



	Relationship Education	Caring Relationships	Respectful relationships	Online Relationships	Being Safe	Mental wellbeing
Nursery	<ul style="list-style-type: none"> Begin to make sense of their own life-story and family's history. 	<ul style="list-style-type: none"> Develop their sense of responsibility and membership of a community. 	<ul style="list-style-type: none"> Help to find solutions to conflicts and rivalries. Increasingly follow rules, understanding why they are important. 	<ul style="list-style-type: none"> How do I keep myself safe online? Smartie the Penguin 	PANTS rule <ul style="list-style-type: none"> Understand personal space. Become more outgoing with unfamiliar people, in the safe context of their setting. 	<ul style="list-style-type: none"> Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.
Reception	<ul style="list-style-type: none"> Name and describe people who are familiar to them. Talk about members of their immediate family and community. 	<ul style="list-style-type: none"> Identify and moderate their own feelings socially and emotionally. Express their feelings and consider the feelings of others. 	<ul style="list-style-type: none"> See themselves as a valuable individual. Build constructive and respectful relationships. Think about the perspectives of others. Recognise that people have different beliefs and celebrate special times in different ways. 	<ul style="list-style-type: none"> How do I keep myself safe online? Smartie the Penguin 	PANTS rule <ul style="list-style-type: none"> Understand personal space. Show resilience and perseverance in the face of challenge. Manage their own needs. <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> Express their feelings and consider the feelings of others. Identify and moderate their own feelings socially and emotionally.
Year 1	<ul style="list-style-type: none"> Who are the people in my life who love and care for me? What are the differences and similarities between people? What are the similarities between girls and boys? 	<ul style="list-style-type: none"> How does my behaviour affect others? What makes a friend? Why is it important to tell the truth? What ways can we show kindness to others? 	<ul style="list-style-type: none"> What are class rules (British values)? What is respect? Why is it important to respect all people, even if they are different to me? What is bullying? Who can help me if I am being bullied? <p><i>Include cyberbullying</i></p>	<ul style="list-style-type: none"> How can I show respect to other people when I am online? What do I do if I am worried when I am online? 	PANTS rule <ul style="list-style-type: none"> What are the dos and don'ts of a good friendship? What is a "tricky person"? <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> What are feelings? What makes me happy? How do different situations make me feel? What makes me happy and healthy? (mental and physical wellbeing) How does bullying make people feel? <i>Include cyber-bullying</i>



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Year 2	<ul style="list-style-type: none"> • What is a family? Why are families important? Who is in a family? Are all families the same? • Who can I talk to if I feel unhappy or unsafe? 	<ul style="list-style-type: none"> • What is fair, unfair, kind and unkind? • What qualities make a good friend? 	<ul style="list-style-type: none"> • What groups and communities am I part of? • What makes others happy • What is the difference between joking, teasing and bullying? • What should I do if I am being bullied? • What does it mean to be a bystander? <p><i>Include cyberbullying</i></p>	<ul style="list-style-type: none"> • How can I keep safe online? • Who and what can help me to stay safe online? • Is everybody always who they seem online? 	<p>PANTS rule</p> <ul style="list-style-type: none"> • What is private? • What is the difference between good and bad secrets? • When should a secret be shared? <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> • What is the difference between small feelings and big feelings? • How can I recognise and talk about my feelings? • What is the difference between small feelings and big feelings? • How do I know if I my feelings are too big?
Year 3	<ul style="list-style-type: none"> • What does a healthy relationship look like? • What does being part of a family mean? 	<ul style="list-style-type: none"> • Why is being equal important in relationships? • How does a healthy friendship help us? • Why is trustworthiness an important characteristic of friendship? 	<ul style="list-style-type: none"> • How can I show respect? • What is self-respect? • What are good manners? • How can I show good manners? • What should I do if I am being bullied? • What should I do if I see bullying happening? <p><i>Include cyberbullying</i></p>	<ul style="list-style-type: none"> • Can I recognise some of the risks when I am online? 	<p>PANTS rule</p> <ul style="list-style-type: none"> • What is personal space? • What are “boundaries” (including online)? • What should I do if I am worried about a “tricky person”? <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> • How do my feelings affect my behaviour? • How can I manage my feelings? • How can I get help with my feelings?



