



Year 7

Transition
Coping strategies for change

Family & Relationships
Build a friend
Resolving conflict
Respecting myself & others
Family life
Bullying
Developing respectful relationships
Stereotypes
Loss and change

Health & Well-being
Relaxation & mindfulness
The importance of rest
Going for goals & embracing failure
Taking responsibility for my feelings
Taking responsibility for my health
Immunisation
Health concerns
The effects of technology on health

UKS2

Health & Well-being
Relaxation & Visualisation
My superpowers
Breaking down barriers
Diet and dental health
Celebrating mistakes
My happiness and emotions
Understanding mental health

Safety & the Changing Body
Basic first aid
Online Safety – communicating safely online, fake emails, online restrictions, share aware, consuming information online
Privacy & secrecy
Drugs, alcohol & tobacco
Keeping safe out & about
Year 4 Only - The changing adolescent body (puberty)

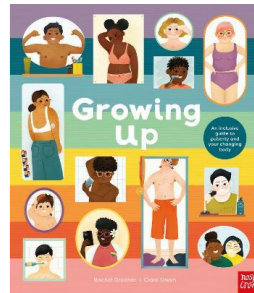
Transition
Identify opportunities and challenges associated with change

Economic Well-being
Money
Borrowing
Income & expenditure
Attitudes to money
Keeping money safe
Risks with money
Prioritising spending
Career & Aspirations
Stereotypes in the workplace
What jobs are available
Career routes

Safety & the Changing Body
Online friendships
Identifying online dangers
Social media
First aid
Drug education - drugs alcohol & Tobacco
Social media
Year 5 Only The changing adolescent body (puberty, including menstruation)
Year 6 Only The changing adolescent body (puberty, conception, birth)

Citizenship
Responsibility
Breaking the law
Human rights
Rights & responsibilities
Food choices and the environment
Protecting the planet
Caring for others
Community
Contributing to the community
Pressure groups
Prejudice & discrimination
Valuing diversity
Democracy
Parliament
National democracy

Identity – Year 6 Only
What is identity?
Identity and body image

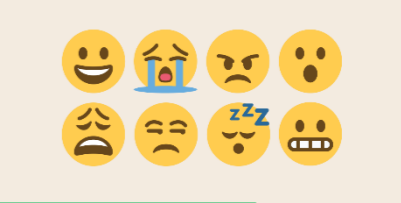


Family & Relationships
Healthy families & friendships
Friendships – conflict & bullying
Effective communication
Learning who to trust
Respecting differences
Stereotyping
Respect & manners
Families in the wider world
Loss and change

Citizenship
Responsibility
Rights & responsibilities
Rights of the child & human rights
Recycling & caring for the environment
Community
Local community groups
Diverse communities
Democracy
Local democracy
Local councillors

Economic Well-being
Money
Ways of paying
Spending choices/value for money
Budgeting & keeping track of money
How spending affects others
Impact of spending
Career & aspirations
Jobs and careers
Gender and careers
Influences on career choices
Jobs for me

LKS2



Early Learning Goals: Personal, Social and Emotional Development ELG:
Self-Regulation
Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Family & Relationships
What is family?
What are friendships?
Making friends & healthy friendships
Friendship problems & managing friendships
Self-worth
Manners & courtesy
Loss & change

Health & Well-being
Relaxation techniques
The importance of:
Physical exercise
Being ready for bed
Hand washing & personal hygiene
Sun safety
Dental health
Healthy diet
Understanding allergies
Different emotions and understanding feelings

Citizenship
Responsibility
Rules
Looking after others & our immediate environment
Community
Developing a sense of belonging
Recognising similarities & differences
Job roles within the local community
Democracy
Giving opinions and making decisions

KS1

EYFS

Early Learning Goals: Personal, Social and Emotional Development ELG:
Managing Self
Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
Explain the reasons for rules, know right from wrong and try to behave accordingly.
Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Early Learning Goals: Personal, Social and Emotional Development ELG:
Building Relationships
Work and play cooperatively and take turns with others.
Form positive attachments to adults and friendships with peers.
Show sensitivity to their own and to others' needs.

Economic Well-being
Money
What is money & where does it come from?
Looking after money, saving & spending
Wants & needs
Careers & Aspirations
Jobs in school

Safety & the Changing Body
Asking for help, including making a call to the emergency services
Appropriate contact
Safety at home, safety with medicines, road safety and people who help to keep us safe
The Internet & communicating online
The difference between secrets and surprises

Transition
Understanding feelings associated with change
Identify the positives & challenges associated with change