**Cambridgeshire Personal Development Programme • Years 1 and 2 Framework**

# Myself and My Relationships 4

## Beginning and Belonging (NB)

* What can I do to help make the school and classroom a safer and fair place?
* How can I get to know other children in my class?
* How do I feel when I am doing something new?
* How can I make someone feel welcome?
* How can I help other people to feel better?
* What do I know about how to solve problems?

# Citizenship 5

## Rights, Rules and Responsibilities (NB)

* **Class and school rules and charters**
* **Rules and laws in society**
* **Understanding right and wrong**
* **Explaining views**
* **Decision making**
* **School and class councils**
* **Responsibilities to other people**
* How do rules make me feel happy and safe?
* How do I take part in making rules?
* Who looks after me and what are their responsibilities?
* What jobs and responsibilities do I have in school and at home?
* Can I listen to other people, share my views and take turns?
* Can I take part in discussions and decisions in class?

# Myself and My Relationships 5

* **Belonging in the class / school / community**
* **Ground rules / class charters**
* **Similarities and differences**
* **Recognising feelings**
* **Calming down**
* **Problem solving**
* **Asking for help**
* **Safety circles**
* **Mapping**

## Me and My Emotions (GTBM)

* Can I name some different feelings?
* Do I know what makes me feel happy, sad, cross etc?
* How do my feelings and my actions affect others?
* How do I manage some of my emotions?
* What helps me to feel relaxed?
* How can I control my behaviour?
* Who do I share my feelings with?
* How can I stand up for myself?

# Myself and My Relationships 6

## Family and Friends (GOFO)

* **Friendship**
* **Special people**
* **Families**
* **Changing friendship patterns**
* **Valuing difference**
* **Different points of view**
* **People who help**
* **Safety circles**
* **Conflict resolution**
* **Problem solving in relationships**
* Can I describe what a friend is and does?
* How do I make new friends?
* How do I keep friends?
* How can I make up with my friends when things go wrong?
* Who is in my family, and how do we care for each other?
* Who are my special people and what makes them special to me?
* How am I similar to and different from other people?
* Who do I get support from when I need it?

# Citizenship 3

* **Self awareness**
* **Identifying and naming emotions**
* **Coping with feelings**
* **Feelings, thoughts and behaviour**
* **Likes and dislikes**
* **Feeling proud**
* **Impulsive behaviour**
* **Calming down and relaxing**
* **Worry and anxiety**
* **Assertiveness**

## Working Together (GFG)

* What am I and other people good at?
* What new skills would I like to develop?
* How can I listen well to other people?
* How can I work well in a group?
* Why is it important to take turns?
* How can I negotiate to sort out disagreements?
* How are my skills useful in a group?
* What is a useful evaluation?

# Myself and My Relationships 7

## Anti-bullying (SNTB)

* **Valuing difference and diversity**
* **Physical, mental and emotional wellbeing**
* **Strategies for dealing with bullying including assertiveness**
* **Safety circle**
* **Asking for help and telling**
* **Supporting others**
* **Creating an anti bullying ethos**
* Can I recognise behaviour that is bullying?
* Do I understand some of the reasons why bullying happens?
* How does bullying make people feel?
* Do I know what to do if I am being bullied?
* Do I know what to do if I witness someone being bullied?
* How does my school help positive and safe relationships?
* Where might bullying happen in my school?

# Citizenship 4

## Diversity and Communities

* What are some of the similarities and differences between me and others
* What do I understand about my culture and beliefs and those of other people?
* Who are the people who help me, and what do they do?
* What does ‘my community’ mean and what do people do there?
* How do we care for animals and plants?
* How can I help look after the school environment?

# Economic Wellbeing 1

* **Recognising strengths**
* **Developing skills**
* **Steps towards goals**
* **Effective communication**
* **Compromise and co-operation**
* **Discussion and negotiation**
* **Applying group work and communication skills**
* **Evaluating**

## Financial Capability

* Where does money come from and where does it go when we ‘use’ it?
* How might I get money and what can I do with it?
* How do we pay for things?
* What does it mean to have more or less money than you need?
* How do I feel about money?
* How do my choices affect me, my family, others?
* What is a charity?
* **Money in different / familiar contexts**
* **Cash values**
* **Money as a finite resource**
* **Uses of money**
* **Saving and spending**
* **Effects of loss**
* **How banks etc work**
* **Emotions in relation to money**
* **Charity**

