



	EYFS	Year 1	Year 2	Year 3	Year 4
Me and My Relationships	<ul style="list-style-type: none"> - Recognise and be sensitive to the differences of others. - Name people who help us and describe ways to help others. - Talk about feelings and what can cause them. - Tell you which trusted adults they can ask for help. - Help a friend if they are sad or worried. 	<ul style="list-style-type: none"> - Name different feelings and how they might make me behave. - Suggest ways of dealing with 'not so good' feelings and how to help others. - Recognise when they need help and who to ask. - Listen to others and wait their turn to speak. - Tell you which trusted adults at home and school keep me safe. 	<ul style="list-style-type: none"> - Understand we have different ways to express our feelings. - Express their feelings in a safe, controlled way. - Tell you some ways that they can get help, if they are being bullied and what I can do if someone teases them. - Tell someone how they are making them feel. - Give you lots of ideas about being what makes a good friend and also tell you how they try to be a good friend. 	<ul style="list-style-type: none"> - Communicate feelings and use this to try to manage their emotions. - Collaborate with a team to achieve a goal. - Accept that may not always agree with others. - Listen and share opinions respectively. - Say why friends may fall out and how they can make up. - Know how to look after friends and stay friends. 	<ul style="list-style-type: none"> - Talk about how feelings change and be different for others. - Read different emotions by a persons body language. - Say 'no' in a calm and controlled way. - Name some qualities or strategies that help team work - Show an awareness aware of others and their needs when working together - Explain what to do if they, or a friend is, hurt or bullied by another person. - Recognise the qualities of a healthy relationship.
Valuing Difference	<ul style="list-style-type: none"> - Celebrate our differences. - Talk about their family life. - Listen and be polite to what others share about their lives. - Be kind, caring and helpful to others. - Show good listening 	<ul style="list-style-type: none"> - Say ways in which people are similar as well as different. - Say why things sometimes seem unfair, even if they are not to themselves. - Talk about what bullying is. - Say ways to show kindness towards others. 	<ul style="list-style-type: none"> - Be respectful of those who are different to me. - Describe how someone can change someone's feelings. - Tell you why it is important to show good listening to people who think differently to me. - Name and suggest strategies to someone who feels left out. - Be kind and use kind words to their friends. 	<ul style="list-style-type: none"> - Give examples of different types of family. I respect these differences. - Give examples of different community groups and what is good about having different groups. - Use respectful language and communication skills when discussing with others. - Talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place. - Name and use the different qualities needed for people from a diverse range of backgrounds need in order to get on together. - Suggest ways to deal with bullying and prejudice. 	<ul style="list-style-type: none"> - Say how differences sometimes cause conflict but can also be something to celebrate. - Begin to manage conflict by using negotiation and compromise. - Suggest strategies for dealing with someone who is behaving aggressively. - Demonstrate ways of showing respect to others' differences. - Explain why it's important to challenge stereotypes that might be applied to themselves or others.



