

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Humankind	Wellbeing	AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly.	AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly.	Learn that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried. Required coverage discrete	Learn about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. Required coverage discrete	Learn to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships). Covered discrete	Learn to recognise ways in which the internet and social media can be used both positively and negatively. Required coverage discrete	Learn strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others. Required coverage discrete	Learn to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. Required coverage discrete
		AOL: PSED Know which adults look after them and who to tell if they feel worried or scared. breadth	AOL: PSED Know which adults look after them and who to tell if they feel worried or scared. Covered x 4 breadth	Learn that bodies and feelings can be hurt by words and actions; that people can say hurtful things online. Required coverage discrete Learn how to recognise and name different feelings. Required coverage discrete Learn how to recognise what others might be feeling. Required coverage discrete Learn to recognise that not everyone feels the same at the same time, or feels the same about the same things. discrete Learn to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it. discrete Learn how to manage when finding things difficult. Required coverage discrete Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	Learn how to respond safely to adults they don't know. Required coverage discrete Learn about how to respond if physical contact makes them feel uncomfortable or unsafe. Covered discrete Learn what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard. discrete Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. Know how to recognise and report feelings of being unsafe or feeling bad about any adult. Required coverage Know how to ask for advice or help for themselves or others, and to keep trying until they are heard. Required coverage Know how to report concerns or abuse, and the vocabulary and confidence needed to do so. Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Required coverage Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Required coverage	Learn what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face to face relationships. Covered discrete Learn to recognise that feelings can change over time and range in intensity. Required coverage discrete Learn a varied vocabulary to use when talking about feelings; about how to express feelings in different ways. Required coverage discrete Know how important friendships are in making us feel happy and secure, and how people choose and make friends. Covered Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Covered Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous. Covered Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Learn about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing. discrete Learn to recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. discrete Learn to recognise the importance of self respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. discrete Know the importance of self respect and how this links to their own happiness. Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. Know the importance of permission seeking and giving in relationships with friends, peers and adults. Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Required coverage Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health. Required coverage discrete Learn about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing. Required coverage discrete Learn to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult. discrete Learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. Required coverage discrete Learn to recognise the importance of self respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. Required coverage discrete Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Required coverage Know the importance of self respect and how this links to their own happiness. Required coverage Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. Know that mental wellbeing is a normal part of daily life, in the same way as physical health. Required coverage Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Required coverage Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Learn that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk. Required coverage discrete Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). Required coverage discrete Learn to recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. Required coverage discrete Learn where to get advice and report concerns if worried about their own or someone else's personal safety (including online). Required coverage discrete Know the importance of permission seeking and giving in relationships with friends, peers and adults. Required coverage Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Required coverage Know how to report concerns or abuse, and the vocabulary and confidence needed to do so. Required coverage Know where to get advice e.g. family, school and/or other sources. Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. Required coverage

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Unacceptable behaviour		AOL: PSED Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	AOL: PSED Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	Learn that bodies and feelings can be hurt by words and actions; that people can say hurtful things online. Required coverage discrete	Learn that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. Required coverage discrete	Learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. discrete	Learn about the impact of bullying, including offline and online, and the consequences of hurtful behaviour. discrete	Learn about the impact of bullying, including offline and online, and the consequences of hurtful behaviour. discrete	Learn about the impact of bullying, including offline and online, and the consequences of hurtful behaviour. discrete
		AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly. AOL: PSED Show sensitivity to their own and to others' needs.	AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly. AOL: PSED Show sensitivity to their own and to others' needs. Covered	Learn about how people may feel if they experience hurtful behaviour or bullying. Required coverage discrete Learn that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. discrete Learn about what is kind and unkind behaviour, and how this can affect others. Required coverage discrete Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous. Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous. Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. Know where and how to report concerns and get support with issues online. Required coverage	Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. discrete	Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. discrete	Learn about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background. discrete Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Required coverage Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. Covered	Learn about discrimination: what it means and how to challenge it. discrete Learn about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced. discrete Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. Covered

