



EYFS Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Self-identity	Identifying talents	Challenges	Exercising bodies	Family life	Bodies
Understanding feelings	Being special	Perseverance	Physical activity	Friendships	Respecting my body
Being in a classroom	Families	Goal-setting	Healthy food	Staying friends	Growing up
Being gentle	Where we live	Overcoming obstacles	Sweet dreams	Falling out	Growth and change
Rights	Making friends	Jobs	Keeping clean	Dealing with bullying	Fun and fears
Responsibilities	Standing up for yourself	Achieving goals	Safety	Being a good friend	Celebrations



Year 1 Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Feeling special and safe	Similarities with my peers	Setting simple goals	Keeping myself healthy	Belonging to a family	Life cycles – animal and human
Being part of a class	Differences with my peers	Setting goals and steps to success	Healthier lifestyle choices	Making friends / being a good friend	Changes in me
Rights and responsibilities	Understanding bullying	Working with a partner	Keeping clean and being safe	Physical contact preferences	Changes since being a baby
Rewards and feeling proud	What do I do about bullying?	Tackling new challenges to stretch learning	Medicine safety / safety with household items	People who help us	Differences between male and female bodies
Consequences	Making new friends	Identifying and overcoming obstacles	Road safety	Qualities as a friend and person	Linking growing and learning
Owning the learning charter	Celebrating the differences in everyone	Celebrating my success	Linking health and happiness	Celebrating special relationships	Coping with change / transition



Year 2 Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Hopes and fears for the year	Assumptions and stereotypes about gender	Achieving realistic goals	Being healthy: mind and body	Different types of family	Life cycles in nature
Rights and responsibilities within the classroom	Assumptions and stereotypes about gender	Perseverance	Relaxation	Physical contact boundaries	Growing from young to old
Rewards and consequences within the classroom	Understanding bullying	Learning with others	Medicine safety	Friendship and conflict	Increasing independence
Safe and fair learning environment	Standing up for self and others	Group cooperation	Healthy eating and nutrition	Secrets	Differences between male and female bodies
Safe and fair learning environment	Gender diversity	Evaluating group work	Healthier snacks and sharing food	Trust and appreciation	Assertiveness
Safe and fair learning environment	Celebrating difference and remaining friends	Contributing to and sharing success	Good food choices	Expressing appreciation for special relationships	Preparing for transition



Year 3 Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Setting personal goals	Families and their differences	Facing difficulties	Exercise and fitness challenges	Family roles and responsibilities	How babies grow
Positivity in challenges	Family conflict and how to manage it	Dreams and ambitions	Food knowledge	Friendship and negotiation	Understanding a baby's needs
Rewards and consequences	Witnessing bullying and how that makes us feel	New challenges	Keeping safe online and offline	Keeping safe online and who to go to for help	Differences between male and female bodies
Responsible choices and taking action	Witnessing bullying and solutions	Motivation and enthusiasm	Safe or unsafe scenarios	Being a global citizen	Seeing things from others' perspectives
Seeing things from other perspectives	Recognising how words can be hurtful	Recognising and trying to overcome obstacles	Respect for myself and others	Awareness of how other children have different lives	Family stereotypes
Water safety	Giving and receiving compliments	Evaluating learning processes	Healthy and safe choices	Expressing appreciation for family and friends	Preparing for transition



Year 4 Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Being part of a class team	Challenging assumptions from appearances	Hopes and dreams	Healthier friendships	Jealousy	Being unique
Being a school citizen	Accepting self and others	Broken dreams	Group dynamics	Love and loss	Assertiveness
Rights, responsibilities and democracy	Understanding bullying	Overcoming disappointment	Smoking	Memories of loved ones	Changes and reproduction
Rewards and consequences	Problem-solving: bullying	Creating new, realistic dreams	Alcohol	Getting on and falling out	Confidence in change
Group decision-making	Identifying how special and unique everyone is	Achieving goals by working in a group	Peer pressure	Girlfriends and boyfriends	Accepting change
Having a voice	First impressions	Celebrating contributions, resilience and positive attitude	Celebrating inner strength and assertiveness	Showing appreciation to people and animals	Preparing for transition



Year 5 Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Planning the year ahead	Understanding different cultures can sometimes cause conflict	Future dreams, understanding money	Smoking	Self-recognition and self-worth	Self- and body image
Being a citizen	Racism	Jobs and careers	Alcohol and anti-social behaviour	Safer online communities	Outside changes
Rights and responsibilities	Rumours and name-calling	My dream job, how do I get there?	Emergency aid	Rights and responsibilities online	Inside changes
Rewards and consequences	Types of bullying	Goals in different cultures	Body image	Online gaming and gambling	Menstruation
How my behaviour impacts others	Material wealth and happiness	Supporting others (charity)	Relationships with food	Reducing screen time	Coping with change
Democracy / having a voice	Enjoying and respecting other cultures around the world	Motivation and encouraging my peers	Healthy choices	SMART internet safety rules	Preparing for transition



Year 6 Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me (SRE)
Identifying goals for the year	Perceptions of normality	Personal learning goals, in and out of school	Taking personal responsibility for health and well-being	Mental health	Self- and body image
Global citizenship	Understanding disability	Steps to success and emotions in success	How substances affect the body	My mental health	Positive self-esteem
Global citizenship	Power struggles	Making a difference in the world	Exploitation	Love and loss: learning how to manage my feelings	Puberty and myths
Rewards and consequences	Understanding bullying	Making a difference in the world	Gang culture	Power and control: assertiveness	Conception to birth
Group dynamics and anti-social behaviour	Inclusion / exclusion	Making a difference in the world	Emotional and mental health	Being online: real or fake? Safe or unsafe?	Boyfriends / girlfriends
Democracy / having a voice	Empathy	Accepting and giving compliments	Managing stress	Using technology responsibly	Transition