

Key stage	Year group	Curriculum	Statutory guidance core theme	Pupils should know...	Learning objectives
KS1	YR R	Relationships Education	Families and people who care for me	An introduction to families and people who care for me	Pupils understand that 'family' means different things to different people.
KS1	YR R	Relationships Education	Caring friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends.	Pupils understand that there are similarities and differences between everyone, and can celebrate this.
KS1	YR R	Relationships Education	Respectful relationships	The importance of permission-seeking and giving in relationships with friends, peers and adults.	Pupils can recognise what they like and dislike, feeling empowered to make respectful and informed choices.

KS1	YR R	Relationships Education; Health Education	Online relationships; Internet safety and harms	An introduction to online safety. Where and how to report concerns and get support with issues online.	Pupils understand what being online may look like, the different feelings they can experience online and how to identify adults who can help.
KS1	YR R	Relationships Education	Being safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Pupils understand the concept of privacy, including the right to keep things private and the importance of respecting another person's right to privacy.

KS1	YR R	My Body		An introduction to my body	Pupils can correctly position body parts.
KS1	YR R	Health Education	Mental Wellbeing	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.
KS1	YR R	Health Education	Healthy Eating	The characteristics of a poor diet and risks associated with unhealthy eating (including for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Pupils know that different food and drink contains varying amounts of sugar, explaining why it is important to make healthier choices.

KS1	YR R	Health Education	Health and prevention	About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of handwashing.	Pupils know the importance of basic personal hygiene and understand how hand washing helps to prevent the spread of germs, bacteria and viruses.
KS1	YR R	Health Education	Basic first aid	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Pupils can explain what first aid is and why it is important.
KS1	YR 1	Relationships Education	Families and people who care for me	That families are important for children growing up because they can give love, security and stability.	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.

KS1	YR 1	Relationships Education	Caring friendships	That most friendships have ups and downs, that these can often be worked through so that the friendship is repaired or even strengthened and that resorting to violence is never right.	Pupils understand the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation.
KS1	YR 1	Relationships Education	Respectful relationships	The importance of respecting others even when they are very different from them (for example physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs.	Pupils can identify and respect differences and similarities between people and can celebrate this.

KS1	YR 1	Relationships Education/ Health Education	Online relationships/ Internet safety and harms	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	Pupils understand that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help.
KS1	YR 1	Relationships Education	Being safe	How to ask for help for themselves or others and to keep trying until they are heard and safe.	Pupils can identify the people who look after them and how to attract their attention if needed.

KS1	YR 1	My body			Pupils can correctly name the main parts of the body, including external genitalia using scientific terms
YR 1	YR 1	Health Education	Mental wellbeing	That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations.	Pupils are able to communicate about feelings, recognising how others show feelings, and know how to respond to support respectful relationships.

KS1	YR 1	Health Education	Physical health and fitness	The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active.
KS1	YR 1	Health Education	Health and prevention	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Pupils can identify different ways to protect teeth, maintaining good oral hygiene.
KS1	YR 1	Health Education	Basic first aid	How to make a clear and efficient call to emergency services if necessary.	Pupils understand how to identify risk, keeping themselves and others safe in an emergency situation.

KS1	YR 2	Relationships Education	Families and people who care for me	That others' families, either in school or in the wider world, sometimes look different from their family but that they should respect those differences and know that other children's families are also characterised by love and care.	Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.
KS1	YR 2	Relationships Education	Caring friendships	How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.

KS1	YR 2	Relationships Education	Respectful relationships	The importance of self-respect and how this links to their own happiness.	Pupils can recognise and celebrate their strengths and achievements, setting simple but challenging goals.
KS1	YR 2	Relationships Education/ Health Education	Online relationships/ Internet safety and harms	That sometimes people behave differently online, including by pretending to be someone they are not. Why social media, some computer games and online gaming, for example, are age restricted.	Pupils understand that people online may try to manipulate others, how this can make someone feel and how to identify and approach adults who can help.
KS1	YR 2	Relationships Education	Being safe	That each person's body belongs to them. The differences between appropriate and inappropriate or unsafe physical and other contact.	Pupils can judge what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond.

KS1	YR2	My body			Pupils can recognise how they grow and will change as they become older.
KS1	YR 2	Health Education	Health and prevention	About personal hygiene and germs including bacteria and viruses, how they are spread and treated, and the importance of handwashing. How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.	Pupils understand that some bacteria are spread and that they have the right to be protected from illness and a responsibility to protect others.

KS1	YR 2	Health Education	Mental wellbeing	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Pupils can recognise different types of teasing and bullying and understand that these are wrong and unacceptable.
KS1	YR 2	Health Education	Healthy eating	What constitutes a healthy diet (including understanding calories and other nutritional content).	Pupils know that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices.
KS1	YR 2	Health Education	Basic first aid	How to make a clear and efficient call to emergency services if necessary.	Pupils can identify an emergency situation where someone needs help quickly.