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Staying safe	AOL: PSED breadth	Know the meaning of the word private.	AOL: PSED Optional breadth	Learn to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. Required coverage discrete Learn basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them. discrete Learn basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. Required coverage discrete Learn what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard. discrete Know how information and data is shared and used online. Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. Know how to recognise and report feelings of being unsafe or feeling bad about any adult. Know how to ask for advice or help for themselves or others, and to keep trying until they are heard. Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	Learn how to keep safe in the sun and protect skin from sun damage. Covered discrete Learn about rules and age restrictions that keep us safe. Covered discrete Learn to recognise risk in simple everyday situations and what action to take to minimise harm. Covered discrete Learn about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters). Covered discrete Learn that household products (including medicines) can be harmful if not used correctly. Covered discrete Learn ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely. Covered discrete Learn basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them. Covered discrete Learn about knowing there are situations when they should ask for permission and also when their permission should be sought. Required coverage discrete Know the importance of permission seeking and giving in relationships with friends, peers and adults. Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Covered Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. Covered Know how information and data is shared and used online. Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. Required coverage	Learn about the importance of keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. discrete Learn about what is meant by first aid; basic techniques for dealing with common injuries. discrete Learn how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. Required coverage discrete Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). Required coverage discrete Learn about what is meant by first aid; basic techniques for dealing with common injuries. discrete Learn how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. discrete Learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. discrete Learn where to get advice and report concerns if worried about their own or someone else's personal safety (including online). Required coverage discrete Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Required coverage Know how to recognise and report feelings of being unsafe or feeling bad about any adult. Required coverage Know how to ask for advice or help for themselves or others, and to keep trying until they are heard. Required coverage Know how to report concerns or abuse, and the vocabulary and confidence needed to do so. Required coverage Know the facts and science relating to allergies, immunisation and vaccination. Required coverage Know how to make a clear and efficient call to emergency services if necessary. Know concepts of basic first aid, for example dealing with common injuries, including head injuries.	Learn about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. discrete Learn about what is meant by first aid; basic techniques for dealing with common injuries. discrete Learn how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. discrete Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). Required coverage discrete Learn about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. Required coverage discrete Know the importance of permission seeking and giving in relationships with friends, peers and adults. Required coverage Know how information and data is shared and used online. Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Required coverage Know how to make a clear and efficient call to emergency services if necessary. Know concepts of basic first aid, for example dealing with common injuries, including head injuries.	Learn to recognise what it means to 'know someone online' and how this differs from knowing someone face to face; risks of communicating online with others not known face-to-face. Required coverage discrete Learn about some of the different ways information and data is shared and used online, including for commercial purposes. Required coverage discrete Learn to recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. Required coverage discrete Learn reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming. Required coverage discrete Learn about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. Required coverage discrete Learn about what is meant by first aid; basic techniques for dealing with common injuries. discrete Learn how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. Required coverage discrete Know how to make a clear and efficient call to emergency services if necessary. Know concepts of basic first aid, for example dealing with common injuries, including head injuries.	Learn strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others. Required coverage discrete Learn to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. Required coverage discrete Learn about what is meant by first aid; basic techniques for dealing with common injuries. Required coverage discrete Learn how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. Required coverage discrete Learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. Required coverage discrete Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Required coverage Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know how to make a clear and efficient call to emergency services if necessary. Know concepts of basic first aid, for example dealing with common injuries, including head injuries. Required coverage

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								Know how to make a clear and efficient call to emergency services if necessary. Know concepts of basic first aid, for example dealing with common injuries, including head injuries.	
