

<p>Myself and My Relationships 4 Beginning and Belonging (NB)</p> <ul style="list-style-type: none"> • What can I do to help make the school and classroom a safer and fair place? • How can I get to know other children in my class? • How do I feel when I am doing something new? • How can I make someone feel welcome? • How can I help other people to feel better? • What do I know about how to solve problems? 	<ul style="list-style-type: none"> • Belonging in the class / school / community • Ground rules / class charters • Similarities and differences • Recognising feelings • Calming down • Problem solving • Asking for help • Safety circles • Mapping 	<p>Citizenship 5 Rights, Rules and Responsibilities (NB)</p> <ul style="list-style-type: none"> • How do rules make me feel happy and safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? • Can I take part in discussions and decisions in class? 	<ul style="list-style-type: none"> • Class and school rules and charters • Rules and laws in society • Understanding right and wrong • Explaining views • Decision making • School and class councils • Responsibilities to other people
<p>Myself and My Relationships 5 Me and My Emotions (GTBM)</p> <ul style="list-style-type: none"> • Can I name some different feelings? • Do I know what makes me feel happy, sad, cross etc? • How do my feelings and my actions affect others? • How do I manage some of my emotions? • What helps me to feel relaxed? • How can I control my behaviour? • Who do I share my feelings with? • How can I stand up for myself? 	<ul style="list-style-type: none"> • Self awareness • Identifying and naming emotions • Coping with feelings • Feelings, thoughts and behaviour • Likes and dislikes • Feeling proud • Impulsive behaviour • Calming down and relaxing • Worry and anxiety • Assertiveness 	<p>Myself and My Relationships 6 Family and Friends (GOFO)</p> <ul style="list-style-type: none"> • Can I describe what a friend is and does? • How do I make new friends? • How do I keep friends? • How can I make up with my friends when things go wrong? • Who is in my family, and how do we care for each other? • Who are my special people and what makes them special to me? • How am I similar to and different from other people? • Who do I get support from when I need it? 	<ul style="list-style-type: none"> • Friendship • Special people • Families • Changing friendship patterns • Valuing difference • Different points of view • People who help • Safety circles • Conflict resolution • Problem solving in relationships
<p>Citizenship 3 Working Together (GFG)</p> <ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? • How can I work well in a group? • Why is it important to take turns? • How can I negotiate to sort out disagreements? • How are my skills useful in a group? • What is a useful evaluation? 	<ul style="list-style-type: none"> • Recognising strengths • Developing skills • Steps towards goals • Effective communication • Compromise and co-operation • Discussion and negotiation • Applying group work and communication skills • Evaluating 	<p>Myself and My Relationships 7 Anti-bullying (SNTB)</p> <ul style="list-style-type: none"> • Can I recognise behaviour that is bullying? • Do I understand some of the reasons why bullying happens? • How does bullying make people feel? • Do I know what to do if I am being bullied? • Do I know what to do if I witness someone being bullied? • How does my school help positive and safe relationships? • Where might bullying happen in my school? 	<ul style="list-style-type: none"> • Valuing difference and diversity • Physical, mental and emotional wellbeing • Strategies for dealing with bullying including assertiveness • Safety circle • Asking for help and telling • Supporting others • Creating an anti bullying ethos
<p>Citizenship 4 Diversity and Communities</p> <ul style="list-style-type: none"> • What are some of the similarities and differences between me and others • What do I understand about my culture and beliefs and those of other people? • Who are the people who help me, and what do they do? • What does 'my community' mean and what do people do there? • How do we care for animals and plants? • How can I help look after the school environment? 	<ul style="list-style-type: none"> • Similarities and differences • Valuing diversity • Different cultures and beliefs • Groups in and out of school • Respect • Community • Stereotypes • People who help us • School environment • Local environment • Needs of people / animals / pets / plants 	<p>Economic Wellbeing 1 Financial Capability</p> <ul style="list-style-type: none"> • Where does money come from and where does it go when we 'use' it? • How might I get money and what can I do with it? • How do we pay for things? • What does it mean to have more or less money than you need? • How do I feel about money? • How do my choices affect me, my family, others? • What is a charity? 	<ul style="list-style-type: none"> • Money in different / familiar contexts • Cash values • Money as a finite resource • Uses of money • Saving and spending • Effects of loss • How banks etc work • Emotions in relation to money • Charity