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Keeping Myself Safe	<ul style="list-style-type: none"> - Tell you what their body needs to stay healthy. - Make safe decisions around medicines and things they don't know. - Name some things that can be dangerous inside and outside. - Tell you what is safe to play online and who to talk to if they feel worried. - Name the adults who keep me safe and when they might need their help. 	<ul style="list-style-type: none"> - Talk about the things their body needs to stay well (exercise, sleep, healthy foods) - Say what they can do if they have strong, but not so good feelings, to help them stay safe - Say 'no' to unwanted touch and ask for help from a trusted adult. - Say when medicines can be helpful or might be harmful. - Tell you how to stay safe around medicine. 	<ul style="list-style-type: none"> - Keep themselves safe around medicines. Explain that they can be helpful or harmful, and say how they can be used safely. - Say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe. - Say what they do and don't like and who to ask for help. - Give some examples of safe and unsafe secrets and think of safe people who can help if something feels wrong. - Give examples of touches that are ok or not ok (even if they haven't happened to me) and I identify a safe person to tell if I felt 'not OK' about something. 	<ul style="list-style-type: none"> - Say what could make a situation less risky or not risky at all. - Demonstrate strategies for dealing with a risky situation - Identify some key risks from and effects of cigarettes and alcohol. - Give examples of strategies for safe browsing online. - Identify personal information and when it is not appropriate or safe to share this. Get help when an unsafe situation online occurs. 	<ul style="list-style-type: none"> - Demonstrate strategies for dealing with a risky situation - Give examples of people or things that might influence me to take risks and make decisions. - Give reasons for why most people choose not to smoke, or drink too much alcohol. - Explain what might happen if people take unsafe or inappropriate risks. - Identify images that are safe or unsafe to share online.
Rights and Responsibilities	<ul style="list-style-type: none"> - Help their family. - Help to clean and tidy their home and classroom. - Tell you some ways to look after our world. - Be kind to friends and others. - Talk about looking after money. 	<ul style="list-style-type: none"> - Wash my hands correctly. - Name ways to look after their home and school. - Look after a special person or thing. - Tell you some things that money is spent on. - Get help if someone has hurt themselves. 	<ul style="list-style-type: none"> - Make choices that help them play and work well with others. - Use some strategies when upset or angry. - Ask for help from a trusted adult. - Name some ways they can look after my environment. - Make choices with money. 	<ul style="list-style-type: none"> - Identify people who help in different ways. - Spot 'facts' and 'opinions' to help them share ideas. - Make a plan. - Choose a method. - Identify different times and reasons to spend money. - Give examples of how people earn money. 	<ul style="list-style-type: none"> - Name some responsibilities and rights that they have. - Share ideas and make decisions that effect others. - Give own opinion based on facts, opinions and other influences. - Give examples of how I can support others as a bystander. - Explain how others have a financial responsibility to their families and community. - Give examples of choices and decisions with money that will affect them.



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Being My Best	<ul style="list-style-type: none"> - Keep trying if the way they choose doesn't work. - Talk about the different types of feelings we have. - Have a go at something new. - Make healthy food choices. - Make healthy sleep and exercise choices. 	<ul style="list-style-type: none"> - Choose a healthy meal with different food groups. - Be persistent when learning a new skill. - Name a few different ideas of what they can do if they find something difficult. - Help my friends when they fall out. - Explain why praise helps me to keep trying. 	<ul style="list-style-type: none"> - Explain what happens when they learn something new. - Explain how setting a goal or goals will help me to achieve what they want to be able to do. - Explain how hand hygiene stops virus' and germs from spreading. - Give examples of what they can do and give to their body to stay healthy. - Name different parts of my body that are inside them and help to turn food into energy. 	<ul style="list-style-type: none"> - Choose foods that make a balanced meal. - Explain how washing hands can prevent infections spreading. - Describe how food, water and air get into the body and blood. - Set goals and make a plan to develop a new skill. 	<ul style="list-style-type: none"> - Sat how being unique makes everyone special, different and valuable. - Give examples of choices they make and the choices others make for them. - Plan a healthy, balanced meal. - Give examples of the ways people can look after their physical and mental wellbeing. - Give different examples of some of the things that they do already to help look after my environment.
Growing and Changing	<ul style="list-style-type: none"> - Describe the life cycle of an animal. - Describe how a baby grows to an adult and what they might need. - Tell you some things about how babies are made. - Tell you the scientific names for my body parts. - Tell you the PANTS rule. 	<ul style="list-style-type: none"> - Tell you some things that babies need. - Tell you what I can do now that they couldn't do as a toddler and some things that they are still learning to do. - Talk about how safe secrets and surprises make them feel and who to talk to if they are worried. - Name the body parts girls and boys have that are the same and which body parts are different. - Name the adults they can talk to at home and school if they need help. 	<ul style="list-style-type: none"> - Give support to a friend. - Describe feelings of loss and suggest what someone can do if a friend moves away. - Describe the stages of growth they have been through and what they look forward to in my future. - Name the human private parts that are used to make a baby. - Talk about keeping private parts private. 	<ul style="list-style-type: none"> - Explain what body space is and how it feels when someone is too close to me. - Tell you some of the different relationships they have. - Tell you what qualities a healthy positive relationship has. - Describe how a girls and boys body will change when it reaches puberty. - Tell you what happens to a womans body when the sperm does not meet the egg. 	<ul style="list-style-type: none"> - Describe how change can make a person feel (both negative and positive). - Explain why young people can have mixed up feelings when they go through puberty. - Explain why puberty happens. - Talk about how people feel during puberty and the menstruation cycle and ways to help cope with the changes. - Explain why some people choose to get married, have a civil ceremony or live together.