

| | | EYFS | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 | | | |
|--|-------------------------|---|--|--|--|--|--|--|--|--|--|--|
| | | Nursery Key Themes: | Reception | | | | | | | | | |
| | who care for me | R1a - that families are R1b - the characteristi sharing each other's li R1c - that others' fami by love and care. R1d - that stable, carir R1e - that marriage re | R1a - that families are important for children growing up because they can give love, security and stability. R1b - the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. R1c - that others' families, both in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised | | | | | | | | | |
| | (b) | | | | | | | | | | | |
| | Families and people | R1 I can talk about the members of my family I am beginning to make sense of my own life-story and my family's history | R1 I can name the members of my family and identify how they are related to me I can talk about how people in my family care for me | R1 I can talk about people who are special to me and discuss how they make me feel | R1 I can talk about my family and how it may be different to others. | R1 I can explain what makes a healthy family and why this is important. | R1 I respect differences in families and understand why a family is important for us as we grow up. | R1 I know the characteristics of a healthy family and why spending time with family is important. I can explain why marriage shows commitment. | R1 I know why family time is important and ways in which they can support me | | | |
| elationships strand = Health strand | S | R2d - that most friends | ships have ups and do e who to trust and wh | | ften be worked through so | rs feel lonely or excluded. that the friendship is repaired them feel unhappy or unco | | | | | | |
| R = Re H = | Caring friendships | I can identify my friends I can work and play cooperatively and take turns with others; | I can work and play cooperatively and take turns with others I can form positive attachments to adults and friendships with peers I can show sensitivity to their own and to others' | I can explain what makes a good friend and how that friendship makes me feel | I know the different characteristics of a healthy friendship. I understand how I can be a good friend too. | I can explain the importance of friendships. I can give examples of when I have been a good friend and the impact this has on others. | I understand how my behaviour can have an impact on my friendships. I can explain the qualities that are important in a friendship. | I know when a friendship is making me unhappy and what to do about it. | I have strategies to resolve conflict and know who I can go to for support (support network) | | | |
| | espectful Relationships | or beliefs. R3b - practical steps t R3c - the conventions R3d - the importance R3e - that in school ar R3f - about different ty | hey can take in a rang of courtesy and man of self-respect and ho nd in wider society the ypes of bullying (includ | ge of different contexts to in ners. w this links to their own hap y can expect to be treated ling cyberbullying), the imp | mprove or support respectopiness. It with respect by others, a pact of bullying, responsibility | mple, physically, in character, tful relationships. Ind that in turn they should shou | ow due respect to others, inclue porting bullying to an adult) | uding those in positions of au and how to get help. | thority. | | | |



| | R3 I can play with one or more other children co-operatively I am starting to | R3 I am beginning to regulate my own behaviour I can co-operate and resolve conflicts peaceably | R3 I can talk about one thing that is different about me from my friends I know some ways that | R3 I know what bullying is and how this makes people feel. I can talk about ways that we are similar and different and what this | R3 I understand what it means to be respected and respectful. I know what cyber-bullying is and the impact this has on others. | R3 I can talk about the judgements people make about others according to their appearance and lifestyle. | R3 I know how to show respect including respecting others online. I can explain how self-respect is linked to our own happiness. | R3 I can explain how self-respect links to positive wellbeing. I know what is not ok in a relationship and why permission seeking and | | | |
|----------------------|---|--|--|--|--|--|--|--|--|--|--|
| | understand why rules are important I am developing positive attitudes about the differences between people | I am starting to think about the perspective of others | a person can be bullied | feels like. | | | | giving is important. | | | |
| | Key Themes: R4a - that people sometimes behave differently online, including by pretending to be someone they are not. R4b - that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. R4c - the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. R4d - how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. R4e - how information and data is shared and used online. | | | | | | | | | | |
| Online Relationships | R4 I can talk about devices at home and at school that can be used to communicate | I can talk about keeping myself safe when I am using a device and who I can talk to I know I have to ask an adult before using a device I can identify connected and non connected devices | I know the difference bet characters I know what to do if I see online | | I can identify when someone might be at risk online. I am aware of age restrictions for apps and games. | R4 I am aware of the age restrictions for apps and games and why they are important. | R4 I know the risks involved in online relationships and how to eliminate these risks | R4 I know the risks associated with using the internet, apps, messaging and social media. I know how to keep myself safe online and eliminate these risks. I know who I can go to for support. | | | |
| | Key Themes: | • | • | | | | | | | | |



