**The following early years goals are prerequisite skills for PSHE in KS1.**

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| Level Expected at the End of EYFS | |
| **Reception – Communication and Language**   * Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen. * Develop social phrases.   **Reception – PSED**   * See themselves as a valuable individual. * Build constructive and respectful relationships. * Express their feelings and consider the feelings of others. * Show resilience and perseverance in the face of challenge. * Identify and moderate their own feelings socially and emotionally. * Think about the perspectives of others. * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine   + being a safe pedestrian   **Reception – Physical Development**   * Further develop the skills they need to manage the school day successfully:   + lining up and queuing   + mealtimes   **Reception – Understanding the World**   * Talk about members of their immediate family and community. * Name and describe people who are familiar to them. * Recognise that people have different beliefs and celebrate special times in different ways. | **ELG: Communication and Language – Listening, Attention and Understanding**   * Hold conversation when engaged in back-and-forth exchanges with their teachers and peers.   **ELG: Speaking**   * Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.   **ELG: PSED – Self-Regulation**   * Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. * Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. * Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.   **ELG: PSED – 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. * Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices   **ELG:PSED – Building Relationships**   * 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. * Manage their own basic hygiene and personal needs, including dressing, going to the toilet   **ELG: Physical Development - Gross Motor Skills**   * Negotiate space and obstacles safely, with consideration for themselves and others.   **ELG: Understanding the World - Past and Present**   * Talk about the lives of people around them and their roles in society. |

**Government Guidance**

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| **SMSC, Personal Development and Behaviour and Attitude**  (SMSC) development, including the promotion of British Values, and the effectiveness of this will be evaluated as part of the ‘personal development’ judgement of a school inspection. PSHE and Citizenship Education encompasses many of the elements of effective SMSC provision as well as contributing to personal development by equipping pupils with the attributes, knowledge and skills they need to support physical, mental and emotional wellbeing in school and beyond. PSHE and Citizenship education also contributes to the ‘behaviour and attitudes’ judgement of school inspections by developing positive attitudes to learning, a positive and respectful culture and by encouraging learners to develop positive behaviour and conduct. | | The curriculum for a maintained school [must be] a balanced and broadly-based curriculum which –  **(a)** promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and  **(b)** prepares pupils at the school for the opportunities, responsibilities and experiences of later life.  **Taken from:** Section 78 (1) Education Act 2002 |
| Safeguarding  The statutory guidance on safeguarding for children in schools and colleges requires schools to ‘ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum’. Effective PSHE education supports safeguarding by delivering protective learning opportunities on a range of potential safeguarding issues identified by Ofsted in the guidance **Inspecting** Safeguarding in Early Years, Education and Skills Settings, including:   * neglect * physical abuse * sexual abuse * emotional abuse * bullying, including online bullying and prejudice-based bullying * racist, disability and homophobic or transphobic abuse * gender-based violence/violence against women and girls * peer-on-peer abuse, such as sexual violence and harassment * radicalisation and/or extremist behaviour * risks linked to using technology and social media, including online bullying; the risks of being groomed online for exploitation or radicalisation; and risks of accessing and generating inappropriate content, for example ‘sexting’ * substance misuse * domestic abuse * female genital mutilation * forced marriage * poor parenting | |  | **Curriculum**  Although PSHE and Citizenship are non-statutory subjects for maintained schools, the **National Curriculum Framework** states that all state schools ‘should make provision for personal, social, health and economic education (PSHE), drawing on good practice’. All schools have an obligation to promote the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs, all of which fall within the non-statutory **Programme of Study for Citizenship at KS1 and KS2**.  The 2019 Guidance for Personal, Social, Health and Economic (PSHE) education states that ‘personal, social, health and economic (PSHE) education is an important and necessary part of all pupils’ education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum’. |
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|  | We expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.  Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.  **Taken from: Guidance for Personal, Social, Health and Economic (PSHE) Education 2019** |
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|  | Two key aspects of PSHE education, Relationships Education and Health Education, has been compulsory in all primary schools since 2020. PSHE education is compulsory in independent schools. |

Learning Outcomes and Core Themes

Our resources for PSHE and Citizenship have been produced so that they are fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/think-positive-year-2-pshce-twinkl-life) which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools.  
The PSHE Association Programme of Study is based on three core themes within which there is broad overlap and flexibility.

