people to our class.</li> <li>• To know what I can do to make the classroom a safe and happy place.</li> <li>• To know how I can play and work well with others.</li> <li>• To know how I can respect the needs of others.</li> </ul>	<p style="text-align: center;"><b>Autumn 1</b> <b><u>Citizenship</u></b></p> <p><b>Identities and Diversity</b></p> <ul style="list-style-type: none"> <li>• To know that everyone is similar and different.</li> <li>• To know what a family is.</li> <li>• To know who is in my family.</li> <li>• To know the things that are especially important to my family and me.</li> <li>• To know what some of the similarities and differences are in the way people including families live their lives.</li> <li>• To know how we can value different types of people including what they believe in and how they live their lives.</li> </ul> <p style="padding-left: 40px;">To know that what and how we celebrate is different for different</p> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Beginning and Belonging</b></p> <ul style="list-style-type: none"> <li>• To know what makes me special.</li> <li>• To know how it might feel to be new.</li> <li>• To know what safe means.</li> <li>• To know what happy means.</li> <li>• To know what playing well means.</li> <li>• To know what respect means.</li> <li>• To know that my behaviour can affect other people.people.</li> </ul>	<p style="text-align: center;"><b>Autumn 1</b> <b><u>Citizenship</u></b></p> <p><b>Identities and Diversity</b></p> <ul style="list-style-type: none"> <li>• To be able to recognise why people are similar and different.</li> </ul> <p style="padding-left: 40px;">To be able to value different types of people including what they believe in and how they live their</p> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Beginning and Belonging</b></p> <ul style="list-style-type: none"> <li>• To recognise why I am special.</li> <li>• To be able to play well.</li> <li>• To be able to show respect to others.lives.</li> </ul>	<p>Special Respect Happy Safe</p>

<ul style="list-style-type: none"> <li>To know how my behaviour makes other people feel.</li> </ul>			
<p style="text-align: center;"><b>Autumn 2</b> <u>Myself and my relationships</u></p> <p><b>My Family and Friends – Including Anti-bullying</b></p> <ul style="list-style-type: none"> <li>To know who my special people are and why are they special to me.</li> <li>To know who is my family and how we care for each other.</li> <li>To know about friendship and what a good friend is.</li> <li>To know that what I do affects others.</li> <li>To know what to do if someone is unkind to me.</li> </ul> <p style="text-align: center;"><u>Myself and my relationships</u></p> <p><b>My Emotions</b></p> <ul style="list-style-type: none"> <li>To know that there are different emotions.</li> <li>To know that people feel different emotions.</li> <li>To know how I and others feel when things change.</li> </ul>	<p style="text-align: center;"><b>Autumn 2</b> <u>Myself and my relationships</u></p> <p><b>My Family and Friends – Including Anti-bullying</b></p> <ul style="list-style-type: none"> <li>To know what special means.</li> <li>To know who my special people are and why they are special.</li> <li>To know what family means.</li> <li>To know who is in my immediate family.</li> <li>To know what a friend is.</li> <li>To know what a good friend looks like.</li> <li>To know ways to make friends.</li> <li>To know ways to make up with friends.</li> <li>To know that my actions affect other people.</li> <li>To know to tell a teacher if someone is unkind to me.</li> </ul> <p style="text-align: center;"><u>Myself and my relationships</u></p> <p><b>My Emotions</b></p> <ul style="list-style-type: none"> <li>To know the names of the emotions happy, sad, angry and excited.</li> <li>To know when others are feeling emotions.</li> <li>To know why people can feel emotions.</li> <li>To know how my body feels when things change.</li> <li>To know how others might feel when things change.</li> <li>To know simple ways to make myself feel better.</li> <li>To know ways to make others feel better.</li> <li>To know what causes different emotions in myself and other people.</li> </ul>	<p style="text-align: center;"><b>Autumn 2</b> <u>Myself and my relationships</u></p> <p><b>My Family and Friends – Including Anti-bullying</b></p> <ul style="list-style-type: none"> <li>To be able to show the qualities of a good friend.</li> <li>To be able to make friends.</li> <li>To be able to initiate play with other children.</li> <li>To recognise when my actions have affected other people.</li> <li>To be able to tell a teacher if someone is unkind to me or I have seen someone being unkind to another person.</li> </ul> <p style="text-align: center;"><u>Myself and my relationships</u></p> <p><b>My Emotions</b></p> <ul style="list-style-type: none"> <li>To be able to recognise and show my emotions.</li> <li>To be able to recognise emotions in other people and say how they are feeling.</li> <li>To be able to make myself feel better.</li> <li>To be able to help others to feel better.</li> </ul>	<p>Friend Family Kind Unkind</p>
