



	Autumn Term		Spring Term		Summer Term	
Reception	Me and My World	Different is Great	Dreams and Goals	Be Healthy, Be Safe	Relationships	Changes and Transition
	<p>Exploring, understanding and speaking about different emotions</p> <p>Understanding how we should treat those around us and that there are rules to follow.</p> <p>Understanding everyone's right to learn and the responsibility we all have towards this.</p>	<p>Exploring and celebrating our uniqueness and how this makes us special.</p> <p>Understanding we all have different talents but we are also similar in many ways.</p> <p>Exploring the right way to stand up for ourselves and understanding the impact of our words.</p>	<p>Understanding what a Growth Mindset is.</p> <p>Exploring how we set targets/goals for ourselves and take steps to achieve them.</p> <p>Learning what it means to persevere.</p> <p>Exploring what kinds of jobs exist that we can do when we're older.</p> <p>Understanding what it means to be proud.</p>	<p>Understanding what being healthy means.</p> <p>Knowing how to keep our bodies and minds healthy.</p> <p>Knowing how to keep ourselves safe (strangers and crossing the road).</p>	<p>Exploring the differences between the relationships within our families and relationships we have with our friends.</p> <p>Understanding the impact our words have on our relationships.</p> <p>Knowing how to be a good friend.</p>	<p>Naming basic body parts.</p> <p>Understanding how we and our abilities change in the basic lifecycle (baby, young child, adult).</p> <p>Knowing how to keep my body healthy so it can grow well.</p> <p>Exploring the different emotions we feel about moving up to the next year group.</p>
Year 1	Me and My World	Different is Great	Dreams and Goals	Be Healthy, Be Safe	Relationships	Changes and Transition
	<p>Understanding the rights and responsibilities we all have in our school.</p> <p>Understanding the roles we have to</p>	<p>Identifying similarities and differences we share with each other.</p> <p>Understanding what bullying is and how to seek help.</p>	<p>Understanding what a Growth Mindset is.</p> <p>Exploring how to set goals that are achievable and the small steps to take to be successful.</p>	<p>Understanding the difference between healthy and unhealthy.</p> <p>Exploring healthy lifestyle choices for body and mind</p>	<p>Exploring the different types of relationships we have with those around us.</p>	<p>Exploring the basic lifecycles of animals and humans (baby, young child, adult).</p> <p>Understanding that growing up is not something we can</p>

	create an environment that is safe and conducive to learning.	Learning ways to make friends.	Identifying obstacles that can make achieving goals more difficult and exploring how to tackle them. Talking and celebrating things we are proud of.	(food, cleanliness, activities that promote a positive mental health). Knowing that germs cause illness and that medications are good when used properly. Knowing how to keep ourselves safe (strangers, road safety and keeping safe in the sun).	Exploring how family units can be different. Knowing how to be a good friend what acceptable physical contact is with friends. Understanding what bullying is and how to seek help.	control and how our bodies and abilities change. Naming body parts including male and female parts using the correct names. Exploring feelings related to the transition to the next year.
Year 2	Me and My World	Different is Great	Dreams and Goals	Be Healthy, Be Safe	Relationships	Changes and Transition
	Explore expectations and fears for the year ahead. Knowing how to seek help. Understand the role we play as a member of the class and the associated responsibilities. Knowing that actions have consequences and exploring these in more detail.	Starting to explore gender stereotypes and their impact. Understanding what bullying is and exploring the associated emotions in more detail. Recognising what is right and wrong and knowing how to stand up for yourself and seek help if being bullied.	Understanding what a Growth Mindset is. Explore setting realistic goals and how to persevere in order to achieve them. Exploring cooperative working with others and what we find easy and difficult about it. Recognise how we can learn from each other.	Exploring healthy lifestyle choices and how to remain motivated in making them. Understanding what it is to feel stressed and knowing how we can help ourselves feel more relaxed. Understanding a healthy relationship with food is and choosing the right foods to meet the	Explore the different members of our families and recognise the importance they all play and how we value them. Understanding different types of physical contact and what is acceptable. Work through problem solving techniques to resolve conflict with friends.	Explore the human lifecycle from being a baby to old age. Know this is a process we can't control. Understanding the abilities we have at different stages including how this changes in old age. Understand the physical difference between boys and girls and knowing the correct names for

		Celebrating unique attributes and understanding this is not a reason to judge others.	Learning how to celebrate success and understanding feeling of pride.	different needs of your body.	Explore secrets and when it is ok to keep these or share them. Knowing who in the community is there to help you.	male and female body parts. Explore different types of touch and what is appropriate or not appropriate. Exploring feelings related to the transition to the next year.
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Safeguarding focus

The first lesson of every unit in the first 5 terms will be dedicated to supporting the children's understanding of how to keep themselves safe. This will also include an element on emotional wellbeing. The 6th term is dedicated to the 'Changes and Transition' unit of RSE.

The range of topics covered are as follows.:

- Trusted adults.
- How to find / ask for help.
- Situations that require asking for help.
- Road safety.
- Understanding the purpose of adults wearing lanyards in school.
- Having an awareness and understanding Cyber safety.
- Understanding different emotions and how to deal with worries.