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| 2022- 2023 | Autumn1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | Myself and My Relationships  Beginning and Belonging  Identities and Diversity | Healthy and Safer Lifestyles  My Body and Growing Up  Myself and My Relationships  Beginning and Belonging/Family&Friends | Myself and My Relationships  Beginning and Belonging/Family& Friends  Growth Mindset | Myself and My Relationships  Feelings and Emotions | Citizenship  Me and my World | Healthy and Safer Lifestyles  Healthy Lifestyles |
| Year 1 | [KS1 TEAM](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-1-pshce-twinkl-life)  (Relationships) | [KS1 It’s My Body](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/digital-life-ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life)  (Health and Wellbeing) | [KS1 Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/be-yourself-year-3-pshce-twinkl-life)  (Living in the Wider World) | [KS1 Money Matters](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/one-world-year-2-pshce-twinkl-life)  (Living in the Wider World) | [KS1 Aiming High](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/think-positive-year-6-pshce-twinkl-life)  (Living in the Wider World) | [KS1 Be Yourself](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/be-yourself-year-1-pshce-twinkl-life)  (Relationships) |
| Year 2 | [KS1 Think Positive](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-4-pshce-twinkl-life)  (Health and Wellbeing | [KS1 Growing Up](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-3-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing | [KS1 One World](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/think-positive-year-2-pshce-twinkl-life)  (Living in the Wider World) | [KS1 Digital Wellbeing](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-1-pshe-and-citizenship-twinkl-life)  (Relationships) | [KS1 Safety First](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-3-pshce-twinkl-life)  (Health and Wellbeing) | [KS1 VIPs](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-2-pshce-twinkl-life)  (Relationships) |
| Year 3 | [LKS2 TEAM](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-6-pshce-twinkl-life)  (Relationships) | [LKS2 It’s My Body](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/growing-up-year-6-pshce-twinkl-life)  (Health and Wellbeing) | [LKS2 Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/safety-first-year-2-pshe-and-citizenship-twinkl-life)  (Living in the Wider World) | [LKS2 Money Matters](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-5-pshce-twinkl-life)  (Living in the Wider World) | [LKS2 Aiming High](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-3-pshce-twinkl-life)  (Living in the Wider World) | [LKS2 Be Yourself](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-4-pshce-twinkl-life) (Relationships) |
| Year 4 | [LKS2 Think Positive](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/britain-year-1-pshce-twinkl-life)  (Health and Wellbeing) | [UKS2 It’s My Body](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-5-pshce-twinkl-life) Y5 (Health and Wellbeing) | [LKS2 One World](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-3-pshce-twinkl-life)  (Living in the Wider World) | [LKS2 Digital Wellbeing](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-5-pshce-twinkl-life)  (Relationships) | [LKS2 Safety First](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/safety-first-year-4-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing) | [LKS2 VIPs](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-3-pshce-twinkl-life)  (Relationships) |
| Year 5 | [UKS2 TEAM](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/growing-up-year-4-pshce-twinkl-life)  (Relationships) | [LKS2 Growing Up](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/britain-year-1-pshce-twinkl-life) Y4  (Health and Wellbeing) | [UKS2 Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-5-pshce-twinkl-life)  (Living in the Wider World) | [UKS2 Money Matters](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-5-pshce-twinkl-life)   (Living in the Wider World) | [UKS2 Aiming High](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-5-pshe-and-citizenship-twinkl-life)  (Living in the Wider World) | [UKS2 Be Yourself](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/one-world-year-6-pshce-twinkl-life)  (Relationships) |
| Year 6 | [UKS2 Think Positive](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/safety-first-year-6-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing) | [UKS2 Growing Up](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-1-pshce-twinkl-life)  (Health and Wellbeing) | [UKS2 One World](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-5-pshce-twinkl-life)  (Living in the Wider World) | [UKS2 Digital Wellbeing](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-1-pshce-twinkl-life)  (Relationships) | [UKS2 Safety First](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-1-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing) | [KS2 VIPs](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-3-pshce-twinkl-life)  (Relationships) |

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| 2023-24 | Autumn1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | **Working Together, Rules and Belonging** | **RSE, Feelings, Respect and Internet Safety** | **Reach for the Stars Growth Mindset** | **Super Me and My Relationships** | **Healthy Lifestyles and My Body** | **Me and my World**  **(Citizenship)** |
| Year 1 | [KS1 TEAM](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-1-pshce-twinkl-life)  (Relationships) | [KS1 It’s My Body](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/digital-life-ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life)  (Health and Wellbeing) | [KS1 Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/be-yourself-year-3-pshce-twinkl-life)  (Living in the Wider World) | [KS1 Money Matters](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/one-world-year-2-pshce-twinkl-life)  (Living in the Wider World) |  | [KS1 Be Yourself](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/be-yourself-year-1-pshce-twinkl-life)  (Relationships) |
| Year 2 | [KS1 Think Positive](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-4-pshce-twinkl-life)  (Health and Wellbeing | [KS1 Growing Up](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-3-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing | [KS1 One World](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/think-positive-year-2-pshce-twinkl-life)  (Living in the Wider World) |  | [KS1 Safety First](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-3-pshce-twinkl-life)  (Health and Wellbeing) | [KS1 Digital Wellbeing](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-1-pshe-and-citizenship-twinkl-life)  (Relationships) |
