

	Autumn		Spring		Summer	
Reception	<p style="text-align: center;">ELG</p> <p style="text-align: center;">Self-regulation</p> <ul style="list-style-type: none"> - Show an understanding of their feelings & begin to regulate their behaviour accordingly - Set & work towards simple goals, being able to wait for what they want & control their immediate impulses when appropriate - Give focussed attention to what the teacher says, responding appropriately even when engaged in activity, & show an ability to follow instructions involving several ideas or actions <p style="text-align: center;">Managing Self</p> <ul style="list-style-type: none"> - Be confident to try new activities & show independence, resilience & perseverance in the face of challenge - Explain the reasons for rules, know right from wrong & try to behave accordingly - Manage own basic hygiene & personal needs, including dressing, going to the toilet & understanding the importance of healthy food choices <p style="text-align: center;">Building Relationships</p> <ul style="list-style-type: none"> - Work & play cooperatively & take turns with others - Form positive attachments to adults & friendships with peers - Show sensitivity to their own & other's needs 					
Year 1	RELATIONSHIPS What is the same and different about us?	RELATIONSHIPS Who is special to us? Journey in Love	HEALTH & WELLBEING What helps us stay healthy?	LIVING IN THE WIDER WORLD What can we do with money?	HEALTH & WELLBEING Who helps to keep us safe?	LIVING IN THE WIDER WORLD How can we look after each other and the world?
Year 2	RELATIONSHIPS What makes a good friend? Journey in Love	RELATIONSHIPS What is bullying?	LIVING IN THE WIDER WORLD What jobs do people do?	HEALTH & WELLBEING What helps us to stay safe?	HEALTH & WELLBEING What helps us grow and stay healthy?	HEALTH & WELLBEING How do we recognise our feelings?

Year 3	RELATIONSHIPS How can we be a good friend? Journey in Love	HEALTH & WELLBEING What keeps us safe?	RELATIONSHIPS What are families like? Journey in Love (Y1 link)	LIVING IN THE WIDER WORLD What makes a community?	HEALTH & WELLBEING Why should we eat well and look after our teeth?	HEALTH & WELLBEING Why should we keep active and sleep well?
Year 4	HEALTH & WELLBEING What strengths, skills and interests do we have?	RELATIONSHIPS How do we treat each other with respect? Journey in Love	HEALTH & WELLBEING How can we manage our feelings?	HEALTH & WELLBEING How will we grow and change?	LIVING IN THE WIDER WORLD How can our choices make a difference to others and the environment?	HEALTH & WELLBEING How can we manage risk in different places?
Year 5	HEALTH & WELLBEING What makes up a person's identity?	LIVING IN THE WIDER WORLD What decisions can people make with money?	HEALTH & WELLBEING How can we help in an accident or emergency?	RELATIONSHIPS What will change as we become more independent? Journey in Love	HEALTH & WELLBEING How can drugs common to everyday life affect health?	LIVING IN THE WIDER WORLD What jobs would we like?
Year 6	HEALTH & WELLBEING How can we keep healthy as we grow?		LIVING IN THE WIDER WORLD How can the media influence people?		RELATIONSHIPS How do friendships change as we grow? Journey in Love	