

Health and Wellbeing	Relationships	Living in the Wider World
Healthy Lifestyle • What keeping healthy means; different ways to keep healthy • Foods that support good health and the risks of eating too much sugar • How physical activity helps us to stay healthy; and ways to be physically active everyday • Why sleep is important and different ways to rest and relax • Simple hygiene routines that can stop germs from spreading • Medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy • Dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health • How to keep safe in the sun and protect skin from sun damage • Different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV • People who help us to stay physically healthy • Things that people can put into their body or on their skin; how these can affect how people feel (drugs, alcohol, tobacco) Mental Health • Different feelings that humans can experience • How to recognise and name different feelings • How feelings can affect people’s bodies and how they behave • How to recognise what others might be feeling • To recognise that not everyone feels the same at the same time, or feels the same about the same things • Ways of sharing feelings; a range of words to describe feelings • Things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) • 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 • To recognise when they need help with feelings; that it is important to ask different situations for help with feelings; and how to ask for it	Family and Close Relationships • The roles different people (e.g. acquaintances, friends and relatives) play in our lives • Identify the people who love and care for them and what they do to help them feel cared for • Different types of families including those that may be different to their own • Identify common features of family life • It is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried Friendships • How people make friends and what makes a good friendship • How to recognise when they or someone else feels lonely and what to do • Simple strategies to resolve arguments between friends positively • How to ask for help if a friendship is making them feel unhappy Managing Hurtful Behaviour • Bodies and feelings can be hurt by words and actions; that people can say hurtful things online • How people may feel if they experience hurtful behaviour or bullying • 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 Safe Relationships • Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private • Sometimes people may behave differently online, including by pretending to be someone they are not • How to respond safely to adults they don’t know	Shared Responsibilities and Communities • What rules are, why they are needed, and why different rules are needed for different situations • How people and other living things have different needs; about the responsibilities of caring for them • Things they can do to help look after their environment • Different groups they belong to • Different roles and responsibilities people have in their community • Recognise the ways they are the same as, and different to, other people Economic Wellbeing: Money • What money is; forms that money comes in; that money comes from different source • People make different choices about how to save and spend money • Difference between needs and wants; that sometimes people may not always be able to have the things they want • Money needs to be looked after; different ways of doing this Economic Wellbeing: Aspirations and Career • Everyone has different strengths • Jobs help people to earn money to pay for things • Different jobs that people they know or people who work in the community do

• Change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better Ourselves, Growing and Changing • Recognise what makes them special • Recognise the ways in which we are all unique • Identify what they are good at, what they like and dislike • How to manage when finding things difficult • To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) • Growing and changing from young to old and how people's needs change • Preparing to move to a new class/year group Keeping Safe • Rules and age restrictions that keep us safe • Recognise risk in simple everyday situations and what action to take to minimise harm • How to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) • Household products (including medicines) can be harmful if not used correctly • Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely • The people whose job it is to help keep us safe • 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; the role of the internet; that not all information seen online is true • What to do if there is an accident and someone is hurt • How to get help in an emergency (how to dial 999 and what to say)	• How to respond if physical contact makes them feel uncomfortable or unsafe • Knowing there are situations when they should ask for permission and also when their permission should be sought • The importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) • Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe • 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 Respecting Self and Others • What is kind and unkind behaviour, and how this can affect others • How to treat themselves and others with respect; how to be polite and courteous • Recognise the ways in which they are the same and different to others • How to listen to other people and play and work cooperatively • How to talk about and share their opinions on things that matter to them	• Some of the strengths and interests someone might need to do different jobs
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