

Disciplinary knowledge To develop an understanding of the world around us children need to									
Foundation Stage									
Keeping/Staying Safe	Keeping/Staying Healthy	Relationships	Being Responsible	Feelings and Emotions	Computer and Online Safety	Our World	Change and Transition		
<ul style="list-style-type: none">Identifying risks to keep ourselves and others safeUnderstand that rules help to keep ourselves and others safe	<ul style="list-style-type: none">Develop an understanding of the importance of making healthy choices (for example: health, allergies, diet, sleep, screentime, germs, oral health)	<ul style="list-style-type: none">Managing friendships and social interactionsBeing aware of our own needs and having empathy for and understanding of others	<ul style="list-style-type: none">Understand that sometimes we have to do things that we don't like doingDeveloping a sense of responsibility	<ul style="list-style-type: none">Understanding emotionsDevelop strategies for managing feelingsUnderstand that it is OK to ask for help	<ul style="list-style-type: none">Understand the risks and how to stay safe when using technology	<ul style="list-style-type: none">Understand similarities and differencesIdentify people who help us in our local communityRespecting the local environment	<ul style="list-style-type: none">Managing new experiencesTaking on new challengesBuilding confidenceManaging changes at home		
5-8 Modules									
Year Group	Keeping/Staying Safe	Keeping/Staying Healthy	Relationships	Being Responsible	Feelings and Emotions	Computer Safety	Our World	Hazard Watch	Fire Safety
1	<ul style="list-style-type: none">Understand why it is important to stay safe when crossing the roadBe able to recognise a range of safe places to cross the roadUnderstand the differences between safe and risky choicesKnow different ways to help us stay safe	<ul style="list-style-type: none">Understand why we need to wash our handsKnow how germs are spread and how they can affect our healthBe able to practise washing your handsKnow the differences between healthy and unhealthy choices	<ul style="list-style-type: none">Understand how to be a good friendBe able to recognise kind and thoughtful behavioursUnderstand the importance of caring about other people's feelingsBe able to see a situation from another person's point of view	<ul style="list-style-type: none">Know how you can help people around youUnderstand the types of things you are responsible forKnow how and understand the importance of preventing accidentsBe able to recognise the differences between being responsible and being irresponsible	<ul style="list-style-type: none">Be able to recognise and name emotions and their physical effectsKnow the difference between pleasant and unpleasant emotionsLearn a range of skills for coping with unpleasant/uncomfortable emotionsUnderstand that feelings can be communicated with and without words	<ul style="list-style-type: none">Understand how your online activity can affect othersBe able to identify the positives and negatives of using technologyKnow who and how to ask for helpBe able to recognise kind and unkind comments	<ul style="list-style-type: none">Understand the needs of a babyBe able to recognise what you can do for yourself now you are olderBe able to describe the common features of family lifeBe able to recognise the ways in which your family is special and unique	<ul style="list-style-type: none">Know what items are safe to play with and what items are unsafe to play withBe able to name potential dangers in different environmentsKnow what food and drink items are safe or unsafe to eat or drinkBe able to name dangers that can affect others, for example younger siblings	<ul style="list-style-type: none">Understand the importance of being responsible and how our actions/choice can affect othersKnow what a 'hoax call' is and why it can be riskyUnderstand why our emergency services are an important part of our communityBe able to show my knowledge of fire safety to others
2	<ul style="list-style-type: none">Know the reasons to make sure your laces are tiedLearn how to tie up laces properlyKnow rules to keep yourself and others safeUnderstand the differences between safe and risky choices	<ul style="list-style-type: none">Know that food is needed for our bodies to be healthy and to growUnderstand that some foods are better for good health than othersBe able to list different types of healthy foodUnderstand how to keep yourself and others healthyKnow the differences between healthy and unhealthy choices	<ul style="list-style-type: none">Be able to name a range of feelingsUnderstand why we should care about other people's feelingsBe able to see and understand bullying behavioursKnow how to cope with these bullying behavioursBe able to recognise and name a range of feelingsUnderstand that feelings can be shown without words	<ul style="list-style-type: none">Be able to name ways you can improve in an activity or sportUnderstand the importance of trying hard and not giving upBe able to see the benefits of practising an activity or sportBe able to learn ways to set goals and work to reach themKnow how you can help other people	<ul style="list-style-type: none">Be able to recognise and name emotions and their physical effectsKnow the difference between pleasant and unpleasant emotionsLearn a range of skills for coping with unpleasant/uncomfortable emotionsUnderstand that feelings can be communicated with and without wordsBe able to recognise and name emotions and their physical effectsKnow the difference between pleasant and unpleasant emotionsLearn a range of skills for coping with unpleasant/uncomfortable emotions	<ul style="list-style-type: none">Understand how your online actions can affect othersBe able to name the positive and negative ways you can use technologyKnow the risks