

YEAR GROUP	AUTUMN	SPRING	SUMMER
Reception	Understanding some of their Rights Constructive and respectful relationships Managing basic hygiene and personal needs Making healthy choices about food, drink, activity and brushing teeth. Internet Legends Day(E-Safety)	Understanding some of their Rights Positive relationships with adults at school and friendships with peers Developing skills to manage the school day successfully NSPCC Day	Understanding some of their Rights Resilience and perseverance in the face of challenge. Talking about the lives of the people around them and their roles in society. Knowing and talking about the different factors that support their overall health and wellbeing
YEAR 1	Understanding their Rights Different families-same love and respect Anti-bullying week Road Safety week Managing risks Kind and unkind behaviour Building new friendships in safe settings Impact of choices on others Internet Legends day(E-Safety)	Understanding their Rights PANTS: Body parts covered by their underwear/pants belong to them and are private Understanding public vs private (e.g. hygiene routines, using the toilet, clothing) Knowing who their trusted grown-ups are Understanding personal space Internet safety NSPCC Day	Understanding their Rights The importance of dental hygiene Physical and mental health Understanding that a sense of belonging can impact on their identity Sun safety Importance of telling a trusted adult about an online worry
YEAR 2	Understanding their Rights Different families-same love and respect Anti-bullying week Road Safety Week Characteristics of healthy friendships Stereotypes (occupation, religion, culture, toys, fairy tales) and why some are unfair or negative. Respectful relationships Celebrating similarities and differences Consequences of words and actions on others' feelings and bodies. Internet Legends Day(E-Safety)	Understanding their Rights PANTS: Body parts covered by their underwear/pants belong to them and are private Importance of telling a trusted grown up if someone's physical contact makes them feel uncomfortable, unhappy or worried Peer pressure and how to respond Internet Safety Age appropriateness of online games NSPCC Day	Understanding their Rights Confiding in trusted grown-ups if they feel worried Names of different emotions and their impact Benefits of an active and healthy lifestyle Emergency services and when to call them. Sun safety Personal contact details in case of emergency Self-hygiene Why some household substances are dangerous for children.
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YEAR 3	<p>Understanding their Rights Anti-bullying week Road Safety week Different families-same love and respect Respectful relationships with family, friends and adults in school Reducing inequalities: challenging gender stereotypes, race and social class. Talking to trusted adults if a family relationship makes them feel sad or unsafe (e.g. peer pressure/unkind actions from siblings or cousins). Responding to peer pressure NSPCC Mental health Internet Legends Day (E-Safety)</p>	<p>Understanding their Rights What bullying and what a bystander is (including cyber bullying). Understanding how to tackle racism (celebrating differences) Healthy meals Good oral hygiene Personal boundaries and importance of self-respect(PANTS) Understanding that secrets relating to being safe might not be right to keep Responding to a person that they do not know (including online) Online behaviour- impact and consequences NSPCC Day</p>	<p>Understanding their Rights Understanding different emotions and how to self-regulate Internet safety: How and where to seek help for online issues. Self-care routines Celebrating differences Health: Speaking to adults in school and at home about physical health issues and well-being Impact of bullying on mental wellbeing and strategies to help tackle this. Sun Safety E-Safety Accessing sources of reliable information</p>
YEAR 4	<p>Understanding their Rights Anti-bullying week How not to be a bystander Road Safety week Different families-same love and respect Characteristics of friendship and building/repairing friendships. Judging who to trust and not to trust. Responding to peer pressure or being encouraged to do something that makes them feel worried or unsafe. Understanding that stereotypes can be unfair, negative and destructive. Internet Legends Day(E-Safety) Self-regulation techniques</p>	<p>Understanding their Rights Recognising and appreciating diversity Discrimination and how it affects others. Respecting relationships Awareness of strategies to respond safely to strangers they encounter (including those online). Appropriate boundaries with peers and within their family. Differences between appropriate and inappropriate or unsafe physical, and other contact Concept of privacy Role of trusted adult if someone’s comments or physical contact makes them feel uncomfortable or unsafe. Knowing the role of trusted adults for advice for themselves or others about things they have heard. NSPCC Day Accessing sources of reliable information</p>	<p>Understanding their Rights Mental and physical benefits of an active lifestyle. Understanding that some elements of the internet can impact negatively on mental wellbeing. Age restrictions for computer/online games/apps for their own protection. Facts and risks associated with smoking, legal and illegal harmful substances, including alcohol and drugs. Basic first aid Calling emergency services if necessary (including how they would make this clear and efficient). Sleep routines and effect on mood, weight and ability to learn. Personal hygiene routines and prevention of bacteria, germs and viruses spreading. Varied vocabulary of words to use when talking about their own and others’ feelings. Understanding the effect of isolation and loneliness.</p>
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<p>YEAR 5</p>	<p>Understanding their Rights Anti-bullying week Road Safety week BRAVE (Prevent) workshop Equaliteach workshop: Stereotyping/Internet safety Characteristics of a healthy family life Recognising and labelling feelings that they associate with being uncomfortable, unhappy and unsafe. Understanding that the people that care for them offer security and stability. Recognising if family relationships are making them feel unhappy or unsafe and how to seek help. Having strategies to support in managing conflict and peer pressure. Building trust, honesty, kindness, generosity and experiences in a friendship. Internet Legends day(E-Safety)</p>	<p>Understanding their Rights Describing and identifying common stereotypes (ambition, occupation, fashion, race, religion, gender). Different types of bullying and who to tell. Understanding that age restrictions on social media, apps and games protect them. Appropriate and inappropriate contact and touch. Concept of privacy and the implications of it for both adults and children. Vocabulary associated with different types of abuse (physical, emotional, sexual, neglect). NSPCC Day</p>	<p>Understanding their Rights Understanding the physical and emotional changes that their changing adolescent body will go through during puberty. Understanding what to do or who to speak to if they need to report concerns or abuse and understand the importance of using the correct vocabulary: penis, vulva, buttocks and chest/breasts if the concern relates to these areas of their body, and to have the confidence to do so. Key facts: the menstrual cycle and menstrual wellbeing. Personal hygiene routine (preventing germs and bacteria) that might change during puberty. Awareness of the practice of FGM/who to tell Good quality sleep routines and effect on mood, weight and ability to learn. Mental ill health and the support available to resolve Understanding what constitutes a healthy diet including calories and nutritional content/food groups and how to prepare a range of meals. Knowing that an active lifestyle can benefit their mental and physical health Awareness of County Lines (Police Visit)</p>
<p>YEAR 6</p>	<p>Understanding their Rights Anti-bullying week What bullying looks and feels like Knowing that bullying can have a lasting effect on wellbeing. Road Safety week BRAVE (Prevent) workshop Understanding that relationships should offer</p>	<p>Understanding their Rights Understanding that stereotypes can be unfair, negative or destructive Understanding that people may behave differently online, including being dishonest about their identity. Navigating the internet (using rules and principles to keep them safe) and report risks and harmful content. Knowing who to speak to if they need to report concerns</p>	<p>Understanding their Rights Understanding how to seek support if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including from issues arising online). Awareness of the practice of FGM/who to tell Identifying the risk of excessive time on electronic devices and the impact that content can have on</p>

	<p>children security. Identifying the unique qualities they bring to a friendship. Internet Legends Day(E-Safety)</p>	<p>or abuse and have the confidence to do so, including Childline Appropriate and inappropriate contact NSPCC Day</p>	<p>their mental and physical wellbeing (both positive and negative including body image, self-esteem, expectations, experiences) Transition to secondary school: addressing different feelings, addressing anxieties Awareness of County Lines (Police Visit)</p>
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