

	Year 1	Year 2	Year 3
Relationships	• recognise and communicate feelings to others • listen to, reflect on and respect other people's views and feelings • understand that it is important to share their opinions and to be able to explain their views • learn to listen to other people and play and work co-operatively • learn about bullies and bullying behaviour • understand the difference between impulsive and considered behaviour • understand that name-calling is hurtful and avoidable • recognise how their behaviour affects other people • recognise the difference between good and bad choices • understand what is and what is not bullying behaviour • recognise how their behaviour affects other people • recognise how attitude and behaviour, including bullying, may affect others • recognise how their behaviour and that of others may influence people both positively and negatively • learn about others • reflect on the similarities and differences between people • recognise and respect similarities and differences between people • recognise what is kind and unkind behaviour • understand that family and friends should care for each other • learn how to develop positive relationships with peers • identify different relationships that they have and why these are important • understand the importance of making friends • identify and respect the differences and similarities between people • develop positive relationships through work and play • learn about the importance of family • recognise that family and friends should care for each other • recognise that there are people who care for and look after them	• Know 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 • Learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships • Learn about the importance of sharing as part of friendship and kindness • Recognise what is fair and unfair • Learn to take part in discussions with the whole class • Understand the difference between right and wrong • Understand that all actions have consequences • To take responsibility for actions • Learn from experiences • Recognise what is right and wrong and how behaviour affects other people • Recognise the importance of listening to other people • Understand the importance of being able to work cooperatively • Understand the concept of negotiation • take part in a simple debate about topical issues • Communicate their feelings to others • Share opinions and explain their views • listen to other people and work co-operatively • Know how to ask for advice or help for themselves or others, and to keep trying until they are heard • Know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help • Understand who can help if someone is affected by bullying • Understand that there are different types of bullying, that bullying is wrong and how to get help to deal with bullying • Understand that family and friends should care for each other • Learn strategies to cope with unfair teasing • Understand that there are different types of teasing and bullying	• Recognise that there are many ways to communicate • Understand the need to communicate clearly • Understand why it is important to listen to others • Understand why it is important to work collaboratively • Know how to identify ways to improve the environment • Know how to spot problems and find ways of dealing with them • Know and understand the features of a good friend • Understand why it is important to be positive in relationships with others • recognise the different types of friendships that are important to us (eg: family, friends, groups we belong to, neighbours) • explain why friendship and having friends is valuable • identify how friends show they care for and value each other • describe what is most important in a friendship • identify what helps maintain friendships • describe feelings when disagreements and conflict occur • identify what can help and not help if there are friendship problems • demonstrate strategies for solving arguments with peers • Know how important friendships are in making us feel happy and secure, and how people choose and make friends • Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • Know and understand the features of a good friend • Understand why it is important to be positive in relationships with others

