

<b>Primary 1:</b>	<b>Primary 2:</b>	<b>Junior:</b>
<p><b>Self-Confidence and Self-Awareness:</b></p> <ul style="list-style-type: none"> <li>• Developing confidence to try new activities and speak in a familiar group.</li> <li>• Recognizing their own abilities and expressing preferences and interests.</li> </ul> <p><b>Managing Feelings and Behaviour:</b></p> <ul style="list-style-type: none"> <li>• Learning to talk about their own feelings and those of others.</li> <li>• Developing strategies to manage their emotions, such as calming down techniques.</li> <li>• Understanding and following rules and routines.</li> </ul> <p><b>Making Relationships:</b></p> <ul style="list-style-type: none"> <li>• Forming positive relationships with peers and adults.</li> <li>• Learning to play cooperatively, taking turns, and sharing resources.</li> <li>• Developing skills in initiating conversations and listening to others.</li> </ul> <p><b>Health and Self-Care:</b></p> <ul style="list-style-type: none"> <li>• Understanding the importance of healthy practices, such as washing hands and brushing teeth.</li> <li>• Learning about healthy eating and the need for a balanced diet.</li> <li>• Recognizing and managing personal hygiene.</li> </ul> <p><b>Self-Regulation:</b></p> <ul style="list-style-type: none"> <li>• Recognizing the impact of their behaviour on others and adjusting accordingly.</li> <li>• Developing the ability to wait for what they want and control impulses.</li> </ul>	<p><b>Self-Awareness and Self-Esteem:</b></p> <ul style="list-style-type: none"> <li>• Developing a sense of self-worth by recognizing their own achievements and abilities.</li> <li>• Expressing their feelings and thoughts confidently in different situations.</li> </ul> <p><b>Managing Feelings:</b></p> <ul style="list-style-type: none"> <li>• Identifying and naming a range of emotions.</li> <li>• Learning strategies to manage and express emotions appropriately, such as using words to describe feelings.</li> </ul> <p><b>Building Relationships:</b></p> <ul style="list-style-type: none"> <li>• Forming positive relationships with peers and adults.</li> <li>• Practicing sharing, taking turns, and cooperating during group activities.</li> <li>• Developing listening skills and the ability to respond respectfully to others.</li> </ul> <p><b>Health and Hygiene:</b></p> <ul style="list-style-type: none"> <li>• Understanding the importance of personal hygiene practices, such as handwashing, brushing teeth, and bathing.</li> <li>• Learning about the basics of healthy eating and the benefits of different food groups.</li> </ul> <p><b>Safety Awareness:</b></p> <ul style="list-style-type: none"> <li>• Learning basic safety rules for home, school, and outdoor environments.</li> <li>• Understanding the concept of personal space and appropriate physical contact.</li> <li>• Recognizing potential dangers and knowing how to seek help in an emergency.</li> </ul>	<p><b>Self-Awareness and Self-Esteem:</b></p> <ul style="list-style-type: none"> <li>• Recognizing and valuing their own strengths and achievements.</li> <li>• Developing confidence to try new things and take on challenges.</li> </ul> <p><b>Managing Emotions:</b></p> <ul style="list-style-type: none"> <li>• Identifying a wider range of emotions in themselves and others.</li> <li>• Learning strategies to manage and express emotions in healthy ways, such as talking to a trusted adult.</li> </ul> <p><b>Building Relationships:</b></p> <ul style="list-style-type: none"> <li>• Developing skills to form and maintain positive friendships.</li> <li>• Practicing sharing, taking turns, and showing kindness and respect to others.</li> <li>• Understanding and practicing active listening and appropriate responses in conversations.</li> </ul> <p><b>Health and Hygiene:</b></p> <ul style="list-style-type: none"> <li>• Understanding the importance of personal hygiene and learning routines for keeping clean.</li> <li>• Learning about the basics of healthy eating, including recognizing different food groups and their benefits.</li> </ul> <p><b>Safety Awareness:</b></p> <ul style="list-style-type: none"> <li>• Understanding basic safety rules for various environments, including home, school, and public places.</li> <li>• Recognizing potential dangers and knowing what to do in an emergency, such as how to call for help.</li> </ul>