# Healthy and Safer Lifestyles 4

* **Similarities and differences**
* **Valuing diversity**
* **Different cultures and beliefs**
* **Groups in and out of school**
* **Respect**
* **Community**
* **Stereotypes**
* **People who help us**
* **School environment**
* **Local environment**
* **Needs of people / animals / pets / plants**

## Managing Risk

* What are risky situations and how can I keep myself safer?
* How do I feel in risky situations?
* What is my name, address and phone number and when might I need to give them?
* What is an emergency and who helps?
* How can I help in an emergency?
* **Risky situations**
* **Emotions associated with risk**
* **Basic personal information**
* **Asking for and giving help in an emergency**
* **Safety eyes and ears**

# Healthy and Safer Lifestyles 8

* **Medicines**
* **Attitudes to health professionals**
* **Feeling ill, feeling better**
* **Risky household substances**
* **Safety rules**
* **Being persuaded**

## Drug Education

* What happens when things enter the body?
* What are medicines and why do some people use them?
* What do I understand about the roles of doctors, nurses and hospitals?
* What can I do if I feel poorly?
* What are the potentially risky substances at home and at school?
* How can I keep safe from harm if I come across risky substances?
* What is it like to be persuaded?

# Healthy and Safer Lifestyles 5

## Safety Contexts

* Where are the safer places I can play?
* What are the risks for me in using the roads, and how can I stay safe?
* What are the risks for me in the sun and how can I stay safe?
* What are the risks for me near water and how can I stay safe?
* What are the risks for me if I am lost and how can I stay safe?
* What are the best ways to keep safe from accidents?
* **Road safety**
* **Travel to and from school**
* **Rules for keeping safer**
* **Sun safety**
* **Water safety**
* **Keeping safe from accidents**

# Healthy and Safer Lifestyles 9

## Personal Safety

* **Being / feeling lost**
* **Trusted people**
* **Safety circles**
* **Feeling safe**
* **Uncomfortable feelings**
* **Good and bad secrets**
* **Promises, tricks and threats**
* **Good and bad touches**
* **Internet safety**
* **E-Safety**
* **Asking for help**
* Can I describe my home and neighbourhood?
* Who are the people who help keep me safer?
* Who could I talk to if I felt unsafe or unsure?
* Do I understand what good and bad secrets might be?
* What can I do if someone tries to persuade me?
* Can I recognise and describe ‘yes’ and ‘no’ feelings and “I am not sure” feelings?
* How can I get the attention of an adult if I need to?

# Healthy and Safer Lifestyles 6

## Sex and Relationships Education

* What are the names of the main parts of the body?
* What can my body do?
* When am I in charge of my actions and my body?
* Do I understand how amazing my body is?
* How can I keep my body clean?
* How can I stop common illnesses and diseases spreading?
* **External parts of the body**
* **Valuing the body**
* **Personal hygiene**

# Healthy and Safer Lifestyles 10

* **Babies to children to adults**
* **Growing up**
* **Changing responsibilities**

## Sex and Relationships Education

* How do babies change and grow?
* How have I changed since I was a baby?
* What do babies and children need?
* What are my responsibilities now I’m older?

# Healthy and Safer Lifestyles 7

## Healthy Lifestyles

* How can I stay healthy?
* What does it feel like to be healthy?
* What does healthy eating mean and why is it important?
* Why is it important to be active?
* What foods do I like and dislike and why?
* What can help us eat healthily?
* Why do we need food?
* What healthy choices can I make?
* **Staying healthy**
* **Physical activity**
* **Healthy eating**
* **Eatwell plate**
* **Fruit and vegetables**
* **Food preparation**
* **Making real choices**
* **Rest and sleep**

# Myself and My Relationships 8

## Managing Change (R, C)

* **Changing friendship patterns**
* **Changing skills an responsibilities**
* **Habits**
* **Transitions within school**
* **Losing things**
* **Emotions involved with change**
* **Sharing people**
* How am I changing as I grow up?
* How are my achievements, skills and responsibilities changing?
* How can I change my behaviour when something goes wrong?
* How do I cope when friendships change?
* How do I feel and how do I cope when I lose something special to me?
* What helps me to feel better when I am hurt?
* When can I make choices about changes?

**SEAL Links: NB=New Beginnings; GOFO=Getting on and falling out; SNTB=Say no to bullying; GFG=Going for goals; GTBM=Good to be me; R=Relationships; C=Changes**

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