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Health and wellbeing	- learn about where vegetables and fruit grow - learn to make simple choices that improve their health and well-being e.g. healthy eating - understand the need for protein as part of a balanced diet - recognise which types of food are healthy - understand the need for physical activity to keep healthy - recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health - know simple hygiene routines that can stop germs from spreading - know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health - know about the people who help us to stay physically healthy - understand and learn the PANTS rule - know the difference between appropriate and inappropriate touch - understand that they have the right to say “no” to unwanted touch - start thinking about who they trust and who they can ask for help. - identify our own special people and explain what makes them special to us and why they are important in our lives - describe the different ways our special people care for us - recognise how we can care for them in return - learn about making positive choices and how they can lead to happiness - recognise, name and manage their feelings in a positive way - recognise how their behaviour affects other people - recognise how their behaviour and that of others may influence people both positively and negatively - understand the importance of sun safety - know how to keep safe in the sun - learn about the difference between secrets and surprises - understand when not to keep adults’ secrets - seek help from an appropriate adult when necessary - learn about who to go to for help and advice - recognise that there are people who care for and look after them - know how to keep safe and how and where to get help - recognise and respond to issues of safety relating to themselves and others and how to get help - learn about the importance of using the internet - know how to keep safe and how and where to get help - use strategies to stay safe when using ICT and the internet - know the importance of self-respect and how this links to their own happiness	- understand how muscles work - make positive real-life choices - understand the importance of physical activity and rest as part of a balanced, healthy lifestyle - learn about the importance of effective teeth cleaning and good dental hygiene. - learn how to take care of teeth, in addition to brushing - manage basic personal hygiene - find out which foods are good for us - understand the importance of a healthy lifestyle, including dental hygiene - make simple choices that improve their health and well-being e.g. healthy eating - Learn about the importance of and reasons for bathing and showering - Understand the importance of maintaining personal hygiene - Learn about the physical changes in our bodies as we grow - Understand emotional changes as we grow up - Know that they have rights over their own bodies - Think about themselves, learn from experiences and recognise what they are good at - Recognise choices that they can make and value their achievements - Know how to set simple goals and targets for themselves - Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know - Learn about the importance of medicine safety - Know that all household products, including medicines, can be harmful if not used properly - recognise the main stages of the human life cycle (baby, child, adult) - recognise the process of growing takes time and describe what changes when people grow from young to old - identify ways we are more independent now than when we were younger - describe our feelings about growing and changing - describe similarities and differences between ourselves and others - challenge simple stereotypes about boys and girls - recognise and use the correct names for main parts of the body - understand and learn the PANTS rules - name body parts and know which parts should be private - know the difference between appropriate and inappropriate touch - understand that they have the right to say “no” to unwanted touch - start thinking about who they trust and who they can ask for help.	- know and understand the difference between the terms physical, emotional and mental - know and understand the difference between the terms physical, emotional and mental - become more self-aware - understand why setting goals is important. - understand the meaning of the word ‘healthy - know the recommended guidelines for physical activity and understand the reasons for these - recognise the need to take responsibility for actions - explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle - listen to and show consideration for other people’s views - empathise with another viewpoint - listen to, reflect on and respect other people’s views and feelings - know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them - begin to make responsible choices and consider consequences - understand that the rate at which we grow differs from person to person - show awareness of changes that take place as they grow - know and understand how to look after our teeth - understand what happens when we lose teeth as we grow up and why this happens - take responsibility for their own safety and the safety of others and be able to seek help in an emergency - know when and how to make an emergency call

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Living in the wider world	• understand the reason why we have rules / expectations • learn about rules as expectations • understand to agree and follow rules for their group and classroom • suggest rules that would improve things for the common good • understand why it is important to be able to take turns • agree and follow rules for a collaborative game • take turns and share as appropriate • understand the concept of 'borrowing • show responsibility to others • understanding the importance of sharing • know that everyone has a responsibility to consider the needs of others • understand that people and other living things have needs and that they have responsibilities to meet them • learn about responsibility to others • consider ways of looking after the school • understand where money comes from • recognise notes and coins • understand the role of money in our society • identify the different types of work people do and learn about different places of work • recognise where money comes from and the choices people make to spend money on things they want and need • understand why it is important to keep money safe	• Understand their role in the class community • How to contribute to the life of the classroom • Understand that they belong to various groups and communities • Develop a sense of belonging in the wider community • Understand the meaning and differences between 'fact' and 'opinion' • Learn that beliefs are kinds of opinions that should be accepted, but not necessarily adopted • Recognise and know how to deal with situations involving peer pressure • Recognise and respect similarities and differences between people • Recognise the difference between 'fact' and 'opinion' • Recognise and know how to deal with situations involving confrontation • Understand the meanings of 'same' and 'different' • Recognise ways in which they are connected to each other • Understand that difference is a positive feature • Identify and respect similarities and differences between people • Understand the role of the local community • Develop a strong relationship within the local community • Understand the importance of shared responsibility within all communities • Understand the importance of managing money carefully • Understand the importance of choices and spending money wise • Gain a basic understanding of enterprise	• Understand why rules are needed in different situations • Recognise that rules may need to be changed • Understand why it is important to plan ahead and think of potential consequences as a result of their actions • Understand why it is important to behave responsibly • Recognise that actions have consequences • Understand why it is important to be part of a community • Show awareness of issues affecting communities and groups • Know 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 • Know 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 • Identify the kind of job that they might like to do when they are older recognise a variety of routes into careers e.g. college, apprenticeship, university • Know about the different ways to pay for things and the choices people have about this. • Know about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe. • Recognise that people make spending decisions based on priorities, needs and wants • Identify the ways that money can impact on people's feelings and emotions