Healthy lifestyle	AOL: PSED Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Covered x 2	AOL: PSED Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Covered x 10	Learn about what keeping healthy means; different ways to keep healthy. discrete Learn about foods that support good health and the risks of eating too much sugar. Required coverage discrete Learn about how physical activity helps us to stay healthy; and ways to be physically active everyday. discrete Learn about why sleep is important and different ways to rest and relax. discrete Learn how to keep safe in the sun and protect skin from sun damage. discrete Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. Know what constitutes a healthy diet (including understanding calories and other nutritional content). Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Learn about what keeping healthy means; different ways to keep healthy. Required coverage discrete Learn about how physical activity helps us to stay healthy; and ways to be physically active everyday. Required coverage discrete Learn about why sleep is important and different ways to rest and relax. Required coverage discrete Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. Required coverage discrete Learn about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. Required coverage discrete Know that mental wellbeing is a normal part of daily life, in the same way as physical health. Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Required coverage Know the characteristics and mental and physical benefits of an active lifestyle. Know the risks associated with an inactive lifestyle (including obesity). Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist. Required coverage	Learn about what keeping healthy means; different ways to keep healthy. Required coverage discrete Learn about how physical activity helps us to stay healthy; and ways to be physically active everyday. Required coverage discrete Learn about why sleep is important and different ways to rest and relax. Required coverage discrete Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. Required coverage discrete Learn about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. Required coverage discrete Know that mental wellbeing is a normal part of daily life, in the same way as physical health. Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Required coverage Know the characteristics and mental and physical benefits of an active lifestyle. Know the risks associated with an inactive lifestyle (including obesity). Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist. Required coverage	Learn how to make informed decisions about health. discrete Learn about the elements of a balanced, healthy lifestyle. discrete Learn about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. Required coverage discrete Learn about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer. discrete Know the risks associated with an inactive lifestyle (including obesity). Know what constitutes a healthy diet (including understanding calories and other nutritional content). Required coverage Know the principles of planning and preparing a range of healthy meals. Required coverage Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Learn about the elements of a balanced, healthy lifestyle. discrete Learn about choices that support a healthy lifestyle, and recognise what might influence these. discrete Learn about what good physical health means; how to recognise early signs of physical illness. Required coverage discrete Learn how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle. discrete Know that mental wellbeing is a normal part of daily life, in the same way as physical health. Required coverage Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Know the characteristics and mental and physical benefits of an active lifestyle. Know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. Know the risks associated with an inactive lifestyle (including obesity). Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. Required coverage	Learn how to make informed decisions about health. discrete Learn about the elements of a balanced, healthy lifestyle. discrete Learn about choices that support a healthy lifestyle, and recognise what might influence these. Required coverage discrete Learn how to recognise that habits can have both positive and negative effects on a healthy lifestyle. Required coverage discrete Learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn. discrete Learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health. Required coverage discrete Learn about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing. Required coverage discrete Learn about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break. Required coverage discrete Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Know the risks associated with an inactive lifestyle (including obesity). Required coverage Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Required coverage Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking. Required coverage Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Learn how to make informed decisions about health. Required coverage discrete Learn about the elements of a balanced, healthy lifestyle. Required coverage discrete Learn how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle. Required coverage discrete Learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn. Required coverage discrete Learn how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed. Required coverage discrete Learn about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer. Required coverage discrete Learn about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. Required coverage discrete Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Required coverage Know the characteristics and mental and physical benefits of an active lifestyle. Required coverage Know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. Required coverage Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. Required coverage Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Required coverage Know the facts and science relating to allergies, immunisation and vaccination. Required coverage

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	Personal hygiene	AOL: PSED Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Covered	AOL: PSED Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Covered x 6	Learn simple hygiene routines that can stop germs from spreading. discrete Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. Required coverage discrete Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist. Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	Learn simple hygiene routines that can stop germs from spreading. Required coverage discrete Learn that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy. Required coverage discrete Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. Know the facts and science relating to allergies, immunisation and vaccination.	Learn that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. discrete Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	Learn that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. discrete Learn how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking). Required coverage discrete Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist. Required coverage Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	Learn about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). Required coverage discrete Learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. Required coverage discrete Learn about where to get more information, help and advice about growing and changing, especially about puberty. Required coverage discrete Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Know about menstrual wellbeing including the key facts about the menstrual cycle. Required coverage	Learn that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. Required coverage discrete Learn how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed. Required coverage discrete Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. Required coverage Know the facts and science relating to allergies, immunisation and vaccination. Required coverage
