

<p>Myself & My Relationships Beginning and Belonging (BB 1/2)</p> <ul style="list-style-type: none"> • Do I understand simple ways to help my school feel like a safe, happy place? RR • How can I get to know the people in my class? CF • How do I feel when I am doing something new? MW • How can I help someone feel welcome in class? MW • What helps me manage in new situations? MW • Who can help me at home and at school? BS 	<ul style="list-style-type: none"> • Feeling safe and happy • Belonging in the class / school / community • Ground rules / class charters • Doing new things • Resilience • Asking for help 	<p>Citizenship Rights, Rules & Responsibilities (RR 1/2)</p> <ul style="list-style-type: none"> • How do rules and conventions help me to feel happy & safe? (RR) • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? RR • Can I take part in discussions and decisions in class? 	<ul style="list-style-type: none"> • Class and school rules and charters • Rules and laws in society • Understanding right and wrong • Explaining views • Decision making • School and class councils • Responsibilities to other people
<p>Myself & My Relationships My Emotions (ME 1/2)</p> <ul style="list-style-type: none"> • What am I good at and what is special about me? RR • How can I stand up for myself? RR • Can I name some different feelings? MW • Can I describe situations in which I might feel happy, sad, cross etc? MW • How do my feelings and actions affect others? MW • How do I manage some of my emotions and associated behaviours? MW • What are the different ways people might relax and what helps me to feel relaxed? MW • Who do I share my feelings with? MW 	<ul style="list-style-type: none"> • Self awareness • Assertiveness • Identifying & naming emotions • Coping with feelings • Feelings, thoughts & behaviour • Likes & dislikes • Impulsive behaviour • Calming down & relaxing • Seeking support 	<p>Myself & My Relationships Family and Friends (FF 1/2)</p> <ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? CF • Why is telling the truth important? CF • What skills do I need to choose, make and develop friendships? CF • How might friendships go wrong, and how does it feel? CF • How can I try to mend friendships if they have become difficult? CF • What is my personal space and how do I talk to people about it? BS • Who is in my family and how do we care for each other? FP • Who are my special people, why are they special and how do they support me? CF 	<ul style="list-style-type: none"> • Friendship • Truthfulness • My family • Special people • Problem solving in relationships • Different points of view • Personal space • Networks of support
<p>Citizenship Working Together (WT 1/2)</p> <ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? RR • How can I work well in a group? RR • Why is it important to take turns? RR • How can I negotiate to sort out disagreements? CF • How are my skills useful in a group? • What is a useful evaluation? RR 	<ul style="list-style-type: none"> • Recognising strengths • Developing skills • Steps towards goals • Effective communication • Compromise & co-operation • Discussion & negotiation • Applying group work & communication skills • Evaluating 	<p>Myself & My Relationships Anti-bullying (AB 1/2)</p> <ul style="list-style-type: none"> • Why might people fall out with their friends? CF • Can I describe what bullying is? RR • Do I understand some of the reasons people bully others? RR • Why is bullying never acceptable or respectful? RR • How might people feel if they are being bullied? MW • Who can I talk to if I have worries about friendship difficulties or bullying? RR • How can I be assertive? RR • Do I know what to do if I think someone is being bullied? RR • How do people help me to build positive and safe relationships? CF • What does my school do to stop bullying? RR 	<ul style="list-style-type: none"> • Respecting difference • Defining bullying • Physical, mental and emotional wellbeing • Assertiveness • Networks of support • Telling & asking for help • Supporting others • Creating an anti-bullying ethos
<p>Citizenship Diversity and Communities (DC 1/2)</p> <ul style="list-style-type: none"> • What makes me 'me', what makes you 'you'? RR • Do all boys and all girls like the same things? RR • What is my family like and how are other families different? FP • What different groups do we belong to? RR • What is a stereotype and can I give some examples? RR • Who helps people in my locality and what help do they need? MW • What does 'my community' mean and how does it feel to be part of it? MW • How do people find out about what is happening in my community? MW • How do we care for animals and plants? • How can I help look after my school? 	<ul style="list-style-type: none"> • My identity • Different families • Different cultures and beliefs • Groups in and out of school • Respect • Community • Stereotypes • People who help us • School environment • Needs of people/animals / pets/plants 	<p>Economic Wellbeing Financial Capability (FC 1/2)</p> <ul style="list-style-type: none"> • Where does money come from and where does it go when we 'use' it? • How might I get money and what can I do with it? • How do we pay for things? • What does it mean to have more or less money than you need? • How do I feel about money? • How do my choices affect me, my family, others? • What is a charity? 	<ul style="list-style-type: none"> • Money in different / familiar contexts • Cash values • Money as a finite resource • Uses of money • Saving and spending • Effects of loss • How banks etc work • Emotions in relation to money • Charity