<p style="text-align: center;"><b>Spring 1</b> <u>Myself and my relationships</u></p> <p><b>My Emotions (Continued)</b></p> <ul style="list-style-type: none"> <li>To know that there are different emotions.</li> <li>To know that people feel different emotions.</li> <li>To know how I and others feel when things change.</li> </ul>	<p style="text-align: center;"><b>Spring 1</b> <u>Myself and my relationships</u></p> <p><b>My Emotions (Continued)</b></p> <ul style="list-style-type: none"> <li>To know the names of the emotions happy, sad, angry and excited.</li> <li>To know when others are feeling emotions.</li> <li>To know why people can feel emotions.</li> </ul>	<p style="text-align: center;"><b>Spring 1</b> <u>Myself and my relationships</u></p> <p><b>My Emotions (Continued)</b></p> <ul style="list-style-type: none"> <li>To be able to recognise and show my emotions.</li> <li>To recognise emotions in other people and say how they are feeling.</li> </ul>	<p>Emotions Happy Sad Angry Excited</p>

	<p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To know the things I can do when I feel good and healthy.</li> <li>• To know what I can't do when I am feeling ill or not so healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• To know how my body feels when things change.</li> <li>• To know how others might feel when things change.</li> <li>• To know simple ways to make myself feel better.</li> <li>• To know ways to make others feel better.</li> <li>• To know what causes different emotions in myself and other people.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To know what I can do to help keep my body healthy.</li> <li>• To understand why food and drink are good for us.</li> <li>• To understand what exercise is and why it is good for us.</li> <li>• To understand why rest and sleep are good for us</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to make myself feel better.</li> <li>• To be able to help others to feel better.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To be able to make choices about what I do to keep my body healthy.</li> </ul>	
	<p style="text-align: center;"><b>Spring 2</b></p> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know the things I can do when I feel good and healthy.</li> <li>• To know what I can't do when I am feeling ill or not so healthy.</li> </ul> <p style="text-align: center;"><b><u>Citizenship</u></b></p> <p><b>Me and My World</b></p> <ul style="list-style-type: none"> <li>• To know that there are people who help us.</li> <li>• To know who the people are who live and work in my neighbourhood including people who help me.</li> <li>• To know how we can look after the local neighbourhood and keep it special for everybody.</li> <li>• To know what money is and why we need it.</li> </ul>	<p style="text-align: center;"><b>Spring 2</b></p> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know what I can do to help keep my body healthy.</li> <li>• To understand why food and drink are good for us.</li> <li>• To understand what exercise is and why it is good for us.</li> <li>• To understand why rest and sleep are good for us</li> </ul> <p style="text-align: center;"><b><u>Citizenship</u></b></p> <p><b>Me and My World</b></p> <ul style="list-style-type: none"> <li>• To know who the people are who help to look after me and my school.</li> <li>• To know how I can help to look after my school.</li> <li>• To know how I can help to care for my things at home.</li> <li>• To know where I live and what are the different places and features in my neighbourhood are.</li> <li>• To know what money is.</li> <li>• To know when we use money.</li> </ul>	<p style="text-align: center;"><b>Spring 2</b></p> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles (Continued)</b></p> <ul style="list-style-type: none"> <li>• To be able to make choices about what I do to keep my body healthy.</li> </ul> <p style="text-align: center;"><b><u>Citizenship</u></b></p> <p><b>Me and My World</b></p> <ul style="list-style-type: none"> <li>• To be able to ask someone for help.</li> <li>• To be able to name where I live and who is important to me.</li> </ul>	<p>Similar Different Celebrations</p>