		AOL: PSED Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. AOL: PSED Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Covered	AOL: PSED Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. AOL: PSED Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Covered x 2	Learn to recognise what makes them special. Required coverage discrete Learn to identify what they are good at, what they like and dislike. Required coverage discrete Learn that everyone has different strengths. discrete Know the importance of self respect and how this links to their own happiness. Required coverage	Learn that everyone has different strengths. Covered discrete	Learn to recognise their individuality and personal qualities. discrete Learn to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self worth. discrete Learn to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. discrete	Learn about how to manage setbacks/perceived failures, including how to reframe unhelpful thinking. discrete Learn to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. discrete	Learn that personal behaviour can affect other people; to recognise and model respectful behaviour online. Required coverage discrete Learn how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. discrete Know practical steps they can take in a range of different contexts to improve or support respectful relationships. Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous.	Learn problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. discrete Learn about how to manage setbacks/perceived failures, including how to reframe unhelpful thinking. discrete Learn to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. Covered discrete
Processes	Environment	AOL: World Know ways to care for their local environment. Covered x 2 breadth	AOL: World Know ways to care for their local environment. Covered x 3 breadth	Learn about things they can do to help look after their environment. discrete Learn about the different roles and responsibilities people have in their community. Required coverage discrete	Learn how people and other living things have different needs; about the responsibilities of caring for them. Required coverage discrete Learn about things they can do to help look after their environment. Required coverage discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete Learn that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity). discrete

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Creativity	Vocabulary	AOL: PSED Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Covered x 2	AOL: PSED Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Covered x 9	Learn about different feelings that humans can experience. discrete Learn how to recognise and name different feelings. Required coverage discrete Learn about ways of sharing feelings; a range of words to describe feelings. discrete Know how to report concerns or abuse, and the vocabulary and confidence needed to do so. Required coverage Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Learn about different feelings that humans can experience. discrete Learn how feelings can affect people's bodies and how they behave. discrete Learn about ways of sharing feelings; a range of words to describe feelings. discrete Learn different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. discrete Learn to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it. discrete Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. Covered x 2	Learn how to recognise that habits can have both positive and negative effects on a healthy lifestyle. Required coverage discrete Learn about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break. Required coverage discrete Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking. Required coverage	Learn how to predict, assess and manage risk in different situations. Required coverage discrete Learn about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe. Required coverage discrete	Learn about the different ways to pay for things and the choices people have about this. Required coverage discrete Learn to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'. Required coverage discrete Learn to recognise that people make spending decisions based on priorities, needs and wants. Required coverage discrete Learn about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe. Required coverage discrete	Learn that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different. Required coverage discrete Learn that for some people gender identity does not correspond with their biological sex. Required coverage discrete
Speaking, listening and sharing		AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly. AOL: PSED Work and play cooperatively and take turns with others. Covered x 3	AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly. AOL: PSED Work and play cooperatively and take turns with others. Covered x 29	Learn how to listen to other people and play and work cooperatively. Covered x 5 discrete	Learn to recognise that not everyone feels the same at the same time, or feels the same about the same things. discrete Learn how to listen to other people and play and work cooperatively. discrete Learn how to talk about and share their opinions on things that matter to them. discrete Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. Covered x 4	Learn to recognise that feelings can change over time and range in intensity. Required coverage discrete Learn a varied vocabulary to use when talking about feelings; about how to express feelings in different ways. Required coverage discrete Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. discrete Learn problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. discrete Learn to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. discrete Learn how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. discrete Know practical steps they can take in a range of different contexts to improve or support respectful relationships. Know the conventions of courtesy and manners. Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. Covered x 5	Learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. discrete Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Required coverage	Learn how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. discrete Know practical steps they can take in a range of different contexts to improve or support respectful relationships. Covered

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Investigation	Issues, evidence and ideas	AOL: PSED Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	AOL: PSED Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	Learn that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. Required coverage discrete	Learn about what rules are, why they are needed, and why different rules are needed for different situations. Required coverage discrete	Learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. discrete	Learn about the different groups that make up their community; what living in a community means. discrete	Learn to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. discrete	Learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. Required coverage discrete
		AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly.	AOL: PSED Explain the reasons for rules, know right from wrong and try to behave accordingly.	Learn about what is kind and unkind behaviour, and how this can affect others. Required coverage discrete	Learn about things they can do to help look after their environment. Required coverage discrete	Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. discrete	Learn to value the different contributions that people and groups make to the community. discrete	Learn how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. discrete	Learn about stereotypes in the workplace and that a person's career aspirations should not be limited by them. Required coverage discrete
		AOL: PSED Show sensitivity to their own and to others' needs.	AOL: PSED Show sensitivity to their own and to others' needs. Covered	Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Required coverage discrete	Learn about the different roles and responsibilities people have in their community. Required coverage discrete	Covered	Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Covered x 4	Know what a stereotype is, and how stereotypes can be unfair, negative or destructive. Required coverage discrete
				Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous.	Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.		Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.		
				Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.					
				Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.					
				Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).					
				Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Required coverage					
				Know where and how to report concerns and get support with issues online. Required coverage					

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Media	Media	AOL: World Find out about and use a range of everyday technology. breadth	AOL: World Find out about and use a range of everyday technology. Optional breadth	Learn about how the internet and digital devices can be used safely to find things out and to communicate with others. discrete Learn about the role of the internet in everyday life. discrete Know that for most people the internet is an integral part of life and has many benefits.	Learn that sometimes people may behave differently online, including by pretending to be someone they are not. Required coverage discrete Learn about how the internet and digital devices can be used safely to find things out and to communicate with others. Required coverage discrete Learn about the role of the internet in everyday life. Required coverage discrete Learn that not all information seen online is true. Required coverage discrete Know that people sometimes behave differently online, including by pretending to be someone they are not. Required coverage discrete Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. discrete Learn about the mixed messages in the media about drugs, including alcohol and smoking/vaping. discrete Know that for most people the internet is an integral part of life and has many benefits.	Learn to recognise ways in which the internet and social media can be used both positively and negatively. discrete Learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. discrete Learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. discrete Learn to recognise the importance of self respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. Required coverage discrete Know the importance of self respect and how this links to their own happiness. Required coverage Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Learn how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results. discrete Learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. discrete Learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. discrete Learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. discrete Learn about the mixed messages in the media about drugs, including alcohol and smoking/vaping. Required coverage discrete Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Learn to recognise ways in which the internet and social media can be used both positively and negatively. Required coverage discrete Learn how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results. Required coverage discrete Learn about some of the different ways information and data is shared and used online, including for commercial purposes. Required coverage discrete Learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. Required coverage discrete Learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. Required coverage discrete Learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. Required coverage discrete Learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. Required coverage discrete Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
				Know that for most people the internet is an integral part of life and has many benefits. Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Know that for most people the internet is an integral part of life and has many benefits. Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Required coverage Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Know how information and data is shared and used online. Required coverage Know that for most people the internet is an integral part of life and has many benefits. Required coverage Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. Required coverage
Materials	Consumers	AOL: PSED Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. AOL: PSED Know that some household products, including medicine can be harmful. breadth	AOL: PSED Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Covered x 3 AOL: PSED Know that some household products, including medicine can be harmful. Covered breadth	Learn to recognise risk in simple everyday situations and what action to take to minimise harm. discrete Learn that household products (including medicines) can be harmful if not used correctly. discrete Learn about the difference between needs and wants; that sometimes people may not always be able to have the things they want. Required coverage discrete Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.	Learn what money is; forms that money comes in; that money comes from different sources. Required coverage discrete Learn about things that people can put into their body or on their skin; how these can affect how people feel. Required coverage discrete Learn that people make different choices about how to save and spend money. Required coverage discrete Learn that money needs to be looked after; different ways of doing this. Required coverage discrete Learn that jobs help people to earn money to pay for things. Required coverage discrete Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Required coverage Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.	Learn about the different ways to pay for things and the choices people have about this. discrete Learn to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'. discrete	Learn about the different ways to pay for things and the choices people have about this. Required coverage discrete Learn that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity). discrete Learn to recognise that people make spending decisions based on priorities, needs and wants. discrete	Learn to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'. Required coverage discrete Learn to recognise that people make spending decisions based on priorities, needs and wants. Required coverage discrete Learn different ways to keep track of money. Required coverage discrete	Learn about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break. Required coverage discrete Learn to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. Required coverage discrete Learn about why people choose to use or not use drugs (including nicotine, alcohol and medicines). Required coverage discrete Learn about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns. Required coverage discrete Learn about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations. Required coverage discrete Learn to identify the ways that money can impact on people's feelings and emotions. Required coverage discrete Know where to get advice e.g. family, school and/or other sources. Know why social media, some computer games and online gaming, for example, are age restricted. Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking. Required coverage