| Year 3 | [LKS2 TEAM](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-6-pshce-twinkl-life)  (Relationships) | [LKS2 It’s My Body](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/growing-up-year-6-pshce-twinkl-life)  (Health and Wellbeing) | [LKS2 Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/safety-first-year-2-pshe-and-citizenship-twinkl-life)  (Living in the Wider World) | [LKS2 Money Matters](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-5-pshce-twinkl-life)  (Living in the Wider World) |  | [LKS2 Be Yourself](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-4-pshce-twinkl-life) (Relationships) |
| Year 4 | [KS2 Think Positive](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-4-pshce-twinkl-life)  (Health and Wellbeing | [UKS2 It’s My Body](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-5-pshce-twinkl-life) Y5 (Health and Wellbeing) | [LKS2 One World](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-3-pshce-twinkl-life)  (Living in the Wider World) |  | [LKS2 Safety First](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/safety-first-year-4-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing) | [LKS2 Digital Wellbeing](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-5-pshce-twinkl-life)  (Relationships) |
| Year 5 | [UKS2 TEAM](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/growing-up-year-4-pshce-twinkl-life)  (Relationships) | [LKS2 Growing Up](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/britain-year-1-pshce-twinkl-life) Y4  (Health and Wellbeing) | [UKS2 Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/body-business-year-5-pshce-twinkl-life)  (Living in the Wider World) | [UKS2 Money Matters](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-5-pshce-twinkl-life)   (Living in the Wider World) | [UKS2 Aiming High](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-5-pshe-and-citizenship-twinkl-life)  (Living in the Wider World) |  |
| Year 6 | [KS2 Think Positive](https://www.twinkl.co.uk/resources/pshce-twinkl-life/lks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/vips-year-4-pshce-twinkl-life)  (Health and Wellbeing | [UKS2 Growing Up](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-1-pshce-twinkl-life)  (Health and Wellbeing) | [UKS2 One World](https://www.twinkl.co.uk/resources/pshce-twinkl-life/uks2-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/team-year-5-pshce-twinkl-life)  (Living in the Wider World) | [UKS2 Safety First](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/aiming-high-year-1-pshe-and-citizenship-twinkl-life)  (Health and Wellbeing) | )[UKS2 Digital Wellbeing](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/money-matters-year-1-pshce-twinkl-life)  (Relationships) | Year 6 Transition |

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| **Health and Well-Being** | | | | | | | |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Healthy Lifestyles | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine   + being a safe pedestrian   ELG: Manage their own basic hygiene and personal needs, including dressing, going to the toilet | H1. about what keeping healthy means; different ways to keep healthy  H2. about foods that support good health and the risks of eating too much sugar  H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday  H4. about why sleep is important and different ways to rest and relax  H5. simple hygiene routines that can stop germs from spreading  H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy  H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health  H8. how to keep safe in the sun and protect skin from sun damage  H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV  H10. about the people who help us to stay physically healthy  **Its My Body** | H1. about what keeping healthy means; different ways to keep healthy  **Think Positive**  H8. how to keep safe in the sun and protect skin from sun damage  **Safety First** | H1. how to make informed decisions about health  H2. about the elements of a balanced, healthy lifestyle  H5. about what good physical health means; how to recognise early signs of physical illness  H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.  H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle  H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn  H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it  H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed  H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)  H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer  H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health  **Its My Body** | H3. about choices that support a healthy lifestyle, and recognise what might influence these  H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle  **Think Positive**  H1. how to make informed decisions about health  H2. about the elements of a balanced, healthy lifestyle  H3. about choices that support a healthy lifestyle, and recognise what might influence these  H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyles  H5. about what good physical health means; how to recognise early signs of physical illness  H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.  H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle  H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn  H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it  H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed  H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)  H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer  H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health  **It’s My Body (Y5)** |  | H1. how to make informed decisions about health  H2. about the elements of a balanced, healthy lifestyle  H3. about choices that support a healthy lifestyle, and recognise what might influence these  H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyles  **Think Positive**  H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it  **Growing Up**  H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health  **Safety First** |

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|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Ourselves, growing and changing | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine |  | H22. to recognise the ways in which we are all unique  H23. to identify what they are good at, what they like and dislike  H24. how to manage when finding things difficult  H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)  H26. about growing and changing from young to old and how people’s needs change  H27. about preparing to move to a new class/year group  **Think Positive**  **Growing Up** |  | H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth  H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking  H35. about the new opportunities and responsibilities that increasing independence may bring  H36. strategies to manage transitions between classes and key stages  **Safety First**  **Think Positive**  H26. that for some people gender identity does not correspond with their biological sex  H27. to recognise their individuality and personal qualities  **It’s My Body (Y5)** | H26. that for some people gender identity does not correspond with their biological sex  H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction  H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)  H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene  H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for¹  H34. about where to get more information, help and advice about growing and changing, especially about puberty  **Growing Up (Y4)** | H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)  H26. that for some people gender identity does not correspond with their biological sex  H27. to recognise their individuality and personal qualities  H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth  H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking  H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction  H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)  H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene  H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for¹  H34. about where to get more information, help and advice about growing and changing, especially about puberty  H35. about the new opportunities and responsibilities that increasing independence may bring  **Growing Up**  **Safety First**  **Think Positive** |