<p>Healthy & Safer Lifestyles Managing Safety and Risk (MSR 1/2)</p> <ul style="list-style-type: none"> • What are risky situations and how might I feel? MW • What is my name, address and phone number and when might I need to give them? BFA • What is an emergency and who can help? BFA • What makes a place or activity safe for me? MW • What are the benefits and risks for me when walking near the road, and how can I stay safer? MW • What are the benefits and risks for me in the sun and how can I stay safer? HP • What do I enjoy when I'm near water and how can I stay safer? MW • What are the risks for me if I am lost and how can I get help? BS • How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA 	<ul style="list-style-type: none"> • Risky situations • Emotions associated with risk • Basic personal information • Asking for & giving help in an emergency • Safety eyes & ears • Road safety • Travel to & from school • Rules for keeping safer • Sun safety • Water safety • Keeping safe from accidents 	<p>Healthy & Safer Lifestyles Drug Education (DE 1/2)</p> <ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? DAT • What are medicines and why and when do some people use them? DAT • When and why do people have an injection from a doctor or a nurse? HP • Who is in charge of what medicine I take? DAT • What different things can help me feel better if I feel poorly? DAT • How can I keep safe with medicines and substances at home and at school? DAT • What is persuasion and how does it feel to be persuaded? MW 	<ul style="list-style-type: none"> • Medicines • Health professionals • Going to the doctors • Feeling ill, feeling better • Risky household substances • Safety rules • Being persuaded
<p>Healthy & Safer Lifestyles Digital Lifestyles (TG Digital Lifestyles)</p> <ul style="list-style-type: none"> • What are some examples of ways in which I use technology and the internet and what are the benefits? OR • What is meant by "identity" and how might someone's identity online be different from their identity in the physical world? OR • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR • What sort of information might I choose to put online and what do I need to consider before I do so? OR • When might I need to report something and how would I do this? OR • What sort of rules can help to keep us safer and healthier when using technology? IS • Who can help me if I have questions or concerns about what I experience online or about others' online behaviour? IS 	<ul style="list-style-type: none"> • Decision making • Positive contributions • Evaluating content • Information storage & sharing • Mental & physical wellbeing • Responsibilities • Reporting 	<p>Healthy & Safer Lifestyles Personal Safety (PS 1/2)</p> <ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? MW • Which school/classroom rules are about helping people to feel safe? BS • Can I name my own Early Warning Signs? BS • How do I know which adults and friends I can trust? CF • Who could I talk with if I have a worry or need to ask for help? BS • What could I do if a friend or someone in my family isn't kind to me? BS • Can I identify private body parts and say 'no' to unwanted touch? BS • What could I do if I feel worried about a secret? BS • What could I do if something worries or upsets me when I am online? BS 	<ul style="list-style-type: none"> • Identifying and communicating feelings • School/classroom rules • Early Warning signs • Identifying trusted adults • Networks of support • Recognising unkind behaviour • Bodily autonomy • Safe, unsafe & unwanted touch • Safe and unsafe secrets • Online safety
<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 1)</p> <ul style="list-style-type: none"> • What are the names of the main parts of the body? BS • What can my amazing body do? • When am I in charge of my actions and my body? BS • How can I keep my body clean? HP • How can I avoid spreading common illnesses and diseases? HP 	<ul style="list-style-type: none"> • External parts of the body • My amazing body • Germs • Hand washing 	<p>Healthy & Safer Lifestyles Relationships and Sex Education (RS 2)</p> <ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (NC Science) • What do babies and children need from their families? FP • Which stable, caring relationships are at the heart of families I know? FP • What are my responsibilities now I'm growing up? CAB 	<ul style="list-style-type: none"> • Babies to children to adults • Growing up • Caring families • Family variety • Marriage • Changing responsibilities
<p>Healthy & Safer Lifestyles Healthy Lifestyles (HL 1/2)</p> <ul style="list-style-type: none"> • How can I stay as healthy as possible? HP • What does it feel like to be healthy? MW • What does healthy eating mean and why is it important? HE • Why is it important to be active & what are the opportunities for physical activity? PHF • What foods do I like and dislike and why? • What can help us eat healthily? HE • Why do we need food? • What healthy choices can I make? 	<ul style="list-style-type: none"> • Staying healthy • Rest and sleep • Dental health • Eatwell Guide • Physical activity • Healthy eating • Food preparation • Making real choices 	<p>Myself & My Relationships Managing Change (MC 1/2)</p> <ul style="list-style-type: none"> • How are my achievements, skills and responsibilities changing and what else might change? • How might people feel during times of loss and change? MW • How do friendships change? CF • What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW • How might people feel when they lose a special possession? • When can I make choices about changes? 	<ul style="list-style-type: none"> • Changing friendship patterns • Changing skills & responsibilities • Changing habits • Transitions within school • Losing things • Emotions involved with change

Relationships Education: • FP Families & People who care for me • CF Caring Friendships • RR Respectful Relationships • OR Online Relationships • BS Being Safe

Health Education: • MW Mental Wellbeing • IS Internet Safety & Harms • PHF Physical Health & Fitness • HE Healthy Eating • DAT Drugs, Alcohol & Tobacco • HP Health & Prevention • BFA Basic First Aid • CAB Changing Adolescent Body

Bold text & initials = main link Initials only = contributes to