

EYFS	Self-Regulation ELG <ul style="list-style-type: none"> 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 focussed attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions. 		Managing Self ELG <ul style="list-style-type: none"> 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 ELG <ul style="list-style-type: none"> 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. 		
FRIS theme FRIS theme	Relationships – Families + Friendships/ Safe Relationships	Feelings + Emotions – Respecting others and ourselves	Being Responsible – Belonging to a community	Our World – Money and Work	Computer Safety – Media Literacy + Digital Resilience	Keeping/Staying Healthy – Health + Wellbeing	Keeping/Staying Safe – Keeping Safe
Rec.	How to be a good friend and recognising kind behaviours. Celebrating differences and similarities between families and children around the world.	Looking at different feelings, introduce loneliness and worry. Recognising facial expressions and body language. Friendship bench.	Discuss golden rules – what do they mean? Shows respect for the environment, belongings and each other. Encourage growth mindset.	Caring for animals and each other. Respecting our world and learning how to look after it, including looking after plants and recycling. Working in our world; shop role play and importance of earning money.	What is the internet and why do we use it? Knowing how to stay safe when online including who and how to ask for help.	Hand washing. Healthy food choices and knowing we need food to grow. Brushing teeth and learning why we should go to the dentist. Importance of physical and mental health.	Firework safety, sun safety, stranger danger, people who help us.
Year 1	Friendship/ bullying. Identify a range of feelings. Why do we care about others' feelings? Identify Bullying behaviours and how to cope with bullying behaviours. To be confident to say 'no'.	Jealousy – recognising this emotion and knowing how to communicate this. Difference between positive and negative emotions and knowing all are OK.	Practice makes perfect – growth mindset. Water spillage – knowing how to prevent accidents and understanding responsibilities.	Growing in our world - can talk about how we grow and know that our needs change. Talks about how families differ and how every family is special. Can talk about common features of family life.	Online bullying. Understand how online activity can affect others. Identify positive and negative aspects of technology. Know who and how to ask for help. Know when to take a break from being online + playing games. Recognise kind and unkind comments.	Hand washing and teeth brushing – knowing different ways to stay healthy. Mental health – understand that we can feel a variety of emotions. Medicine and drugs - understand that medicines are needed to help us feel better. Can name trusted adults who administer medicine.	Road safety, beach safety (including sun and water safety). Staying safe at home and when with families -To recognise safe and risky situations at home (eg. knives, fire alarm etc). Know ways to stay safe when out with family.
Year 2	Friendship. Difference between appropriate and inappropriate touch. Caring about others feelings. Personal Boundaries. Labelling body parts. Know who and how to ask for help.	Anger + grief – recognising this emotion and knowing how to communicate this.	Practice makes perfect – growth mindset. Helping someone in need. Knowing the difference between borrowing and stealing.	Working in our world - exploring different ways we receive money. Understands the difference between spending money online and on games. Living in our world - To understand how and why we look after living	Computer safety including image sharing. Understand the importance of consent. Age restrictions and rules - Know that some games/DVDs have age restrictions.	Physical Health – knows the importance of physical health and know ways to stay physically healthy. Look at the relationship between physical and mental health. Mental health - To name things they can do in order to help	Fire safety, railway safety. Staying safe at home and when with family. Can talk about ways to stay safe at home - can recognise risky choices/ situations and know to talk to a trusted adult. Identify trusted adults.

	Can confidently say no/stop when they don't like something.			things. Know ways to look after our world.		manage big feelings. Medicine + drugs - understand and practise safety rules. Understands that medicine comes in different forms.	
Year 3	What makes a family; features of family life. Personal boundaries; safely responding to others; the impact of hurtful behaviour.	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	Different jobs and skills; job stereotypes; setting personal goals	How the internet is used; assessing information online	Health choices and habits; what affects feelings; expressing feelings. Personal strengths and achievements; managing and reframing setbacks.	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online. Responding to hurtful behaviour; managing confidentiality; recognising risks online.	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	Making decisions about money; using and keeping money safe	How data is shared and used	Maintaining a balanced lifestyle; oral hygiene and dental care. Personal identity; recognising individuality and different qualities; mental wellbeing.	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence. Physical contact and feeling safe.	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	How information online is targeted; different media types, their role and impact	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies. Physical and emotional changes in puberty; external genitalia; personal hygiene routines; puberty support.	Keeping safe in different situations, including responding in emergencies, first aid
Year 6	Attraction to others; romantic relationships; civil partnership and marriage. Recognising and managing pressure; consent in different situations.	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Influences and attitudes to money; money and financial risks	Evaluating media sources; sharing things online	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online. Human reproduction and birth; increasing independence; managing transitions	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media