		<ul style="list-style-type: none"> <li>To know that money can be notes, coins, on cards and phones.</li> <li>To know why we need money.</li> </ul>		
	<p align="center"><b>Summer 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Keeping Safe (Including Drug Education)</b></p> <ul style="list-style-type: none"> <li>To understand simple safety rules for when I am at home, at school and when I am out and about.</li> <li>To know that I can say 'No!' if I feel unsure about something and it does not feel safe or good.</li> <li>To know why people use medicines.</li> </ul>	<p align="center"><b>Summer 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Keeping Safe (Including Drug Education)</b></p> <ul style="list-style-type: none"> <li>To know what I have to keep safe from.</li> <li>To understand how I know if something is safe or unsafe.</li> <li>To know who the people are who help to keep me safe.</li> <li>To know what goes on to and into my body and who puts it there.</li> <li>To know the safety rules relating to medicines and who helps me with these.</li> </ul>	<p align="center"><b>Summer 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Keeping Safe (Including Drug Education)</b></p> <ul style="list-style-type: none"> <li>To be able to ask for help and tell people who care for me if I am worried or upset.</li> </ul>	Safe, unsafe, early warning signs, help, no, touch, medicine, drug, trust
	<p align="center"><b>Summer 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>My Body and Growing Up</b></p> <ul style="list-style-type: none"> <li>To know what my body looks like.</li> <li>To know what my body can do.</li> <li>To know how to look after my body and keep it clean.</li> <li>To know who the members of my family are and trusted people who look after me.</li> </ul>	<p align="center"><b>Summer 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>My Body and Growing Up</b></p> <ul style="list-style-type: none"> <li>To know the names of body parts.</li> <li>To know how my body has changed as it has grown.</li> <li>To know the differences and similarities between our bodies.</li> </ul>	<p align="center"><b>Summer 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>My Body and Growing Up</b></p> <ul style="list-style-type: none"> <li>To be able to take care of myself and identify what I still need help with.</li> <li>To be able to talk about how I feel about growing up.</li> </ul>	Body Healthy Unhealthy Exercise
	<b>Curriculum</b>	<b>Knowledge</b>	<b>Skills</b>	<b>Vocabulary</b>
Year 1	<p align="center"><b>Autumn 1</b> <b><u>Myself and my relationships</u></b></p> <p><b>Beginnings and Belonging</b></p> <ul style="list-style-type: none"> <li>To understand simple ways to help my school feel like a safe, happy place.</li> </ul>	<p align="center"><b>Autumn 1</b> <b><u>Myself and my relationships</u></b></p> <p><b>Beginnings and Belonging</b></p> <ul style="list-style-type: none"> <li>To know what helps me manage in new situations.</li> <li>To know who can help me at home and at school.</li> </ul>	<p align="center"><b>Autumn 1</b> <b><u>Myself and my relationships</u></b></p> <p><b>Beginnings and Belonging</b></p> <ul style="list-style-type: none"> <li>To be able to get to know the people in my class.</li> <li>To understand how I feel when I am doing something new.</li> <li>To be able to help someone feel welcome in class.</li> </ul>	



	<ul style="list-style-type: none"> <li>• To know that rules help me to feel happy and safe.</li> <li>• To know that people look after me.</li> </ul>	<ul style="list-style-type: none"> <li>• To know how rules help me to feel happy and safe.</li> <li>• To know how I take part in making rules.</li> <li>• To know who looks after me and what their responsibilities are.</li> <li>• To know what jobs and responsibilities I have in school and at home.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to listen to other people, share my views and take turns.</li> <li>• To take part in discussions and decisions in class.</li> </ul>	Rules Responsibilities