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Year 4	<ul style="list-style-type: none"> • What is diversity? • Do boys and girls have different roles? 	<ul style="list-style-type: none"> • How can you demonstrate mutual respect in a friendship? • Why is generosity an important characteristic of friendship? 	<ul style="list-style-type: none"> • What is the difference between my local British communities and global communities? • What is discrimination • Why is it important to seek and give permission in a relationship? • What does courtesy mean? How can I be courteous to others? • How do I respond to dares? • What should I do if I am being bullied? • What should I do if I see bullying happening? <p><i>Include cyberbullying</i></p>	<ul style="list-style-type: none"> • How can I show respect to other people when I am online, including when we are anonymous? • What are the risks if I am online friends with somebody I have never met? 	<p>PANTS rule</p> <ul style="list-style-type: none"> • What is personal space? • Should we always keep secrets? <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> • What is resilience? • What is isolation? How can I get help if I feel lonely or isolated?
Year 5	<ul style="list-style-type: none"> • What are the different relationships in my life? • What should I do if I feel worried about a relationship in my life? 	<ul style="list-style-type: none"> • How can you demonstrate loyalty in a friendship? • Why is it important to speak out when a situation is making them feel uncomfortable? • How do we manage conflict successfully? 	<ul style="list-style-type: none"> • How do I negotiate and compromise? • What should I do if I am being bullied? • What should I do if I see bullying happening? <p>Include cyberbullying</p>	<ul style="list-style-type: none"> • Who or what influences me? • How do I stay safe on a mobile or tablet? • Can I recognise harmful content and contact when I am online? • Do I know how to report it? 	<p>PANTS rule</p> <ul style="list-style-type: none"> • What is unwanted touch? • How can I stay safe? (Safeguarding lesson for girls including FGM and safeguarding lesson for boys) <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> • What is mental health? • How can I look after my own mental health? (self-care) • How can I get help if I am worried about my own mental health?



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Year 6	<ul style="list-style-type: none"> • What happens in a loving relationship and what is forced marriage? • Who should I contact if worried about another person’s safety? (eg FGM, forced marriage, abusive relationships) 	<ul style="list-style-type: none"> • How do I recognise the signs of an unhealthy friendship? (including transition to Y7) • How do I ask for support with problems and difficulties in friendship groups? 	<ul style="list-style-type: none"> • What is stereotyping? • Why is it important to seek and give permission in a relationship? • What should I do if I am being bullied? • What should I do if I see bullying happening? <p>Include cyberbullying</p>	<ul style="list-style-type: none"> • Can I recognise respect for others and for myself when I am online? • What can I share online about other people? • What can other people share online about me? • What information and data is shared online about me? 	<p>PANTS rule</p> <ul style="list-style-type: none"> • What is personal space? • What sort of boundaries are appropriate in my digital friendships? • What is the difference between secrets that we share and secrets we keep? <p><i>All lessons to include digital context and how to report/seek support</i></p>	<ul style="list-style-type: none"> • How can I challenge negative thoughts and feelings? • How can I get help if I am worried about somebody else’s mental health?

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	Internet safety and harms	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid	Changing adolescent body
Nursery	<ul style="list-style-type: none"> Select and use activities and resources, with help when needed. 	<ul style="list-style-type: none"> 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 tooth brushing. 	<p>Make healthy choices about food and drink.</p>	<ul style="list-style-type: none"> Make healthy choices about food and drink. 	<ul style="list-style-type: none"> 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 tooth brushing. 	<ul style="list-style-type: none"> Become more outgoing with unfamiliar people, in the safe context of their setting. 	<ul style="list-style-type: none"> Begin to make sense of their own life-story and family's history.
Reception	<ul style="list-style-type: none"> Manage their own needs. 	<p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - tooth brushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.</p>	<ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing: - healthy eating. 	<ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing: - healthy eating. 	<p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating – tooth brushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.</p>	<ul style="list-style-type: none"> Manage their own needs. 	<ul style="list-style-type: none"> Name and describe people who are familiar to them.

