



‘Don’t be afraid, just believe.’

Together We Fly

“What if I fall?”

Mark 5v6.

“But what if you fly!”

Reception	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<p>All about me: recognise similarities and differences, keeping clean and eating healthily.</p> <p>My feelings: recognising them and who can help if I am sad/worried/scared.</p>	<p>My Special People: Talk about the important people in my life. Understand that we all have different special people. Name people outside of families who care for me.</p> <p>Caring: At home, in our classroom and for our world</p> <p>Money: Recognising, using, saving and keeping it safe</p>	<p>Valuing Difference: recognise the characteristics of a healthy family life. Recognise that other families might look different to my own.</p> <p>Kindness and Caring Develop kindness and respect to others. Find ways to improve the quality of my friendships.</p>	<p>Growing & Changing: seasons, life stages – plants, animals, humans.</p> <p>Where babies come from. Understand that babies are made by a man and a woman Use the correct vocabulary when naming different parts of the body.</p> <p>Changing bodies: as we get bigger. Keeping myself safe.</p>	<p>Being my Best: developing confidence and resilience,</p> <p>Making healthy choices: food, exercise, sleep.</p> <p>Keeping Ourselves Clean</p>	<p>Keeping Safe What’s safe to go into my body, including medicines. Listening to my feelings. Keeping safe online. Understanding the people who keep me safe.</p>

Cygnets	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cycle 1	Brave	Me and My Shadow	Famous for Five Minutes	Super Heroes (Greek Gods)	Victorians	Eco Warriors
2023-24	<p>Me and My Relationships Understand that rules are to keep us safe. Develop listening skills. Resolve conflict. Recognising and understanding emotions.</p>	<p>Rights and Respect Recognise how our behaviour can affect others. Develop responsibility. Understand how we get money, how to keep it safe and spend it wisely.</p>	<p>Valuing Difference Empathise with those who are different from ourselves and recognise the value of difference. Understand the difference between unkindness, teasing and bullying. Recognise our special people and groups we belong to and how they help us.</p>	<p>Growing and Changing Learning new skills and overcoming challenges, keeping privates private Understanding the lifecycles of animals, including humans. Understanding some of the tasks needed to care for a baby.</p>	<p>Being my Best Eating and sleeping well. Catch it, bin it kill it! Give and receive positive feedback.</p>	<p>Keeping Safe Recognise feelings that are associated with loss. Understand the importance of sleep. Understand the difference between appropriate and inappropriate touching.</p>
Cycle 2	Under the sea	Blast off Space	Wild Africa	What makes Britain great?	Turrets and Tiaras	Percy in Southrop
2022-23	<p>Me and My Relationships Understand how I feel and how my behaviour affects other people. Understand how to get help if upset by others' behaviour. Understand the difference between</p>	<p>Rights and Respect How to recognise when I feel angry and find ways of coping. Understand that people have choices about what they do with their money. Know that money can be saved for a use at a</p>	<p>Valuing Difference Recognise similarities to and differences from other. Know and use words that show respect. Recognise how my behaviour affects others. Recognise and use acts of</p>	<p>Growing and Changing Recognise feelings associated with losing someone close. Understand the changes in body and capabilities from baby to adult. Identify part of the body that are private and that the genitals help to make a baby when you</p>	<p>Being my Best Develop a positive mindset. Understand what my body needs to be healthy and what the different parts of the body do. Understand how germs spread and the importance of hygiene.</p>	<p>Keeping Safe Understand how to use medicine responsibly. Identify situations in which I feel safe or unsafe and actions to take. Identify the types of touch they like and do not like and who to talk to.</p>

	bullying and unkind behaviour. Understand strategies for dealing with bullying.	future time. Recognise that they all have a responsibility for helping to look after the school environment.	kindness. Demonstrate active listening and use skills to resolve problems.	are a grown up. Know names for the reproductive organs.	Understand why and how to give basic first aid.	
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Swans Cycle 1	Vikings	How do settlements develop?	Greeks	Greeks	How did the railway change lives in this area?	Saving our planet
2023-24	<p>Me and My Relationships Understand why we have rules and the possible consequences of breaking them. Use strategies for resolving given conflict situations. Understand what a dare is and strategies to use if I feel uncomfortable or unsafe by someone asking me to do a dare.</p>	<p>Rights and Respect Identify similarities and differences between a diverse range of people and qualities they need to get along. Empathise with different points of view and develop debating skills. Understand how to deal with common injuries and seek help. Understand how to save money and keep it safe.</p>	<p>Valuing Difference Understand that there are lots of different families and what is meant by 'adoption' 'fostering' and 'same-sex relationships. Understand what constitutes bullying. Develop strategies to deal with name calling.</p>	<p>Growing and Changing Recognising everyone's different talents. Dealing with loss. Know the names of the reproductive organs, Similarities and difference, recognise different types of Love Y5/6 Changes – recognise the physical and emotional changes that take place in puberty.</p>	<p>Being my Best Understand ways to prevent and treat illness. Learn to praise others. Recognise that learning a new skill requires practice and the opportunity to fail, safely. Y5/6 - Personal Hygiene – understand the different ways necessary to keeping clean as I approach puberty.</p>	<p>Keeping Safe Understand situations that are safe or unsafe and how to ask for help. Use strategies for dealing with risky situations. Understand the effects and risks of using alcohol and tobacco.</p>

