



KS1 Academic Year

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me RSE
Year 1	• Understand that they belong to a class and school community • Recognise what helps them feel safe, valued and included • Identify simple rights and responsibilities • Understand the importance of following class rules • Recognise how their choices and actions affect others • Begin to develop independence and confidence	• Recognise similarities and differences between themselves and others • Understand that everyone is unique and special • Talk about different families and homes • Use kind words and actions towards others • Understand what bullying is and how it can make people feel • Know trusted adults they can talk to if worried	• Identify things they are good at • Recognise personal strengths and talents • Set simple goals and think about steps to achieve them • Understand that learning can sometimes feel challenging • Develop perseverance and resilience • Celebrate their own and others' achievements	• Understand what it means to be healthy • Explore healthy eating, exercise and sleep • Understand the importance of hygiene • Recognise safe and unsafe situations • Identify trusted adults who can help them • Understand simple ways to care for their bodies and minds	• Understand what makes a good friend • Develop skills for sharing, listening and cooperating • Identify people who are important to them • Understand different types of families • Recognise how to solve friendship problems • Understand appropriate and inappropriate physical contact	• Understand how people grow and change • Recognise changes from being a baby to now • Talk about feelings linked to change • Understand that everyone develops at different rates • Develop independence and confidence • Prepare for future transitions
Year 2	• Understand their role within the school community • Recognise personal responsibilities and how they contribute positively • Understand why rules and agreements are important • Identify worries and know how to seek help • Understand that everyone has rights and responsibilities	• Explore similarities and differences between people • Understand that assumptions about people can be unfair • Recognise stereotypes and why they can be harmful • Understand different types of families • Develop empathy and respect for others • Understand	• Identify personal strengths and areas for development • Set realistic goals and discuss how to achieve them • Understand how motivation and effort support success • Recognise the importance of teamwork • Reflect on achievements and improvements • Understand that	• Understand the importance of balanced choices • Explain how food, exercise and sleep affect health • Recognise risks and hazards at home and outdoors • Understand how to keep themselves safe • Develop confidence in making healthy choices • Know how to ask	• Understand the importance of cooperation and caring relationships • Recognise how relationships can change • Develop strategies for resolving disagreements • Understand safe and unsafe situations • Know how to express feelings and opinions respectfully • Begin to	• Understand how humans and animals grow and change • Recognise changes they have experienced and may experience • Understand that some changes are outside their control • Develop confidence discussing emotions



	• Make positive choices that support themselves and others	how bullying happens and how to seek help	challenges can be overcome	for help when needed	understand how to stay safe online	linked to change • Recognise growing independence • Prepare positively for future changes
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