



ELG & National Curriculum Subject Content	EYFS: Early Learning Goal: Personal, Social and Emotional Development: Self-Regulation ELG <ul style="list-style-type: none">Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Managing Self ELG <ul style="list-style-type: none">Explain the reasons for rules, know right from wrong and try to behave accordingly.Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Building Relationships ELG <ul style="list-style-type: none">Work and play cooperatively and take turns with others.Form positive attachments to adults and friendships with peers.Show sensitivity to their own and to others' needs.			Pupils should be taught these topics in an age appropriate way by the end of KS1: <ul style="list-style-type: none">Families and people who care for usCaring FriendshipsOnline FriendshipsRespectful RelationshipsMental WellbeingPhysical Health and FitnessBeing SafeHealth EatingInternet Safety and HarmsHealth and PreventionBasic First AidDrugs, Alcohol and TobaccoChangings Adolescent Body For more information please see: Relationships Education, Relationships and Sex Education and Health Education guidance rb.gy/vav14		
	Year R Autumn 1 Me and My Relationships	Year R Autumn 2 Valuing Difference	Year R Spring 1 Keeping Myself Safe	Year R Spring 2 Rights and Respect	Year R Summer 1 Being my Best	Year R Summer 2 Growing and Changing
	I can recognise and be sensitive to the differences of others I can name people who help me and describe ways to help others	I can talk about our differences. I can talk about my family life. I can listen and be polite to what	I can tell you what my body needs to stay healthy. I can make safe decisions around medicines and things I don't know.	I know when my friends and family need help. I know how to help my family and friends.	I can keep trying if the way I choose doesn't work. I can talk about the different types of feelings we have.	I can describe the life cycle of an animal. I can describe how a baby grows to an adult and what they might need.

	<p>I can talk about feelings and what can cause them</p> <p>I can tell you which adults I can ask for help</p> <p>I can help a friend if I am worried or sad</p>	<p>others tell me about their lives.</p> <p>I can be kind, caring and helpful to others.</p> <p>I can show good listening</p>	<p>I can name some things that can be dangerous inside and outside.</p> <p>I can tell you what is safe to play online and who to talk to if I feel worried.</p> <p>I can name the adults who keep me safe and when I might need their help.</p>	<p>I can help to clean and tidy my home and classroom.</p> <p>I can tell you some ways to look after our world.</p> <p>I can be kind to friends and others.</p> <p>I can talk about what money is for.</p>	<p>I can have a go at something new.</p> <p>I can make my own healthy food choices.</p> <p>I can make healthy sleep and exercise choices.</p>	<p>I can tell you some things about how babies are made.</p> <p>I can tell you the scientific names for my body parts.</p> <p>I can tell you the PANTS rule.</p>
Key Vocabulary	Special, practice, effort, same, different, favourite, family, help, people, friends, feelings, happy, sad, emojis, kind, helpful	Special, likes, dislikes, favourite, same, different, kind, unkind, family, home, kindness, new friend, friendship	Keep clean, keep safe, sleep, water, food, fresh air, medicine, cuddle, chemist, doctor, grown up, safe, unsafe, detective, tummy feelings, uncomfortable, worried, tell adult, trust, address	Family, look after, help each other, be alone, friends, working together, responsibility, helpful, caring, environment, litter, electricity, pollution, recycling, money, shop, buy, cost, pay, save, safe place	Bounce back, encourage, try again, try, food, energy, grow, dairy, healthy, fruit, vegetable, exercise, sleep, wash, heart, muscles, calm, routine	Seasons, Spring, Summer, Autumn, Winter, cycle, growing, life cycles, baby, child, teenager, adult, old age, family, love, care, private parts, penis, vulva

Year 1

	Year 1 Autumn 1 Me and My Relationships	Year 1 Autumn 2 Valuing Difference	Year 1 Spring 1 Keeping myself Safe	Year 1 Spring 2 Rights and Respect	Year 1 Summer 1 Being My Best	Year 1 Summer 2 Growing and Changing
	I can name different feelings and how they might make me behave.	I can say ways in which people are similar as well as different.	I can talk about the things my body needs to stay well exercise, sleep, healthy foods)	I can name ways to look after my home, school and environment.	I know what foods are healthy and how they help our bodies.	I know what I need to help to keep my body healthy (e.g. exercise, sleep, food, water, air,

	<p>I can suggest ways of dealing with 'not so good' feelings and how to help others.</p> <p>I can recognise when I need help and who to ask.</p> <p>I can listen to others and wait my turn to speak.</p> <p>I can tell you which trusted adults at home and school keep me safe.</p>	<p>I know what fair, unfair, kind and unkind means</p> <p>I know the meaning of the words, unkind, teasing and bullying and can explain the difference.</p>	<p>I can say what I can do if I have strong, but not so good feelings, to help me stay safe</p> <p>I can say 'no' to unwanted touch and ask for help from a trusted adult.</p> <p>I can say when medicines can be helpful or might be harmful.</p> <p>I can tell you how to stay safe around medicine.</p>	<p>I can look after a special person or thing.</p> <p>I can tell you some things that money is spent on.</p> <p>I can get help if someone has hurt themselves e.g call 999.</p> <p>I know the meaning of the words behaviour.</p>	<p>I know it is important to eat five portions of fruit/vegetables a day.</p> <p>I know why it is important to wash our hands.</p> <p>I know what I can do to stop the spread of infectious diseases.</p> <p>I can show perseverance when learning a new skill.</p> <p>I can name a few different ideas of what I can do if I find something difficult.</p> <p>I can explain why praise helps me.</p>	<p>keeping myself clean).</p> <p>I can tell you some of the changes that I have been through since I was a baby or a toddler.</p> <p>I am beginning to understand the difference between bullying and teasing</p> <p>I know the difference between a nice surprise and a secret</p> <p>I can name the body parts girls and boys have different.</p> <p>I can name the adults I can talk to at home and school if I need help.</p>
Key Vocabulary	Rules, safe, responsibility, work together, feelings,	Same, difference, different, respect,	Sleep, rest, grow, tired, feelings, worried,	Hygiene, routine, clean, environment,	Dairy, protein, fruit vegetables, vitamin,	Caring, love, attention, change,