	<p style="text-align: center;"><b>Spring 2 Citizenship</b></p> <p><b>Rights, Rules and Responsibilities (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know that rules help me to feel happy and safe.</li> <li>• To know that people look after me.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Managing Safety and Risk</b></p> <ul style="list-style-type: none"> <li>• To know that situations can be risky.</li> <li>• To know that some situations are risky but safe.</li> <li>• To know that some situations have a high levels of risk. These could be unsafe.</li> </ul>	<p style="text-align: center;"><b>Spring 2 Citizenship</b></p> <p><b>Rights, Rules and Responsibilities (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know how rules help me to feel happy and safe.</li> <li>• To know how I take part in making rules.</li> <li>• To know who looks after me and what their responsibilities are.</li> <li>• To know what jobs and responsibilities I have in school and at home.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Managing Safety and Risk</b></p> <ul style="list-style-type: none"> <li>• To know what risky situations are.</li> <li>• To know what my name, address and phone number are and when might I need to give them.</li> <li>• To know what an emergency is and who can help.</li> <li>• To know what makes a place or activity safe for me.</li> <li>• To know what the risks for me are if I am lost.</li> <li>• To know how I can get help if I am lost.</li> <li>• To know how I can help to stop simple accidents from happening and how I can help if there is an accident.</li> <li>• To know what the benefits and risks for me in the sun are and how can I stay safer.</li> <li>• To know what the benefits and risks for me are when walking near the road, and how can I stay safer.</li> <li>• To know what I enjoy when I am near water and how can I stay safer.</li> </ul>	<p style="text-align: center;"><b>Spring 2 Citizenship</b></p> <p><b>Rights, Rules and Responsibilities (Continued)</b></p> <ul style="list-style-type: none"> <li>• To be able to listen to other people, share my views and take turns.</li> <li>• To take part in discussions and decisions in class.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Managing Safety and Risk</b></p> <ul style="list-style-type: none"> <li>• To be able to identify how I might feel if there is a risky situation.</li> <li>• To be able to keep myself safe in the sun.</li> <li>• To be able to keep myself safe near the road.</li> <li>• To be able to keep myself safe near water.</li> </ul>	

	<p style="text-align: center;"><b>Summer 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Managing Safety and Risk (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know that situations can be risky.</li> <li>• To know that some situations are risky but safe.</li> <li>• To know that some situations have a high levels of risk. These could be unsafe.</li> </ul>	<p style="text-align: center;"><b>Summer 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Managing Safety and Risk (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know what risky situations are.</li> <li>• To know what my name, address and phone number are and when might I need to give them.</li> <li>• To know what an emergency is and who can help.</li> <li>• To know what makes a place or activity safe for me.</li> <li>• To know what the risks for me are if I am lost.</li> <li>• To know how I can get help if I am lost.</li> <li>• To know how I can help to stop simple accidents from happening and how I can help if there is an accident.</li> <li>• To know what the benefits and risks for me in the sun are and how can I stay safer.</li> <li>• To know what the benefits and risks for me are when walking near the road, and how can I stay safer.</li> <li>• To know what I enjoy when I am near water and how can I stay safer.</li> </ul>	<p style="text-align: center;"><b>Summer 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Managing Safety and Risk (Continued)</b></p> <ul style="list-style-type: none"> <li>• To be able to identify how I might feel if there is a risky situation.</li> <li>• To be able to keep myself safe in the sun.</li> <li>• To be able to keep myself safe near the road.</li> <li>• To be able to keep myself safe near water.</li> </ul>	<p>Risk Emergenc y Safe Unsafe Accidents</p>
