Key Concepts	Myself and My Relationships	Citizenship	Healthy Lifestyles
	• Beginning and Belonging • My Emotions • *Family and Friends* • Me and My World • Anti-bullying • Managing Change	• Working Together • Rights, Rules and • Responsibilities • Diversity and • Communities	• Drug Education • Personal Safety • RSE • Keeping Safe • Managing Risk • Safety Contexts

	Key Concept	Year R	Y1	Y2	Y3	Y4	Y5	Y6
Myself and My Relationships	**Beginning and Belonging**	• Belonging in the class • Likes and dislikes • Similarities and differences • Setting goals • Recognising feelings • Communication and cooperation • Ground Rules • Rights Rules and Responsibilities • Right and wrong • Fair and unfair	• Belonging in the class / school / community • Ground rules / class charters • Similarities and differences • Recognising feelings • Calming down • Problem solving • Asking for help • Safety circles • Mapping		• Ground rules / class charters • Responsibilities • Belonging • New situations • Meeting new people • Managing feelings • Calming down • Making choices • Problem solving • Asking for help • Network of support		• Ground Rules / class charters • Responsibilities • Belonging • New experiences • Managing emotions • Calming down • Problem solving • Network of support	
	Family and Friends (incl. anti-bullying)	• Valuing difference and diversity • Kind and unkind behaviour • Bullying conflict resolution • Asking for help and telling • Being assertive • Safety Circle • Supporting others • My Emotions	• Friendship • Special people • Families • Changing friendship patterns • Valuing difference • Different points of view • People who help • Safety circles • Conflict resolution • Problem solving in Relationships			• Managing friendships • Special people and networks • Understanding and valuing difference • Other points of view • Compromise • Emotions in relationships • Conflict resolution • Family patterns • Networks of support		• Changing networks • Respecting difference • Sustaining friendships • Anger management • Family patterns • Influences and pressures • Different perspectives • Cooperation • Network of support groups
	My Emotions			• Self-awareness • Identifying and naming emotions • Coping with feelings • Feelings, thoughts and behaviour • Likes and dislikes • Feeling proud • Impulsive behaviour • Calming down and relaxing • Worry and anxiety	• Understanding feelings • Coping with feelings • Communicating emotions • Impact of emotions • Sharing feelings with others • Impulsive behaviour • Stopping and thinking before acting • Relaxation • Assertiveness • Help and support	• Self-awareness • Feelings, thoughts, behaviour • Mental health and what affects it • Mood changes • Worry and anxiety • Managing strong feelings • Empathy • Calming down • Assertiveness • Making informed choices	• Changing networks • Respecting difference • Sustaining friendships • Anger management • Family patterns	

				• Assertiveness		• Assessing risk • Networks of support		
Citizenship (Managing Change)	Managing Change			• Changing friendship patterns • Changing skills an responsibilities • Habits • Transitions within school • Losing things • Emotions involved with change • Sharing people	•	• Range of experiences of change • Emotions involved in loss and change • Other aspects of change • People I see, people I don't see • Taking responsibility for choices • Making amends • Confidence in new Situations • Bereavement	•	• Range of changes • Coping with loss • Emotions involved • Sources of support • Bereavement and family change • Friendship change • Transition between schools • Outcomes of change • Coping with challenges • Managing risk • Supporting others
	Anti -Bullying		• Valuing difference and diversity • Physical, mental and emotional wellbeing • Strategies for dealing with bullying including assertiveness • Safety circle • Asking for help and telling • Supporting others • Creating an anti-bullying Ethos		• Types of bullying including prejudice driven bullying • Homophobic bullying • Bullying related to race, religion or culture • Physical, mental and emotional wellbeing • Strategies for dealing with bullying including assertiveness • Networks of support Bystanders		• Types of bullying including bullying related to race. religion or culture • Homophobic bullying • Physical, mental and emotional wellbeing • Peer pressure • Roles in bullying • Strategies for dealing with bullying including assertiveness • Cyberbullying • Community cohesion • Sources of support	
Citizenship	Me and My World / Working Together	• People and places • Family, school, neighbourhood • Jobs, roles and responsibilities • Helping and working together • Caring for living things • Local environments • Money	• Recognising strengths • Developing skills • Steps towards goals • Effective communication • Compromise and co-operation • Discussion and negotiation • Applying group work and communication skills • Evaluating			• Recognising and valuing strengths • Developing skills • Steps towards goals • Effective communication • Questioning skills • Problem solving and perseverance • Decision making • Communication and group work skills • Evaluating • Giving and receiving feedback		• Self-perception and self-evaluation • Developing skills • Steps towards goals • The world of work • Effective communication • Chairing group discussions • Negotiation and debate • Problem solving and perseverance • Influence of the media Evaluation
	Rights, Rules and Responsibilities		• Class and school rules • Rights and responsibilities	• Class and school rules • Rules and laws in society • Understanding right and wrong • Explaining views • Decision making • School and class council Responsibilities to other people	• Class and school rules • Rights and responsibilities • Democracy at school • School and class councils • Decision making • Debating and voting Responsibilities at school and at home	• Class and school rules • Rights and responsibilities	• Class and school rules • Rights and responsibilities • Ground rules • Children's rights • Conflicting rights and responsibilities • Rules and laws in society • Role of the police • Local and national democracy • Participation in class and school	• Class and school rules • Rights and responsibilities