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|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Keeping Safe | * Negotiate space and obstacles safely, with consideration for themselves and others. | H29. to recognise risk in simple everyday situations and what action to take to minimise harm  H31. that household products (including medicines) can be harmful if not used correctly  **It’s My Body** | H28. about rules and age restrictions that keep us safe  H29. to recognise risk in simple everyday situations and what action to take to minimise harm  H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)  H31. that household products (including medicines) can be harmful if not used correctly  H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely  H33. about the people whose job it is to help keep us safe  H35. about what to do if there is an accident and someone is hurt  H36. how to get help in an emergency (how to dial 999 and what to say)  **Safety First** | H38. how to predict, assess and manage risk in different situations  H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk³  **Its My Body** | H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming  H38. how to predict, assess and manage risk in different situations  H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe  H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)  H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about  H43. about what is meant by first aid; basic techniques for dealing with common injuries²  H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say  **Safety First**  H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk³  **Its My Body Y5** |  | H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming  H38. how to predict, assess and manage risk in different situations  H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe  H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)  H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about  H43. about what is meant by first aid; basic techniques for dealing with common injuries²  H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say  **Safety First** |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Drugs, alcohol and tobacco |  | H37. about things that people can put into their body or on their skin; how these can affect how people feel  **Safety First** |  | H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break  H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);  **Its My Body Y3** | H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break  H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others  H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);  H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping  H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns  **Safety First**  H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break  H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others  H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);  H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping  H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns  **It’s My Body Y5** |  |  |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Families &close positive relationships | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  | R3. about different types of families including those that may be different to their own  R4. to identify common features of family life  R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried  **Growing Up** |  | R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice  **Safety First** | R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)  R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different  R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong  R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others  R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart  R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step- parents, blended families, foster parents); that families of all types can give family members love, security and stability  R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty  **Growing Up Y4** | R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)  R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different  R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong  R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others  R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart  **Growing Up** |
| Friendships | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  | **R7**. about how to recognise when they or someone else feels lonely and what to do  **Think Positive** | R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary  **It’s My Body Y3** | R13. the importance of seeking support if feeling lonely or excluded  **Think Positive**  R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary  **Its My Body Y5** |  | R13. the importance of seeking support if feeling lonely or excluded  **Think Positive** |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Managing hurtful behaviour & bullying | * Express their feelings and consider the feelings of others. * Think about the perspectives of others   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  |  |  |  |  |  |
