

	Mentally healthy	Valley Park Citizens	Physically healthy (inc physical safety)	Relationships (inc online)
Ladybirds	Emotion recognition, managing separation from parent.	1. Making good choices 2. Talking about strengths	1. Dental hygiene, importance of brushing and check-ups. 2. Importance of a healthy diet	1. Who's in my family? 2. Families are important to us. 3. Who is my friend?
Nursery	Emotion recognition, managing separation from parent. Learn breath work to self-regulate through yoga. Represent own ideas, thoughts and feelings through dance.	1. Making good choices 2. Talking about strengths Focus on idea of personal best.	1. Dental hygiene, importance of brushing and check-ups. 2. Importance of a healthy diet	1. Who's in my family? 2. Families are important to us. 3. Who is my friend?
YR	1. Emotion recognition 2. Causation 3. Importance of families and friends to support us. Learn breath work to self-regulate through yoga.	1. Making good choices, understanding right and wrong. 2. Recognising own strengths 3. Road safety training 4. Be involved in a project to improve their school community. Personal best/fairness/sharing/empathy/winning and losing.	1. Importance of a healthy diet 2. Characteristics and benefits of a healthy lifestyle. 3. Experience a range of healthy foods. 4. What is an emergency? How to call 999.	1. All families are different but are all based on caring relationships. We respect these differences. 2. Who is my friend and why? 3. How we make friends and how they affect how we feel. 4. Respect others even when they are different from us.
Y1	1. Emotion recognition and regulation (inc teaching of calming techniques) 2. regulation (inc teaching of calming techniques) 3. Take part in discussions, agree rules, recognising what is fair. 4. Importance of rest, family and hobbies to help us. 5. Peoples actions affect our wellbeing. Learn breath work to self-regulate through yoga.	1. Recognise own strengths and what they have gained from experience. 2. Making good choices, understanding right and wrong (inc consequences) 3. Road safety training 4. Money comes from different sources and can be used for different purposes. 5. Be involved in a project to improve their school community. Personal best performance (self-respect), importance of rules, fairness, empathy. Develop teamwork and follow rules.	1. Personal hygiene including germs/bacteria/viruses how they spread and handwashing. 2. Basic first aid inc 999 call and treatment of injuries. 3. Characteristics and benefits of a healthy lifestyle inc risks associated with inactivity ie obesity. Who to talk to if worried? 4. Planning and preparing healthy meals and risks of unhealthy eating. That for most people the internet is an integral part of life and has many benefits. Where and how to report concerns and get support with issues online.	1. All families are different but are all based on caring relationships. We respect these differences. 2. Characteristics of friendship and how to manage conflicts with friends. 3. Respect others even when they are different from us. 4. Know what bullying is, the effects of bullying, that it is wrong and how to get help and advice.

<p>Y2</p>	<p>1. Emotion recognition, 2. Regulation inc teaching of calming techniques). and 3. Empathy 4. Importance of rest, family and hobbies to help us. 5. Other people’s actions affect our wellbeing and our action affect others. <b>Learn breath work to self-regulate through yoga.</b></p>	<p>1. Set simple goals for their future. 2. Come to a reasoned conclusion to a social or moral dilemma. 3. Road Safety training 4. Money comes from different sources and can be used for different purposes.  5. Be involved in a project to improve their school community  <b>Personal best performance (self-respect), importance of rules, fairness, empathy. Develop teamwork and follow rules.</b></p>	<p>1. Dental hygiene, importance of oral hygiene and check-ups. 2. Personal hygiene including germs/bacteria/viruses how they spread and handwashing. 3. Facts about allergies, immunisation and vaccination. 4. The importance of sleep and how it helps to keep us healthy. <b>That for most people the internet is an integral part of life and has many benefits</b> <b>Where and how to report concerns and get support with issues online.</b></p>	<p>1. All families are different but are all based on caring relationships. We respect these differences. 2. Marriage represents a commitment of two people to each other. 3. What makes a good friend? 4. Know what bullying is, the effects of bullying, that it is wrong and how to get help and advice. 5. Safe interactions with peers and adults inc appropriate physical contact.</p>
<p>Y3</p>	<p>1. Emotion recognition, regulation and empathy. 2. Take ownership/responsibility for emotions (inc teaching of calming techniques). 3. Bullying has a negative effect on wellbeing (including actions to resolve). 4. Importance of sleep and its effect on wellbeing. <b>Learn breath work to self-regulate through yoga.</b></p>	<p>1. Recognise own strengths and use these to set goals 2. Come to a conclusion independent of peer’s opinion using social and moral dilemmas. <b>3. Cycling proficiency</b> 4. First Aid training 5. The value of money and what saving and looking after your money can enable you to do.  6. Be involved in a project to improve their school community  <b>Fairness and empathy in team games, personal best performance (self-respect).</b></p>	<p>1. Safe and unsafe exposure to the sun, prevention of harm. 2. Personal hygiene including germs/bacteria/viruses how they spread and handwashing. 3. Basic first aid inc 999 call and treatment of injuries. (recall) 4. Importance of a healthy diet. Planning and preparing healthy meals and risks of unhealthy eating. <b>How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</b> <b>Where and how to report concerns and get support with issues online.</b> <b>Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or</b></p>	<p>1. Recognise if family relationships are making them feel unhappy or unsafe and how to seek help if needed. 2. Characteristics of friendship and how to manage conflicts with friends. Friendships are welcoming of others. 3. Know what bullying is, the effects of bullying, that it is wrong and how and when to get help. 4. Safe interactions with peers and adults inc appropriate physical contact. Each person’s body belongs to them.</p>