	body language, emotions, support, behaviour, hurt, heal, family, special people, friendship, making up, listening	unkind, unkindness, tease, bully, bullying, behaviour, rules, safe, fair, special people, qualities, feelings, unfair	nervous, scared, support, unsafe, feelings, emotions, lost, loss, medicine, safe, harmful, responsibility, privates, trust, private Energy, food, water, air, oxygen, exercise, sleep, healthy, dairy, fruit, vegetables, sugar, salt, cereal, meat,	responsibility, needs, responsible, rules, money, cost, bills, spending, afford, bank, coin, note, worth, saving, safe, first aid, risk, accident, danger, hazard, kettle, safe, burn, scald, accident, emergency,	portion, meat, sugar, salt, cereal, starchy, healthy, germs, disease, hygiene, routine, clean spread, learning, practice, make mistakes, confidence, achievement, praise, support, feedback, encourage, feelings, behaviour, promise, consequences, special people, organ, heart, lungs, intestines, brain, stomach, oxygen, digested.	growing, unkind, unkindness, tease, teasing, bully, bullying, witness, experience, getting help, surprise, secret, uncomfortable, privates, private, penis, vulva, hygiene
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Year 2

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	<p>I know and can talk about my classroom rules.</p> <p>I understand we have different ways to express our feelings and I can identify these feelings.</p>	<p>I know how I could help myself or others if I/they was/were being left out.</p> <p>I can be respectful of</p>	<p>I can keep myself safe around medicines. I can explain that they can be helpful or harmful, and say how they can be used safely.</p>	<p>I can make choices that help me play and work well with others.</p> <p>I can use some strategies when I feel upset or angry.</p>	<p>I can explain the different stages of the learning line and where I am during given activities.</p> <p>I know how to wash my hands</p>	<p>I can give support to a friend.</p> <p>I can describe feelings of loss and suggest what someone can do if a friend moves away.</p>

	<p>I can express my feelings in a safe, controlled way.</p> <p>I know ways that I can get help, if I am being bullied and what I can do if someone teases me.</p> <p>I know what makes a good friend and can describe how I try to be a good friend.</p> <p>I know the difference between bullying and unkind behaviour and can give examples of these.</p>	<p>those who are different to me.</p> <p>I know how someone can change someone's feelings.</p> <p>I know how to be a good listener and why it is important.</p> <p>I can be kind and use kind words to my friends.</p> <p>I know who is special to me and why to me and why?</p>	<p>I can say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe.</p> <p>I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong.</p> <p>I can give examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.</p>	<p>I can ask for help from a trusted adult.</p> <p>I know the number to ring in an emergency.</p> <p>I can name some ways I can look after my environment.</p> <p>I can make choices with money.</p> <p>I know the basic rules to keep safe online, including what is meant by personal information and what should be kept private.</p> <p>I know the importance of telling a trusted adult if I come across something that scares me online.</p>	<p>properly and can explain how this stops viruses and germs from spreading.</p> <p>I can give examples of what I can do and give to my body to stay healthy.</p> <p>I can name different parts of my body that are <i>inside</i> me and what they do.</p> <p>I know how to make a clear and efficient call to the emergency services.</p>	<p>I can describe the stages of growth I have been through and what I look forward to in my future.</p> <p>I can name the human private parts that are used to make a baby.</p> <p>I know what privacy means and the difference between private parts, private information and private belongings.</p> <p>I can talk about keeping private parts private.</p> <p>I know what consent means</p>
Key Vocabulary	Happy, safe, caring, friendly, rules, feelings, showing feelings, help, bullying, teasing, repeated, regular, don't do that, friendship	Unique, respect, feelings, behaviour, calm, aggressive, solve, special people, help, cooperate, kind, unkind, kindness,	Sleep, medicines, safety, safe, unsafe, feelings, worried, getting help, touch, uncomfortable, hurt, surprise, secret, tell.	Responsibility, help, share, take turns, listen, feelings, control, erupt, safe, unsafe, uniform, ask for help, environment, money, spending, saving	Practice, encourage, goal, achieve, challenge, choose, choices, healthy, unhealthy, vaccination, injection, disease,	Help, support, supportive, change, loss, feelings, emotions, frightened, nervous, growing, food, rest, sleep, learning,

		listening, being listen to, listen, problem			hygiene, germs, teeth, dental, oxygen, water, food, exercise, rest, brain, heart, lungs, stomach, small intestine, large intestine	care, unique, special, penis, testicles, vulva, nipples, genitals, private, privacy, consent, permission, first aid, risk, accident, danger, hazard, kettle, safe, burn, scald
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