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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year** | **Mental and Emotional**  **Health**  BV Individual Liberty  **NP** **We use our words to talk about how wE feel** | **Keeping Safe**  BV Rule of Law  **NP Our school is a safe place to be** | **Healthy Lifestyles**  BV Individual Liberty  **NP We believe in ourselves** | **Relationships & Sex Ed**  BV Mutual Respect  **NP Our behavior can show how we are feeling** | **Living in the Wider World**  BV Democracy  **NP We all learn in our own way and in our own time** | **Celebrating Diversity**  BV Tolerance  **NP We can cope with changes** |
| **Year 1** | 1) What makes me happy? What are feelings?  2) What is the difference  between good secrets  and bad secrets?  3) How does my behaviour affect others? | 1) What are the rules for keeping me safe in familiar and unfamiliar environments?  2) What are rules about household substances?  3) What is an emergency and what do I do? | 1) Where does food come from?  2) How do I look after my teeth?  3) How do I keep clean? | 1) Who are the people in my life who love and care for me?  2) What are the differences and similarities between people?  3) What are the similarities between girls and boys? (body parts) | 1) What are class rules? (British Values)  2) Where does our money come from?  3) What is the environment? | 1) Pupils develop feelings of self worth & respect by focusing on how they are diff/similar to one another  2) Pupils express feelings through colours  3) Pupils think about different types of teasing & bullying  & develop strategies to help them deal with bullying behaviour |
| **Year 2** | 1) What is the difference  small feelings and big feelings?  2) How can I keep safe online?  3) What makes others happy? What is the difference between joking, teasing and bullying? | 1) How do medicines help us when we are unwell?  2) How do I keep safe at home?  3) What is my responsibility for keeping myself and others safe? | 1) Why do I eat?  2) Why should I be active?  3) How can I prevent diseases spreading? | 1) What is private? (body parts)  2) What happens when the body grows young to old?  3) What is fair, unfair, kind and unkind? (friendship) | 1) What groups and communities am I a part of?  2) How do we make choices about spending money?  3) How can we look after the environment? | 1) Pupils learn to value diversity through different cultures  2) Pupils recognise and deal with feelings of anger  3) Pupils develop awareness of everyone’s responsibility to stop bullying |
| **Year 3** | 1) How do my feelings affect my behaviour? How can I manage my feelings?  2) What are the ways we communicate online?  3) What am I good at? | 1) What happens when I breathe smoke in the air?  2) How do I recognise risks in my life?  3) What do I do in an emergency? | 1) What is a healthy diet? What is an unhealthy diet?  2) How do I keep safe in the sun?  3) Why is personal and oral hygiene important? | 1) What is personal space?  2) What does a healthy relationship look like?  3) Why is being equal important in relationships? | 1) How do rules and law protect me?  2) What is the difference between my local British communities and global communities?  3) What are the links between work and money? | 1) Pupils learn to value the similarities and differences between themselves and each other.  2) To understand that bullying is wrong and how to get help to deal with bullying.  3) Pupils learn about belonging to groups |

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| **Year 4** | 1) What is resilience?  2) What does it mean to have responsibility over my choices and actions?  3) What is discrimination? | 1) How do I manage risks in my life?  2) What is self-control?  3) What is the difference between legal and illegal drugs? Are all drugs harmful? | 1) How do I make sure I get good quality sleep?  2) What is fuel for the body? Does all food provide the same amount?  3) How do I know if I’m physically ill? | 1) What is diversity?  2) Do boys and girls have different roles?  3) What changes happen to my body? | 1) What are the rights of the child?  2) How do we look after our money?  3) What is sustainability? | 1) Pupils reflect on how we make judgements about people  2) Pupils develop knowledge that stereotypes may lead to prejudice and unfairness  3) Pupils recognise how hurtful it can be to be excluded and realise the responsibility of each individual to stand up to bullying. |
| **Year 5** | 1) What is mental health?  2) How do I negotiate and compromise?  3) How do I stay safe on a mobile or tablet?  4) How can I be happy being me? (body image) | 1) How do I respond to dares?  2) What are ‘habits’?  3) Who or what influences me? | 1) How can we stop the spread of infection?  2) Why are vaccinations important?  3) Why is it important to know about the nutritional content of food? | 1) What is puberty?  2) What are the different relationships in my life?  3) What is unwanted touch? Understanding FGM | 1) How and why do we make and change rules?  2) What is Fair Trade?  3) How can I combine sustainability with fair trade using my enterprise skills? | Real Love Rocks  Health Relationships |
| **Year 6** | 1) How can I challenge negative thoughts and feelings?  2) What is stereotyping?  3) How can the internet positively and negatively affect our mental health? | 1) How do drugs affect the mind and body?  2) How do I manage peer pressure?  3) What are basic emergency first aid skills? | 1) How is my mental and physical well being connected?  2) How do I keep physically healthy?  3) Can I plan and prepare a healthy meal? | 1) What changes happen in my life?  2) What happens in a loving relationship and what is forced marriage?  3) How is a baby made? | 1) Why is it important to be critical of the media online and offline?  2) How do people manage money?  3) What do I want to be? | Real Love Rocks  Keeping Safe |