

Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and people who care for me	<ul style="list-style-type: none"> Families are important for children growing up because they can give love, security and stability The characteristics of healthy family life: commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives 	<ul style="list-style-type: none"> Families are important for children growing up because they can give love, security and stability The characteristics of healthy family life: commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up 	<ul style="list-style-type: none"> Families are important for children growing up because they can give love, security and stability Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up 	<ul style="list-style-type: none"> Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care 	<ul style="list-style-type: none"> Families are important for children growing up because they can give love, security and stability The characteristics of healthy family life: commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (including diversity in marriage and that some couples opt not to marry) How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed 	<ul style="list-style-type: none"> Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties 	<ul style="list-style-type: none"> Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties How important friendships are in making us feel happy and secure, and how people choose and make friends How to recognise who to trust and who not to trust 	<ul style="list-style-type: none"> Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened, and resorting to violence is never right The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties 	<ul style="list-style-type: none"> Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened, and resorting to violence is never right How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed 	<ul style="list-style-type: none"> How important friendships are in making us feel happy and secure, and how people choose and make friends Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened, and resorting to violence is never right How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed 	<ul style="list-style-type: none"> Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened, and resorting to violence is never right How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed
Respectful relationships	<ul style="list-style-type: none"> The conventions of courtesy and manners The importance of respecting others, even when they are very different from them 	<ul style="list-style-type: none"> The conventions of courtesy and manners Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help 	<ul style="list-style-type: none"> Practical steps to take in a range of different contexts to improve or support respectful relationships 	<ul style="list-style-type: none"> Practical steps to take in a range of different contexts to improve or support respectful relationships The importance of self-respect and how this links to their own happiness 	<ul style="list-style-type: none"> In school and in wider society, they can expect to be treated with respect by others, and in turn they should show due respect to others, including those in positions of authority The importance of self-respect and how this links to their own happiness What a stereotype is and how these can be unfair, negative or destructive The importance of permission seeking and giving in relationships with friends, peers and adults Practical steps to take in a range of different contexts to improve or support respectful relationships Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help The conventions of courtesy and manners 	<ul style="list-style-type: none"> The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs The importance of self-respect and how this links to their own happiness Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
Being safe		<ul style="list-style-type: none"> What sorts of boundaries are appropriate in friendships with peers and others How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know Where to get advice from, e.g. family, school and/or other sources 	<ul style="list-style-type: none"> How to recognise and report feelings or being unsafe or feeling bad about any adult How to ask for advice or help for themselves or others, and to keep trying until they are heard Where to get advice from, e.g. family, school and/or other sources 	<ul style="list-style-type: none"> What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact How to report concerns or abuse, and the vocabulary and confidence needed to do so Where to get advice from, e.g. family, school and/or other sources 	<ul style="list-style-type: none"> What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact The concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know Where to get advice from, e.g. family, school and/or other sources How to report concerns or abuse, and the vocabulary and confidence needed to do so 	<ul style="list-style-type: none"> How to recognise and report feelings or being unsafe or feeling bad about any adult How to ask for advice or help for themselves or others, and to keep trying until they are heard How to report concerns or abuse, and the vocabulary and confidence needed to do so Where to get advice from, e.g. family, school and/or other sources
Basic First Aid	<ul style="list-style-type: none"> How to make a clear and efficient call to emergency services if necessary. 			<ul style="list-style-type: none"> Concepts of basic first-aid, for example dealing with common injuries, including head injuries 	<ul style="list-style-type: none"> Concepts of basic first-aid, for example dealing with common injuries, including head injuries 	<ul style="list-style-type: none"> Concepts of basic first-aid, for example dealing with common injuries, including head injuries

