

<p>Myself & My Relationships Beginning and Belonging (BB 1/2)</p> <ul style="list-style-type: none"> Do I understand simple ways to make sure my school is 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 make 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 do they make me 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 Germes 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