

<u>Health and Wellbeing</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>
<p>Healthy Lifestyles</p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p>H4. about why sleep is important and different ways to rest and relax</p> <p>H5. simple hygiene routines that can stop germs from spreading</p> <p>H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>H8. how to keep safe in the sun and protect skin from sun damage</p> <p>H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p> <p>H10. about the people who help us to stay physically healthy</p>	<p><u>Washing hands</u></p> <p>understand why we need to wash our hands</p> <ul style="list-style-type: none"> • know how germs are spread and how they can affect our health • be able to practise washing your hands • know the differences between healthy and unhealthy choice 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • know that food is needed for our bodies to be healthy and to grow • understand that some foods are better for good health than others • be able to list different types of healthy food • understand how to keep yourself and others healthy • know the differences between healthy and unhealthy choice <p><u>Brushing teeth</u></p> <ul style="list-style-type: none"> • understand why we need to brush our teeth • be able to practise brushing your teeth • know the differences between healthy and unhealthy choices • be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy 	<p><u>Medicines</u></p> <ul style="list-style-type: none"> • know, understand, and be able to practise simple safety rules about medicine • understand when it is safe to take medicine • know who we can accept medicine from • understand the differences between healthy and unhealthy choice

<p>Mental Health</p> <p>H11. about different feelings that humans can experience</p> <p>H12. how to recognise and name different feelings</p> <p>H13. how feelings can affect people's bodies and how they behave</p> <p>H14. how to recognise what others might be feeling</p> <p>H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>H16. about ways of sharing feelings; a range of words to describe feelings</p> <p>H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p>H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p>H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>	<p><u>Jealousy</u></p> <ul style="list-style-type: none"> • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with jealousy • understand that feelings can be communicated with and without word 	<p><u>Worry/Anger</u></p> <p>be able to recognise and name emotions and their physical effects</p> <ul style="list-style-type: none"> • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with worries and anger • understand that feelings can be communicated with and without words <p><u>Bullying</u></p> <ul style="list-style-type: none"> • be able to name a range of feelings • understand why we should care about other people's feelings • be able to see and understand bullying behaviours • know how to cope with these bullying behaviour <p><u>Body language</u></p> <ul style="list-style-type: none"> • be able to recognise and name a range of feelings • understand that feelings can be shown without words • be able to see a situation from another person's point of view • understand why it is important to care about other people's feeling 	<p><u>Grief</u></p> <p>be able to recognise and name emotions and their physical effects</p> <ul style="list-style-type: none"> • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with grief • understand that feelings can be communicated with and without words
<p>Ourselves growing and changing</p>	<p><u>Growing in our world</u></p> <ul style="list-style-type: none"> • the understand the needs of a baby 		

<p>H21. to recognise what makes them special</p> <p>H22. to recognise the ways in which we are all unique</p> <p>H23. to identify what they are good at, what they like and dislike</p> <p>H24. how to manage when finding things difficult</p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>H26. about growing and changing from young to old and how people's needs change</p> <p>H27. about preparing to move to a new class/year group</p>	<ul style="list-style-type: none"> • be able to recognise what you can do for yourself now you are older • be able to describe common features of family life • be able to recognise the ways in which your family is special and unique 		
<p>Keeping safe</p> <p>H28. about rules and age restrictions that keep us safe</p> <p>H29. to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)</p> <p>H31. that household products (including medicines) can be harmful if not used correctly</p> <p>H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool,</p>	<p>Road safety</p> <ul style="list-style-type: none"> • understand why it is important to stay safe when crossing the road • be able to recognise a range of safe places to cross the road • understand the differences between safe and risky choices • know different ways to help us stay safe <p>Water spillage</p> <ul style="list-style-type: none"> • know how you can help people around you • understand the types of things you are responsible for • know how and understand the importance of preventing accidents 	<p>Tying shoelaces</p> <ul style="list-style-type: none"> • Know the reasons to make sure your laces are tied • Learn how to tie up laces properly • Know rules to keep yourself and others safe • Understand the differences between safe and risky choices <p>Leaning out of windows</p> <ul style="list-style-type: none"> • be able to recognise a range of warning signs • be able to spot the dangers we may find at home • know the importance of listening to our trusted adults 	<p>Staying safe</p> <ul style="list-style-type: none"> • know ways to keep yourself and others safe • be able to recognise risky situations • be able to identify trusted adults around you • understand the differences between safe and risky choice

