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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery** | Build constructive and respectful relationships.  Manage their own needs.  Express their feelings and consider the feelings of others. | | See themselves as a valuable individual.  Identify and moderate their own feelings socially and emotionally.  Show resilience and perseverance in the face of challenge. | | Express their feelings and consider the feelings of others.  Show resilience and perseverance in the face of challenge.  Think about the perspectives of others. | |
| **Reception** | **Wellbeing:** Identifying our emotions | **Confidence:**  Inner confidence | **Mental Health:**  Feelings: happiness, sadness, anger, fear | **Relationships:**  **-** Families  - Consent | **Citizenship:**  Choices, communities and rules | **Diversity:**  What makes us special |
| **Year 1** | **Wellbeing:** Mindfulness | **Confidence:**  Self-love and insecurities | **Mental Health:** Feelings: worry, loss, grief, gratitude | **Physical Health:**  Healthy food choices and oral health  **Relationships:** Friendship | **Citizenship:**  - Safety  - Environment | **Diversity:**  -Cultural diversity  -Gender stereotypes |
| **Year 2** | **Wellbeing:**  Personal choices to improve our mental health | **Confidence:**  Self-belief | **Mental Health:** Feelings: anxiety, envy, determination, empathy | **Physical Health:**  - Where our food comes from  - Exercise  **Relationships:**  Secrets, boundaries, and keeping safe | **Citizenship:**  - Economic equality and fairness  - How to engage in debate | **Diversity:**  - Freedom to live without discrimination  - The power of our words |
| **Science:**  Exercise  Balanced diet  Hygiene |
| **Year 3** | **Wellbeing:**  Growth mindset and setting goals | **Character Building:**  Foundations for building a good character  **Confidence:**  Self-esteem | **Mental Health:**  Happiness | **Physical Health:**  Fitness  **Relationships:**  Identifying the different relationships we have | **Citizenship:**  Democracy, rules, rights and responsibilities | **Diversity:**  Immigration |
| **Science:**  Nutrition  How exercise affects our muscles and skeleton | |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 4** | **Wellbeing:**  Gratitude | **Character Building:**  ‘Good’ and ‘bad’ citizens  **Confidence:**  Recognising self-esteem and confidence in others (including well known figures) | **Mental Health:**  - Normalising positive and negative emotions  - How to use positive self-talk | **Physical Health:**  Sleep and mood  **Relationships:**  - Violence in relationships (friendships) | **Citizenship:**  Managing money and where money comes from | **Diversity:**  Disabilities  (One lesson on periods for girls) |
| **Science:**  Teeth and how to care for them |
| **Year 5** | **Diversity:**  Racism | **Confidence:**  Body confidence and appearance | **Mental Health:**  Empathy and listening | **Physical Health:**  Sugar  **Relationships:**  Managing conflict and seeking help | **Citizenship:**  - Road and rail safety  - First aid  - Risk-taking | **Puberty/sex ed:**  Physical and emotional changes and how to stay healthy during puberty |
| **Science:**  Reproduction in plants and other living things | **Science:**  Changes experienced during puberty |
| **Year 6** | **Wellbeing:**  Kindness | **Confidence:**  Social media and the digital world | **Mental Health:**  - Bullying (including cyber-bullying)  - Coping strategies | **Physical Health:**  Drugs and alcohol  **Relationships:**  - Sexual harassment and how to seek help  - Personal boundaries | **Citizenship:**  - Anti-social behaviour  - Resolving conflicts | **Diversity:**  Gender identity, gender stereotypes, sexuality and homophobia |
| **Science:**  Impact of diet, exercise, drugs and lifestyle on our bodies |