of sharing images without permissionUnderstand the types of images that you should and should not post onlineUnderstand how your online activity can affect othersBe able to identify the positives and negatives of using technologyKnow who and how to ask for helpBe able to list rules for keeping and staying safe	<ul style="list-style-type: none">Understand why we should look after living thingsBe able to identify how we can look after living things both inside and outside of the homeRecognise why it is important to keep our communities and countryside cleanBe able to encourage others to help keep their communities		<ul style="list-style-type: none">Understand the importance of being responsible and how our actions/choices can affect othersBe able to practise simple ways of staying safe and finding helpKnow that even small fires can be very dangerousBe able to identify the differences between safe and risky choicesUnderstand how our actions and choices can affect others

		<ul style="list-style-type: none"> Understand why we need to brush our teeth Be able to practise brushing your teeth Know the differences between healthy and unhealthy choices Be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy. 	<ul style="list-style-type: none"> Be able to see a situation from another person's point of view Understand why it is important to care about other people's feelings 	<ul style="list-style-type: none"> Be able to recognise kind and thoughtful behaviours and actions Understand the risks of talking to people you don't know very well in the community Be able to identify the differences between being responsible and being irresponsible 	<ul style="list-style-type: none"> Understand that feelings can be communicated with and without words 		<p>and countryside clean</p> <ul style="list-style-type: none"> Understand different ways we can receive money Know how to keep money safe Be able to describe the skills you may need in a future job or career Be able to recognise the differences between wants and needs 		<ul style="list-style-type: none"> Be able to recognise how drivers can be distracted Know how to help others stay safe Be able to describe the differences between safe and risky choices
3	<ul style="list-style-type: none"> Know ways to keep yourself and others safe Be able to recognise risky situations Be able to identify trusted adults around you Understand the differences between safe and risky choices Be able to recognise a range of warning signs Be able to spot the dangers we may find at home Know the importance of listening to our trusted adults Be able to understand ways we can keep ourselves and others safe at home Know the differences between safe 	<ul style="list-style-type: none"> Know, understand, and be able to practise simple safety rules about medicine Understand when it is safe to take medicine Know who we can accept medicine from Understand the differences between healthy and unhealthy choices 	<ul style="list-style-type: none"> Understand the difference between appropriate and inappropriate touch Know why it is important to care about other people's feelings Understand personal boundaries Know who and how to ask for help Be able to name human body parts 	<ul style="list-style-type: none"> Understand the differences between borrowing and stealing Be able to describe how you might feel if something of yours is borrowed and not returned Know why it is wrong to steal Be able to understand the differences between being responsible and irresponsible 	<ul style="list-style-type: none"> Be able to recognise and name emotions and their physical effects Know the difference between pleasant and unpleasant emotions Learn a range of skills for coping with unpleasant/uncomfortable emotions Understand that feelings can be communicated with and without words 	<ul style="list-style-type: none"> Be able to identify possible dangers and consequences of talking to strangers online Know how to keep safe in online chatrooms Be able to name the positives and negatives of using technology Understand the difference between safe and risky choices online 	<ul style="list-style-type: none"> Be able to explain the meaning of reduce, reuse, and recycle Recognise how we can help look after our planet Be able to identify how to reduce the amount of water and electricity we use Understand how we can reduce our carbon footprint 		

	and risky choices								
8-11 Modules									
Year Group	Keeping/Staying Safe	Keeping/Staying Healthy	Growing and Changing	Being Responsible	Feelings and Emotions	Computer Safety	The Working World	A World Without Judgement	First Aid
4	<ul style="list-style-type: none"> Identify strategies we can use to keep ourselves and others safe Recognise the impact and possible consequences of an accident or incident Identify what is a risky choice Create a set of rules for and identify ways of keeping safe 	<ul style="list-style-type: none"> Explain what is meant by a balanced diet and plan a balanced meal Recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older Understand nutritional information on packaged food and explain what it means Describe different ways to maintain a healthy lifestyle 	<ul style="list-style-type: none"> Identify the different types of relationships we can have and describe how these can change as we grow Explain how our families support us and how we can support our families Identify how relationships can be healthy or unhealthy Explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable 	<ul style="list-style-type: none"> Recognise the importance of behaving in a responsible manner in a range of situations Describe a range of situations where being on time is important Explain the importance of having rules in the home Describe ways that behaviour can be seen to be sensible and responsible 	<ul style="list-style-type: none"> Recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good Describe how we can support others who feel lonely, jealous, or upset Recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as loneliness and jealousy 	<ul style="list-style-type: none"> Recognise the key values that are important in positive online relationships Identify the feelings and emotions that may arise from online bullying Develop coping strategies to use if we or someone we know is being bullied online Identify how and who to ask for help 	<ul style="list-style-type: none"> Identify ways in which we can help those who look after us Explain the positive impact of our actions Describe the ways in which we can contribute to our home, school, and community Identify the skills we may need in our future job roles 	<ul style="list-style-type: none"> Recognise positive attributes in others Explain why being different is okay Recognise your own strengths and goals, and understand that these may be different from those around you Identify some of the ways we can overcome barriers and promote equality 	<ul style="list-style-type: none"> How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. How to ask for advice or help for themselves or others, and to keep trying until they are heard. How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
5	<ul style="list-style-type: none"> Identify strategies we can use to keep ourselves and others safe Recognise ways to manage peer pressure Explain the potential outcomes that may happen when we take risks Recognise the impact and possible consequences of an accident or incident 	<ul style="list-style-type: none"> Explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. Describe how smoking can affect your immediate and future health and wellbeing Give reasons why someone might start and continue to smoke Identify and use skills and strategies to 	<ul style="list-style-type: none"> Explain what puberty means Describe the changes that boys and girls may go through during puberty Identify why our bodies go through puberty Develop coping strategies to help with the different stages of puberty Identify who and what can help us during puberty 	<ul style="list-style-type: none"> Recognise why we should take action when someone is being unkind Describe caring and considerate behaviour, including the importance of looking out for others Demonstrate why it is important to behave in an appropriate and responsible way Identify how making some choices can impact others' lives in a negative way 	<ul style="list-style-type: none"> Recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant Explain how feelings can be communicated with or without words Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger 	<ul style="list-style-type: none"> List reasons for sharing images online Identify rules to follow when sharing images online Describe the positive and negative consequences of sharing images online Recognise possible influences and pressures to share images online 	<ul style="list-style-type: none"> Understand and explain why people might want to save money Identify ways in which you can help out at home Budget for items you would like to buy Recognise ways to make money and the early stages of enterprise 	<ul style="list-style-type: none"> Identify some of the ways in which we are different and unique Explain some of the elements which help us to have a diverse community Describe strategies to overcome barriers and promote diversity and inclusion 	<ul style="list-style-type: none"> Where to get advice e.g. family, school and/or other sources. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions

		resist any pressure to smoke							(including issues arising online)
6	<ul style="list-style-type: none"> Identify a range of danger signs Develop and name strategies that can help keep ourselves and others safe Recognise the impact and possible consequences of an accident or incident 	<ul style="list-style-type: none"> Identify what is a risky choice Identify the risks associated with alcohol Describe how alcohol can affect your immediate and future health Develop and recognise skills and strategies to keep safe Understand the difference between 'legal' and 'illegal' drugs 	<ul style="list-style-type: none"> Explain the terms 'conception' and 'reproduction' Describe the function of the female and male reproductive systems Identify the various ways adults can have a child Explain various different stages of pregnancy Identify the laws around consent 	<ul style="list-style-type: none"> Explain what consent means Recognise the importance of being honest and not stealing Explain why it is important to have a trusting relationship between friends and family Identify how making some choices can impact others' lives in a negative way 	<ul style="list-style-type: none"> Recognise our thoughts, feelings, and emotions Identify how we can reduce our feeling of worry Explain how we can support others who feel worried Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people 	<ul style="list-style-type: none"> List the key applications that we may use now and in the future Know and understand why some applications have age restrictions Identify ways to keep yourself and others safe in a range of situations online and offline Recognise that people may not always be who they say they are online 	<ul style="list-style-type: none"> Know and understand various money-related terms Recognise some of the ways in which we can spend money via technology Describe the potential impact of spending money without permission Identify strategies to save money 	<ul style="list-style-type: none"> Understand that there are a wide range of religions and beliefs in the UK Explain each of the British values Create a range of values for your educational setting Explain how all religions can live in cohesion 	