



	Health and Wellbeing	Relationships	Living in the Wider World
Reception	Same, different, healthy, unhealthy, exercise, rules, safe, wash hands, clean, germs	Happy, sad, excited, nervous, angry, worried, family	Jobs, money, rules, coins, buy, cost, pay, recycling, littering
Year 1	<p>What helps us to stay healthy? hygiene, medicines, healthy, germs, routine, dentist, doctor</p> <p>Who helps us to keep safe? community, emergency, worried, secure, family, care, Police.</p>	<p>Who is special to us? special, care, family, worried, different, same, belong, together, love</p> <p>What is the same and different about us? feelings, same, different, valued, bodies, ourselves, others, boy, girl, male, female, body parts & private parts, penis, vagina,</p>	<p>What can we do with money? money, buy & sell, earn, gift, pounds, receive, save and spend, choice.</p> <p>How can we look after each other and the world? behaviour, polite, responsibility, environment, feelings, local, global, care, change, kind, religions, symbol.</p>
Year 2	<p>What helps us to stay safe? Rules, restrictions, safe, medicine, pressure, concerns, avoid, remove, trustworthy, pedestrian, cyclist</p> <p>What helps us grow and stay healthy? healthy, activity, rest, safety, precautions, dental</p> <p>How do we recognise our feelings? feelings, emotions, loss, trust</p>	<p>What is bullying? behaviour, words, actions, permission, physical contact, uncomfortable, unsafe, name-calling, teasing, excluding, bullying, report.</p> <p>What makes a good friend? friendships, lonely, feelings, resolve, arguments</p>	<p>What jobs to people do? earn, money, jobs, community, strengths, interests, internet, digital, devices</p>
Year 3	<p>What keeps us safe? risk, rules, restrictions, safe, protected, permission, pressure, hygiene, medicines, allergies, routines, injuries, emergency</p> <p>Why should we eat well and look after our teeth? vegetarians, dentist, teeth, decay, balanced diet, food groups, hygiene, oral hygiene,</p> <p>Why should we keep active and sleep well? physical activity, mental well-being, active, sleep, lack, exercise, balance, support</p>	<p>How can we be a good friend? mutual respect, healthy friendship, wellbeing, exclude, personal boundaries, resolve,</p> <p>What are families like? relationships, parents, family, single, same-sex, step, blended, foster, adoptive, celebrations, holidays, advice</p>	<p>What makes a community? family, member, belong, different, same, ethnicity, religion, culture, respect, community, diverse</p>



<p>Year 4</p>	<p>How can we manage our feelings? feelings, emotion, intensity, expression, manage, circumstances, grief, support, proportionate, behaviour, bereavement</p> <p>How can we manage risk in different places? feelings, risk, manage, environment, familiar locations, influence, peers, behaviour, online safety, concerns, inappropriate online content, rules, restrictions, laws</p> <p>What strengths, skills and interests do we have? strengths, skills, interests, personal qualities, individuality, self-worth, achievements, goals, set-backs, mistakes</p> <p>How can we help in an accident or emergency? first aid, accident, emergency, injury, seeking adult help, calm, clear, emergency services</p>	<p>How do we treat each other with respect? behaviour, online, polite, courteous, respect, rights & responsibilities, privacy, exclusion, disrespect, discrimination, inclusion, aggressive or inappropriate behaviour,</p>	<p>How can our choices make a difference to others and the environment? responsibility, wider world, difference, environment, Fairtrade, care, concern, compassion, personal, charity</p>
<p>Year 5</p>	<p>What makes up a person's identity? difference, similarity, diversity, respect, tolerance, unique, quality, race, religion, gender, culture, admire, accepting, belonging, connected, stereotype</p> <p>How will we grow and change? puberty, menstruation, well-being, personal hygiene, emotions, relationships, physical changes, emotional changes, mood swings, depression, elation</p> <p>How can drugs common to everyday life affect health? legal, illegal, tobacco, alcohol, substance, prescription, stimulant, analgesic, hallucinogenic, caffeine, overdose, poisonous, dangerous, psychological, addictive, addiction</p>	<p>How can friends communicate safely? friend, friendship, relationship, benefit, challenge, appropriate, inappropriate, technology, social media, pressure, risk, safety, independence, trust</p>	<p>What decisions can people make with money? Money, investment, risk, value, money, retailer, influence, budget, priorities, earnings, afford, savings, credit cards, current accounts, loans, occupation, salary,</p> <p>What jobs would we like? stereotyping, gender, equality, perceive, attributes, skills, qualities, aspiration, challenge assumptions, voluntary, professional, manual, clerical, agricultural, qualifications, wage, salary, ambition, career</p>
<p>Year 6</p>	<p>How can we keep healthy as we grow? mental health, physical health, community, support, well-being, balance, benefit, affect, strategy, habit, healthy/unhealthy, recognise, problems, trust, difficulties, exposure, legal and illegal drugs, age restrictions.</p>	<p>What will change as we become more independent? How do friendships change as we grow? relationships, different, love, gender, ethnicity, marriage, partnership, childhood, adulthood, independent, responsibilities, commitment, attraction, consent</p>	<p>How can the media influence people? media, influence, positive, negative, role-model, , opinions, fact, online, media, blog, review, advert, unsafe, suspicious content, report, interest, digital resilience, manipulated, ranked information, fake news, misleading, marketing, gambling</p>

