

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery/ Reception</b>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>Know that God made them unique and special.</li> <li>Recognise and name body parts.</li> <li>Understand that their bodies are good and need care.</li> <li>Name and talk about simple feelings (happy, sad, angry, excited).</li> <li>Recognise that they belong to a family and class community.</li> <li>Celebrate differences and similarities between people.</li> </ul>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>Know that they are loved by God and others.</li> <li>Learn that everyone has gifts and talents.</li> <li>Begin to understand how we grow and change over time.</li> <li>Talk about how babies, children and adults are different.</li> <li>Recognise that change is part of life.</li> <li>Learn to be thankful for who they are.</li> </ul>	<p><b>Emotional Wellbeing</b></p> <ul style="list-style-type: none"> <li>Explore likes and dislikes.</li> <li>Recognise a range of emotions in themselves and others.</li> <li>Learn words for different feelings.</li> <li>Understand that feelings affect behaviour.</li> <li>Begin to use simple calming strategies.</li> <li>Show empathy when others feel sad or upset.</li> </ul>	<p><b>Life Cycles</b></p> <ul style="list-style-type: none"> <li>Recognise that living things grow and change.</li> <li>Understand that people get older and grow bigger.</li> <li>Talk about changes in their own lives.</li> <li>Know that new people and places can feel different.</li> <li>Begin to understand that changes can feel exciting.</li> <li>Learn that changes can also feel worrying.</li> </ul>	<p><b>Created to Love Others &amp; Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Know what makes a good friend (sharing, kindness, helping).</li> <li>Recognise safe and unsafe behaviour.</li> <li>Understand the importance of rules that keep us safe.</li> <li>Learn to say “no” when something feels wrong.</li> <li>Recognise that their bodies belong to them.</li> <li>Begin to understand who keeps them safe.</li> </ul>	<p><b>Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>Know that God loves everyone and asks us to love others.</li> <li>Recognise people who help us in different ways.</li> <li>Talk about jobs that people do.</li> <li>Understand that money is used to buy things we need.</li> <li>Learn that we can all help in our class and school.</li> <li>Begin to understand that we are part of a wider community.</li> </ul>
<b>1/2</b>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>Know that each person is unique and loved.</li> <li>Recognise similarities and differences between boys and girls.</li> <li>Understand that everyone is equal.</li> <li>Learn how to keep their bodies clean and healthy.</li> <li>Begin to understand how exercise and food help their bodies.</li> <li>Learn that our bodies are a gift from God.</li> </ul>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>Learn about life cycles: beginnings and endings.</li> <li>Understand that people grow and change.</li> <li>Talk about how God made our bodies special.</li> <li>Recognise their personal identity and value.</li> <li>Learn that change is natural and normal.</li> <li>Celebrate differences between people.</li> </ul>	<p><b>Emotional Wellbeing</b></p> <ul style="list-style-type: none"> <li>Name a wide range of feelings.</li> <li>Recognise that feelings influence behaviour.</li> <li>Begin to describe how they feel in different situations.</li> <li>Learn simple strategies to manage feelings.</li> <li>Recognise that everyone feels differently.</li> <li>Show empathy and kindness when others are upset.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Understand the importance of family and special people.</li> <li>Learn how to treat others with respect.</li> <li>Recognise when others are being unkind.</li> <li>Practise forgiveness and saying sorry.</li> <li>Learn about trust and honesty in relationships.</li> <li>Know that God wants us to love others.</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Understand the difference between good and bad secrets.</li> <li>Recognise safe and unsafe physical contact.</li> <li>Know what to do if they feel uncomfortable.</li> <li>Identify harmful substances in the home.</li> <li>Learn who to ask for help in an emergency.</li> <li>Begin to understand online safety.</li> </ul>	<p><b>Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>Know why rules are important at home and school.</li> <li>Recognise rules that keep us safe online.</li> <li>Understand that they belong to different groups and communities.</li> <li>Learn that people have responsibilities in families and school.</li> <li>Recognise needs and wants.</li> <li>Begin to understand money and spending.</li> </ul>

