

Cycle A

	<u>Autumn 1</u> Health and Wellbeing	<u>Autumn 2</u> Families and relationships	<u>Spring 1</u> My changing body	<u>Spring 2</u> Personal safety	<u>Summer 1</u> Our community	<u>Summer 2</u> Economic well being
<u>1</u>	Whole school healthy me day WC 09/09/24	I am learning to understand the role of families	I am learning to understand the correct vocabulary for body parts	I am learning to understand how to respond to adults politely and safely	I am learning to understand the importance of rules	I am learning to understand the difference between wants and needs
<u>2</u>	I am learning to recognise and celebrate my own strengths and set simple but challenging goals	Whole school healthy me day WC 11/11/24	I am learning to understand the concept of privacy and my own body.	Whole school healthy me day WC 03/03/25	Whole school healthy me day WC 09/06/25	I am learning to understand what money is, where it comes from and how people make money
<u>3</u>	I am learning to understand how to relax in different ways	I am learning to understand the importance and characteristics of positive friendships and who I can speak to if I am unhappy.	I am learning to understand the difference between acceptable and unacceptable physical contact	I am learning to understand that there are people in the local community who keep me safe	I am learning to recognise ways in which we are the same and different to other people	I am learning to understand how to keep money safe
<u>4</u>	I am learning to understand the benefits of physical activity and rest	I am learning to understand that friendships can have problems but we can overcome these.	I am learning to understand that my body is important and belongs to me	I am learning to understand ways to keep safe on and near roads	I am learning to understand the roles people have in the community	I am learning to understand the benefits of banks
<u>5</u>	I am learning to understand how germs are spread and how can stop them spreading	I am learning to understand a range of family dynamics	I am learning to understand what is safe to put into or onto our bodies	I am learning to understand what is an emergency and to make a phone call if needed.	I am learning to understand ways to look after the school environment	I am learning to understand the skills and interests that will help someone decide what job to do.
<u>6</u>	I am learning to understand allergies (food allergies)	I am learning to understand what is meant by a stereotype	Whole school healthy me day WC 10/02/25	I am learning to understand the difference between secrets and surprises	I am learning to recognise the role people play in looking after the local environment	Whole school healthy me day WC 14/07/25

Cycle B

	<u>Autumn 1</u> Health and Wellbeing	<u>Autumn 2</u> Families and relationships	<u>Spring 1</u> My changing body	<u>Spring 2</u> Personal safety	<u>Summer 1</u> Our community	<u>Summer 2</u> Economic well being
<u>1</u>	Whole school healthy me day TBC	I am learning to understand that different people can be in a family and that families look after us	I am learning to understand the concept of privacy and the correct vocabulary for body parts	I am learning to understand how to respond to adults politely and safely	I am learning to understand the importance of rules	I am learning to understand the difference between wants and needs
<u>2</u>	I am learning to recognise and celebrate my own strengths and set achievable goals	Whole school healthy me day TBC	I am learning to understand the difference between acceptable and unacceptable physical contact	Whole school healthy me day TBC	Whole school healthy me day TBC	I am learning to understand what money is, where it comes from and how people make money
<u>3</u>	I am learning to identify strategies to help overcome barriers or manage difficult emotions	I am learning to understand how other people show their feelings, people can feel differently to them.	I am learning to understand that my body belongs to me	I am learning to understand that there are people in the local community who keep me safe	I am learning to recognise ways in which we are the same and different to other people	I am learning to understand how to keep money safe
<u>4</u>	I am learning to understand the benefits of physical activity	I am learning to understand the importance and characteristics of positive, good friendships	I am learning to understand the pant rule (NSPCC)	I am learning to understand ways to keep safe on and near roads	I am learning to understand the roles people have in the community	I am learning to understand the benefits of banks
<u>5</u>	I am learning to use breathing exercises to relax	I am learning to understand what I meant by a stereotype and how unhelpful and unfair it is to stereotype.	I am learning to understand what is safe to put into or onto our bodies	I am learning to understand what is an emergency and to make a phone call if needed.	I am learning to understand ways to look after the school environment	I am learning to understand the skills and interests that will help someone decide what job to do.
<u>6</u>	I am learning to understand what it means to have a healthy diet.	I am learning to understand change and loss and how this can affect us.	Whole school healthy me day TBC	I am learning to understand the difference between secrets and surprises	I am learning to recognise the role people play in looking after the local environment	Whole school healthy me day TBC