	<p style="text-align: center;"><b>Summer 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To know what healthy eating means.</li> <li>• To know why it is important to be active.</li> </ul> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• To know that things change.</li> <li>• To know that some changes are positive and some might appear to be negative.</li> </ul>	<p style="text-align: center;"><b>Summer 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To know how I can stay as healthy as possible.</li> <li>• To know what it feels like to be healthy.</li> <li>• To know what healthy eating means and why is it important.</li> <li>• To know what can help us eat healthily.</li> <li>• To know what the opportunities for physical activity are.</li> <li>• To know why we need food.</li> </ul> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• To know how people might feel during times of loss and change.</li> <li>• To know how friendships change.</li> </ul>	<p style="text-align: center;"><b>Summer 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To be able to choose foods I like and dislike and explain why.</li> <li>• To be able to make healthy choices.</li> </ul> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• To be able to help myself calm when I am experiencing strong emotions to loss and change.</li> </ul>	<p>Like, dislike, active, inactive, moving, still, healthy, unhealthy, rest, sleep, hygiene, hungry, food groups, fruit, vegetable, beans, pulses, fish, eggs, meat, proteins, dairy,</p>

		<ul style="list-style-type: none"> <li>• To how people might feel when they lose a special possession.</li> <li>• To know when I can make choices about changes.</li> <li>• To know how my achievements, skills and responsibilities change and what else might change.</li> <li>• To know what helps me to feel calmer when I am experiencing strong emotions linked to loss and change.</li> </ul>		<p>potatoes, bread, rice, pasta, carbohydrates, oils, spreads, water, hydration.</p> <p>Change</p>
	<b>Curriculum</b>	<b>Knowledge</b>	<b>Skills</b>	<b>Vocabulary</b>
Year 2	<p style="text-align: center;"><b>Autumn 1</b> <b><u>Citizenship</u></b></p> <p><b>Diversity and Communities</b></p> <ul style="list-style-type: none"> <li>• To know makes me 'me', what makes you 'you'.</li> <li>• To know the different groups we belong to.</li> <li>• To know what a stereotype is.</li> <li>• To know what my family is like and how other families are different.</li> <li>• To know what 'my community' means.</li> <li>• To know how we care for animals and plants.</li> <li>• To know how I can help look after my school.</li> </ul>	<p style="text-align: center;"><b>Autumn 1</b> <b><u>Citizenship</u></b></p> <p><b>Diversity and Communities</b></p> <ul style="list-style-type: none"> <li>• To know makes me 'me', what makes you 'you'.</li> <li>• To know if all boys and all girls like the same things.</li> <li>• To know the different groups we belong to.</li> <li>• To know what a stereotype is.</li> <li>• To know who helps people in my locality and what help they need.</li> </ul>	<p style="text-align: center;"><b>Autumn 1</b> <b><u>Citizenship</u></b></p> <p><b>Diversity and Communities</b></p> <ul style="list-style-type: none"> <li>• To be able to identify stereotypes from some examples.</li> <li>• To be able to identify what 'my community' is and how it feels to be part of it.</li> </ul>	



	<p style="text-align: center;"><b>Autumn 2</b> <b><u>Myself and my relationships</u></b></p> <p><b>Family and Friends</b></p> <ul style="list-style-type: none"> <li>• To know that everyone has friends and family.</li> <li>• To know that everyone’s family is different.</li> <li>• To know that friendships change.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• To know which substances might enter our bodies, how they get there and what they do.</li> <li>• To know what medicines are why and when some people use them.</li> <li>• To know when people have an injection from a doctor or a nurse.</li> <li>• To know the different things that can help me feel better if I feel poorly.</li> <li>• To know how I can keep safe with medicines and substances at home and at school.</li> </ul>	<p style="text-align: center;"><b>Autumn 2</b> <b><u>Myself and my relationships</u></b></p> <p><b>Family and Friends</b></p> <ul style="list-style-type: none"> <li>• To know why telling the truth is important.</li> <li>• To know the skills I need to choose, make and develop friendships.</li> <li>• To know how friendships might go wrong and how it feels.</li> <li>• To know what my personal space is.</li> <li>• To know who my special people are, why are they special and how they support me.</li> <li>• To know who is in my family and how we care for each other.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• To know which substances might enter our bodies, how they get there and what they do.</li> <li>• To know that some medicines can be safe.</li> <li>• To know when and why people have an injection from a doctor or a nurse.</li> <li>• To know who is in charge of what medicine I take.</li> <li>• To know what persuasion is.</li> <li>• To know the ways we keep medicine safe.</li> </ul>	<p style="text-align: center;"><b>Autumn 2</b> <b><u>Myself and my relationships</u></b></p> <p><b>Family and Friends</b></p> <ul style="list-style-type: none"> <li>• To describe what a good friend is and does and how it feels to be friends.</li> <li>• To be able to mend friendships if they have become difficult.</li> <li>• To be able to talk to people about my personal space.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• To be able to identify persuasion and how it feels to be persuaded.</li> </ul>	