Cycle 2	Power of the Earth	Weather	Rainforest	We are Britain	Mayans	Through my window
2024-25	<p>Me and My Relationships Understand how to work collaboratively. Learn to be assertive if necessary. Understand an increasing range of feelings. Understand strategies to use when being bullied.</p>	<p>Rights and Respect Understand human rights and responsibilities and how they change as we grow older. Understand democracy and the part we all have to play. Understand the role the bystander can play in bullying. Understand how taxes pay for public services.</p>	<p>Valuing Difference Value my own uniqueness. Understand different types of relationships from friends to acquaintances and how to negotiate. Develop methods to deal with aggressive behaviour. Understand stereotypes and how they are used in the media.</p>	<p>Growing and Changing Understand the physical changes that occur as I get towards puberty. Know the correct terminology for genitalia; preparing for periods. Know the difference between a safe and an unsafe secret.</p>	<p>Being my Best Understand a range of choices I might have to make and that it is ok to make different choices to my friends. Understand how to care for the environment. Understand some techniques of basic first aid. Understand the different ways to treat infection and that antibiotics should be taken only as prescribed.</p>	<p>Keeping Safe Identify dangers, risks and hazards and ways to deal with them. Understand different ways to treat illnesses including medicines. Understand when it is/isn't safe to take medicine. Recognise a range of feelings and that different people might experience different feelings in the same circumstance. Identify dares and strategies for dealing with them.</p>

Cycle 3	Egyptians	Romans	Anglo Saxon	North America	Crime and Punishment	Food and energy
2025-26	<p>Me and My Relationships Develop strategies for resolving difficulties. Respond to a wide range of feelings in others. Reflect on my own friendship qualities. Rehearse assertive skills. Y5/6 - Understand the different categories of drugs and that medicine is a type of drug. Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.</p>	<p>Rights and Respect Understand the responsibilities of local councils. Understand the difference between fact and opinion in the media. Understand the benefits of living in a diverse community. Understand how to spend money responsibly.</p>	<p>Valuing Difference Define key qualities of friendship. Understand that not all friendships last. Develop listening skills. Empathise with people who have been, subjected to injustice, including through racism.</p>	<p>Growing and Changing Identify my own strengths and talents and where I need to improve. Identify good and not so good feelings. Develop strategies to build resilience. Understand how someone might feel when they are separated from someone or something they like; Y5/6 Changes – understand the physical and emotional changes that take place during puberty.</p>	<p>Being my Best Understand how to make healthy choices in food, exercise, sleep. Identify the consequences of positive and negative behaviour. Develop collaboration skills. Recognise that the way people are portrayed in the media isn't always accurate. Understand how to carry out basic first aid, including recognising sepsis.</p>	<p>Keeping Safe Demonstrate skills for dealing with bullying. Know how to protect personal information. Explore views about decision making when faced with a risky situation.</p>

Cycle 4	Rivers	Space	Eastern Europe	Stone Age	Tudors	History of Computing
2022-23	<p>Me and My Relationships Developing collaborative skills. Understanding strategies to deal with challenges in friendships. Understanding how to show respect and an assertive approach. Understand how people show commitment to each other. Understand that everyone has the right to be free to choose who they marry.</p>	<p>Rights and Respect Understand bias, including in social media. Understand the benefits of saving money and the cost of producing items. Understand the term interest. Understand the process of democracy and how laws are made.</p>	<p>Valuing Difference Describe positive attributes of peers. Understand the term prejudice and the importance of mutual respect for different faiths and beliefs. Challenge gender stereotypes.</p>	<p>Growing and Changing Understand the term stereotype and how stereotypes are sometimes reinforced by the media. Understand positive ways so deal with change. Y5/6 only - Relationships, Birth and a New Baby</p>	<p>Being my Best Identify aspirational goals. Describe the actions needed to set and achieve these. Be aware of the five ways of wellbeing. Understand basic principles of first aid including sepsis.</p>	<p>Keeping Safe Understand that respectful behaviour is necessary when interacting with others online and face-to-face. Feelings and Emotions: Identify situations where someone might need to break a confidence in order to keep someone safe. Describe the consequences of reacting to others in a positive or negative way; Y5/6 only – Understand what is meant by addiction. Understand some of the laws that control drugs and common misperceptions about drinking alcohol.</p>