| Safe relationships | **ELG:**  Form positive attachments to adults and friendships with peers. | R16. about how to respond if physical contact makes them feel uncomfortable or unsafe  R17. about knowing there are situations when they should ask for permission and also when their permission should be sought  R18. about the importance of not keeping adults’ secrets (only happy surprises that others will find out about eventually)  R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard  **Its My Body** | R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private  R14. that sometimes people may behave differently online, including by pretending to be someone they are not  R15. how to respond safely to adults they don’t know  R16. about how to respond if physical contact makes them feel uncomfortable or unsafe  R18. about the importance of not keeping adults’ secrets (only happy surprises that others will find out about eventually)  R19. basic techniques for resisting pressure to do something they don’t want to do and which may make them unsafe  R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard  **Growing Up**  **Safety First** | R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact  R26. about seeking and giving permission (consent) in different situations  R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret  **It’s My Body Y3** | R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know  R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  R29. where to get advice and report concerns if worried about their own or someone else’s personal safety (including online)  **Safety First**  R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact  R26. about seeking and giving permission (consent) in different situations  R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret  R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  **It’s My Body Y5** |  | R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact  **Growing Up**  R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  **Safety First** |
| Respecting self and others | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Identify and moderate their own feelings socially and emotionally.   **ELG:**  Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.  Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.  Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions |  | R21. about what is kind and unkind behaviour, and how this can affect others  R23. to recognise the ways in which they are the same and different to others  R25. how to talk about and share their opinions on things that matter to them  **Growing Up**  **Think Positive** |  |  |  |  |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Shared Responsibilities |  |  |  |  |  |  |  |
| Communities | * Talk about members of their immediate family and community. * Name and describe people who are familiar to them. * Recognise that people have different beliefs and celebrate special times in different ways   **ELG:**  Talk about the lives of people around them and their roles in society. |  |  |  | L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes  **It’s My Body Y5** |  | L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes  **Growing Up** |
| Media literacy and digitial resilience | * Build constructive and respectful relationships. * Express their feelings and consider the feelings of others. * Show resilience and perseverance in the face of challenge. * Know and talk about the different factors that support their overall health and wellbeing:   + sensible amounts of ‘screen time’ |  |  |  | L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation  **It’s My Body Y5** | L11. recognise ways in which the internet and social media can be used both positively and negatively  **Growing Up Y4** | L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation  **Growing Up** |
| Economic Well-Being: Money |  |  |  |  |  |  |  |
| Economic Well-Being:  Aspirations, work & career |  |  |  |  |  |  |  |

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| **Relationships** | | | | | | | | |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | | Year 6 |
| Healthy Lifestyles. (Physical Wellbeing) | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine   + being a safe pedestrian   ELG: Manage their own basic hygiene and personal needs, including dressing, going to the toilet |  |  |  | H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online  **Digital Well-Being** | |  | H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online  **Digital Well-Being** |
| Mental Health | * Express their feelings and consider the feelings of others. * Show resilience and perseverance in the face of challenge. * Identify and moderate their own feelings socially and emotionally. * Think about the perspectives of others. | H12. how to recognise and name different feelings  H13. how feelings can affect people’s bodies and how they behave  H14. how to recognise what others might be feeling  H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things  H16. about ways of sharing feelings; a range of words to describe feelings  H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don’t feel good  H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it  H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better  **Be Yourself** |  | H17. to recognise that feelings can change over time and range in intensity  H18. about everyday things that affect feelings and the importance of expressing feelings  H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways  H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations  H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement  H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools  **Be Yourself**  **TEAM** |  | | H17. to recognise that feelings can change over time and range in intensity  H18. about everyday things that affect feelings and the importance of expressing feelings  H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways  H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations  H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement  **Be Yourself**  **TEAM** |  |
| Ourselves, growing and changing | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine | H21. to recognise what makes them special  H22. to recognise the ways in which we are all unique  H23. to identify what they are good at, what they like and dislike  **Be Yourself**  **TEAM** |  | H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)  H26. that for some people gender identity does not correspond with their biological sex  H27. to recognise their individuality and personal qualities  H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth  H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking  H36. strategies to manage transitions between classes and key stages  **Be Yourself**  **TEAM** |  | |  |  |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | | Year 6 |
| Keeping Safe | * Negotiate space and obstacles safely, with consideration for themselves and others. |  | H28. about rules and age restrictions that keep us safe  H33. about the people whose job it is to help keep us safe  H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something  **Digital Well-Being** |  | H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming  H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact  **Digital Well-Being** | |  | H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming  H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact  **Digital Well-Being** |
| Drugs, alcohol and tobacco |  |  |  |  |  | |  |  |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | | Year 6 |
| Families and close positive relationships | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. | R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives  R2. to identify the people who love and care for them and what they do to help them feel cared for  **TEAM** |  |  |  | | R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another | R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)  R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart  R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another  R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step- parents, blended families, foster parents); that families of all types can give family members love, security and stability  R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty  R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice  **VIPs** |