| | I can increasingly follow rules, understanding why they are important. I can remember rules without needing an adult to remind me I know the private areas of my body (PANTS) I am starting to take risks in a safe environment | R5 I know and can name the private areas of my body (PANTS) and explain why they are private I am starting to be aware of and manage my own risks e.g. I will only climb as high as I feel safe to | R5 I can talk about the things that I can do now compared to when I was a baby/toddler | R5 I understand what a secret is and when we should/should not keep a secret. I am aware of the things that I now do independently and why it is important for me to do these things for myself. | R5 I know how to say no to something that I do not like and where to go for help. | R5 I am aware of some risky activities that I may encounter and ways in which to eliminate these risks. | R5 I understand that my body belongs to me. I respect the differences between appropriate and inappropriate and unsafe physical contact | R5 I know why a support network is important in keeping me safe and I know who my support network is. | | |
|---------------------------|--|---|--|--|---|--|---|---|--|--|
| Mental Wellbeing | risks in a safe | | | | | | | | | |
| Internet Safety and harms | H2b - about the benef wellbeing. H2c - how to consider H2d - why social median H2e - that the internet H2f - how to be a discertification. | the effect of their onli a, some computer ga can also be a negativering | ne actions on others and k mes and online gaming, fo ve place where online abu | essive time spent on electronous how to recognise and or example, are age restrict use, trolling, bullying and hounderstanding that informations. | d display respectful behavious ted. arassment can take place, wh | of positive and negative controller online and the importance on high can have a negative importance of the engines, is ranked, selected | of keeping personal informations | | | |