Learning outcomes	Key questions	Key words	Key stage
I can recognise the people I think of as part of my family.	What is a family? Who is in your family? How are our families similar/different?	Family; Similar; Different	KS1
I know that there are some ways that people can be the same as each other. I know that there are some ways that people can be different from each other. I feel confident to be myself.	Do boys and girls like playing with the same toys? Why do you think different people like different colours? What would it be like if we were all the same? Why is it good that we like different things?	Different; Same	KS1
I can make choices based on what I like and dislike. I have considered how to make a difficult choice, listening to other people's opinions.	How do you know if you like something? How do you know if you dislike something? Are there times when it is important to do the right thing even if it is not what you want to do?	Like; Dislike; Difficult	KS1

<p>I can explain how something online might make someone feel worried or sad. I can recognise different feelings. I can identify up to four adults in my life who can help me if I have a problem online.</p>	<p>What might someone of your age like to watch online? What might they watch it on? What can you do if you are upset or scared by something you see online?</p>	<p>Online; Worried</p>	<p>KS1</p>
<p>I know what 'private' means. I know that somethings are done in private. I know that other people need to be private sometimes.</p>	<p>Is it important to allow someone to be private sometimes? Why is it important not to do something when someone asks you to stop? Why is it important to cover some parts of our body with underwear?</p>	<p>Private; Public</p>	<p>KS1</p>

<p>I know what some parts of my body are called.</p> <p>I know what some parts of my body do.</p>	<p>Do most people's bodies have the same parts in the same places?</p> <p>Are all bodies the same shape and size?</p> <p>Do some people need help to make their bodies work better?</p>	<p>Body</p>	<p>KS1</p>
<p>I can identify comfortable and uncomfortable feelings.</p> <p>I can describe my feelings to another person.</p> <p>I can manage uncomfortable feelings.</p>	<p>What is a feeling?</p> <p>Do all feelings feel nice?</p> <p>What can you do when a feeling doesn't feel nice?</p>	<p>Feelings; Comfortable; Uncomfortable</p>	<p>KS1</p>
<p>I know that some food and drink is healthy for my body.</p> <p>I can compare quantities of sugar.</p> <p>I can identify healthy choices.</p>	<p>What is your favourite food?</p> <p>Are you sometimes asked to eat something that isn't your favourite food?</p> <p>Why is it important to eat foods that are healthy for the body?</p>	<p>Sugar; obesity;</p>	<p>KS1</p>

<p>I can identify ways to keep clean. I know when it is important to wash my hands. I know how to wash my hands.</p>	<p>What things do you use to help keep your body clean? When is it important to wash your hands?</p>	<p>Hygiene; Germs; Bacteria; Viruses</p>	<p>KS1</p>
<p>I know that first aid can help me with everyday accidents.</p>	<p>Have you ever been hurt? What happened? Can first aid only be given by adults?</p>	<p>First aid; Accident; Hurt; Illness</p>	<p>KS1</p>
<p>I can identify the people that are special to me. I understand what makes people special to each other. I know how special people look after each other and show they care.</p>	<p>Who are our special people? What makes them special to us? How do people look after each other? How can we help the people who look after us?</p>	<p>Special; Love; Care</p>	<p>KS1</p>

<p>I can actively listen to other people. I have considered ways to communicate effectively. I have identified ways I can resolve disagreement through negotiation.</p>	<p>What things are helpful when you are trying to listen to your friends? What things are helpful when you are trying to tell a friend something? How easy is it to communicate constructively when we have strong feelings and different views to our friends?</p>	<p>Communication</p>	<p>KS1</p>
<p>I know I am the same as other people. I know I am different to other people. I can celebrate the similarities and differences that people have.</p>	<p>What does it feel like to share a similarity with someone? What does it feel like to be part of a bigger group that has a similarity? How does it feel to be uniquely different?</p>	<p>Differences; Similarities; Unique</p>	<p>KS1</p>

<p>I can explain what might happen if we share a picture. I can identify the effect of people's actions online and consider ways of keeping myself and others safe. I recognise that I can be an 'upstander' by choosing not to join in.</p>	<p>What sorts of photos do you see online? What does it mean to 'share' a photo? Is it ever a good idea to share a photo online? What might happen if we share a photo?</p>	<p>Online; Worried</p>	<p>KS1</p>
<p>I know the people that can help to look after me. I have identified people I can ask for help if I need. I feel confident to ask for help.</p>	<p>What is a problem? How does it make you feel? Who can you ask for help? How does asking for help make you feel? Why do we usually feel better once we have got some help?</p>	<p>Problem; Help;</p>	<p>KS1</p>