<p>on the street) and how to cross the road safely</p> <p>H33. about the people whose job it is to help keep us safe</p> <p>H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them</p> <p>H35. about what to do if there is an accident and someone is hurt</p> <p>H36. how to get help in an emergency (how to dial 999 and what to say</p>	<ul style="list-style-type: none"> • be able to recognise the differences between being responsible and being irresponsible <p>Hazard Watch</p> <ul style="list-style-type: none"> • know what items are safe to play with and what items are unsafe to play with • be able to name potential dangers in different environments • know what food and drink items are safe or unsafe to eat or drink • be able to name dangers that can affect others, for example younger sibling 	<ul style="list-style-type: none"> • be able to understand ways we can keep ourselves and others safe at home • know the differences between safe and risky choice 	
---	---	--	--

<u>Relationships</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>
<p>Families and close family relationships</p> <p>R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p> <p>R4. to identify common features of family life</p> <p>R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p>	<p><u>Growing in our world</u></p> <ul style="list-style-type: none"> • the understand the needs of a baby • be able to recognise what you can do for yourself now you are older • be able to describe common features of family life • be able to recognise the ways in which your family is special and unique 		
<p>Friendships</p> <p>R6. about how people make friends and what makes a good friendship</p> <p>R7. about how to recognise when they or someone else feels lonely and what to do</p> <p>R8. simple strategies to resolve arguments between friends positively</p> <p>R9. how to ask for help if a friendship is making them feel unhappy</p>	<p><u>Friendship</u></p> <p>understand how to be a good friend</p> <ul style="list-style-type: none"> • be able to recognise kind and thoughtful behaviours • understand the importance of caring about other people’s feelings • be able to see a situation from another person’s point of view 		

<p>Managing hurtful behaviour and bullying</p> <p>R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p>R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p>R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p>	<p><u>Jealousy</u></p> <ul style="list-style-type: none"> • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions <ul style="list-style-type: none"> • learn a range of skills for coping with jealousy • understand that feelings can be communicated with and without word 	<p><u>Bullying</u></p> <ul style="list-style-type: none"> • be able to name a range of feelings • understand why we should care about other people's feelings • be able to see and understand bullying behaviours • know how to cope with these bullying behaviours 	
<p>Safe relationships</p> <p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p>R14. that sometimes people may behave differently online, including by pretending to be someone they are not</p> <p>R15. how to respond safely to adults they don't know</p> <p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>R17. about knowing there are situations when they should ask for permission and also when their permission should be sought</p> <p>R18. about the importance of not keeping adults' secrets (only happy</p>		<p><u>Worry</u></p> <p>be able to recognise and name emotions and their physical effects</p> <ul style="list-style-type: none"> • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with worries <ul style="list-style-type: none"> • understand that feelings can be communicated with and without words 	<p><u>Staying safe</u></p> <ul style="list-style-type: none"> • know ways to keep yourself and others safe • be able to recognise risky situations • be able to identify trusted adults around you • understand the differences between safe and risky choice <p><u>Touch</u></p> <ul style="list-style-type: none"> • understand the difference between appropriate and inappropriate touch • know why it is important to care about other people's feelings • understand personal boundaries

