



In this Puzzle, children compare different life cycles in nature, including that of humans. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms and responsibility can increase with age

Coping positively with change

Summer 2

Changing Me

Building positive, healthy relationships.

Learning about family relationships widens to include roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve it together and Mending Friendships).

Summer 1

Relationships

In this Puzzle, the children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children consider what makes them feel relaxed and stressed. They learn about medicines, how they work and how to use them safely. The children make healthy snacks and discuss why they are good for their bodies.

Spring 2

Healthy Me

We will explore aspirations, how to achieve goals and understanding the emotions that go with this.

Spring 1

Dreams and Goals

In this Puzzle, the children explore setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner.

Being and keeping safe and healthy

To show respect for similarity and difference.

Autumn 2

In this Puzzle (unit), the children learn about recognise gender stereotypes, that boys and girls can have differences and similarities and that is OK. They explore how children can be bullied because they are different, that this shouldn't happen and how they can support a classmate who is being bullied.

Celebrating difference

Being me in my World

Who am I and how do I fit in?

Autumn 1

In this Puzzle the children discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for help and who to ask. They learn about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place.

We will discuss anti bullying and being Unique

Summer 1

Relationships

Children's breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important.

Building positive, healthy relationships.

Changing Me

Coping positively with change

Summer 2

Children are introduced to life cycles, e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult, e.g. getting taller, learning to walk, etc. They discuss how they have changed so far and that people grow up at different rates.

Year 1



In this Puzzle, the children learn about healthy and less healthy choices and how these choices make them feel.

Spring 2

Healthy Me

Being and keeping safe and healthy

In this puzzle the children learn what bullying is and what it isn't. They talk about how it might feel to be bullied and when and who to ask for help. The children discuss friendship, how to make friends and that it is OK to have differences/be different from their friends.

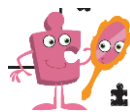
Dreams and Goals

Spring 1

In this Puzzle, the children talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try.

We will explore aspirations, how to achieve goals and understanding the emotions that go with this.

Autumn 2



Celebrating Difference

We will discuss anti bullying and being Unique

To show respect for similarity and difference.

In this puzzle the children learn about being special and how to make everyone feel safe in their class as well as recognising their own safety.

Autumn 1

Being me in my World

Who am I and how do I fit in?

