

Learning for Life Overview 2024-25

| Year | Autumn A1 - Being Me in My World A2 – Celebrating Differences | | Spring SP1 – Dreams and Goals SP2 – Healthy Me | | Summer S1 – Relationships S2 – Changing Me | |
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| Nursery | Self-identity Understanding Feelings Being in a classroom Being Gentle Rights and Responsibilities Zones of Regulation | Identifying talents Being special Families Where we live Making friends Standing up for yourself Zones of Regulation | Challenges Perseverance Goal setting Overcoming Obstacles Seeking help Jobs Achieving Goals Zones of Regulation | Exercising Bodies Physical activity Healthy food Sleep Keeping Clean Safety Zones of Regulation | Family life Friendship Breaking friendships Falling out Dealing with bullying Being a good friend Zones of Regulation | Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations Zones of Regulation |
| Reception | | | | | | |
| Year 1 | Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter Zones of Regulation | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone Zones of Regulation | Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success Zones of Regulation | Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness Zones of Regulation | Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgment Being a good friend to myself Celebrating special relationships Zones of Regulation | Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition Zones of Regulation |
| Year 2 | Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognizing feelings Zones of Regulation | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends. Zones of Regulation | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Zones of Regulation | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food Zones of Regulation | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Zones of Regulation | Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition Zones of Regulation |
| Year 3 | Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives Zones of Regulation | Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Zones of Regulation | Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Zones of Regulation | Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices Zones of Regulation | Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Zones of Regulation | How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition Zones of Regulation |
| Year 4 | Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision making Having a voice What motivates behaviour Zones of Regulation | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Zones of Regulation | Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Zones of Regulation | Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Zones of Regulation | Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals Zones of Regulation | Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change Zones of Regulation |
| Year 5 | Commando Joe Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups | Commando Joe Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying | Commando Joe Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Commando Joe Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices | Commando Joe Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming | Commando Joe Self and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility |

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| | Democracy, having a voice, participating Zones of Regulation | Material wealth and happiness Enjoying and respecting other cultures Zones of Regulation | Zones of Regulation | Motivation and behaviour Zones of Regulation | SMART internet safety rules Zones of Regulation | Coping with change Preparing for transition Zones of Regulation |
| Year 6 | Commando Joe Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling Zones of Regulation | Commando Joe Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy Zones of Regulation | Commando Joe Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Zones of Regulation | Commando Joe Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Zones of Regulation | Commando Joe Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Zones of Regulation | Commando Joe Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Zones of Regulation |