<p>surprises that others will find out about eventually)</p> <p>R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p>R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p>			<ul style="list-style-type: none"> • know who and how to ask for help • be able to name human body part
<p>Respecting self and others</p> <p>R21. about what is kind and unkind behaviour, and how this can affect others</p> <p>R22. about how to treat themselves and others with respect; how to be polite and courteous</p> <p>R23. to recognise the ways in which they are the same and different to others</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>		<p>Body language</p> <ul style="list-style-type: none"> • be able to recognise and name a range of feelings • understand that feelings can be shown without words • be able to see a situation from another person's point of view • understand why it is important to care about other people's feelings <p>Helping someone in need</p> <ul style="list-style-type: none"> • know how you can help other people • be able to recognise kind and thoughtful behaviours and actions • understand the risks of talking to people you don't know very well in the community • be able to identify the differences between being responsible and being irresponsible 	<p>Stealing</p> <ul style="list-style-type: none"> • understand the differences between borrowing and stealing • be able to describe how you might feel if something of yours is borrowed and not returned • know why it is wrong to steal • be able to understand the differences between being responsible and irresponsible

<u>Living in the wider world</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>
<p>Shared responsibilities</p> <p>L1. about what rules are, why they are needed, and why different rules are needed for different situations</p> <p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p>L3. about things they can do to help look after their environment</p>	<p><u>Growing in our world</u></p> <ul style="list-style-type: none"> • the understand the needs of a baby • be able to recognise what you can do for yourself now you are older • be able to describe common features of family life • be able to recognise the ways in which your family is special and unique 	<p><u>Living in our world</u></p> <ul style="list-style-type: none"> • understand why we should look after living things • be able to identify how we can look after living things both inside and outside of the home • recognise why it is important to keep our communities and countryside clean • be able to encourage others to help keep their communities and countryside clean 	<p><u>Looking after our world</u></p> <ul style="list-style-type: none"> • be able to explain the meaning of reduce, reuse, and recycle • recognise how we can help look after our planet • be able to identify how to reduce the amount of water and electricity we use • understand how we can reduce our carbon footprint
<p>Communities</p> <p>L4. about the different groups they belong to</p> <p>L5. about the different roles and responsibilities people have in their community</p> <p>L6. to recognise the ways they are the same as, and different to, other people</p>	<p><u>Growing in our world</u></p> <ul style="list-style-type: none"> • the understand the needs of a baby • be able to recognise what you can do for yourself now you are older • be able to describe common features of family life • be able to recognise the ways in which your family is special and unique 	<p><u>Living in our world</u></p> <ul style="list-style-type: none"> • understand why we should look after living things • be able to identify how we can look after living things both inside and outside of the home • recognise why it is important to keep our communities and countryside clean • be able to encourage others to help keep their communities and countryside clean 	<p><u>Looking after our world</u></p> <ul style="list-style-type: none"> • be able to explain the meaning of reduce, reuse, and recycle • recognise how we can help look after our planet • be able to identify how to reduce the amount of water and electricity we use • understand how we can reduce our carbon footprint
<p>Economic well being:</p> <p>Money</p> <p>L10. what money is; forms that money comes in; that money comes from different sources L11. that</p>		<p><u>Working in our world</u></p> <ul style="list-style-type: none"> • understand different ways we can receive money • know how to keep money safe • be able to describe the skills you may need in a future job or career 	

<p>people make different choices about how to save and spend money L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want L13. that money needs to be looked after; different ways of doing this</p>		<ul style="list-style-type: none"> • be able to recognise the differences between wants and need 	
<p>Economic wellbeing: Aspirations, work and career L14. that everyone has different strengths L15. that jobs help people to earn money to pay for things L16. different jobs that people they know or people who work in the community do L17. about some of the strengths and interests someone might need to do different jobs</p>		<p><u>Practise makes perfect</u></p> <ul style="list-style-type: none"> • be able to name ways you can improve in an activity or sport • understand the importance of trying hard and not giving up • be able to see the benefits of practising an activity or sport • be able to learn ways to set goals and work to reach them 	