

Year 1

Term	Autumn			Spring			Summer		
Core Theme	Health and Wellbeing Minimum of 10 lessons			Relationships Minimum of 10 lessons			Living in the Wider World Minimum of 10 lessons		
Topic	Toys		Fire	Circle of Life			Who lives in a house like this?		
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Heathy Lifestyles</u>	<u>Feelings and Emotions</u>	<u>Healthy Relationships</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>	<u>Environment</u>	<u>Money</u>
Objectives	To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community. To know how to keep safe around household products. To be aware of road safety.	To recognising what you are good at. To explore feelings of success and set new goals. To understand some of the changes that have happened to you since you were a baby. To understand how it feels when there is change or loss.	To understand what helps to keep our bodies healthy. To know how to keep yourself clean and healthy and to understand that germs and disease can cause illness.	To communicate our feelings to others, to recognise how others show feeling, and how to respond. To tell me why you appreciate someone who is special to you.	To recognise what being a good friend means to you. To know appropriate ways of physical contact to greet your friends and to know which ways you prefer. To recognise that you share a responsibility for keeping yourself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'.	To share your opinions with others. To identify people who are special to you and to understand that there are lots of different families. To understand that everybody is unique in some ways and the same in others.	To understand your rights and responsibilities as a member of our class.	To learn about what improves and harms our local, natural and built environments.	To learn that money comes from different sources and can be used for different purposes, including the concepts of spending and saving.

Year 2

Term	Autumn			Spring			Summer		
Core Themes	Health and Wellbeing Minimum of 10 lessons			Relationships Minimum of 10 lessons			Living in the Wider World Minimum of 10 lessons		
Topics	Toys		Fire	Circle of Life			Who live in a house like this?		
	Keeping Safe	Growing and Changing	Healthy Lifestyles	Feelings and Emotions	Healthy Relationships	Valuing Differences	Rights and Responsibilities	Environment	Money
Objectives	To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community. To understand how medicines work in your body and how to use them safely. To learn rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment.	To think of a realistic goal and think about how to achieve it. To understand the different emotions that you feel and develop strategies to manage them. To identify some of the body parts that make boys different to girls and use the correct names for these. To learn about the process of growing from young to old and how people's needs change. To learn about the new opportunities and responsibilities that increasing independence may bring.	To understand how to make real, informed choices that will improve our physical and emotional health and to recognise that choices can have good and not so good consequences. To understand which food choices are healthy for us.	To learn that there are different types of teasing and bullying. To understand that your behaviour can affect other people and to identify some of the things that can cause conflict with your friends. To understand how to look after somebody who has been bullied.	To understand that there are lots of forms of physical contact within a family; some that we like and some that we don't like. To learn the difference between secrets and nice surprises (that everyone will find out about eventually) and that it is ok to tell a secret if we feel anxious or afraid. To recognise who it is easy for you to work with and who it is more difficult for you to work with.	To understand that sometimes people make assumptions about boys and girls. (stereotypes) To understand that bullying is sometimes about difference. To tell you some ways that I am different from my friends. To understand that it is ok to be different from other people and to be friends with them.	To understand that people and other living things have rights and that everyone has responsibilities to protect those rights. To recognise the choices that you make and understand the consequences. To learn that you belong to various groups and communities. To know about the 'special people' who work in our community and who are responsible for looking after and protecting us. To know how to get help in an emergency from these special people, including dialling 999	To develop the strategies and skills needed to care for our local environment.	To learn about the role money plays in your lives including how to keep it safe, choices about spending or saving money and what influences those choices.

