

Key concepts: mental health, physical health, relationships, safety, community, choices

In Reception Year

Relationships	Health and Wellbeing	Living in the Wider World
ELGs 1.1 Children listen attentively in a range of situations. 1.2 They give their attention to what others say and respond appropriately. 8.1 Children play cooperatively, taking turns with others. 8.2 They take account of one another's ideas about how to organise their activity. 8.3 They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. 13.2 They know that other children don't always enjoy the same things, and are sensitive to this.	ELGs 2.2 They answer 'how' and 'why' questions about their experiences. 5.1 Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. 5.2 They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. 6.3 They say when they do or don't need help.	ELGs 7.1 Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. 7.2 They work as part of a group or class, and understand and follow rules. 7.3 They adjust their behaviour to different situations, and take changes of routine in their stride. 13.3 They know about similarities and differences between themselves and others, and among families, communities and traditions.

In Year One children will be taught:

Relationships	Health and Wellbeing	Living in the Wider World
Being Friends	Keeping Healthy	Our Class
R4. to recognise what is fair and unfair, kind and unkind, what is right and wrong R11. that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable) R12. to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say	H6. the importance of, and how to, maintain personal hygiene H7. how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading H10. the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls	L1. how they can contribute to the life of the classroom and school L2. to help construct, and agree to follow, group, class and school rules and to understand how these rules help them R1. to communicate their feelings to others, to recognise how others show feelings and how to respond R2. to recognise that their behaviour can affect other people
Special People		Our Community
R9. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another		L4. that they belong to different groups and communities such as family and school L5. what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy) L10. about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.
		Money Matters
		L6. That money comes from different sources and can be used for different purposes, including the concepts of spending and saving L7. About the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices

In Year Two children will be taught:

Relationships	Health and Wellbeing	Living in the Wider World
Being Friends	Keeping Safe	Our Class
R13. to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable R14. strategies to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help	H12. rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety H13. about people who look after them, their family networks, who to go to if they are worried and how to attract their attention H 14. about the ways that pupils can help the people who look after them to more easily protect them H15. to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets L10. about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.	L1. how they can contribute to the life of the classroom and school L2. to help construct, and agree to follow, group, class and school rules and to understand how these rules help them R1. that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed) R2. to communicate their feelings to others, to recognise how others show feelings and how to respond *to recognise that their behaviour can affect other people
Working Together	Keeping Healthy	You and Me
R5. to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class R6. to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation) R7. to offer constructive support and feedback to others	H1. what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health H2. to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequence H8. about the process of growing from young to old and how people's needs change H9. about growing and changing and new opportunities and responsibilities that increasing independence may bring H11. that household products, including medicines, can be harmful if not used properly R10. to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including how to tell and how to tell them)	L8. ways in which they are all unique; understand that there has never been and will never be another 'them' L9. ways in which we are the same as all other people; what we have in common with everyone else R8. to identify and respect the differences and similarities between people

In Year Three children will be taught:

Relationships	Health and Wellbeing	Living in the Wider World
You and Me	Keeping Safe: Road and Water safety	Our Community: Responsibility
R4. to recognise different types of relationship, including those between acquaintances, friends, relatives and families R21. to understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy H1. what positively and negatively affects their physical, mental and emotional health H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these	H10. to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience. H21. strategies for keeping physically and emotionally safe including road safety (including cycle safety- the Bikeability programme), and safety in the environment (including rail, water and fire safety)	L7. that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities
Getting On and Falling Out	Keeping Healthy: Healthy Eating	The Wider World: Differences
R12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise R13. that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010) R18. how to recognise bullying and abuse in a variety of forms R15. to recognise and manage 'dares'	H3. to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet H17. which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others	L1. to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people L12. to consider the lives of people living in other places, and people with different values and customs

In Year Four children will be taught:

Relationships	Health and Wellbeing	Living in the Wider World
You and Me	Safe: Growing Independence	Our Community: Being part of a Community
R1. to communicate their feelings to others, to recognise how others show feelings and how to respond R2. to recognise that their behaviour can affect other people R3. the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these	H11. to recognise how their increasing independence brings increased responsibility to keep themselves and others safe H13. how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media H14. to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong	L9. what being part of a community means, and about the varied institutions that support communities locally and nationally L11. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
Getting On and Falling Out	Keeping Healthy: Healthy Choices Keeping	The Wider World: Rules and laws
R12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves R14. to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help) R16. to recognise and challenge stereotypes	H2. how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle' H17. which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others H12. that bacteria and viruses can affect health and that following simple routines can reduce their spread	L1. to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people L2. why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules L12. to consider the lives of people living in other places, and people with different values and customs

In Year Five children will be taught:

Relationships	Health and Wellbeing	Living in the Wider World
You and Me	Keeping Safe: First Aid	Our Community: Community Groups
R2. to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships R8. to judge what kind of physical contact is acceptable or unacceptable and how to respond R9. the concept of 'keeping something confidential or secret', when they should or should not agree to this and when it is right to 'break a confidence' or 'share a secret' H1. what positively and negatively affects their physical, mental and emotional health H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these	H11. to recognise how their increasing independence brings increased responsibility to keep themselves and others safe H15. school rules about health and safety, basic emergency aid procedures, where and how to get help H17. which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others H21. strategies for keeping physically and emotionally safe including road safety (including cycle safety- the Bikeability programme), and safety in the environment (including rail, water and fire safety)	L10. to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing
Getting On and Falling Out	Keeping Healthy: Puberty	The Wider World: Human Rights
R12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves R14. to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help) R15. to recognise and manage 'dares' R16. to recognise and challenge stereotypes	H18. how their body will, and their emotions may, change as they approach and move through puberty H19. about human reproduction H20. about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact, and develop the skills and strategies required to get support if they have fears for themselves or their peers	L1. to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people L3. to understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child

In Year Six children will be taught:

Relationships	Health and Wellbeing	Living in the Wider World
You and Me R5. that civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment R6. that marriage is a commitment freely entered into by both people, that no one should marry if they don't absolutely want to do so or are not making this decision freely for themselves R19. that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership H6. to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these	Keeping Safe: Social media H17. which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others H13. how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media H14. to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong H24. the responsible use of mobile phones: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.) H25. how to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or are concerned by such a request H4. to recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves	Our Community: Money Matters L13. about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer L14. to develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT) L15. that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world L16. what is meant by enterprise and begin to develop enterprise skills
Getting On and Falling Out R12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves R17. about the difference between, and the terms associated with gender identity and sexual orientation: lesbian, gay, bisexual and transgender (school agreed definitions) R18. how to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)	Keeping Healthy: Puberty H18. how their body will, and their emotions may, change as they approach and move through puberty H20. about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact, and develop the skills and strategies required to get support if they have fears for themselves or their peers	The Wider World: Social Media L1. to research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people L17. to explore and critique how the media present information L18. to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to other