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Nature	Rights of others	AOL: PSED Show sensitivity to their own and to others' needs.	AOL: PSED Show sensitivity to their own and to others' needs.	Learn to recognise the ways in which they are the same and different to others. Required coverage discrete Learn how to talk about and share their opinions on things that matter to them. discrete Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Learn about what rules are, why they are needed, and why different rules are needed for different situations. Required coverage discrete Learn about what is kind and unkind behaviour, and how this can affect others. Required coverage discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete Learn about the relationship between rights and responsibilities. discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete Learn about the relationship between rights and responsibilities. discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete Learn about the relationship between rights and responsibilities. discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete Learn about the relationship between rights and responsibilities. discrete

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Place and space	Diversity	AOL: PSED Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	AOL: PSED Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	Learn to recognise the ways in which we are all unique. Required coverage discrete	Learn about different types of families including those that may be different to their own. Required coverage discrete	Learn that a feature of positive family life is caring relationships; about the different ways in which people care for one another. Required coverage discrete	Learn about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong. discrete	Learn about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong. Required coverage discrete	Learn to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability. Required coverage discrete
		Covered AOL: World Talk about the lives of the people around them and their roles in society. Covered x 3	Covered x 11 AOL: World Talk about the lives of the people around them and their roles in society. Covered x 9	Learn different jobs that people they know or people who work in the community do. discrete Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Learn to identify common features of family life. Required coverage discrete Learn to recognise the ways they are the same as, and different to, other people. Required coverage discrete Learn about how to treat themselves and others with respect; how to be polite and courteous. Required coverage discrete Learn to recognise the ways in which they are the same and different to others. Required coverage discrete Learn different jobs that people they know or people who work in the community do. Required coverage discrete Learn about some of the strengths and interests someone might need to do different jobs. Required coverage discrete Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Know the conventions of courtesy and manners. Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Learn about the different groups that make up their community; what living in a community means. discrete Learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. discrete Learn about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). discrete Learn about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background. discrete Learn that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. discrete Learn that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid. discrete Learn about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation. discrete Know that families are important for children growing up because they can give love, security and stability. Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	Learn that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. discrete Learn to recognise a variety of routes into careers (e.g. college, apprenticeship, university). discrete Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.	Learn about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong. discrete Learn that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart. Required coverage discrete Learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. discrete Learn about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced. discrete Learn that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. discrete Learn about stereotypes in the workplace and that a person's career aspirations should not be limited by them. Required coverage discrete Learn about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs). discrete Learn to recognise a variety of routes into careers (e.g. college, apprenticeship, university). discrete Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. discrete Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Required coverage Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.	Learn about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong. Required coverage discrete Learn that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others. Required coverage discrete Learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. discrete Learn about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced. discrete Learn that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life. Required coverage discrete Learn that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid. Required coverage discrete Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Required coverage discrete Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Required coverage Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Required coverage Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Place in the world	AOL: World Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class. Covered x 3	AOL: World Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class. Covered x 10	Learn about what rules are, why they are needed, and why different rules are needed for different situations. Required coverage discrete	Learn about the different groups they belong to. Required coverage discrete	Learn to recognise there are human rights, that are there to protect everyone. discrete Learn about the relationship between rights and responsibilities. discrete Learn the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. discrete Learn ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices). Covered x 4 discrete	Learn how to predict, assess and manage risk in different situations. Required coverage discrete Learn about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe. Required coverage discrete Learn about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully). Required coverage discrete Learn strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about. Required coverage discrete Learn about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. Required coverage discrete Know that people sometimes behave differently online, including by pretending to be someone they are not. Required coverage	Learn to recognise reasons for rules and laws; consequences of not adhering to rules and laws. Required coverage discrete Learn to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. Required coverage discrete Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking. Required coverage	Learn the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. discrete Learn ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices). discrete Learn that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity). Covered discrete