| Friendships | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. | R7. about how to recognise when they or someone else feels lonely and what to do  R9. how to ask for help if a friendship is making them feel unhappy  **Team** |  | R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships  R13. the importance of seeking support if feeling lonely or excluded  R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others  R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely  **Be Yourself**  **TEAM** | R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing  R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships  R12. to recognise what it means to ‘know someone online’ and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face  R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them  R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others  R16. how friendships can change over time, about making new friends and the benefits of having different types of friends  R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely  R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary  **Digital Well-Being** | | R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing  R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships  R13. the importance of seeking support if feeling lonely or excluded  R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them  R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others  R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely  **TEAM** | R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships  R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others  R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely  R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary  **VIPs** |
| Managing hurtful behaviour and bullying | * Express their feelings and consider the feelings of others. * Think about the perspectives of others   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. | R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online  R11. about how people may feel if they experience hurtful behaviour or bullying  R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult  **TEAM** | R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online  R11. about how people may feel if they experience hurtful behaviour or bullying  R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult  **Digital Well-Being** |  | R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour  R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support  R21. about discrimination: what it means and how to challenge it  **Digital Well-Being** | | R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour  R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support  R21. about discrimination: what it means and how to challenge it  **TEAM** | R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour  R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support  R21. about discrimination: what it means and how to challenge it  **Digital Well-Being** |
| Safe relationships | **ELG:**  Form positive attachments to adults and friendships with peers. |  | R14. that sometimes people may behave differently online, including by pretending to be someone they are not  R15. how to respond safely to adults they don’t know  R16. about how to respond if physical contact makes them feel uncomfortable or unsafe  **Digital Well-Being** | R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  R29. where to get advice and report concerns if worried about their own or someone else’s personal safety (including online)  **Be Yourself** | R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);  R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns  R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know  R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact  R26. about seeking and giving permission (consent) in different situations  R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret  R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  R29. where to get advice and report concerns if worried about their own or someone else’s personal safety (including online)  **Digital Well-Being** | | R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  R29. where to get advice and report concerns if worried about their own or someone else’s personal safety (including online)  **TEAM** | R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);  R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns  R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know  R26. about seeking and giving permission (consent) in different situations  R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret  R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  R29. where to get advice and report concerns if worried about their own or someone else’s personal safety (including online).  **Digital Well-Being**  **VIPs** |
| Respecting self and others | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine   + being a safe pedestrian   ELG: Manage their own basic hygiene and personal needs, including dressing, going to the toilet | R21. about what is kind and unkind behaviour, and how this can affect others  R22. about how to treat themselves and others with respect; how to be polite and courteous  R23. to recognise the ways in which they are the same and different to others  R24. how to listen to other people and play and work cooperatively  R25. how to talk about and share their opinions on things that matter to them  **Be Yourself**  **TEAM** | R21. about what is kind and unkind behaviour, and how this can affect others  R22. about how to treat themselves and others with respect; how to be polite and courteous  R23. to recognise the ways in which they are the same and different to others  R24. how to listen to other people and play and work cooperatively  R25. how to talk about and share their opinions on things that matter to them | R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online  R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships  **Be Yourself**  **TEAM** | R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online  **Digital Well-Being** | | R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online  R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships  R32. about respecting the differences and similarities between people and recognising what they have in common with others  e.g. physically, in personality or background  R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own  R34. how to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with  **TEAM** | R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online  R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own  **VIPs** |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | | Year 6 |
