

Autumn 1 Being Me	Spring 1 Digital Me	Summer 1 The World & Me
<p align="center"><u>What makes 'me' me?</u></p> <p>Relationships Education Families and people who care for me:</p> <ul style="list-style-type: none"> Families are important for children growing up because they give love, security and stability. Other families, even in school or the wider world, sometimes look different from their family. The conventions of courtesy and manners. <p>Caring friendships:</p> <ul style="list-style-type: none"> How important friendships are in making us feel happy and secure, and how people choose and make friends. <p>Being safe:</p> <ul style="list-style-type: none"> That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> That there is a range of emotions. How to recognise and talk about their emotions. 	<p align="center"><u>How do we keep safe?</u></p> <p>Relationships Education: Online relationships:</p> <ul style="list-style-type: none"> The rules and principles for keeping safe online. <p>Being safe:</p> <ul style="list-style-type: none"> It is not always right to keep secrets if they relate to being safe. How to recognise and report feelings of being unsafe or feeling bad about any adult. <p>Health Education: Internet safety and harms</p> <ul style="list-style-type: none"> Where and how to report concerns and get support with issues online. <p>Basic first aid:</p> <ul style="list-style-type: none"> Know how to make a clear and efficient call to emergency services if necessary. 	<p align="center"><u>What is my place in the world?</u></p> <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> The benefits of community participation voluntary and service based activity on mental wellbeing and happiness.
Autumn 2 Celebrating Differences	Spring 2 Healthy Me	Summer 2 Changing Me
<p align="center"><u>What makes us special?</u></p> <p>Relationships Education: Families and people who care for me:</p> <ul style="list-style-type: none"> Other families, even in school or the wider world, sometimes look different from their family but they should respect those differences and know they are characterised by love and care. <p>Respectful relationships:</p> <ul style="list-style-type: none"> The importance of respecting others, even when they are very different from them. <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> Simple self-care techniques and the importance of hobbies. 	<p align="center"><u>Who helps us?</u></p> <p>Relationships Education: Caring friendships</p> <ul style="list-style-type: none"> That healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded. <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Where and how to seek support, including whom in school they should speak to. <p>Health and prevention:</p> <ul style="list-style-type: none"> Dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. Personal hygiene and germs including bacteria, viruses, how they spread and the importance of hand washing. 	<p align="center"><u>Why do my feelings change?</u></p> <p>Health Education Mental wellbeing:</p> <ul style="list-style-type: none"> There is a scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.