Comparison	Compare and contrast			Learn about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually). discrete Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Learn about what rules are, why they are needed, and why different rules are needed for different situations. Required coverage discrete Learn about what is kind and unkind behaviour, and how this can affect others. Required coverage discrete	Learn about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret. Required coverage discrete Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. discrete Learn about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). discrete Learn about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background. discrete Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Know what a stereotype is, and how stereotypes can be unfair, negative or destructive. Covered x 2	Learn to recognise their individuality and personal qualities. discrete Learn to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self worth. Covered discrete	Learn about the different groups that make up their community; what living in a community means. discrete Learn to value the different contributions that people and groups make to the community. discrete Learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. discrete Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Know what a stereotype is, and how stereotypes can be unfair, negative or destructive. Covered

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Significance	Significant people	AOL: PSED Form positive attachments to adults and friendships with peers. Covered x 4	AOL: PSED Form positive attachments to adults and friendships with peers. Covered x 3	Learn about the roles different people (e.g. acquaintances, friends and relatives) play in our lives. (discrete) Learn to identify the people who love and care for them and what they do to help them feel cared for. (discrete) Know that families are important for children growing up because they can give love, security and stability. Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. Know where to get advice e.g. family, school and/or other sources. Covered	Learn about the people who help us to stay physically healthy. (discrete) Learn about the people whose job it is to help keep us safe. (discrete) Learn about what to do if there is an accident and someone is hurt. (discrete) Learn how to get help in an emergency (how to dial 999 and what to say). (discrete) Know where to get advice e.g. family, school and/or other sources. Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Know how and when to seek support including which adults to speak to in school if they are worried about their health. Know how to make a clear and efficient call to emergency services if necessary. Covered	Learn to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships). (discrete) Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. Required coverage Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous.	Learn to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships). (discrete) Learn that a feature of positive family life is caring relationships; about the different ways in which people care for one another. Required coverage (discrete) Learn what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face to face relationships. (discrete) Learn that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them. Required coverage (discrete) Know that families are important for children growing up because they can give love, security and stability. Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Learn about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. (discrete) Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). (discrete) Know the importance of permission seeking and giving in relationships with friends, peers and adults. Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Know how to recognise and report feelings of being unsafe or feeling bad about any adult. Required coverage Know where and how to report concerns and get support with issues online. Required coverage	Learn to recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. Required coverage (discrete) Learn about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact. Required coverage (discrete) Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). Required coverage (discrete) Learn about seeking and giving permission (consent) in different situations. Required coverage (discrete) Learn about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret. Required coverage (discrete) Know the importance of permission seeking and giving in relationships with friends, peers and adults. Required coverage Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Required coverage Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Required coverage

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	Relationships	AOL: PSED Know which adults look after them and who to tell if they feel worried or scared. breadth	AOL: PSED Know which adults look after them and who to tell if they feel worried or scared. Covered breadth	Learn that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried. Required coverage discrete Learn about how people make friends and what makes a good friendship. Covered discrete Learn about how to recognise when they or someone else feels lonely and what to do. Covered discrete Learn that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. Required coverage discrete Learn basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them. discrete Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Know how important friendships are in making us feel happy and secure, and how people choose and make friends. Covered Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Covered Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Covered Know practical steps they can take in a range of different contexts to improve or support respectful relationships. Covered Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Covered Know where to get advice e.g. family, school and/or other sources. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. Covered	Learn simple strategies to resolve arguments between friends positively. Required coverage discrete Learn how to ask for help if a friendship is making them feel unhappy. Required coverage discrete Learn about what to do if there is an accident and someone is hurt. Covered discrete Learn about the importance of not including which adults' secrets (only happy surprises that others will find out about eventually). Covered discrete Learn what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard. Covered discrete Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Know practical steps they can take in a range of different contexts to improve or support respectful relationships. Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Covered Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. Covered Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Covered Know why social media, some computer games and online gaming, for example, are age restricted. Covered	Learn about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing. discrete Learn how friendships can change over time, about making new friends and the benefits of having different types of friends. discrete Learn how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. Required coverage discrete Learn to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. Required coverage discrete Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Know how important friendships are in making us feel happy and secure, and how people choose and make friends. Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Know how to recognise and report feelings of being unsafe or feeling bad about any adult. Required coverage Know how to ask for advice or help for themselves or others, and to keep trying until they are heard. Required coverage Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). Know how and when to seek support including which adults to speak to in school if they are worried about their health.	Learn how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice. Required coverage discrete Learn the importance of seeking support if feeling lonely or excluded. discrete Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). Required coverage discrete Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Required coverage Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Know that the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Learn to recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. Required coverage discrete Learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. discrete Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know the importance of permission seeking and giving in relationships with friends, peers and adults. Required coverage Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Required coverage Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Required coverage	Learn the importance of seeking support if feeling lonely or excluded. Required coverage discrete Learn that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them. Required coverage discrete Learn strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others. Required coverage discrete Learn how friendships can change over time, about making new friends and the benefits of having different types of friends. Required coverage discrete Learn that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. discrete Learn to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. Required coverage discrete Learn how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. Required coverage discrete Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Required coverage Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Required coverage Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.

Big idea	Concept/Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Change	Life changes	AOL: World Covered Discuss simple changes as they have grown from being a baby. breadth	AOL: World Covered Discuss simple changes as they have grown from being a baby. breadth	Learn about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better. discrete Learn about growing and changing from young to old and how people's needs change. discrete Learn about preparing to move to a new class/year group. Covered discrete	Learn about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better. discrete Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Learn about everyday things that affect feelings and the importance of expressing feelings. Required coverage discrete Learn about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. discrete Learn problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. discrete Learn about the new opportunities and responsibilities that increasing independence may bring. Required coverage discrete Learn strategies to manage transitions between classes and key stages. discrete	Learn how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice. Required coverage discrete Learn about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. discrete Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Required coverage	Learn a varied vocabulary to use when talking about feelings; about how to express feelings in different ways. discrete Learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. discrete Learn about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. Required coverage discrete Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	Learn a varied vocabulary to use when talking about feelings; about how to express feelings in different ways. Required coverage discrete Learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. discrete Learn problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. discrete Learn about personal identity: what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). discrete Learn strategies to manage transitions between classes and key stages. Required coverage discrete Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
		AOL: World Covered x 2 Discuss simple changes as they have grown from being a baby. breadth	AOL: World Covered x 3 Discuss simple changes as they have grown from being a baby. breadth	Learn about growing and changing from young to old and how people's needs change. discrete Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Covered	Learn to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles). Required coverage discrete Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. discrete Learn about personal identity: what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). discrete Learn about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). discrete Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Learn about the new opportunities and responsibilities that increasing independence may bring. Required coverage discrete	Learn to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. discrete Learn about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). Required coverage discrete Learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. Required coverage discrete Learn about where to get more information, help and advice about growing and changing, especially about puberty. Required coverage discrete Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Know about menstrual wellbeing including the key facts about the menstrual cycle.	Learn to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. Required coverage discrete Learn about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. Required coverage discrete Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Know about menstrual wellbeing including the key facts about the menstrual cycle. Required coverage