<p>I can correctly name the main parts of the body. I know the scientific words to describe the private part of the body that boys have. I know the scientific words to describe the private part of the body that girls have.</p>	<p>Do you know if there are any differences between the body of a boy and the body of a girl?</p>	<p>Penis; Vulva</p>	<p>KS1</p>
<p>I can describe my feelings. I understand that people can react differently to their feelings. I know that all feelings are OK but some behaviours are not OK.</p>	<p>What is a feeling? What is a behaviour? Are all feelings comfortable or are some uncomfortable? Are all behaviours OK or are some behaviours not OK? Why do some people behave differently to their feelings?</p>	<p>Behaviours; Emotions; Feelings; Respect</p>	<p>YR 1</p>

<p>I know it is important to be physically active. I have identified a type of physical activity that I enjoy.</p>	<p>What is physical activity? What physical activities do you enjoy? How does your body feel when you are doing a physical activity? How do you feel after you have been physically active?</p>	<p>Physical activity; Exercise</p>	<p>KS1</p>
<p>I understand how sugar can affect teeth. I can name ways to keep teeth healthy.</p>	<p>Why is it important to brush teeth? How many times and for how long should we brush our teeth each day? Are there other things we can do to look after our teeth?</p>	<p>Oral; Hygiene; Decay</p>	<p>KS1</p>
<p>I can identify dangers by looking and listening. I can decide if an area is safe. I can help someone without risk to myself.</p>	<p>Why is it important to look after yourself even if someone else is hurt?</p>	<p>Risk; Safe; Emergency services</p>	<p>KS1</p>

<p>I know that I am uniquely special. I know that there are lots of different types of families I understand that there are many different types of positive love.</p>	<p>What is the best thing about being a part of your family? In what ways are our families different and special?</p>	<p>Different; Special; Unique; Love; Care</p>	<p>KS1</p>
<p>I know what a secret is. I know what a surprise is. I can tell someone if I am asked to keep something a secret that makes me feel uncomfortable , worried or afraid.</p>	<p>Are surprises usually nice or fun? How does it feel if someone plans a surprise for you? Are secrets nice or fun? How does it feel if someone asks you to keep a secret?</p>	<p>Secret; Surprised; Excited; Worried</p>	<p>KS1</p>

<p>I have considered my self-esteem. I can recognise and celebrate my strengths. I have set a goal for myself.</p>	<p>Can you describe a time you have felt proud of yourself? Is that feeling stronger when you have worked harder for it?</p>	<p>Self-esteem; S</p>	<p>KS1</p>
<p>I can identify what personal information is and the importance of not sharing this. I can recognise different feelings I might encounter online and how my body might tell me something 'doesn't feel right'.</p>	<p>What online games do you know about? Can you meet other people on the games? Do you always know who they are and if they are nice people or not?</p>	<p>Online games; Personal information</p>	<p>KS1</p>
<p>I know that there are different types of touch. I understand that people need different types of space. I understand that some touches are unsafe and know how to respond to these.</p>	<p>What different types of touch can you think of? Are all types of touch OK? How do you know if someone is OK with how you touch them? How can you tell someone if you are not OK with how they touch you?</p>	<p>Touch; comfortable; uncomfortable; privacy; personal space</p>	<p>KS1</p>

<p>I know how a baby grows. I know how I have grown and changed. I know how I might change as I grow older.</p>	<p>What things can a new-born baby do? What things can you do now that you could not do when you were born? What things are you looking forward to being able to do when you are older?</p>	<p>New-born; Developing; Growing</p>	<p>KS1</p>
<p>I know some ways that bacteria are spread. I know some ways I can protect myself and others from illness.</p>	<p>Have you ever been unwell after being near someone who was also unwell? How long were you unwell for? Did you miss out on anything nice because you were unwell? How did you feel about this?</p>	<p>Disease; Bacteria; Infectious</p>	<p>KS1</p>

<p>I know what bullying is. I have considered how bullying can make someone feel. I know what to do if I am bullied or see someone else being bullied.</p>	<p>How might someone feel if someone is unkind to them? How might someone feel if someone is, or lots of people are, unkind to them lots of times? What is bullying? What types of bullying are there?</p>	<p>Bullying; Power imbalance; Repetitive; Purpose.</p>	<p>KS1</p>
<p>I know that some food and drink is healthy for my body. I can use data to work out healthy choices. I can explain why it is important to make healthy choices.</p>	<p>What is your favourite food? Are you sometimes asked to eat something that isn't your favourite food? Why is it important to eat foods that are healthy for the body?</p>	<p>Sugar; Saturat</p>	<p>KS1</p>
<p>I can recognise when to get adult help. I know how to call 999 and what to say to the operator.</p>	<p>What is an 'emergency situation'? Why is it important to get adult help? Why does it help to stay as calm as possible in an emergency?</p>	<p>Risk; Safe; Emergency services</p>	<p>KS1</p>