| Shared Responsibilities | * Express their feelings and consider the feelings of others. * Show resilience and perseverance in the face of challenge. * Identify and moderate their own feelings socially and emotionally. * Think about the perspectives of others. |  |  | L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  **TEAM** |  | | L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws  L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  L5. Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (reducing, reusing, recycling; food choices)  **TEAM** |  |
| Communities | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine | L4. about the different groups they belong to  **TEAM** |  | L6. about the different groups that make up their community; what living in a community means  Diverse Britain |  | |  |  |
| Media literacy and digitial resilience | * Negotiate space and obstacles safely, with consideration for themselves and others. |  | L7. about how the internet and digital devices can be used safely to find things out and to communicate with others  L8. about the role of the internet in everyday life  L9. that not all information seen online is true  **Digital Well-Being** | L11. recognise ways in which the internet and social media can be used both positively and negatively  L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation  **Be Yourself** | L11. recognise ways in which the internet and social media can be used both positively and negatively  L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results  L13. about some of the different ways information and data is shared and used online, including for commercial purposes  L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information  L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images  L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation  **Digital Well-Being** | |  | L11. recognise ways in which the internet and social media can be used both positively and negatively  L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results  L13. about some of the different ways information and data is shared and used online, including for commercial purposes  L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information  L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images  L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation  **Digital Well-Being** |
| Economic Well-Being: Money |  |  |  |  |  | |  |  |
| Economic Well-Being:  Aspirations, work & career | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. | L14. that everyone has different strengths  **TEAM** |  | L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation  **TEAM** |  | | L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation  **TEAM** |  |
|  | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  |  |  |  | |  |  |
|  | * Express their feelings and consider the feelings of others. * Think about the perspectives of others   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  |  |  |  | |  |  |
|  | **ELG:**  Form positive attachments to adults and friendships with peers. |  |  |  |  | |  |  |

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| **Living in the Wider World** | | | | | | | |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Healthy Lifestyles | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine   + being a safe pedestrian   ELG: Manage their own basic hygiene and personal needs, including dressing, going to the toilet |  |  |  |  |  |  |
| Mental Health | * Express their feelings and consider the feelings of others. * Show resilience and perseverance in the face of challenge. * Identify and moderate their own feelings socially and emotionally. * Think about the perspectives of others. |  |  |  |  |  |  |
| Ourselves, growing and changing | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine |  |  | H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)  H27. to recognise their individuality and personal qualities  H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth  H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking  **Diverse Britain** |  | H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth  **Aiming High** |  |
| Keeping Safe | * Negotiate space and obstacles safely, with consideration for themselves and others. |  |  |  |  |  |  |
| Drugs, alcohol and tobacco |  |  |  |  |  |  |  |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Families and close positive relationships | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  | R2. to identify the people who love and care for them and what they do to help them feel cared for  R3. about different types of families including those that may be different to their own  R4. to identify common features of family life  **One World** |  |  |  |  |
| Friendships | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  |  |  |  |  |  |
| Managing hurtful behaviour and bullying | * Express their feelings and consider the feelings of others. * Think about the perspectives of others   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. |  |  | R21. about discrimination: what it means and how to challenge it  **Diverse Britain** |  | R21. about discrimination: what it means and how to challenge it  **Diverse Britain** |  |
| Safe relationships | **ELG:**  Form positive attachments to adults and friendships with peers. |  |  |  |  |  |  |
| Respecting self and others | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine   + being a safe pedestrian   ELG: Manage their own basic hygiene and personal needs, including dressing, going to the toilet | R21. about what is kind and unkind behaviour, and how this can affect others  R23. to recognise the ways in which they are the same and different to others  R25. how to talk about and share their opinions on things that matter to them  **Diverse Britain** |  | R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships  R32. about respecting the differences and similarities between people and recognising what they have in common with others  e.g. physically, in personality or background  R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own  R34. how to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with  **Diverse Britain** | R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background  R34. how to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with  **One World** | R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships  R32. about respecting the differences and similarities between people and recognising what they have in common with others  e.g. physically, in personality or background  R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own  **Diverse Britain** |  |
