

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me, Myself & You	<p>Self- Regulation Shows an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Give focussed attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas and actions.</p> <p>Building Relationships Work and play cooperatively and take turns with others. Form positive attachments to adults and friendship with peers. Shows sensitivity to their own and others' needs.</p>	<p>Different types of bullying Different types of relationships and behaviour in a healthy relationship. Who can I turn to? What a family is and why is yours unique? Understanding body language and helping others. Empathy, being a good friend and asking for help.</p>	<p>Understanding similarities and differences in people. Feeling safe and unsafe in families and who we can turn to. Different emotions and dealing with negative emotions.</p>	<p>Essentials of a healthy family. Healthy and Unhealthy friendships</p>	<p>Importance of clear communication and managing conflict. Understanding differences in families</p>	<p>Expectations and pressures in children and what makes a good friend. What marriage is and other long -term commitments</p>	<p>Courtesy and Manners Good and bad peer influence / pressure.</p>
Mind & Body	<p>Self-regulation Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Managing self Understanding the importance of healthy food choices.</p>	<p>What is physical and emotional health? Eating healthy and keeping our teeth clean. How our bodies react to emotions</p>	<p>Where emotions are felt and the importance of talking about your emotions. Different emotions and dealing with negative emotions. The importance of sleep and making sure you get enough.</p>	<p>What is illness and what are the symptoms? Why are vaccinations important?</p>	<p>The food wheel – how good and bad food affects our emotional health. What is an active lifestyle and how to prevent related illnesses?</p>	<p>Why prejudices about mental health are bad</p>	<p>Stress- Dealing with emotions and changes Worries and stresses</p>

Life Skills	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.		When to you use 999	Risks, hazards and how to stay safe. Reducing risks when helping others.	Helping to save lives with 999 and safety risks.	How to remember safety procedures.	Practising emergency calls. What is an Emergency? Should I call 999?
The 3 R's Recognise Respond/ Risk		Drug and Alcohol session 1: Keeping Safe: Things that go Into and onto bodies Drug and Alcohol session 2: Keeping healthy: Medicines	Drug and Alcohol session 3: Keeping Safe: Medicines and Household products When do you use 999?	Drug and Alcohol Education: Session 1: Safety rules & risks: Medicines and Household products	Drug and Alcohol Education: Session 2: Safety Rules and Risks: Alcohol and Smoking	Drug and Alcohol Education: Session 1: Managing Risks: Medicines Session 2: Managing Risks: Legal and illegal drugs.	Drug and Alcohol Education: Session 3: Managing Risk: Influences and Pressure Session 4: Managing Risks: Drugs and Alcohol in the media
Online Safety		What is the internet? How to stay safe online.	Risks online and how to avoid them. What not to share online and why.	Age restrictions in the world and why we need them. How to behave sensibly online. Why spending too much time online is bad for you.	Being polite online. Bullying and How the internet works All about bullying and cyberbullying	Understanding what not to share online. What content can we trust online?	Understanding unrealistic expectations online. What people can we trust online.
Playing Safely		Box Breathing activity	Helping Hand activity	Early warning signs and managing emotions. The underwear rule – Appropriate and Inappropriate contact.	Healthy and Unhealthy Friendships Secrecy and Privacy	Assessing risks and managing safety. What are boundaries and what is consent?	Early warning signs and decision making. Crossing the road and managing risky situations.
Changing Bodies	Managing self Manage their own basic hygiene and personal needs, including dressing, going to the toilet.			Periods and how to manage them.	Periods and how to manage them.	How your body changes through puberty. Growing and Changing – Facts about Puberty.	Puberty, Relationships and Contraception.

