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	EYFS			Year 1			Year 2			Year 3			Year 4			Year 5			Year 6		
Relationships	T&L LINK																				
Families and People Who Care For Me	Who is special to me?	Is every family like mine?	My family customs & routines	Identifying differences and similarities (1R8) Identifying special people (1R9) Belonging to different groups and communities (1L4) [1]			Families, worries and who to go to (1H13)			Different types of relationships (2R4)	Civil partnerships and marriage (2R5)		Differences, similarities and equality (2R13)	Differences between and terms LGBT (2R17) (stonewall)						Recognising unhealthy relationships (2R3)	
Caring Friendships	Making new friends.	Acknowledging other people achievements.	Resolving conflict.	Special people (1R9)		Behaviour and impact on others (1R2) Fairness (1R4) Co-operation (1R6)	Hurting people and their feelings (1R11) Types of Teasing and bullying (1R13) Dealing with those who are unkind (1R12)			Developing strategies to resolve disputes and conflict (2R12)	Recognise positive and healthy relationships and develop skills to form and maintain them (2R2)										Recognising unhealthy relationships (2R3)
Respectful Relationships	Knowing and following the rules and boundaries of my setting.	Feeling safe. Who can I make a relationship with? (Stranger Danger)	Acknowledging and understanding the feelings of others.	Identifying differences and similarities (1R8)		Rights and responsibilities (1L3)		Strategies to resist teasing and bullying (1R13 and 14)			Respect, care and confidence to have a voice (2R10)	Understand personal boundaries and privacy (2R21) Recognise bullying and abuse in all its forms (person/online/social media) (2R18)			Nature and consequences of discrimination, teasing and bullying (2R14)	Recognise and challenge stereotypes (2R16)				Recognise consequences of anti-social behaviour (2L6)	
Online Relationships	FS2 - keeping safe online: using computers safely, asking for help from a grownup & following instructions.				Keeping safe online (1H12)			Being responsible online (1H15)		Healthy relationships (including online) (2R2)	Strategies to keep safe online (2H22) People who help us keep safe online (2H23)			Media images and reality (2H4)	Nature and consequences of discrimination and bullying online (2R14) Behaviour online and negative influences (2H13)		Unhealthy relationships online (2R3) Sharing personal information and friendships online (2L18)				Review and extend learning: Unhealthy relationships online (2R3) Sharing personal information and friendships online (2L18)

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	EYFS			Year 1			Year 2			Year 3			Year 4			Year 5			Year 6		
Being Safe	Stranger danger	Road safety	Using tools safely.	People who look after us, who to go to if we are worried (1H13)			What is 'privacy' (1H16) Acceptable physical contact (1R10)		Difference between secrets and nice surprises (1R3) Keeping safe (1H15)	Understanding personal boundaries (2R21) Acceptable physical contact (2R8) Asking for help (2H14)			Breaking a promise to 'keep a secret' (2R9))		People who are responsible for keep us safe (2H23)	Sharing images of us (2H25)				Review and extend learning: Sharing images of us (2H25)	Taking care of our bodies (2H20)
Key Vocab																					
Physical Health and Mental Wellbeing	T&L LINK																				
Mental Wellbeing	I know who I can talk to.	I can talk about my feelings		People who look after us, who to go to if we are worried (1H13)	Communicating feelings (1R1) Good and bad feelings (1H4)	Extending vocabulary to describe feelings and developing strategies (1H4)	Healthy lifestyles (1H1) Types of Teasing and bullying (1R13)	Positive and negative influences on physical, mental and emotional health (1H1)		Dealing with conflicting emotions (2H7)		People who keep us keep health and safe and our responsibility (2H23) Recognising when we need help and skills to ask for help (2H14)	Extending understanding our feeling and how we express ourselves (2H6)	Extend Positive and negative influences on physical, mental and emotional health (2H1) Making informed choices and understanding a 'balanced lifestyle' (2H2)	Nature and consequences of discrimination, teasing, bullying and aggressive behaviour (R14)	Making informed choices and understanding a 'balanced lifestyle' (2L10)		Recognising the role of voluntary, community and pressure groups (2L10)	Extending Making informed choices and understanding a 'balanced lifestyle' (2H2)		Realise consequences of anti-social, aggressive and harmful behaviour (2L6)
Internet Safety and Harms					How to maintain a healthy lifestyle (1H1)			Extend How to maintain a healthy lifestyle (1H1)	Healthy relationships (including online) (2R2)	Positive and negative influences on physical, mental and emotional health (2H1) Age restrictions to social media and computer games.	How actions affect themselves and others (2R7)		Why and how rules and laws protect us (2L2)	Responsible use of mobile phones (2H24) Keeping safe online, sharing of information and images (2H22) Recognising bullying and abuse online and on social media (2R18)	Critically examining social media and safety (2L18)	Identifying sources of pressure to behave in unacceptable, unhealthy and unacceptable ways (2H13)		Extending Critically examining social media and safety (2L18)			

