



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Personal, Social and Emotional Development is broken down into three areas:					
	Self-regulation Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.		Managing Self Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.		Building Relationships Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.	
Year 1	Relationships: What is the same and different about us?	Relationships: Who is special to us?	Health and Wellbeing: What helps us stay healthy?	Living in the Wider World: What can we do with money?	Health and Wellbeing: Who helps to keep us safe?	Living in the Wider World: How can we look after each other and the world?
Year 2	Relationships: What makes a good friend?	Relationships: What is bullying?	Living in the Wider World: What jobs do people do?	Health and Wellbeing: What helps us to stay safe?	Health and Wellbeing: What helps us grow and stay healthy?	Health and Wellbeing: How do we recognise our feelings?
Year 3	Relationships: How can we be a good friend?	Health and Wellbeing: What keeps us safe?	Relationships: What are families like?	Living in the Wider World: What makes a community?	Health and Wellbeing: Why should we eat well and look after our teeth?	Health and Wellbeing: Why should we keep active and sleep well?
Year 4	Health and Wellbeing: What strengths, skills and interests do we have?	Relationships: How do we treat each other with respect?	Health and Wellbeing: How can we manage our feelings?	Health and Wellbeing: How can we manage risk in different places?	Living in the Wider World: How can our choices make a difference to others and the environment?	Health and Wellbeing: How will we grow and change?
Year 5	Health and Wellbeing: What makes up a person's identity?	Living in the Wider World: What decisions can people make with money?	Health and Wellbeing: How can we help in an accident or emergency?	Relationships: How can friends communicate safely?	Health and Wellbeing: How can drugs common to everyday life affect health?	Living in the Wider World: What jobs would we like?
Year 6	Health and Wellbeing: How can we keep healthy as we grow?		Living in the Wider World: How can the media influence people?		Relationships: What will change as we become more independent? How do friendships change as we grow?	