Year 3

Term	Autumn			Spring			Summer		
Core Themes	Health and Wellbeing <i>Minimum of 10 lessons</i>			Relationships <i>Minimum of 10 lessons</i>			Living in the Wider World <i>Minimum of 10 lessons</i>		
Topics	Stone Age to Celts		Lights, Camera, Action	The Romans			The Rainforest		Our Brilliant Bodies
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Healthy Lifestyles</u>	<u>Feelings and Emotions</u>	<u>Healthy Relationships</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>	<u>Environment</u>	<u>Money</u>
Year 3	To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community. To understand school rules about health and safety, basic emergency aid procedures, where and how to get help To recognise people who help you to stay healthy and safe To be able to identify things, people and places that you need to stay safe from. To be able to identify when something feels safe and unsafe. To know how to get help in an emergency.	To recognise your self-worth and identify positive things about yourself and your achievements. To set yourself targets for the future. To describe your feelings; understand conflicting feelings (those that are good and those that are not so good) and know how to manage feelings	To explain what makes a balanced diet and have the knowledge to make your own choices about food To understanding what might influence your choices and the benefits of eating a balanced diet To understand how exercise affects your body and to know why your heart and lungs are such important organs. To learn what is meant by the term 'habit' and why habits can be hard to change	To recognise that my actions affect others and to try and see things from other people's points of view. To respond to how others are feeling. To recognise when something feels safe and unsafe.	To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships. To recognise different types of relationship, including those between acquaintances, friends, relatives and families. To be able to express appreciation for our friends and family.	To understand that everybody's family is different and important to them. To understand that differences and conflicts sometimes happen between family members. To know what it means to be a witness to bullying. To be able to problem solve a bullying situation, knowing that a situation can be made better or worse depending on what you do.	To tell me about a dream or ambition that is important to you. To recognise obstacles that might hinder your achievements and take steps to overcome them. To know about a person who has faced a difficult challenge and achieved success. To understand how your needs and rights are shared by children around the world and to explain how our lives are different. To recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing.	To learn that you have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment. To explain how some of the actions and work of people around the world help and influence your life.	To understand where money comes from and what it is used for To learn what is meant by enterprise

Year 4									
Term	<u>Autumn</u>			<u>Spring</u>			<u>Summer</u>		
Core Themes	Health and Wellbeing <i>Minimum of 10 lessons</i>			Relationships <i>Minimum of 10 lessons</i>			Living in the Wider World <i>Minimum of 10 lessons</i>		
Topics	Stone Age to Celts		Lights, Camera, Action	The Romans			The Rainforest		Our Brilliant Bodies
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Healthy Lifestyles</u>	<u>Feelings and Emotions</u>	<u>Healthy Relationships</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>	<u>Environment</u>	<u>Money</u>
Year 4	To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community or locally, as well as who to talk to if you or are concerned by a request to share information online. To develop strategies for keeping physically and emotionally safe in the local environment. To understand who is in your community, the roles they play and how you fit in.	To recognise what you are good at. To understand that sometimes hopes and dreams do not come true and that this can hurt. To know that reflecting on happy and positive experiences can help you to counteract disappointments. To know how to make a new plan and set new goals, even if you have been disappointed. To understand how your body will change as you approach and move through puberty. To understand how to deal with changes in life and to manage the feelings that are associated with change. To identify changes that have been, and may be, out of your control and learn to accept this.	To identify the drugs that are common in everyday life. To understand the facts about smoking and drinking alcohol and the effects they have on our health. To understand that bacteria and viruses can affect health and that following simple routines can reduce their spread.	To understand the concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'. To learn to recognise and manage dares. To be able to recognise situations which may cause jealousy in relationships.	To know which type of physical contact is acceptable and which is not and learn how to respond. To recognise that friendships change, know how to make new friends and how to manage when you fall out with your friends. To understand when somebody is putting you under pressure and know how to resist when you want to. To tell me some of the people who you love and are special to you. To tell me about somebody that you know that you no longer see.	To understand that sometimes we make assumptions based on what people look like and to understand what influences these assumptions. To be able to discuss a time when your view of somebody changed when you got to know them. To know how to listen and respond respectfully to a wide range of people and to share my points of view.	To research, discuss and debate topical issues, problems and events that are of concern to you. To understand how groups come together to make decisions. To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom. To consider the lives of people living in other places, and people with different values and customs.	To learn that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world.	To learn about the role money plays in your own and others' lives, including how to manage your money and about being a critical consumer.