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	EYFS			Year 1			Year 2			Year 3			Year 4			Year 5			Year 6		
Physical Health and Fitness	Good control, coordination and balance in gross and fine motor movements	Move safely in different ways		People who look after us, who to go to if we are worried (1H13)		How to maintain a healthy lifestyle (1H1) Making real and informed choices to improve physical and mental health (1H2)			Extend How to maintain a healthy lifestyle (1H1) Asking for help (1H14)		Positive and negative influences on physical, mental and emotional health (2H1)		People who are responsible for keeping us safe (2H23)			Making informed choices and understanding a 'balanced lifestyle' (2H2)		Taking care of our bodies (2H20)			
Healthy Eating	Making healthy choices	Making observations of the effects of an activity on our bodies	The power of water			How to maintain a healthy lifestyle (1H1)			Extend How to maintain a healthy lifestyle (1H1)		Positive and negative influences on physical, mental and emotional health (2H1)	Recognising opportunities to develop skills to make own choices about food (2H3)			Which, why and how commonly available substances can damage health and safety (2H17)			Extend Recognising opportunities to develop skills to make own choices about food (2H3) Extend Which, why and how commonly available substances can damage health and safety (2H17)	Extend Recognising opportunities to develop skills to make own choices about food (2H3) Extend Which, why and how commonly available substances can damage health and safety (2H17)		
Drugs, Alcohol and Tobacco	n/a	n/a	n/a		That household products, including medicines can be harmful if not used properly (1H11)			Extend That household products, including medicines can be harmful if not used properly (1H11)							Which, why and how commonly available substances can damage health and safety (2H17)			Extend Which, why and how commonly available substances can damage health and safety (2H17)	Extend Which, why and how commonly available substances can damage health and safety (2H17)		
Health and Prevention	Dietary requirements & allergies	Hand hygiene				How to maintain a healthy lifestyle (1H1) How diseases can spread and can be controlled (1H7)		Importance of personal hygiene (1H6) Extend How diseases can spread and can be controlled (1H7)			Positive and negative influences on physical, mental and emotional health (2H1)	Affects of bacteria and viruses on health and taking responsibility (2H12)				Making informed choices and understanding a 'balanced lifestyle' (2H2) How to recognise early signs of physical illness (*)		Extend Affects of bacteria and viruses on health and taking responsibility (2H12)			Extend How to recognise early signs of physical illness (*)

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Basic First Aid	People who help us	Emergency help - 999	Being responsible and getting help	Special people who work in our community who are responsible for protecting us and how we contact them (1L10)					Review and extend Special people who work in our community who are responsible for protecting us and how we contact them (1L10)			School rules about health and safety, basic emergency and procedures, where and how to get help (2H15)						Review and extend School rules about health and safety, basic emergency and procedures, where and how to get help (2H15)			
Changing Adolescent Body	n/a	n/a	n/a												How during puberty bodies and emotions change (2H18)			Review and Extend How during puberty bodies and emotions change (2H18)			Review and Extend How during puberty bodies and emotions change (2H18) Human reproduction (2H19)

[1] Key vocab
sharing, people