

We are currently transitioning over to Kapow's Scheme and this document will be updated ahead of starting each topic throughout this academic year.

Core skills	Year-group End-of-Year Expectations						
	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Topic 1 Vocabulary (remember to look back at the vocabulary from previous years)	Healthy, unhealthy, exercise	My Healthy self: How can we look after our emotions? anger body clues disgust emotions face clues fear feelings happiness relax sadness surprise trust trusted adult	My Healthy Self: How can we look after our bodies? active exercise five-a-day healthy habits	My Healthy Self: How can I take care of my mind and body? health mental health mind mood negative (feelings) physical health positive (feelings) respect routine support trust team	My Healthy Self: How can I make healthy choices? balanced diet fixed mind-set growth mind-set hydrated/dehydrated hygiene mind-set nutrients resilience	My Healthy Self: How can I support my mind and body as I grow? cope light (activity) moderate (activity) regulate response vigorous (activity) wellbeing	My Healthy Self: How do my choices today shape my future health? calories (tooth) decay dental hygiene flossing long-term persistence setback short-

Topic 2 Vocabulary (remember to look back at the vocabulary from previous years)	Real, fake, danger, good touch, bad touch, pants, private	Connecting with Others:	Connecting with Others:	Connecting with Others:	Connecting with Others:	Connecting with Others:	Connecting with Others:
Topic 3 Vocabulary (remember to look back at the vocabulary from previous years)	Rules Danger	The Online World:	The Online World:	The Online World:	The Online World:	The Online World:	The Online World:
Topic 4 Vocabulary (remember to look back at the vocabulary from previous years)	Happy, sad,	Citizenship:	Citizenship:	Citizenship:	Citizenship:	Citizenship:	Citizenship:

Topic 5 Vocabulary (remember to look back at the vocabulary from previous years)	Same, different	Health Protection:	Growing Up:	Health Protection:	Growing Up:	Growing Up:	Staying Safe:
	job, money	Staying Safe:	Staying Safe:	Citizenship:	Staying Safe:	Citizenship:	Sex Education: First Aid (for children who are opted out of Sex Education):