<p><b>Independence and Responsibility:</b></p> <ul style="list-style-type: none"> <li>• Encouraging independence in dressing, eating, and personal care.</li> <li>• Taking responsibility for their own belongings and tidying up after activities.</li> </ul> <p><b>Social Skills:</b></p> <ul style="list-style-type: none"> <li>• Practicing polite interactions, including saying please and thank you.</li> <li>• Understanding and respecting boundaries set by adults.</li> </ul> <p><b>Understanding the World:</b></p> <ul style="list-style-type: none"> <li>• Developing an awareness of different cultures, communities, and traditions.</li> <li>• Exploring similarities and differences between themselves and others.</li> </ul> <p><b>Communication and Language:</b></p> <ul style="list-style-type: none"> <li>• Developing listening skills and the ability to follow simple instructions.</li> <li>• Expanding vocabulary related to emotions, social interactions, and self-care.</li> </ul> <p><b>Safety Awareness:</b></p> <ul style="list-style-type: none"> <li>• Learning basic safety rules, such as not running indoors and staying with an adult when outside.</li> <li>• Understanding the concept of personal safety and stranger danger.</li> </ul> <p><b>Problem Solving:</b></p> <ul style="list-style-type: none"> <li>• Encouraging problem-solving in social contexts, such as resolving conflicts during play.</li> <li>• Developing resilience by trying again when faced with difficulties.</li> </ul> <p><b>Respect and Empathy:</b></p> <ul style="list-style-type: none"> <li>• Teaching respect for others' feelings and perspectives.</li> <li>• Encouraging empathy by discussing how actions can affect others.</li> </ul>	<p><b>Healthy Lifestyle Choices:</b></p> <ul style="list-style-type: none"> <li>• Encouraging regular physical activity and understanding its benefits.</li> <li>• Recognizing the importance of rest and sleep for overall health.</li> </ul> <p><b>Respect and Empathy:</b></p> <ul style="list-style-type: none"> <li>• Developing respect for others' feelings, views, and belongings.</li> <li>• Practicing empathy by understanding how their actions can affect others and discussing ways to be kind and helpful.</li> </ul> <p><b>Communication Skills:</b></p> <ul style="list-style-type: none"> <li>• Improving verbal and non-verbal communication skills, including speaking clearly and using appropriate body language.</li> <li>• Learning to listen attentively and respond appropriately during conversations.</li> </ul> <p><b>Problem-Solving and Decision-Making:</b></p> <ul style="list-style-type: none"> <li>• Developing simple problem-solving skills, such as finding solutions to conflicts or challenges.</li> <li>• Making decisions independently and understanding the consequences of their choices.</li> </ul> <p><b>Self-Regulation:</b></p> <ul style="list-style-type: none"> <li>• Learning to control impulses and behave appropriately in different settings.</li> <li>• Practicing patience and understanding the importance of waiting for their turn.</li> </ul> <p><b>Citizenship and Community:</b></p> <ul style="list-style-type: none"> <li>• Understanding the concept of community and the roles of different people within it.</li> <li>• Participating in simple community activities and projects.</li> </ul> <p><b>Environmental Awareness:</b></p> <ul style="list-style-type: none"> <li>• Learning basic concepts of caring for the environment, such as recycling and conserving resources.</li> </ul>	<p><b>Healthy Lifestyle Choices:</b></p> <ul style="list-style-type: none"> <li>• Learning the importance of regular physical activity and making active choices.