							• School and class councils • Social and moral issues	
	Diversity and Communities			• Similarities and differences • Valuing diversity • Different cultures and beliefs • Groups in and out of school • Respect • Community • Stereotypes • People who help us • School environment • Local environment • Needs of people / animals / pets / plants	• Identity • Similarities and differences • People in the community • People with different backgrounds • Stereotypes • Community cohesion • Roles in the community • Local and wider environment • Basic animal welfare • Pet care • Role of the media		• Diversity in communities • Community cohesion • Challenging stereotypes • The community and roles in it • Voluntary, community, charitable and pressure groups • The media • Environmental issues • Sustainability	
Healthy Lifestyles	**Relationships and Sex Education**	• Valuing the body • Body parts • My teeth • Shapes and sizes • Self-care skills • Change and responsibilities	*SRE Year 1* • External parts of the body • Valuing the body • Personal hygiene	*SRE Year 2* • Babies to children to adults • Growing up • Changing responsibilities	*SRE Year 3* • Difference between males and females • Valuing the body's uniqueness and capabilities • Responsibilities for hygiene	*SRE Year 4* • Stages of human life • Being grown up • My responsibilities • Parents' responsibilities	SRE Year 5 • Names of sexual parts • Puberty • Physical change • Menstruation • Developing body image • Changing hygiene • Routines • Viruses and bacteria	SRE Year 6 • Human lifecycle • Sexual reproduction • Changing emotions • Responsibility for others • Love and marriage • Families
	Keeping Safe/ Managing Risk/ Safety Contexts	• Assessing risk • Personal safety skills • Safety Circle • Good and bad secrets • Good and bad touches • Real and pretend • Lost and found • Road Safety • Safe use of medicines • Medicines, pills, injections	• Risky situations • Emotions associated with risk • Basic personal information • Asking for and giving help in an emergency • Safety eyes and ears • Travel to and from school • Rules for keeping safer • Sun safety • Water safety • Keeping safe from accidents			• Identifying types of risk • Dealing with pressure in risky situations • Reactions to risk • Taking action in an emergency • Road safety • Fire safety • Beach safety • Safety near inland waterways • Safety during activities and visits • Preventing accidents in familiar settings		• Positive and negative aspects of risk taking • Consequences and degrees of risk • Personal responsibility for safety • Risk reduction strategies • Getting help • Sources of support • Basic First Aid • How can I stay safe on the roads as cyclist or pedestrian? • How do I keep myself safe in the sun? • How can I stay safe in my home? • How can I stay safe near railways? • What helps to make school a safe place?

								How can I prevent accidents?
Healthy Lifestyles		- Healthy Choices - My teeth - Food and drink - Exercise - Rest and sleep - Leisure time	- Staying healthy - Physical activity - Healthy eating - Eatwell plate - Fruit and vegetables - Food preparation - Making real choices - Rest and sleep		- Effects of healthy eating and physical activity - Influences on food choices - Balanced diet - Eatwell plate - Basic food hygiene - Dental care - Leisure activities		- Effects and benefits of healthy eating and physical activity - Eat well plate - Basic food hygiene - Lifestyle and leisure Choices - Physical and mental health	
Drug Education				- Medicines - Attitudes to health professionals - Feeling ill, feeling better - Risky household substances - Safety rules - Being persuaded	- Medicines and legal drugs - People who use medicines and legal drugs - Rules for safe storage - Finding risky items - Influence of friends and media		- Legal and illegal drugs - Effects of drug use - Essential use of medicines - Misuse of substances - Staying safe around risky substances - Influence of friends and Media - Reliable information	
Personal Safety				- Identifying and communicating feelings - School/classroom rules - Early Warning signs - Identifying trusted adults - Personal networks - Recognising unkind behaviour - Bodily autonomy - Safe, unsafe & unwanted touch - Safe and unsafe secrets - Online safety	- Personal safety - Responsibility for safety - Good and bad touches - Secrets, promises and Tricks - Assertiveness - E-safety - Networks of support - Telling		- Personal safety - Acceptable and unacceptable physical contact - Secrets and promises - Networks of support - Trusted adults - Organisations that help - Assertiveness - Managing pressure - Domestic violence - E-Safety	