

	Autumn term		Spring term		Summer term	
EYFS	Personal Social and Emotional Development					
	Health and Wellbeing	Family and Relationships	Citizenship	Safety and the changing body	Health and Wellbeing	Citizenship
	Show more confidence in new social situations. Play with other children, extending and elaborating play ideas. Follow and remember rules. Use the toilet independently. Manage own personal hygiene.	See themselves as a valuable individual. Build constructive and respectful relationships. Express feelings. Persevere in the face of challenge. Talk to solve conflicts and about own feelings.	Identify and moderate own feelings socially and emotionally. Think about the perspective of others. Explain reasons for rules, know right from wrong and try to behave accordingly.	Show an understanding of own and others feeling and begin to regulate behaviour accordingly. Form positive attachments to adults and friendships with peers.	Set and work towards simple goals. Can wait for what is wanted and control immediate impulses when appropriate. Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy foods. Work and play cooperatively and take turns with others.	Give focused attention and respond appropriately even when engaged in activity. Show an ability to follow instructions involving several ideas or actions. Confident to try new activities and show independence, resilience and perseverance in the face of challenge. Show sensitivity to own and others' needs.
Kidsafe – EYFS Programme						
Year 1	Family and Relationships	Health and Wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	To what <b>family and friendships</b> are To know how to solve friendship problems. To know how to develop <b>healthy</b> friendships. To know about <b>gender stereotypes</b>	To understand <b>emotions</b> To know how to get ready for bed. To know how to stay <b>hygienic</b> , including handwashing. To know how to stay <b>safe</b> in the sun. To know about possible <b>allergies</b> .	To know who the adults in school are. To know who safe adults outside school are. To know how to make an <b>emergency</b> phone call. To know what <b>appropriate contact</b> is. To have an awareness of <b>safety with substances</b>		To know what rules are and why we must follow them. To know everyone is <b>unique</b> . To begin to know how to make <b>democratic decisions</b> .	Introduction to <b>money</b> To begin to know about saving and spending.
Year 2	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules for Year 2 To know families are all different To know what a unhappy friendship is.	To know different emotions To develop a <b>growth mindset</b> To know about <b>healthy diets</b>	To know how to safely <b>communicate online</b> . To know what secrets and surprises are. To know what <b>appropriate contact</b> is: My private parts are private. To begin to know how to stay safe with <b>medicine</b>		To know how to follow rules beyond school. To know about the local <b>community</b> . To give my <b>opinion</b> .	To know how to save to get my wants and needs. To know how to look after <b>money</b>

	To know what <b>manners</b> and <b>courtesy</b> are. To know about change and loss To know about <b>gender stereotypes</b> in jobs	To know how to look after our teeth  <b>Kidsafe – Programme 1</b>			
Year 3	<b>Family and relationships</b>	<b>Health and wellbeing</b>	<b>Safety and the changing body</b>	<b>Citizenship</b>	<b>Economic wellbeing</b>
	Set ground rules To know what healthy families are. To know how to solve friendship <b>conflicts</b> . To know the difference between conflict vs bullying. To know who to <b>trust</b> . To know how to <b>respect</b> differences. To know that <b>stereotypes</b> are present in everyday life	To know how keep healthy diary. To explore <b>resilience</b> . To know about <b>diet and dental health</b> .	First Aid: To know about <b>emergencies</b> and calling for help. To have an awareness of <b>cyberbullying</b> . To have an awareness of <b>drugs, alcohol and tobacco</b> . To know how to keep safe out and about.	To know my rights. To know about <b>charity</b> To begin to explore local <b>democracy</b> .	To know ways of paying. To know the impact of money To know about different <b>jobs and careers</b> .
Year 4	<b>Family and relationships</b>	<b>Health and wellbeing</b>	<b>Safety and the changing body</b>	<b>Citizenship</b>	<b>Economic wellbeing</b>
	Set ground rules To know what healthy friendships are. To identify and stop <b>bullying</b> . To know about <b>Stereotypes within disability</b> . To explore change and loss	To know how to look after our teeth. To know how to celebrate mistakes. To know how to talk about my happiness and emotions. To explore my <b>mental health</b> .	Internet safety: To know <b>age restrictions</b> . To know the risks of sharing information online. To know about <b>privacy</b> and security. To begin to know about <b>puberty</b> . To begin to know about tobacco.  <b>Kidsfae – Programme 2</b>	To know about human rights. To know about <b>diverse communities</b> .	To know how to keep track of money. To know about different <b>career choices</b> .
Year 5	<b>Safety and the changing body</b>		<b>Citizenship</b>	<b>Health and wellbeing</b>	<b>Family and relationships</b>
	To know what online friendships are. To know how to stay safe online. To know about <b>puberty and menstruation</b> . First Aid: Bleeding. Alcohol, drugs and tobacco: To know how to make decisions.		To know about breaking the <b>law</b> . To know about <b>parliament</b> .	To know the importance of rest. To know about responsibility for feelings. To identify and make healthy meals. To know what sun safety is and how to stay safe.	Set ground rules To develop friendship skills. To know about <b>marriages</b> . To know how to respect myself. To know about different family lives. To know what bullying is and how to overcome this.

				To know about Stereotypes within <b>race &amp; religion.</b>	
Year 6	<b>Safety and the changing body</b>	<b>Family and relationships</b>	<b>Health and wellbeing</b>	<b>Citizenship</b>	<b>Economic wellbeing</b>
	To know the effects of alcohol. To know what social media is and how to use is <b>appropriately.</b> To know about physical and emotional changes of <b>puberty.</b> To learn first Aid: Basic life support.	Set ground rules. To know what respectful relationships are. To know how to challenge <b>stereotypes.</b> To know how to resolve conflict. To explore change and loss.	To know their responsibility for their health. To know the effects technology has on health. To build a <b>resilience</b> toolkit. To know about <b>immunisations.</b> To know and identify physical health concerns.	To know my human rights. To explore <b>prejudice, discrimination</b> and <b>national democracy.</b>	To develop positive attitudes towards money. To know about job availability.
	Kidsafe – Drop in sessions TBC				<b>Identity</b> To explore <b>identity</b> & body image.

### Family & Relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying, and the importance of challenging stereotypes.

### Health & Wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

### Safety & the Changing Body

Learning how to administer first aid in a variety of situations, safety around medicines, online safety, road safety and the changes that occur during puberty.

### Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

### Economic Wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

### Identity

Considering what makes us who we are whilst learning about gender and sexual identity and body image.