|  | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Shared Responsibilities | * Express their feelings and consider the feelings of others. * Show resilience and perseverance in the face of challenge. * Identify and moderate their own feelings socially and emotionally. * Think about the perspectives of others. | L1. about what rules are, why they are needed, and why different rules are needed for different situations  L2. how people and other living things have different needs; about the responsibilities of caring for them  L3. about things they can do to help look after their environment  **Diverse Britain** | L1. about what rules are, why they are needed, and why different rules are needed for different situations  L2. how people and other living things have different needs; about the responsibilities of caring for them  L3. about things they can do to help look after their environment  **One World** | L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws  L2. to recognise there are human rights, that are there to protect everyone  L3. about the relationship between rights and responsibilities  L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  **Diverse Britain** | L2. to recognise there are human rights, that are there to protect everyone  L3. about the relationship between rights and responsibilities  L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)  **One World** | L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws  L2. to recognise there are human rights, that are there to protect everyone  L3. about the relationship between rights and responsibilities  L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)  **Diverse Britain** | L2. to recognise there are human rights, that are there to protect everyone  L3. about the relationship between rights and responsibilities  L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)  **One World** |
| Communities | * Manage their own needs.   + personal hygiene * Know and talk about the different factors that support their overall health and wellbeing:   + regular physical activity   + healthy eating   + toothbrushing   + sensible amounts of ‘screen time’   + having a good sleep routine | L4. about the different groups they belong to  L5. about the different roles and responsibilities people have in their community  L6. to recognise the ways they are the same as, and different to, other people  **Diverse Britain** | L6. to recognise the ways they are the same as, and different to, other people  **One World** | L6. about the different groups that make up their community; what living in a community means  L7. to value the different contributions that people and groups make to the community  L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities  L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes  L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced  **Diverse Britain** | L7. to value the different contributions that people and groups make to the community  L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities  L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes  **One World** | L6. about the different groups that make up their community; what living in a community means  L7. to value the different contributions that people and groups make to the community  L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities  L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes  L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced  **Diverse Britain** |  |
| Media literacy and digitial resilience | * Negotiate space and obstacles safely, with consideration for themselves and others. |  |  |  |  |  |  |
| Ecoomic Well-Being: Money |  | L10. what money is; forms that money comes in; that money comes from different sources  L11. that people make different choices about how to save and spend money  L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want  L13. that money needs to be looked after; different ways of doing this  **Money Matters** |  | L17. about the different ways to pay for things and the choices people have about this  L18. to recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what makes something ‘good value for money’  L19. that people’s spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)  L20. to recognise that people make spending decisions based on priorities, needs and wants  L21. Different ways to keep track of money  L222 about the risks associated with money (e.g money can be won, lost or stolen) and ways of keeping money safe  L23 about the risks involved in gambling: different ways money can be won or lsot through gambling-related activities and their impact on health, welllbeing and future aspirations  L24 to regcognise the ways that money can impact on people’s feelings and emotions  **Money Matters** | L19. that people’s spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)  **One World** | L17. about the different ways to pay for things and the choices people have about this  L18. to recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what makes something ‘good value for money’  L19. that people’s spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)  L20. to recognise that people make spending decisions based on priorities, needs and wants  L21. different ways to keep track of money  L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe  L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations  L24. to identify the ways that money can impact on people ‘s feelings and emotions  **Money Matters** | L19. that people’s spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)  **One World** |
| Economic Well-Being:  Aspirations, work & career | * See themselves as a valuable individual. * Build constructive and respectful relationships. * Talk about members of their immediate family and community. * Name and describe people who are familiar to them.   **ELG:**  Work and play cooperatively and take turns with others.  Form positive attachments to adults and friendships with peers.  Show sensitivity to their own and others’ needs. | L14. that everyone has different strengths  L15. that jobs help people to earn money to pay for things  L16. different jobs that people they know or people who work in the community do  L17. about some of the strengths and interests someone might need to do different jobs  **Money Matters** |  | L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes  L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/ type of job during their life  L27. about stereotypes in the workplace and that a person’s career aspirations should not be limited by them  L28. about what might influence people’s decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)  L29. that some jobs are paid more than others and money is one factor which may influence a person’s job or career choice; that people may choose to do voluntary work which is unpaid  L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation  L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)  **Money Matters** |  | L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes  L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/ type of job during their life  L27. about stereotypes in the workplace and that a person’s career aspirations should not be limited by them  L28. about what might influence people’s decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)  L29. that some jobs are paid more than others and money is one factor which may influence a person’s job or career choice; that people may choose to do voluntary work which is unpaid  L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation  L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)  **Aiming High**  Cg. What democracy is, and about the basic institutions that support it locally and nationally  **Diverse Britain** |  |