



	Autumn	Spring	Summer
Health and Wellbeing			
Understand what constitutes a healthy lifestyle.			
Learn about good and not so good feelings.			
Explain the importance of, and how to maintain, personal hygiene.			
Understand how some diseases are spread and can be controlled.			
Learn about the process from growing from old to young.			
Recognise and celebrate their strengths and set simple but challenging goals.			
Learn about change and loss and their associated feelings.			
Learn about people who look after them and who to go to if they are worried.			
Learn rules for and ways of keeping physically and emotionally safe –including road safety and the difference between secrets and surprises.			
Understand that household products, including medicines, can be harmful.			
To recognise what they like and dislike and how to make real informed choices, which can have good and not so good consequences.			
To recognise that they share a responsibility for keeping themselves and others safe.			
Know the names for the external parts of the body.			
Relationships			
Know how to communicate feelings to others and recognise how others show feelings.			
Identify special people and how they should care for one another.			
Recognise what is fair and unfair, kind and unkind, right and wrong.			
Learn people's bodies and feelings can be hurt.			
Learn the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises.			
Listen to other people and play and work cooperatively.			
Ability to judge what kind of physical contact is acceptable/unacceptable, comfortable/uncomfortable, and how to respond.			
Learn that there are different types of teasing and bullying, that these are wrong and unacceptable.			
To identify and respect the differences and similarities between people.			
Recognise how their behaviour affects other people.			
Offer and receive constructive support and feedback to and from others.			
Learn how to resist teasing and bullying, if they experience or witness it, whom to go to and how to get help.			
Share their opinions on things that matter to them and explain their views through discussions with one person and the whole class.			
Living in the Wider World			
Learn how to contribute to the life of the classroom.			
Construct, and agree to follow, group and class rules and to understand how these rules help them.			
Understand that people and other living things have needs and that they have responsibilities to meet them.			
Learn that money comes from different sources and can be used for different purposes, including the concept of spending and saving.			
Learn about the role money plays in their lives including how to manage their money, keep it safe, make choices about spending money, and what influences those choices.			
Learn that they belong to various groups and communities such as family and school.			
Learn what improves and harms their local, natural and built environments and about some of the ways people look after that.			