



KS1 Overview

Cycle A YEAR 1 STRANDS								
Autumn: Core 2 RELATIONSHIPS			Spring: Core 3 LIVING IN THE WIDER WORLD			Summer: Core 1 HEALTH AND WELLBEING		
Families and Friendships	Safe Relationships	Respecting Ourselves and others	Belonging to a Community	Community Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
R1 R2 R3 R4 R5	R10 R13 R15 R16 R17	R21, R22	L1 L2 L3	L7 L8	L14 L16 L17	H1 H2 H3 H5 H8 H9 H10	H11 H12 H13 H14 H15 H21 H22 H23 H24	H28 H34
R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for R3. about different types of families including those that may be different to their own R4.	R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private R15. how to respond safely	R21. about what is kind and unkind behaviour, and how this can affect others R22. about how to treat themselves and others with respect; how to be polite and courteous	L1. about what rules are, why they are needed, and why different rules are needed for different situations L2. how people and other living things have different needs; about the responsibilities of caring for them L3. about things they can do to help look after	L7. about how the internet and digital devices can be used safely to find things out and to communicate with others L8. about the role of the internet in everyday life	L14. that everyone has different strengths L16. different jobs that people they know or people who work in the community do L17. about some of the strengths and interests someone might need to do different jobs	H1. about what keeping healthy means; different ways to keep healthy H2. about foods that support good health and the risks of eating too much sugar H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday H5. simple hygiene routines that can stop germs from spreading H8. how to keep safe in the sun and protect skin from sun damage H9. about different ways to	H11. about different feelings that humans can experience H12. how to recognise and name different feelings H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling H15. to recognise that not everyone	H28. about rules and age restrictions that keep us safe H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them

to identify common features of family life R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worries	to adults they don't know R16. about how to respond if physical contact makes them feel uncomfortable or unsafe R17. about knowing there are situations when they should ask for permission and also when their permission should be sought		their environment			learn and play; recognising the importance of knowing when to take a break from time online or TV H10. about the people who help us to stay physically healthy	feels the same at the same time, or feels the same about the same things H21. to recognise what makes them special H22. to recognise the ways in which we are all unique H23. to identify what they are good at, what they like and dislike H24. how to manage when finding things difficult	
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KS1 Overview

Cycle B COVERING YEAR 2 STRANDS								
Autumn Term: Core 2 RELATIONSHIPS			Spring Term: Core 3 LIVING IN THE WIDER WORLD			Summer Term: Core 1 HEALTH AND WELLBEING		
Families and Friendships	Safe relationships	Respecting Ourselves and others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
R6, R7 R8, R9, R24	R11, R12, R14, R18, R19, R20	R23, R24, R25	L2, L4, L5, L6	L8, L9	L10, L11, L12, L13, L15	H4, H6, H7, H16, H17, H18, H19, H20	H20, H25, H26, H27	H29, H30, H31, H32, H33, H35, H36, H27
R6. How people make friends and what makes a good friendship R7. How to recognise when they or someone else feels lonely and what to do R8. Develop simple strategies to resolve arguments between friends positively R9. How to ask for help if a friendship is making them feel unhappy R24. how to listen to other people and play and work cooperatively	R11. How people may feel if they experience hurtful behaviour or bullying R12. That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult R14. That sometimes people may behave differently online, including by pretending to be someone they are not. R18. the importance of not	R23. To recognise the ways in which they are the same and different to others R24. How to listen to other people and play and work cooperatively R25. How to talk about and share their opinions on things that matter to them	L2. How people and other living things have different needs; about the responsibilities of caring for them L4. How the different groups they belong to L5. How the different roles and responsibilities people have in their community	L8. How the role of the internet in everyday life L9. That not all information seen online is true	L10. What money is; forms that money comes in; that money comes from different sources L11. That people make different choices about how to save and spend money L12. The difference between needs and wants; that sometimes people may not always be able to have the things they want	H4. Why sleep is important and different ways to rest and relax H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy H7. About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health H16. About ways of sharing feelings; a	H20. About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) H26. About growing	H27. About preparing to move to a new class/year group H28. About rules and age restrictions that keep us safe H29. To recognise risk in simple everyday situations and what action to take to minimise harm H30. About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) H31. That household products (including medicines) can be

	<p>keeping adults' secrets (only happy surprises that others will find out about eventually) R19. Understand basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe R20. What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard.</p>		<p>L6. To recognise the ways they are the same as, and different to, other people</p>		<p>L13. That money needs to be looked after; different ways of doing this L15. that jobs help people to earn money to pay for things</p>	<p>range of words to describe feelings H17. About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good H19. To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it H20. About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>	<p>and changing from young to old and how people's needs change H27. about preparing to move to a new class/year group</p>	<p>harmful if not used correctly H32. Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely H33. About the people whose job it is to help keep us safe H35. About what to do if there is an accident and someone is hurt H36. How to get help in an emergency (how to dial 999 and what to say</p>
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