| H2 I can talk about devices at home and at school that can be used to communicate I know I have to ask an adult before using a device | H2 I can talk about keeping myself safe when I am using a device and who I can talk to I can identify connected and non connected devices | H2 I can name the devices used online and the apps, games and sites that I use. I am beginning to understand how using a device for a prolonged period of time makes me feel. | H2 I know what to do if I see something that I do not like online | I know how to respect others when online and the impact cyber-bullying can have on others | H2 I know why it is important to restrict screen time. I understand the different ways that the internet can be a positive and a negative place. | H2 I can explain how social media/online activities can have an impact on my self-esteem. I know how my information can be used online. | H2 I understand why games, apps and social media have age restrictions. I know what steps I need to take to stay safe online |
|--|--|--|--|--|--|--|--|
| H3b - the importance of the risks associated w | cs and mental and ph of building regular exe vith an inactive lifestyle | nysical benefits of an active ercise into daily and weekly e (including obesity). | routines and how to achie | • | or cycling to school, a daily a | ctive mile or other forms of r | egular, vigorous exercise. H3 |
| H3 I am becoming more independent in meeting my own care needs e.g. brushing my teeth, using the toilet, washing and drying my hands I am starting to make healthy choices about food, drink, activity and toothbrushing | H3 I can manage my own personal hygiene needs I Know and can talk about the different factors that support my overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian | H3 I know the impact exercise has on my body | H3 I can explain why regular exercise is important and give examples of ways I can exercise. | H3 I am beginning to see the relationship between exercising and my wellbeing. | H3 I know the benefits of physical activities including exercise, cleanliness and self care. | H3 I can identify what "healthy" looks like and identify ways I can improve my own physical health and fitness. | H3 I know what it means to be healthy (all aspects diet, exercise, sleep, relationships, hobbies, etc.) I understand that it is also my responsibility to make positive choices to promotimy own physical health an fitness. |
| H4b - the principles of H4c - the characteristic | planning and preparir cs of a poor diet and r | ng a range of healthy med risks associated with unhea | nls. Althy eating (including, for e | example, obesity and tooth d | | | |
| H4 I am beginning to understand that some foods and drinks are not always healthy choices | H4 I am starting to make healthy choices about food, drink, | I am beginning to explain what eating healthy means to me. | I can identify food and drinks which are healthy and begin to explain how these make us feel. | I can identify the different food groups and explain why each of them are important | I am able to explain the risks associated with an unhealthy diet (obesity, energy levels, concentration, and tooth decay). | I am able to explain the risks associated with an unhealthy diet (obesity, energy levels, concentration, tooth decay) and suggest healthy alternatives. I can explain the impact | I understand that it is also my responsibility to make positive food choices to promote being healthy. I can explain the impact alcohol has on physical health. |
| | devices at home and at school that can be used to communicate I know I have to ask an adult before using a device Key Themes: H3a - the characteristi H3b - the importance - the risks associated whad - how and when the street of the street | keeping myself safe when I am using a device and who I can talk to I know I have to ask an adult before using a device Key Themes: H3a - the characteristics and mental and ph H3b - the importance of building regular exe the risks associated with an inactive lifestyle H3d - how and when to seek support including more independent in meeting my own care needs e.g. brushing my teeth, using the toilet, washing and drying my hands I am starting to make healthy choices about food, drink, activity and toothbrushing I am starting to make healthy choices about food, drink, activity and toothbrushing Key Themes: H4a - what constitutes a healthy diet (included H4b - the principles of planning and preparing the toilet, washing and drinks are not always Key Themes: H44 I am beginning to understand that some foods and drinks are not always Keeping myself safe when I am using a device and who I can talk to I can identify connected and non connected and non connected devices I can identify connected and non c | devices at home and at school that safe when I am using a device and who I can talk to I know I have to ask an adult before using a device Wey Themes: H3a - the characteristics and mental and physical benefits of an active H3b - the importance of building regular exercise into daily and weekly - the risks associated with an inactive lifestyle (including obesity). H3d - how and when to seek support including which adults to speak that support my own personal in meeting my own care needs e.g. brushing my teeth, using the toilet, washing and drying my hands I am starting to make healthy choices about food, arink, activity and toothbrushing Key Themes: H4a - what constitutes a healthy diet (including understanding calories being a safe pedestrian H4 I am beginning to used online and the apps, games and sites that I use. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand in a cativity and toothbrushing own and and the apps, games and sites that I use. I am beginning to understand how using a device for a prolonged period of time makes me feel. I am beginning to understand in an active lifestyle (including understanding calories for a poor diet and risks associated with unhead the period of time feel. I am starting to understanding calories for a poor diet and risks associated with | devices at home and at school that can be used to communicate I know I have to ask an adult before using a device and who I can identify connected and using a device without using a device on an connected and devices Key Themes: H3a - the characteristics and mental and physical benefits of an active lifestyle. H3b - the importance of building regular exercise into daily and weekly routines and how to achie the risk associated with an inactive lifestyle (including obesity). H3d - how and when to seek support including which adults to speak to in school if they are worify they are many hands I can starting to make healthy choices about food, drink, activity and toothbrushing Key Themes: H4a - what constitutes a healthy diet (including understanding calories and other nutritional cont H4b - the principles of planning and preparing a range of healthy meals. H4 I am starting to make healthy choices about final the principles of planning and preparing a range of healthy meals. H4 I am beginning to understand that some foods and drinks are not always. I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain why regular exercise is important and give examples of ways I can explain | devices at home and at school that can be used to communicate Ikmow I have to ask an adult before using a device and onconnected divines and evices for a prolonged period of fine makes me feel. Ikmow I have to ask an adult before using a device of a prolonged divise and evices for a prolonged period of fine makes me feel. It is the importance of building regular exercise into doily and weekly routines and how to achieve this; for example walking the first her importance of building regular exercise into doily and weekly routines and how to achieve this; for example walking the first her importance of building regular exercise into doily and weekly routines and how to achieve this; for example walking the first her importance of building regular exercise into doily and weekly routines and how to achieve this; for example walking the first her importance of building regular exercise into doily and weekly routines and how to achieve this; for example walking the first her importance of building regular exercise into doily and weekly routines and how to achieve this; for example walking the first health. BIS I can manage my own personal hygiene needs I know the impact opperation to achieve this; for example walking the first health. BIS I can manage my own personal hygiene needs I know and can talk about the different factors may hands I know the impact opperation to achieve this; for example walking the first health washing and drying my hands I know the impact opperation to achieve this; for example walking the first health washing and drying my hands I can starting to make healthy choices about food, drink, activity and toothbrushing I sensible amounts of screen time! I healthy eating I healthy ea | devices at home and at school that can be used to communicate the most of school that can be used to communicate the most of school that can be used to communicate the most of the most of the communicate that the communicate the most of the communicate the most of the communication that t | devices of home and at shoot hill safe when I and was device and communicated the safe when I am was deviced and at shoot hill and the safe when I am was deviced and an advised the communication of the safe when I am was deviced and an advised and a street of the safe when I am was deviced and an advised and a street of the safe when I am was deviced and a street of the safe when I am was deviced for a protonged advised and advised and a street of the safe was deviced for a protonged advised benefits of an active lifestyle. Key Thems: Hab - the characteristics and mental and physical benefits of an active lifestyle. Hab - the insportance of building regular exercise into daily and weekly routines and how to achieve this: for example walking or cycling to school, a daily active mile or other forms of not school and the safe was protonged and the safe was protong |



