

YEAR R	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
SEALS theme	New Beginnings I can recognise feelings in myself and others, and know what I am good at.	Getting On and Falling out / No to bullying I can share and wait my turn, work in a group and express feelings.	Going for Goals I can focus on a task and know what I like to learn and what I'm not sure about. I know that we are all good at different things.	Good to be Me I can tell someone when I feel happy. I know what makes me happy. I know what I like and don't like doing.	Relationships I know who I love and who loves me. I know how it feels to miss someone. I know how friendship is different from family.	Changes I can tell you how I have changed this year. I know things I have learnt to do. I can say how change makes me feel.
Sex & Relationships	Family Networks I know that families and friends care for each other. Learning Outcomes: I can identify family members and friends and the roles that they play. I know who I can talk to at home and at school if they are upset (including what could be done if someone we trust might be making us feel sad).		Body Awareness I can appreciate and value my body, its capabilities and uniqueness. Learning Outcomes To know that humans produce babies that grow into children and then into adults. To consider the ways they have changed physically since they were born. To begin to recognise the proper names for the external parts of the body. To be able to describe some of the functions of some of the parts of the body.		Hygiene I understand why hygiene is important. Learning Outcomes Explain why it is important to keep clean. Understand some basic hygiene routines. Understand when they can look after themselves (e.g. dressing and undressing) and when they might need help (e.g. bathing).	
Drugs & Alcohol	I understand that actions usually have outcomes. I know that too much of anything can be dangerous (i.e. eating too much of a certain food, or drinking too much of a certain drink).		I am able to say: -My name is... -I'm feeling... -Please help me with... -No thank you -That's enough -Stop -Someone is try to make me do...		I can recognise pressure. I can discuss that it is hard sometimes not to act first on our feelings. I can tell someone in sequence something that has happened.	