<p><b>3/4</b></p>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>• Understand that everyone is different and valuable.</li> <li>• Respect their bodies as created by God.</li> <li>• Learn about the changes that happen in puberty.</li> <li>• Year 4: Recognise specific changes for boys and girls.</li> <li>• Understand that we all grow and change over time.</li> <li>• Recognise their own gifts and talents.</li> </ul>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>• Reflect on their personal worth.</li> <li>• Learn how to be thankful for their bodies and abilities.</li> <li>• Explore the importance of respect for self and others.</li> <li>• Understand that change is part of life.</li> <li>• Recognise their emotions during change.</li> <li>• Learn how to show gratitude to others.</li> </ul>	<p><b>Emotional Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Recognise and describe a wide range of emotions.</li> <li>• Explore strategies to manage strong feelings.</li> <li>• Understand the role of gratitude and thankfulness.</li> <li>• Learn about peer pressure and influence.</li> <li>• Practise saying “no” to negative pressure.</li> <li>• Develop resilience when things go wrong.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Learn what makes a strong friendship.</li> <li>• Understand the importance of forgiveness.</li> <li>• Learn about different family types.</li> <li>• Explore safe communication online and offline.</li> <li>• Recognise unsafe behaviours in relationships.</li> <li>• Understand that God calls us to love and respect others.</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>• Learn about consent and personal boundaries.</li> <li>• Explore safe and unsafe choices for their bodies.</li> <li>• Recognise the dangers of drugs, alcohol and tobacco.</li> <li>• Learn basic first aid skills.</li> <li>• Know what to do in an emergency.</li> <li>• Recognise who can help them stay safe.</li> </ul>	<p><b>Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>• Understand rights and responsibilities.</li> <li>• Learn about working together as a community.</li> <li>• Explore what it means to belong to the Church.</li> <li>• Recognise the value of teamwork.</li> <li>• Learn how money is used and managed.</li> <li>• Begin to explore jobs and aspirations.</li> </ul>
<p><b>5/6</b></p>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>• Recognise their gifts, talents and personal worth.</li> <li>• Understand physical changes during puberty.</li> <li>• Learn about specific changes for boys and girls.</li> <li>• Recognise the impact of body image.</li> <li>• Explore self-esteem and confidence.</li> <li>• Learn that God loves them through all changes.</li> </ul>	<p><b>Created and Loved by God</b></p> <ul style="list-style-type: none"> <li>• Learn about health and hygiene during puberty.</li> <li>• Understand spots, sleep and body care.</li> <li>• Recognise emotional changes and “peculiar feelings”.</li> <li>• Explore influences on body image.</li> <li>• Learn how media affects self-esteem.</li> <li>• Develop positive body confidence.</li> </ul>	<p><b>Emotional Wellbeing &amp; Life Cycles</b></p> <ul style="list-style-type: none"> <li>• Explore emotional changes during puberty.</li> <li>• Learn strategies to manage feelings.</li> <li>• Understand the influence of friends and media.</li> <li>• Learn about human reproduction (with parents).</li> <li>• Begin to understand the gift of new life.</li> <li>• Explore respect for life and family.</li> </ul>	<p><b>Life Cycles &amp; Change</b></p> <ul style="list-style-type: none"> <li>• Learn about menstruation and how to manage it.</li> <li>• Recognise feelings of loss and bereavement.</li> <li>• Explore hope beyond death.</li> <li>• Learn strategies for coping with change.</li> <li>• Understand that everyone experiences change differently.</li> <li>• Learn how to support others through change.</li> </ul>	<p><b>Relationships &amp; Safety</b></p> <ul style="list-style-type: none"> <li>• Recognise peer pressure and how to resist it.</li> <li>• Learn resilience strategies (positive self-talk).</li> <li>• Explore forgiveness and building others up.</li> <li>• Understand the risks of cyberbullying.</li> <li>• Learn about harmful online content.</li> <li>• Practise making safe choices online.</li> </ul>	<p><b>Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>• Recognise different forms of abuse and know how to seek help.</li> <li>• Explore Catholic social teaching and reaching out to others.</li> <li>• Learn about helping others locally and globally.</li> <li>• Explore future aspirations and work.</li> <li>• Understand money management and responsibilities.</li> <li>• Prepare for the transition to secondary school and adult life.</li> </ul>