</li> <li>• Understanding the benefits of rest, sleep, and relaxation for overall health.</li> </ul> <p><b>Respect and Empathy:</b></p> <ul style="list-style-type: none"> <li>• Developing respect for others' feelings, views, and differences.</li> <li>• Practicing empathy by considering how others might feel in different situations and acting compassionately.</li> </ul> <p><b>Communication Skills:</b></p> <ul style="list-style-type: none"> <li>• Enhancing verbal and non-verbal communication skills, including clear speaking and appropriate body language.</li> <li>• Learning to listen attentively and respond thoughtfully to others.</li> </ul> <p><b>Problem-Solving and Decision-Making:</b></p> <ul style="list-style-type: none"> <li>• Developing problem-solving skills to resolve conflicts and make decisions.</li> <li>• Understanding the consequences of their choices and actions.</li> </ul> <p><b>Self-Regulation:</b></p> <ul style="list-style-type: none"> <li>• Learning to manage their behaviour and emotions in different settings.</li> <li>• Practicing patience, taking turns, and understanding the importance of following rules.</li> </ul> <p><b>Citizenship and Community:</b></p> <ul style="list-style-type: none"> <li>• Understanding their role in the community and the importance of contributing positively.</li> <li>• Participating in simple community activities and learning about the roles of different community helpers.</li> </ul> <p><b>Environmental Awareness:</b></p> <ul style="list-style-type: none"> <li>• Learning about caring for the environment, including recycling and conserving resources.</li> </ul>
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<p><b>Healthy Lifestyle:</b></p> <ul style="list-style-type: none"> <li>• Promoting physical activity through play and structured activities.</li> <li>• Discussing the importance of rest and sleep.</li> </ul> <p><b>Environmental Awareness:</b></p> <ul style="list-style-type: none"> <li>• Introducing concepts of caring for the environment, such as recycling and looking after plants and animals.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the importance of looking after plants, animals, and natural habitats.</li> </ul> <p><b>Personal Safety:</b></p> <ul style="list-style-type: none"> <li>• Recognizing safe and unsafe situations and knowing basic safety rules.</li> <li>• Understanding the importance of saying no and telling a trusted adult if they feel uncomfortable or unsafe.</li> </ul> <p><b>Financial Awareness:</b></p> <ul style="list-style-type: none"> <li>• Introducing basic concepts of money, such as recognizing coins and notes, and understanding the purpose of money.</li> <li>• Learning about saving and spending in simple terms.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the impact of their actions on the environment and how they can make a positive difference.</li> </ul> <p><b>Personal Safety:</b></p> <ul style="list-style-type: none"> <li>• Recognizing safe and unsafe situations and knowing basic safety rules.</li> <li>• Understanding the importance of personal boundaries and saying no if they feel uncomfortable.</li> </ul> <p><b>Financial Awareness:</b></p> <ul style="list-style-type: none"> <li>• Introducing basic concepts of money, such as identifying coins and notes, and understanding the purpose of money.</li> <li>• Learning about saving and spending, and making simple choices about using money.</li> </ul>
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## Key Stage 3:

### Self-Awareness and Self-Esteem:

- Building a positive self-image and recognizing personal strengths and achievements.
- Developing confidence to set personal goals and take on new challenges.

### Emotional Regulation:

- Identifying a range of emotions in themselves and others.
- Learning strategies to manage emotions, such as deep breathing, mindfulness, or talking to someone they trust.

### Healthy Relationships:

- Understanding the qualities of positive friendships and how to maintain them.
- Developing skills to resolve conflicts amicably and respect differing viewpoints.
- Recognizing and responding to peer pressure appropriately.

### Health and Wellbeing:

- Understanding the importance of a balanced diet and regular physical activity.
- Learning about the importance of sleep and rest for overall health.
- Developing routines for personal hygiene.

### Safety and Risk Management:

- Learning strategies to stay safe in different environments, including online safety.
- Recognizing potentially risky situations and knowing how to seek help.
- Understanding basic first aid concepts.

### Decision-Making and Problem-Solving:

- Developing decision-making skills by weighing the pros and cons of different options.
- Learning to think critically and solve problems independently and collaboratively.

### Respect and Empathy:

- Understanding and respecting diversity, including cultural, religious, and individual differences.
- Developing empathy by considering how others might feel in different situations.

### Effective Communication:

- Enhancing verbal and non-verbal communication skills.
- Learning to listen actively and respond thoughtfully in conversations.
- Developing assertiveness skills to express their thoughts and needs respectfully.

## Key Stage 4:

### Self-Awareness and Self-Esteem:

- Developing a positive self-concept and recognizing their own strengths and areas for growth.
- Building confidence to take on new challenges and responsibilities.

### Emotional Regulation:

- Identifying and managing a range of emotions in themselves and others.
- Using strategies to cope with stress, anxiety, and other emotional challenges.

### Building and Maintaining Healthy Relationships:

- Understanding the qualities of healthy and unhealthy relationships.
- Developing effective communication and conflict resolution skills.
- Recognizing and resisting peer pressure and inappropriate behaviours.

### Health and Wellbeing:

- Understanding the components of a healthy lifestyle, including balanced nutrition, regular exercise, and sufficient sleep.
- Developing personal hygiene routines and understanding their importance.
- Learning about mental health and wellbeing, including strategies to maintain mental health.

### Safety and Risk Management:

- Learning how to stay safe in different environments, including online safety.
- Recognizing risky situations and knowing how to seek help and support.
- Understanding basic first aid and emergency procedures.

### Decision-Making and Problem-Solving:

- Developing critical thinking and decision-making skills.
- Learning to evaluate consequences and make informed choices.
- Practicing problem-solving in various contexts, both independently and collaboratively.

### Respect and Empathy:

- Understanding and appreciating diversity, including cultural, religious, and individual differences.
- Developing empathy by considering and respecting the feelings and perspectives of others.

### Effective Communication:

- Enhancing verbal and non-verbal communication skills.
- Practicing active listening and respectful responses in discussions.

**Digital Literacy and Online Safety:**

- Understanding how to use technology responsibly and safely.
- Learning about the importance of privacy and how to protect personal information online.
- Recognizing cyberbullying and knowing how to respond and seek help.

**Citizenship and Community Involvement:**

- Understanding the concept of community and their role within it.
- Participating in community activities and projects.
- Learning about the roles and responsibilities of local and global citizens.

**Financial Literacy:**

- Introducing basic financial concepts, such as saving, spending, and budgeting.
- Understanding the value of money and making informed choices about spending.

**Environmental Responsibility:**

- Learning about environmental issues and how their actions impact the planet.
- Developing habits for sustainability, such as recycling and conserving resources.
- Participating in activities that promote environmental stewardship.

**Personal Safety:**

- Understanding the importance of personal boundaries and respecting others' boundaries.
- Learning how to respond to unsafe situations and seek help from trusted adults.
- Recognizing and avoiding unsafe substances, such as tobacco and alcohol.

**Goal Setting and Aspiration:**

- Setting realistic and achievable personal and academic goals.
- Developing perseverance and resilience to overcome challenges.
- Understanding the importance of effort and practice in achieving success.

**Changes in the Body (Puberty):**

- Basic knowledge about puberty and the changes it brings, suitable for their age level.
- Understanding the physical and emotional changes associated with puberty.

- Developing assertiveness to express thoughts, needs, and boundaries effectively.

**Digital Literacy and Online Safety:**

- Using technology responsibly and understanding digital citizenship.
- Protecting personal information and understanding privacy issues online.
- Recognizing and responding to cyberbullying and other online risks.

**Citizenship and Community Involvement:**

- Understanding their role and responsibilities as members of their community and society.
- Participating in community service and social action projects.
- Learning about democracy, rights, and responsibilities.

**Financial Literacy:**

- Developing basic financial skills, such as budgeting, saving, and making informed spending choices.
- Understanding the value of money and how to manage it responsibly.
- Learning about different financial institutions and services.

**Environmental Responsibility:**

- Understanding environmental issues and their impact on the planet.
- Developing sustainable habits, such as recycling and conserving resources.
- Participating in activities that promote environmental stewardship and sustainability.