<p>Drugs and Tobacco</p> <p>Health and Prevention</p>	<ul style="list-style-type: none"> Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage Personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing 	<ul style="list-style-type: none"> Personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing The importance of good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn 		<ul style="list-style-type: none"> About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist 	<ul style="list-style-type: none"> Associated risks with legal and illegal substances (alcohol/drug addiction) About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. 	<ul style="list-style-type: none"> The facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug taking How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body The facts and science relating to immunisation and vaccination The importance of good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
<p>Internet safety and harm</p> <p>Online relationships</p>	<ul style="list-style-type: none"> Understand the importance of keeping personal information private Where and how to report concerns and get support with issues online That the internet can also be a negative place where bullying can take place 	<ul style="list-style-type: none"> Consider the effect of their online actions on others and know how to recognise and display respectful behaviour online 	<ul style="list-style-type: none"> Know how to be a discerning consumer of information Understand why social media, some computer games and online gaming, for example, are age-restricted That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place Where and how to report concerns and get support with issues online 	<ul style="list-style-type: none"> Know how to be a discerning consumer of information (Protecting oneself from online identity theft and scam websites.) Understand the importance of keeping personal information private How to critically consider online friendships and sources of information, including awareness of the risks associated with people they've never met People sometimes behave differently online, including by pretending to be someone they are not The same principles apply to online relationships as face-to-face relationships, including the importance of respect for others online including when we are anonymous The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them How information and data is shared and used online 	<ul style="list-style-type: none"> Where and how to report concerns and get support with issues online The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them 	<ul style="list-style-type: none"> Know how to be a discerning consumer of information, including knowing that information from search engines is ranked, selected and targeted The benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing How information and data is shared and used online
<p>Physical health and fitness</p> <p>Healthy eating</p> <p>Changing adolescent body</p> <p>Mental wellbeing</p>	<ul style="list-style-type: none"> What constitutes a healthy diet The characteristics of a poor diet and risks associated with unhealthy eating 	<ul style="list-style-type: none"> The characteristics and mental and physical benefits of an active lifestyle The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise What constitutes a healthy diet (including understanding calories and other nutritional content) The characteristics of a poor diet and risks associated with unhealthy eating 	<ul style="list-style-type: none"> The characteristics and mental and physical benefits of an active lifestyle The risks associated with an inactive lifestyle What constitutes a healthy diet (including understanding calories and other nutritional content) The principles of planning and preparing a range of healthy meals 	<ul style="list-style-type: none"> The principles of planning and preparing a range of healthy meals. Pupils understand that different activities require different amounts calories and nutrients to be healthy (i.e Arctic explorers, Athletes etc). The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness 	<ul style="list-style-type: none"> The characteristics and mental and physical benefits of an active lifestyle The risks associated with an inactive lifestyle How and when to seek support including which adults to speak to in school if they are worried about their health The characteristics of a poor diet and risks associated with unhealthy eating Managing a healthy and balanced diet The importance of maintaining a healthy diet combined with exercise- the benefits. Key facts about puberty and the changing adolescent body, including physical and emotional changes There is a normal range and scale of emotions that all humans experience in relation to different experiences and situations It is common for people to experience mental ill health. For many people who do, the problems 	<ul style="list-style-type: none"> The characteristics and mental and physical benefits of an active lifestyle The risks associated with an inactive lifestyle How and when to seek support including which adults to speak to in school if they are worried about their health The characteristics of a poor diet and risks associated with unhealthy eating Key facts about puberty and the changing adolescent body, including physical and emotional changes Menstrual wellbeing, including the key facts about the menstrual cycle It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough Where and how to seek support (including triggers for seeking support), including whom in the school they should speak to if they are

	<ul style="list-style-type: none"> • How to recognise and talk about emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings • Where and how to seek support (including triggers for seeking support), including whom in the school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions 	<ul style="list-style-type: none"> • Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing 	<ul style="list-style-type: none"> • There is a normal range and scale of emotions that all humans experience in relation to different experiences and situations • Where and how to seek support (including triggers for seeking support), including whom in the school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions • Isolation and loneliness can affect children and it is very important for children to discuss their feelings with an adult and seek support 		<ul style="list-style-type: none"> • can be resolved if the right support is made available, especially if accessed early enough • Where and how to seek support (including triggers for seeking support), including whom in the school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions 	<ul style="list-style-type: none"> • worried about their own or someone else's mental wellbeing or ability to control their emotions • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests • Isolation and loneliness can affect children and it is very important for children to discuss their feelings with an adult and seek support
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Highlighted statements indicate progressive statements from previous academic year.