Year 5

Term	Autumn			Spring			Summer		
Core Theme	Health and Wellbeing <i>Minimum of 10 lessons</i>			Relationships <i>Minimum of 10 lessons</i>			Living in the Wider World <i>Minimum of 10 lessons</i>		
Topics	Terrible Tudors			Raging Rivers and Monstrous Mountains			How Do We See?		The Ancient Greeks
	Keeping Safe	Growing and Changing	Healthy Lifestyle	Feelings and Emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Environment	Money
Year 5	To know how to use a range of basic first aid procedures and how to get help in a range of emergency situations. To develop strategies for keeping safe online; the importance of protecting personal information To learn how to manage requests for images of yourself or others and to know what is and is not appropriate to ask for or share.	To learn the different ways of achieving and celebrating personal goals To understand that having high aspirations can support personal achievements To learn how to manage conflicting or complex emotions. To be aware of your own self-image and how your body fits into that. To identify what you are looking forward to with becoming a teenager and understand that this brings growing responsibilities (age of consent) To learn about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement.	To describe the different role that food plays in people's lives and explain how people can develop eating problems (disorders) relating to body image pressures To understand what makes a balanced <u>lifestyle</u> and to know which choices to make for good health - both physical and mental.	To learn how to respond to a wide range of feelings in others To have an accurate picture of who you are in terms of characteristics and personal qualities To be able to explain the difference between direct and indirect types of bullying.	To understand how an individual's behaviour can impact on a group. To realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; To develop strategies for getting support for yourself or for others at risk To develop negotiation and compromise strategies to resolve disputes and conflict To learn how to give helpful feedback and support to others To know when you are spending too much time using devices (screen time)	To recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view. To understand that cultural difference can cause conflicts. To understand what racism is To compare your life with people in the developing world.	Discuss and debate health and wellbeing issues. To learn why and how rules and laws that protect us are made and enforced; To know why different rules are needed in different situations To know how to take part in making and changing rules To know the range of jobs carried out by people you know and explore how much people earn in different jobs To know that there are rights and responsibilities when playing a game online or in a social network community.	To learn that you have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; To continue to develop the skills to exercise these responsibilities	To understand that you will need money to help you achieve some of your dreams. To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax'

Year 6

Year 6									
Term	Autumn			Spring			Summer		
Core Theme	Health and Wellbeing			Relationships			Living in the Wider World		
Topics	Terrible Tudors			Raging Rivers and Monstrous Mountains			How do we see?		The Ancient Greeks
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Healthy Lifestyles</u>	<u>Feelings and Emotions</u>	<u>Healthy Relationships</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>	<u>Environment</u>	<u>Money</u>
Year 6	To know that pressure to behave in a particular way, can come from a variety of sources, including people that you know and the media To know why some people join gangs and the risks that this involves To know that you have a right to protect your body from unwanted physical contact To understand that actions such as FGM constitute abuse and are a crime To develop techniques to resist pressure to do something dangerous, unhealthy, that makes you comfortable or anxious or that you believe is wrong.	To reflect on and celebrate your achievements, identify your strengths and set high aspirations and goals To understand the roles and responsibilities of parents. To understand how girl's and boy's bodies change during puberty (recap year 4) To understand how a girl's body changes through puberty and that menstruation is a natural part of this. To understand the importance of looking after yourself physically and emotionally as your body changes. To understand how a baby is made. To know how a baby grows from conception through to pregnancy, and how it is born. To identify what you are looking forward to and what worries you as you make the transition to high school.	To understand how the media, social media and celebrity culture promote certain body types To know about the different types of drugs and their uses and their effects on the body, particularly the liver and heart. To recognise stress and the triggers that cause it.	To explain the ways that one person or group can have power over another. To understand how name calling and rumour spreading can be challenging behaviours. To understand that there are different stages of grief and that there are different stages of loss that cause people to grieve To understand confidentiality and when it is right to break this	To know the different types of relationships and about what constitutes a positive, healthy relationship To know that marriage, arranged marriage and civil partnership is between two people who willingly agree To understand that forcing anyone to marry is a crime, that support is available to protect and prevent people from being forced into marriage and to know how to get support To understand personal boundaries; to identify what you are willing to share with your most special people; and that we all have rights to privacy.	To listen to and challenge points of views. To understand that there are different perceptions of what normal means, To be able to give examples of people with disabilities who lead amazing lives. To be able to explain the ways in which being different could cause conflict and be a cause for celebration.	To identify problems in the world that concern you and talk to other people about them To understand that there are basic Human Rights shared by all people and all societies To know that there are universal rights for children but for many children, these rights are not met To know that there are some cultural practices which are against British law and Universal Human Rights (such as FGM) To know the importance of keeping personal boundaries and the right to privacy To explore and critique how the media present information To learn what being part of a community means and to know the groups that can support communities locally and nationally	To consider the lives of people living in other places, and people with different values and customs To work with other people to make the world a better place	To know what it means to set up an enterprise and to begin to develop enterprise skills