| | | I know that some things are not safe for me to touch or eat or drink | H5 I can explain why some things are not safe for me to touch, eat or drink | I can explain what a medicine is and why some people need it. | I can identify things that are medicines and harmful substances. | H5 I can explain what risk taking is and know how to achieve a positive outcome in situations. | I can name different kinds of drugs. I am aware of the affect drugs/alcohol/tobacco | H5 I can explain what it means to be dependent on a drug/alcohol/tobacco. | I know what the law says about buying and using drugs, alcohol and tobacco. | | |
|--|--------------------|--|--|---|--|--|--|--|---|--|--|
| | | | | I know some important rules on how to stay safe around medicine. | I know some rules to stay safe if I see any medicine or harmful substance. | | can have on our bodies. | I know some key facts about the law around drugs, alcohol and tobacco. | I have strategies to support me if someone attempts to pressure me into trying something that I know is wrong. | | |
| 20 | | Key Themes: H6a - how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. H6b - about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. H6c - the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. H6d - about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. H6e - about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. H6f - the facts and science relating to allergies, immunisation and vaccination | | | | | | | | | |
| Contraction of the contraction o | | H6 I am starting to manage my own basic hygiene and personal needs, including dressing, going to the toilet | H6 I can manage my own basic hygiene and personal needs, including dressing, going to the toilet | H6 I know how to keep myself clean and why this is important. | I can suggest different ways to keep myself healthy and begin to understand how this will prevent me from being ill (include dental and bedtime routine) | H6 I can explain why sleep is important and how this can affect the way that we feel and behave. | H6 I can give advice on how to reduce the risk of germs and viruses. | I can identify what healthy looks like both physically and emotionally. I know some self-care techniques to support my physical and emotional health. | H6 I know the key ways to keep myself physically and emotionally healthy. I know how the media plays a role in how we perceive body image and I can discuss how sometimes this is not a realistic view. | | |
| | | | | to emergency services if redealing with common inju | | es. | | | | | |
| 100 A | | I know that someone can help me or others if I hurt myself or I see someone who is hurt I can tell someone | H7 I can ask for help from an adult appropriately for myself or someone else | H7 I know where I live and that 999 is the number to ring in an emergency | H7 I know how to call 999 and what to say in an emergency. | H7 I can role play a scenario and then make a 999 call. | H7 I can explain when calling 999 is appropriate/inappropriate | H7 I know how to deal with basic first aid and then get help. | H7 I know how to deal with basic first aid and then get help. I can explain the impact of calling the emergency services when it is not appropriate. | | |
| Se iona | Adolescent Body | | | ging adolescent body, par ne key facts about the mer | | gh to age 11, including physic | al and emotional changes. | | | | |