<p>Healthy and Safer Lifestyles 4 Managing Risk</p> <ul style="list-style-type: none"> • What are risky situations and how can I keep myself safer? • How do I feel in risky situations? • What is my name, address and phone number and when might I need to give them? • What is an emergency and who helps? • How can I help in an emergency? 	<ul style="list-style-type: none"> • Risky situations • Emotions associated with risk • Basic personal information • Asking for and giving help in an emergency • Safety eyes and ears 	<p>Healthy and Safer Lifestyles 8 Drug Education</p> <ul style="list-style-type: none"> • What happens when things enter the body? • What are medicines and why do some people use them? • What do I understand about the roles of doctors, nurses and hospitals? • What can I do if I feel poorly? • What are the potentially risky substances at home and at school? • How can I keep safe from harm if I come across risky substances? • What is it like to be persuaded? 	<ul style="list-style-type: none"> • Medicines • Attitudes to health professionals • Feeling ill, feeling better • Risky household substances • Safety rules • Being persuaded
<p>Healthy and Safer Lifestyles 5 Safety Contexts</p> <ul style="list-style-type: none"> • Where are the safer places I can play? • What are the risks for me in using the roads, and how can I stay safe? • What are the risks for me in the sun and how can I stay safe? • What are the risks for me near water and how can I stay safe? • What are the risks for me if I am lost and how can I stay safe? • What are the best ways to keep safe from accidents? 	<ul style="list-style-type: none"> • Road safety • Travel to and from school • Rules for keeping safer • Sun safety • Water safety • Keeping safe from accidents 	<p>Healthy and Safer Lifestyles 9 Personal Safety</p> <ul style="list-style-type: none"> • Can I describe my home and neighbourhood? • Who are the people who help keep me safer? • Who could I talk to if I felt unsafe or unsure? • Do I understand what good and bad secrets might be? • What can I do if someone tries to persuade me? • Can I recognise and describe 'yes' and 'no' feelings and "I am not sure" feelings? • How can I get the attention of an adult if I need to? 	<ul style="list-style-type: none"> • Being / feeling lost • Trusted people • Safety circles • Feeling safe • Uncomfortable feelings • Good and bad secrets • Promises, tricks and threats • Good and bad touches • Internet safety • E-Safety • Asking for help
<p>Healthy and Safer Lifestyles 6 Sex and Relationships Education</p> <ul style="list-style-type: none"> • What are the names of the main parts of the body? • What can my body do? • When am I in charge of my actions and my body? • Do I understand how amazing my body is? • How can I keep my body clean? • How can I stop common illnesses and diseases spreading? 	<ul style="list-style-type: none"> • External parts of the body • Valuing the body • Personal hygiene 	<p>Healthy and Safer Lifestyles 10 Sex and Relationships Education</p> <ul style="list-style-type: none"> • How do babies change and grow? • How have I changed since I was a baby? • What do babies and children need? • What are my responsibilities now I'm older? 	<ul style="list-style-type: none"> • Babies to children to adults • Growing up • Changing responsibilities
<p>Healthy and Safer Lifestyles 7 Healthy Lifestyles</p> <ul style="list-style-type: none"> • How can I stay healthy? • What does it feel like to be healthy? • What does healthy eating mean and why is it important? • Why is it important to be active? • What foods do I like and dislike and why? • What can help us eat healthily? • Why do we need food? • What healthy choices can I make? 	<ul style="list-style-type: none"> • Staying healthy • Physical activity • Healthy eating • Eatwell plate • Fruit and vegetables • Food preparation • Making real choices • Rest and sleep 	<p>Myself and My Relationships 8 Managing Change (R, C)</p> <ul style="list-style-type: none"> • How am I changing as I grow up? • How are my achievements, skills and responsibilities changing? • How can I change my behaviour when something goes wrong? • How do I cope when friendships change? • How do I feel and how do I cope when I lose something special to me? • What helps me to feel better when I am hurt? • When can I make choices about changes? 	<ul style="list-style-type: none"> • Changing friendship patterns • Changing skills and responsibilities • Habits • Transitions within school • Losing things • Emotions involved with change • Sharing people