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	Internet safety and harms	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid	Changing adolescent body
Year 1	<ul style="list-style-type: none"> • How does the internet help us in our everyday life? 	<ul style="list-style-type: none"> • Which activities keep me healthy? • Why is physical activity important? 	<ul style="list-style-type: none"> • What foods should I eat to help me stay healthy? 	<ul style="list-style-type: none"> • What are rules about household substances? • How can medicines be used safely? 	<ul style="list-style-type: none"> • How can I look after my teeth? • Why is it important to wash my hands? 	<ul style="list-style-type: none"> • What is an emergency and what do I do? • What are the rules for keeping me safe at school and outside? 	<ul style="list-style-type: none"> • Who are the people in my life that love and care for me? • What are the differences and similarities between people? • What are the similarities between girls and boys?
Year 2	<ul style="list-style-type: none"> • How can I keep my personal information safe online? • Why is it important to set a time limit to how long I am online? 	<ul style="list-style-type: none"> • What do we mean by an active lifestyle? • Why is it important to keep active? • What should I do if I am worried about my health? 	<ul style="list-style-type: none"> • How do I keep myself healthy? • What is a healthy, balanced diet? (including planning a healthy meal) 	<ul style="list-style-type: none"> • How can medicines be stored safely? 	<ul style="list-style-type: none"> • How can I prevent diseases spreading? How do medicines help us when we are unwell? 	<ul style="list-style-type: none"> • How do I keep safe at home? • What is my responsibility for keeping myself and others safe? 	<ul style="list-style-type: none"> • What is private? (body parts) • What happens when the body grows young to old? • How do we change when we grow up from baby to adult?
Year 3	<ul style="list-style-type: none"> • What are the ways we are communicating online? • How does the time I spend online affect myself and others? 	<ul style="list-style-type: none"> • What do my daily and weekly routines look like? • How can I be more active? How will this help me? 	<ul style="list-style-type: none"> • What is a healthy diet? What is an unhealthy diet? • What are the nutritional contents of my food? 	<ul style="list-style-type: none"> • What happens when I breathe smoke in the air? 	<ul style="list-style-type: none"> • How do rules and law protect me? • How do I keep safe in the sun? Why is personal hygiene important? 	<ul style="list-style-type: none"> • How do I recognise risks in my life? • What do I do in an emergency? 	<ul style="list-style-type: none"> • What is personal space? • What does a healthy relationship look like? • Why is being equal important in relationships?



	Internet safety and harms	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid	Changing adolescent body
Year 4	<ul style="list-style-type: none"> • What does it mean to have responsibility over my choices and actions when online? • Why are there age restrictions on some computer games, social media and online gaming? 	<ul style="list-style-type: none"> • What are the physical and mental benefits of an active lifestyle? • Where can I get support if I am worried about my health? 	<ul style="list-style-type: none"> • What is fuel for the body? • What are calories? (including planning a meal based on suggested calorie intake) 	<ul style="list-style-type: none"> • How do I manage risks in my life? • What is self-control? • What is the difference between legal and illegal drugs? • Are all drugs harmful? 	<ul style="list-style-type: none"> • What are the rights of the child? • How do I make sure I sleep well? • How do I know if I'm physically ill? 	<ul style="list-style-type: none"> • How do I manage risks in my life? 	<ul style="list-style-type: none"> • What is diversity? • Do boys and girls have different roles? • What changes happen to my body? • What are the similarities between boys and girls? Body parts for girls and body parts for boys.
Year 5	<ul style="list-style-type: none"> • Is everything I see online a fact? • How is my data used to target me? • How can I be happy being me? (body image) 	<ul style="list-style-type: none"> • What are the risks of an inactive lifestyle? • When should I seek support with my health? 	<ul style="list-style-type: none"> • Why is it important to know about nutritional content of food? • What are the risks of an unhealthy diet? 	<ul style="list-style-type: none"> • How do I respond to dares? • What are "habits"? 	<ul style="list-style-type: none"> • How can we stop the spread of infection? • What does immunisation mean? • Why do people get immunised against physical illnesses? 	<ul style="list-style-type: none"> • What do I do in an emergency? • How do I keep myself and the casualty safe while waiting for emergency services? 	<ul style="list-style-type: none"> • What is puberty? • What are the different relationships in my life? • What is unwanted touch? • Additional lesson (understanding FGM)

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	Internet safety and harms	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid	Changing adolescent body
Year 6	<ul style="list-style-type: none"> • How can the internet positively and negatively affect our mental health? • Why is it important to be critical of the media online and offline? • What concerns are there around the internet (trolling, harassment, online abuse, cyberbullying)? • How do I report a concern or get help? 	<ul style="list-style-type: none"> • How is my mental and physical wellbeing connected? • How do I keep physically healthy? (impact of exercise on body functions) <p>Can I plan and prepare a healthy meal?</p>	<p>How can food and drink change my behaviour?</p>	<ul style="list-style-type: none"> • How do drugs affect the mind and body? • How do I manage peer pressure? 	<ul style="list-style-type: none"> • What could be the early signs of physical illness? • How can I get help if I am worried that I am physically ill? • What are the facts and science relating to allergies, immunisation and vaccination? 	<ul style="list-style-type: none"> • What are basic emergency first aid skills? (Asthma attack, bleeding, broken bones, burns, choking, head injury, unresponsive and breathing, unresponsive and not breathing) 	<ul style="list-style-type: none"> • What changes happen in my life? • What happens in a loving relationship (incl. marriage) and what is forced marriage? <p>Additional lesson (menstruation)</p>

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