	<p style="text-align: center;"><b>Spring 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>• To be able to identify different feelings.</li> <li>• To know which school/classroom rules are about helping people to feel safe.</li> <li>• To know which adults and friends I can trust.</li> <li>• To be able to identify private body parts and say ‘no’ to unwanted touch.</li> </ul>	<p style="text-align: center;"><b>Spring 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>• To know why school/classroom rules help people to feel safe.</li> <li>• To know who I could talk to if I have a worry or need to ask for help.</li> <li>• To know what I could do if a friend or someone in my family isn’t kind to me.</li> <li>• To be able to identify private body parts.</li> </ul>	<p style="text-align: center;"><b>Spring 1</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>• To be able to identify different feelings and tell others how I feel.</li> <li>• To name my own Early Warning Signs.</li> <li>• To name which adults and friends I can trust.</li> <li>• To be able to talk to an adult or friend that I can trust.</li> <li>• To be able to identify private body parts and say ‘no’ to unwanted touch.</li> </ul>	

		<ul style="list-style-type: none"> <li>• To know what I could do if I feel worried about a secret.</li> <li>• To know what I could do if something worries or upsets me when I am online.</li> </ul>		
	<p style="text-align: center;"><b>Spring 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Personal Safety (Continued)</b></p> <ul style="list-style-type: none"> <li>• To be able to identify different feelings.</li> <li>• To know which school/classroom rules are about helping people to feel safe.</li> <li>• To know which adults and friends I can trust.</li> <li>• To be able to identify private body parts and say 'no' to unwanted touch.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• Know understand how babies change and grow. (Statutory NC Science Y2)</li> <li>• To know how I have changed since I was a baby. (Statutory NC Science Y2)</li> <li>• To explore what's growing in that bump.(NC Science)</li> <li>• To know what babies and children need from their families.</li> </ul>	<p style="text-align: center;"><b>Spring 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Personal Safety (Continued)</b></p> <ul style="list-style-type: none"> <li>• To know why school/classroom rules help people to feel safe.</li> <li>• To know who I could talk to if I have a worry or need to ask for help.</li> <li>• To know what I could do if a friend or someone in my family isn't kind to me.</li> <li>• To be able to identify private body parts.</li> <li>• To know what I could do if I feel worried about a secret.</li> <li>• To know what I could do if something worries or upsets me when I am online.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• To know that people grow from babies to adults.</li> <li>• To understand ways that we have changed.</li> <li>• To understand that babies need an adult to look after them.</li> <li>• To know my responsibilities now I'm growing up.</li> </ul>	<p style="text-align: center;"><b>Spring 2</b> <b><u>Healthy and safer lifestyles</u></b></p> <p><b>Personal Safety (Continued)</b></p> <ul style="list-style-type: none"> <li>• To be able to identify different feelings and tell others how I feel.</li> <li>• To name my own Early Warning Signs.</li> <li>• To name which adults and friends I can trust.</li> <li>• To be able to talk to an adult or friend that I can trust.</li> <li>• To be able to identify private body parts and say 'no' to unwanted touch.</li> </ul> <p style="text-align: center;"><b><u>Healthy and safer lifestyles</u></b></p> <p><b>Relationships and Sex Education</b></p> <ul style="list-style-type: none"> <li>• To explore the stable, caring relationships which are at the heart of families I know.</li> </ul>	