EYFS								
Term	<u>Autumn</u>			<u>Spring</u>			<u>Summer</u>	
Core Theme	Health and Wellbeing			Relationships			Living in the Wider World	
Topics	EYFS areas of learning that link to Health and Wellbeing: Health and Self Care Understanding the World: The World Self Confidence and Self Awareness			EYFS areas of learning that link to Relationships: Making Relationships Managing Feelings and Behaviour People and Communities			EYFS areas of learning that link to Living in the Wider World: Understanding the World - The World People and Communities	
	<u>Nursery</u> How do I get about? What do I celebrate?			<u>Spring 1</u>	<u>Spring 2</u>		<u>Summer 1</u>	<u>Summer 2</u>
	<u>Reception</u> Is everybody's home the same? What do I celebrate?			<u>Nursery</u> What makes a sound? <u>Reception</u> How can we help Cinderella have a ball?	<u>Nursery</u> Who are the famous animals in my books? <u>Reception</u> Twinkle, twinkle, little star, how I wonder what you are?		<u>Nursery</u> What happened to Jack's beans? <u>Reception</u> How many nursery rhymes do I know?	<u>Nursery</u> Was it once upon a mixed up time? <u>Reception</u> How do we make sense of the world?
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Healthy Lifestyles</u>	<u>Feelings and Emotions</u>	<u>Healthy Relationships</u>	<u>Valuing Difference</u>	<u>Rights and Responsibilities</u>	<u>Environment</u>
Reception	To know what a stranger is and to know how to stay safe if a stranger approaches you. To know how to keep access the computer safely.	To be able to name parts of the body. To understand that we all grow from babies to adults. To discuss a time when you didn't give up until you achieved your goal. To set a goal and work towards it. To share your memories from reception. To discuss how you feel about moving into year 1.	To know which foods are healthy and which are not so healthy. To make healthy eating choices. To understand that you need to exercise to keep your body healthy. To know how to help yourself go to sleep and to know why sleep is good for you. To understand the importance of washing your hands thoroughly at different times of the day.	To understand the impact of unkind words. To begin to recognise and manage your feelings. To say how it feels to achieve a goal and to explain how it feels to be proud. To be able to calm yourself to manage your feelings. .	To know how to make friends to stop yourself from feeling lonely. To know how to be a good friend. To be able to think of ways to solve problems and to stay friends. To know which words to use to stand up for yourself if someone does something unkind. To understand why it is good to be kind and to use gentle hands. To be able to use kind words to encourage people.	To identify something you are good at and to understand that everyone is good at different things. To know that we are all different, but the same in some ways. To understand that being different makes us all special.	To begin to understand children's rights and that this means that we should all be allowed to learn and play. To learn what being responsible means. To understand that if you persevere, you can tackle challenges. To understand the link between what you do now and the job you might do in the future.	To identify some of the jobs you do in your family and how you belong in your family. To understand what it feels to belong. To explain why your home is special to you. To enjoy working with others to make school a good place.

