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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:** ExerciseBalanced 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:**NutritionHow 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 |