	<p style="text-align: center;"><b>Summer 1</b> <b><u>Economic Wellbeing</u></b></p> <p><b>Financial Capability</b></p> <ul style="list-style-type: none"> <li>• To know where money comes from and where it goes when we 'use' it.</li> <li>• To know how I feel about money.</li> <li>• To know how my choices affect me, my family, others.</li> <li>• To know what a charity is.</li> </ul>	<p style="text-align: center;"><b>Summer 1</b> <b><u>Economic Wellbeing</u></b></p> <p><b>Financial Capability</b></p> <ul style="list-style-type: none"> <li>• To know how might I get money and what I can do with it.</li> <li>• To know how I feel about money.</li> <li>• To know how we pay for things.</li> <li>• To know why we need money.</li> <li>• To know what it means to have more or less money than you need.</li> </ul>	<p style="text-align: center;"><b>Summer 1</b> <b><u>Economic Wellbeing</u></b></p> <p><b>Financial Capability</b></p> <ul style="list-style-type: none"> <li>• To be able to talk about how I feel about money.</li> <li>• To be able to name items that we need money for.</li> </ul>	

	<p style="text-align: center;"><b>Summer 2</b> <b><u>Myself and my relationships</u></b></p> <p><b>Anti-Bullying</b></p> <ul style="list-style-type: none"> <li>• To know what bullying is.</li> <li>• To know how people might feel if they are being bullied.</li> <li>• To know how people help me to build positive and safe relationships.</li> </ul> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• To know that things change.</li> <li>• To know that some changes are positive and some might appear to be negative.</li> </ul> <p><b>Digital Lifestyles (Covered through Computing)</b></p> <ul style="list-style-type: none"> <li>• To know some examples of ways in which I use technology and the internet.</li> <li>• To know what is meant by "identity" and how someone's identity online might be different from their identity in the physical world.</li> <li>• To know what sort of information I might choose to put online and what I need to consider before I do so.</li> </ul>	<ul style="list-style-type: none"> <li>• To know why people help charities.</li> </ul> <p style="text-align: center;"><b>Summer 2</b> <b><u>Myself and my relationships</u></b></p> <p><b>Anti-Bullying</b></p> <ul style="list-style-type: none"> <li>• To know why people might fall out with their friends.</li> <li>• To know who I can talk to if I have worries about friendship difficulties or bullying.</li> <li>• To know how I can be assertive.</li> <li>• To know what to do if I think someone is being bullied.</li> <li>• To know what my school does to stop bullying.</li> <li>• To understand some of the reasons people bully others.</li> <li>• To know why bullying is never acceptable or respectful.</li> </ul> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• To know how people might feel during times of loss and change.</li> <li>• To know how friendships change.</li> <li>• To how people might feel when they lose a special possession.</li> <li>• To know when I can make choices about changes.</li> <li>• To know how my achievements, skills and responsibilities change and what else might change.</li> </ul> <p><b>Digital Lifestyles (Covered through Computing)</b></p> <ul style="list-style-type: none"> <li>• To know some examples of ways in which I use technology and the internet and what the benefits are.</li> <li>• To know some examples of online content or contact which might mean I feel unsafe, worried or upset.</li> <li>• To know when I might need to report something.</li> </ul>	<p style="text-align: center;"><b>Summer 2</b> <b><u>Myself and my relationships</u></b></p> <p><b>Anti-Bullying</b></p> <ul style="list-style-type: none"> <li>• To be able to describe what bullying is.</li> <li>• To be able to be assertive when needed.</li> <li>• To be able to do the right thing when I see something wrong happening.</li> </ul> <p style="text-align: center;"><b><u>Myself and my relationships</u></b></p> <p><b>Managing Change</b></p> <ul style="list-style-type: none"> <li>• To be able to find further ways of calming myself when I am experiencing strong emotions linked to loss and change.</li> <li>• To be able to support others when they are struggling with loss and change.</li> </ul> <p><b>Digital Lifestyles (Covered through Computing)</b></p> <ul style="list-style-type: none"> <li>• To be able to report something which makes me feel uncomfortable.</li> <li>• To be able to talk to an adult about questions or concerns about what I experience online or about others' online behaviour.</li> </ul>	
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