			contact on the internet or other online technologies.	
Y4	<p>1. Recognise others emotions and demonstrate empathy.</p> <p>2. Take ownership/ responsibility for emotions (inc teaching of calming techniques).</p> <p>3. Isolation/loneliness has a negative effect on wellbeing (including actions to resolve).</p> <p>4. Mental ill health is common and can be resolved with correct, early intervention. How to report this and ask for help.</p> <p>Learn breath work to self-regulate through yoga.</p>	<p>1. Plan career goals, based on strengths and skills, independent of peer opinion.</p> <p>2. Confidently express a conclusion, based on information, independent of peer's opinion using social and moral dilemmas.</p> <p>3. First Aid training</p> <p>4. Know how to manage money and where it comes from inc budgeting.</p> <p>5. Be involved in a project to improve their school community.</p> <p>Personal best performance</p>	<p>1. Dental hygiene, importance of oral hygiene and check-ups.</p> <p>2. Personal hygiene including germs/bacteria/viruses how they spread and handwashing.</p> <p>3. Facts about allergies, immunisation and vaccination.</p> <p>4. Characteristics and benefits of a healthy lifestyle inc risks associated with inactivity ie obesity. Who to talk to if worried?</p> <p>How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</p> <p>Where and how to report concerns and get support with issues online.</p> <p>Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.</p>	<p>1. Recognise if family relationships are making them feel unhappy or unsafe and how to seek help if needed.</p> <p>2. How to manage conflicts with friends. Friendships are welcoming of others. How to judge if a friendship is making them unhappy.</p> <p>3. Know what bullying is, the effects of bullying, that it is wrong and how and when to get help. What a stereotype is and how stereotypes can be unfair, negative and destructive.</p> <p>4. Safe interactions with peers and adults inc appropriate physical contact. Each person's body belongs to them.</p>
Y5	<p>1. Recognise and manage emotions in self and others.</p> <p>2. Show empathy and support others to manage their emotions (inc teaching of calming techniques).</p>	<p>1. Plan career goals (independent of peers opinion) based on strengths. Develop skills towards these goals.</p> <p>2. Explain own views on issues that affect society and themselves.</p> <p>3. First Aid training</p>	<p>1. Drugs, alcohol and tobacco-risks.</p> <p>2. Changing adolescent body, key facts about puberty inc physical and emotional changes.</p> <p>3. Safe and unsafe exposure to the sun, prevention of harm.</p> <p>4. What constitutes a healthy diet (calories and nutritional content)</p>	<p>1. How to manage conflicts with friends. How to judge if a friendship is making them unhappy, how to manage these situations and seek help.</p> <p>2. Who to trust and who not to trust?</p> <p>3. What a stereotype is, how they are unfair, negative or destructive, including the nature and consequences</p>

	<p>3. Recognise that as they approach puberty their feelings may begin to change.</p> <p>4. Know the nature and consequences of racism/teasing/ bullying/ aggression. How to report this and ask for help.</p> <p>5. DECSY project- Who am I? exploring identity Learn breath work to self-regulate through yoga.</p>	<p>4. Know how to manage money and where it comes from inc budgeting and bank accounts.</p> <p>5. Be involved in a project to improve their school community</p> <p>6. DECSY project- Who are we? celebrating diversity. Personal best performance</p>	<p>characteristics of a poor diet and risks associated with unhealthy eating.</p> <p>5. DECSY project- Where do we live? promoting community. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Why social media, some computer games and online gaming, for example, are age restricted.</p> <p>Where and how to report concerns and get support with issues online. Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.</p> <p>Describe the changes as humans develop to old age.</p>	<p>of racism/teasing/bullying/aggression and how to respond to them.</p> <p>4. Each person's body belongs to them. Concepts of privacy inc keeping secrets.</p> <p>5. DECSY project- How do we live? championing equality</p>
Y6	<p>1. Recognise and manage emotions in self and others. Show empathy and support others to manage their emotions.</p> <p>2. Understand how to deal with feelings towards themselves family and others positively (inc teaching of calming techniques).</p> <p>3. Recognise that as they approach puberty their feelings may begin to change.</p>	<p>1. Career planning</p> <p>2. Explain their own views and accept/evaluate the views of others.</p> <p>3. First Aid training</p> <p>4. Know how to manage money and where it comes from inc budgeting, bank accounts and interest rates.</p> <p>5. Be involved in a project to improve their school community. Personal best performance</p>	<p>1. Drugs, alcohol and tobacco-risks.</p> <p>2. Changing adolescent body, key facts about puberty inc physical and emotional changes.</p> <p>3. Menstrual wellbeing (inc key facts about menstrual cycle). About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p>	<p>1. How to manage conflicts with friends. How to judge if a friendship is making them unhappy, how to manage these situations and seek help.</p> <p>2. Who to trust and who not to trust?</p> <p>3. Importance of compromise, permission seeking and giving in relationships with friends, peers and adults.</p> <p>4. Each person's body belongs to them. Concepts of privacy inc keeping secrets.</p>

	<p>4. Know the nature and consequences of racism/ teasing/ bullying/ aggression. How to report this and ask for help.</p> <p>Learn breath work to self-regulate through yoga.</p>		<p>That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <p>Where and how to report concerns and get support with issues online.</p> <p>Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way that bodies function.</p>	
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