| | Н8 | Н8 | H8 | H8 | H8 | H8 | H8 | Н8 |
|-----------|--------------------------------|-------------------|--|---------------------------|--|--------------------------|--|------------------------------|
| | I can use the correct | I can use the | I can use the correct | I can use the correct | I can use the correct | I can compare how I have | I am aware of how I am | I understand what puberty |
| | language when | correct language | language when | language when | language when referring | changed since I was a | beginning to change | means for both girls and |
| | referring to all parts | when referring to | referring to all parts of | referring to all parts of | to all parts of my body | baby, toddler, year 2 to | (physically and | boys. |
| | | | | | | | | boys. |
| | of my body | all parts of my | my body including | my body including | including genitalia and | now. | emotionally) | Laura and a file and a state |
| | including genitalia | body including | genitalia and private | genitalia and private | private areas | | 1 | I am aware of how puberty |
| | and private areas | genitalia and | areas | areas | | | I understand what | can affect our emotions |
| | | private areas | | | | | puberty means for girls | and I have |
| | | | | | | | and boys. | strategies/support network |
| | | | | | | | (developmentally | to help me with these |
| | | | | | | | appropriate, may be | feelings. |
| | | | | | | | taught in year 6) | |
| | Cultural Diversity | | Cultural Diversity | | Cultural Diversity | | Cultural Diversity | |
| | So much | | Look up | | Sam Wu is not afraid of gho | | High rise mystery | |
| | Maisie's scrapbook | | Amy Wu and the perfec | t Bao | Anisha accidental detectiv | e | Amari and the night broth | ers |
| | Astro girl | | Hair love | | Ellie and the cat | | The tigers in the tower | |
| | Lulu's first day | | Billy and the beast | | Cookie | | Dragon Mountain | |
| | Hats of faith | | Polonius | | Planet Omar | | | |
| | Shu Lin's grandpa | | Lailah's lunchbox | | The lost Homework | | Agent Zaiba investigates | |
| | The Jasmine sneeze | | Kasaia's surprise | | Mayhem Mission | | | |
| | The Colour Monster | | | | The proudest blue | | What Lexie did | |
| | My name is not refugee | | Neurodiversity & Physical disabilities | | No 1 car spotter | | Neurodiversity & Physical disabilities | |
| | m, name is not releged | | Me and my sister | ii disabililes | Tro i cai spoilei | | Show us who you are | alsabilites |
| | Neurodiversity & Physi | cal disabilities | Pablo and the noisy part | hy | Neurodiversity & Physical di | cabilities | Wonder | |
| | Loud! | | | Leo and the octopus | | subililies | The war that saved my life | |
| | A friend for Henry | | Mermaid | | Double Felix Runaway Robot | | El Deafo | ; |
| | Isaac and his amazing Asperger | | Rescue & Jessica | | | alada a a a a a a | | |
| | Superpowers! | | Amazing | | Gracie Fairshaw and the mysterious guest Harper and the scarlet umbrella | | Running on Empty | |
| | | | | 2 | | orelia | Check mates | |
| ν | Susan laughs | | What happened to you? | 2 | Mark Spark in the dark | | The bubble boy | |
| Texts | Specs for Rex | | The patch | | Max and the millions | | Pig Heart Boy | |
| F 75 | Can bears ski? | | Eliot, midnight superherd |) | FA The reading Game | | A story about cancer | |
| Suggested | The itchy-saurus | | Different bearing of family | | A dog called Flow | | Ella on the outside | |
| ė S | One in 1000 | | Different types of family | | Rainbow Grey | | A dangerous game | |
| 0 | | | Milo imagines the world | | Lizzie Zipmouth | | | |
| Ď | Different types of family | | The blanket bears | | Perfect | | Different types of family | |
| | My daddies | | My Daddies | | Jim's Lion | | Just call me spaghetti hoop boy | |
| | Love makes a family | | We are family | | | | Patina | |
| | Two homes | | My daddy is going away | | Different types of family | | The perfect parent project | |
| | It's a no-money day | | | | Me & Mr P Ruby's star | | The secrets of Sam & Sam | |
| | | | Real life heroes | | The suitcase kid | | The incredible record sma | shers |
| | Real life heroes | | Stevie Wonder | | The accidental diary of a b | ug | | |
| | Baby young, gifted ar | nd black | I am Helen Keller | | Sona Sharma very best big | | Real life heroes | |
| | One hundred steps | | Splash | | Mum's jumper | | I am not a label | |
| | Frida Kahlo | | A boy and a jaguar | | 1 1 1 1 | | Just like me | |
| | 11131311131113 | | The girl who thought in p | pictures | Real life heroes | | Amazing women of the m | iddle east |
| | | | | | Emmanuel's dream | | Perfectly imperfect | |
| | | | | | I am not a label | | | |
| | | | | | Stephen Hawkin – without ir | mperfection neither you | | |
| | | | | | nor I would exist | пропесноп, пеннег уоо | | |
| | | | | | Young, gifted and black | | | |
| | | | | | Frida Kahlo and her anama | litos | | |
| | | | | | | IIIOS | | |
| | | | | | | | | |



Links to supplementary information and resources

Compassionate Class - RSPCA

'CHIPS' Challenging Homophobia In Primary Schools | Equality Cumbria (awazcumbria.org)

<u>Premier League Primary Stars | Home (plprimarystars.com)</u>

PSHE Association | Charity and membership body for PSHE education (pshe-association.org.uk)

<u>Teaching Resources - Young Citizens</u>

Children and money | Teaching kids about money | Barclays