

YEAR 1	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
SEALS theme	<p>New Beginnings</p> <p>I can recognise and deal with feelings.</p> <p>I understand how to look after animals and myself - keeping clean, hygiene, eating and exercise.</p>	<p>Getting On and Falling out / No to bullying</p> <p>I can listen to others, find peaceful ways to solve problems and express and deal with feelings of anger.</p> <p>I can look at diversity between others and myself in the class.</p>	<p>Going for Goals</p> <p>I can talk about what I am good at.</p> <p>I can begin to set targets and predict outcomes.</p>	<p>Good to be Me</p> <p>I know when I am feeling proud and how helping others can make me feel proud.</p> <p>I am learning that I am in charge of my body.</p>	<p>Relationships</p> <p>I know the people who are important to me and I know what it means to be cared for.</p> <p>I know what it feels like to be jealous.</p>	<p>Changes</p> <p>I know some things about me that have changed and some things that will not change.</p> <p>I can say how I might change in the future and I can talk about changes that I made happen.</p>
Sex & Relationships		<p>Myself and others</p> <p>I know the importance of valuing myself and I recognise that everyone is different.</p> <p>Learning Outcomes To describe and begin to value individuality and to recognise and celebrate their emotions, gifts and talents. To know and value the different groups to which they belong. To recognise similarities and differences between themselves and their peers.</p>	<p>Body Parts</p> <p>I recognise my body's capabilities and uniqueness.</p> <p>Learning Outcomes To identify similarities and differences between themselves and the opposite gender. To recognise and name, using the proper terminology, parts of the body and what those parts do.</p>	<p>Family</p> <p>I know that there are different types of families and all families have special roles in children's lives.</p> <p>Learning Outcomes To be able to describe their family and understand why their families are special. To identify different ways that families and individual members care for each other. To have identified that there are different types of families.</p>	<p>Friendships</p> <p>I understand what friendship is.</p> <p>Learning Outcomes To describe who a friend is and what a friend does. To demonstrate some skills needed to make and maintain friendships.</p>	<p>Choices</p> <p>I recognise that most children can make choices.</p> <p>Learning Outcomes To understand that they have choices. To recognise that choices and responses will be affected by different factors. To recognise that some choices will be wrong and other choices will be right. To understand that they can make choices about their bodies.</p>
Drugs & Alcohol	<p>I'm starting to know the difference between good things that happen to my body and bad things. I know that my body is precious.</p>	<p>I know that I can put good and bad things in my body. I understand what happens when I put something in my body.</p>	<p>I understand where medicines come from.</p> <p>I know who I can trust to give me medicine.</p>	<p>I know about some common unsafe substances and where I might find them. (i.e. cleaning products, medications, etc.)</p>	<p>I know who can help me in the school.</p> <p>I know that sharp and dirty things can hurt me. I know when to say 'no' and ask for help.</p>	<p>I can talk about my feelings and start to understand the difference between 'ok' and 'not ok' feelings.</p> <p>I know when to say 'no' and ask for help.</p>