

Year	Term 1 Being my Best	Term 2 Me and my Relationships	Term 3 Valuing Difference	Term 4 Rights and Respect	Term 5 & 6
EYFS	Keeping by body healthy – food, exercise, sleep Growth Mindset	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Looking after things: friends, environment, money	<p>At Holy Cross, for term 5 and 6, children will move across to the Ten Ten RSE programme of study.</p> <p>This will cover the objectives for 'keeping safe' and 'growing and changing'.</p>
Y1	Growth Mindset Healthy eating Hygiene and health Cooperation	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Taking care of things: Myself My money My environment	
Y2	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Cooperation Self-regulation Online safety Looking after money – saving and spending	
Y3	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	
Y4	Having choices and making decisions about my health Taking care of my environment My skills and interests	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	
Y5	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	
Y6	Aspirations and goal setting Managing risk Looking after my mental health	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	