

Appendix One

Age Group	Curriculum Overview and Key Areas					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me	Celebrating differences	Our Goals and dreams	Staying Healthy	My Relationships	Changing me
Pre-school and Reception	My identity My classroom I am kind My feelings Rights & Responsibilities	My talents I am special My family My home Making friends	Dealing with challenges Persevering My goals and how to achieve them Seeking help Jobs	Exercising Physical activity Sleeping Keeping myself clean My safety	My Family life Friendships Falling out with friends How I can deal with bullying Being a good friend	Our bodies Respecting my body I am growing up How I grow and change How I have fun I am scared sometimes Celebrations Coping with change Transition
Year 1	Feeling safe My Class How can I learn well Praise & Reward Rights & Responsibilities	Making new friends Similarities and differences What is bullying and how can I deal with Celebrating each other	Achievable goals Persevering My learning strengths Collaborative learning Cooperating with my group Contributing to and sharing success	Keeping myself healthy Healthy lifestyle choices Keeping clean Being safe Medicine safety Staying safe in the home Road safety Linking health and happiness	I Belong to a family Making friends/being a good friend Physical contact rules People who help us My qualities Self-acknowledgement Being a good friend to myself and others Celebrating special relationships	Life cycles – animal and human Changes in me Changes since I was a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	Hopes and fears Rewards & Consequences My learning environment My choices I value others Recognising my feelings	Gender stereotypes Gender diversity Standing up for myself and others	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation	What is motivation Healthy choices How can we relax Healthy eating and nutrition	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation	Life cycles in nature Growing from young to old Increasing independence Differences in female and male

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	Rights & Responsibilities	Celebrating differences and being friends with everyone	Contributing to and sharing success	Healthy snacks and sharing food	Appreciating special friendships	bodies (correct terminology) Assertiveness Preparing for transition
Year 3	Setting my goals My identity and my worth Staying positive Rewards & Consequences Rules, Rights & Responsibilities Good choices My friends' perspective	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 Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	I am part of my class team I am a member of my school Rights, responsibilities and democracy (school council) Making decisions together 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 Girlfriends and boyfriends Showing appreciation to people and animals	Being my unique self Having a baby Girls and puberty Confidence in change Accepting change Environmental change and our responsibility to it

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<p>Year 5</p>	<p>What's coming up for me this year I am a citizen Rights & responsibilities Rewards & consequences How behaviour affects groups Democracy, my voice, I participate</p>	<p>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</p>	<p>Future dreams Understanding the importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour as well as issues related to it Habits Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling – inc addiction Reducing screen time Dangers of online grooming – what to do etc SMARRT internet safety rules</p>	<p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Having more responsibility Coping with change</p>
<p>Year 6</p>	<p>My goals for year 6 Universal rights for children Feeling valued, feeling welcome Choices, rewards and consequences The dynamics of my group Democracy Anti-social behaviour Role models</p>	<p>What is normality? Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences that can cause conflict, Differences as celebration Empathy Drugs and Addiction</p>	<p>Personal learning goals, in and out of school Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p>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</p>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Contraception and Safe sex Respect and consent Boyfriends/girlfriends Sexting and sharing images Transition to secondary</p>