**Personal Safety:**

- Understanding the importance of personal boundaries and respecting others' boundaries.
- Recognizing and responding to unsafe situations and seeking help from trusted adults.
- Learning about substance abuse prevention and making healthy choices regarding drugs, alcohol, and tobacco.

**Goal Setting and Aspiration:**

- Setting realistic and achievable personal, academic, and career goals.
- Developing perseverance and resilience to overcome challenges and setbacks.
- Understanding the importance of effort, practice, and a growth mindset in achieving success.

**Sexual Health and Contraception:**

- Gaining basic knowledge about human reproduction and sexual health.
- Understanding different methods of contraception and their importance in preventing unwanted pregnancies and sexually transmitted infections (STIs).

## Key Stage 5:

### Self-Awareness and Self-Esteem:

- Developing a positive self-image and understanding their strengths and areas for improvement.
- Building confidence to take on new challenges and embrace change.

### Emotional Intelligence:

- Recognizing and managing a range of emotions in themselves and others.
- Developing strategies to cope with stress, anxiety, and other emotional challenges.
- Practicing mindfulness and relaxation techniques.

### Building and Maintaining Healthy Relationships:

- Understanding the qualities of healthy and unhealthy relationships, including friendships and romantic relationships.
- Developing effective communication and conflict resolution skills.
- Recognizing and addressing peer pressure and inappropriate behaviours.

### Health and Wellbeing:

- Understanding the importance of a balanced diet, regular physical activity, and sufficient sleep.
- Learning about mental health and wellbeing, including how to access support.
- Developing routines for personal hygiene and understanding puberty and physical changes.

### Safety and Risk Management:

- Learning how to stay safe in different environments, including online safety and digital resilience.
- Recognizing and managing risky situations, including those involving substance abuse.
- Understanding basic first aid and emergency procedures.

### Decision-Making and Problem-Solving:

- Developing critical thinking and decision-making skills.
- Learning to evaluate consequences and make informed choices.
- Practicing problem-solving in various contexts, both independently and collaboratively.

### Respect and Empathy:

- Understanding and respecting diversity, including cultural, religious, and individual differences.
- Developing empathy by considering and respecting the feelings and perspectives of others.
- Challenging stereotypes and promoting inclusion.

### Effective Communication:

- Enhancing verbal and non-verbal communication skills.
- Practicing active listening and respectful responses in discussions.
- Developing assertiveness to express thoughts, needs, and boundaries effectively.

### Digital Literacy and Online Safety:

- Using technology responsibly and understanding digital citizenship.

- Protecting personal information and understanding privacy issues online.
- Recognizing and responding to cyberbullying and other online risks.

**Citizenship and Community Involvement:**

- Understanding their role and responsibilities as members of their community and society.
- Participating in community service and social action projects.
- Learning about democracy, rights, and responsibilities.

**Financial Literacy:**

- Developing financial skills, such as budgeting, saving, and making informed spending choices.
- Understanding the value of money, credit, and managing finances responsibly.
- Learning about different financial institutions, services, and consumer rights.

**Environmental Responsibility:**

- Understanding environmental issues and their impact on the planet.
- Developing sustainable habits, such as recycling and conserving resources.
- Participating in activities that promote environmental stewardship and sustainability.

**Personal Safety:**

- Understanding the importance of personal boundaries and respecting others' boundaries.
- Recognizing and responding to unsafe situations and seeking help from trusted adults.
- Learning about substance abuse prevention and making healthy choices regarding drugs, alcohol, and tobacco.

**Career Education and Aspiration:**

- Exploring different career paths and understanding the skills and qualifications required.
- Setting realistic and achievable personal, academic, and career goals.
- Developing perseverance and resilience to overcome challenges and setbacks.
- Understanding the importance of effort, practice, and a growth mindset in achieving success.

**Sexual Health and Contraception:**

- Comprehensive knowledge of human reproduction, contraception, and sexual health.
- Understanding the prevention and treatment of sexually transmitted infections (STIs) and the importance of regular health check-ups.