

Core theme 1: Health and Wellbeing**Pupils learn...**

H1. about 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
H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
H8. how to keep safe in the sun and protect skin from sun damage
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 how others might be feeling
H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things
H16. about ways of sharing feelings; a range of words to describe feelings
H17. about things that help people feel good
H18. different things they can do to help 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
H21. to recognise what makes them feel special
H22. to recognise the ways in which we are all unique
H23. to identify what they are all good at, what they like and dislike
H24. how to manage when finding things difficult
H25. to name the main parts of the body including external genitalia (e.g., vulva, vagina, penis, testicles)
H26. about growing and changing from young to old and how people's needs change
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
H32. ways to keep safe in familiar and unfamiliar environments and how to cross the road safely
H33. about the people whose job it is to help keep us safe
H34. basic rules to help 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
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)

Core theme 2: Relationships**Pupils learn...**

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
R5. that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried
R6. about how people make friends and what makes a good friendship
R8. simple strategies to resolve arguments between friends positively
R9. how to ask for help if a friendship is making them feel unhappy
R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online
R11. about 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
R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private
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
R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)
R19. 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; the importance to keep trying until they are heard
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
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

Core theme 3: Living in the wider world**Pupils learn...**

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 out in their environment
L4. about the different groups they belong to
L5. about the different roles and responsibilities people have in their community
L6. to recognise the ways they are the same as, and different to, other people
L14. that everyone has different strengths
L15. that jobs help people earn money to pay for things
L16. different jobs that people they know or people who work in the community do
L17. about some of the strengths and interests that someone might need to do different jobs