

| Autumn 1    |                                                              | Autumn 2                                                                 | Spring 1                                                                   | Spring 2                                                                                                 | Summer 1                                                                                            | Summer 2                                                       |            |
|-------------|--------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------|------------|
| KS1 Year A  | Understanding myself                                         | Understanding myself                                                     | Self with others                                                           | Self within the world                                                                                    | Self within the world                                                                               | Self within the world                                          |            |
|             | Wellbeing:                                                   | Wellbeing:                                                               | Healthy Relationships:                                                     | Identity & Community                                                                                     | Digital Lives                                                                                       | Aspiration & money:                                            |            |
|             | Meet your emotions                                           | Taking care of my body                                                   | How do families look after each other?                                     | Celebrating ourselves                                                                                    | Enjoying the online world                                                                           | Will I be good at something straight away?                     |            |
|             | My healthy mind tool kit                                     | Healthy choices:                                                         | How do I feel when I am safe?                                              | Celebrating our similarities and differences                                                             | Being safe online                                                                                   | What is money and where does it come from?                     |            |
|             | All experiences are important                                | How can we walk to fun places safely?                                    | How can I be kind and respectful to friends and family?                    | How can we help everyone to feel included at our school?                                                 | Getting help when we are online                                                                     | Can we buy everything we want?                                 |            |
|             | My body & Me:                                                | How can we stay safe and have fun at home?                               | What makes a great friend?                                                 | * Sun safety                                                                                             | Making good choices online                                                                          |                                                                |            |
|             | Sensitive and special parts of our bodies                    | How can we stay safe whilst out and about?                               |                                                                            |                                                                                                          | Finding a balance online                                                                            |                                                                |            |
| KS1 Year B  | Understanding myself                                         | Self within the world                                                    | Understanding myself                                                       | Understanding myself                                                                                     | Self within the world                                                                               | Self within the world                                          |            |
|             | Wellbeing:                                                   | Digital lives:                                                           | Healthy Choices:                                                           | My body & me:                                                                                            | Identity & Community:                                                                               | Aspiration & Money:                                            |            |
|             | How many emotions are there?                                 | Choosing what we do online                                               | Medicines and chemicals                                                    | To understand and respect the differences and similarities between people.                               | Every family is special!                                                                            | What are we good at?                                           |            |
|             | Change and loss are part of life                             | How can I talk to people safely and kindly online?                       | Keeping clean and healthy                                                  | Learn about the biological differences between male and female animals and their role in the life cycle. | What helps us to be ourselves? (challenging stereotypes)                                            | What skills might I have in the future?                        |            |
|             | Delicious food fuels my body!                                | Sharing photos and videos                                                | Doctors and emergencies                                                    | How our bodies change as we get older                                                                    | Rules help to keep us safe, and keep things fair                                                    | What makes someone good at a job?                              |            |
|             | The right way to get things wrong                            | Spotting lies and what to do about it                                    | Looking after my teeth                                                     | (Include naming genitals)                                                                                |                                                                                                     | Why do people have jobs?                                       |            |
|             |                                                              | How to be a great web searcher                                           | What is athsma?                                                            |                                                                                                          |                                                                                                     |                                                                |            |
| LKS2 Year A | Understanding myself                                         | Self with others                                                         | Self within the world                                                      | Self within the world                                                                                    | Self within the world                                                                               | Understanding myself                                           |            |
|             | Wellbeing:                                                   | Healthy Relationships:                                                   | Digital lives:                                                             | Identity & Community:                                                                                    | Aspiration & Money:                                                                                 | Healthy Choices:                                               |            |
|             | We all have powerful emotions (strong emotions and mental    | What can people do to help their families?                               | Healthy online friendships                                                 | The amazing cultures in our class and community.                                                         | How do we decide when to spend and when to save?                                                    | Can I remember how to stay safe?                               |            |
|             | How many different ways are there to exercise?               | Our bodies belong to us!                                                 | Feeling uncomfortable online                                               | How do we treat everyone kindly and with respect?                                                        | Does money make us happy?                                                                           | How can I enjoy a walk or a cycle near roads and railways?     |            |
|             | A healthy and mindful week                                   | Do friends always want the same things?                                  | Wellbeing in an online world                                               | How can we include everyone?                                                                             | What are my hopes and dreams for the future?                                                        | How can I prepare for an adventure in all weathers and places? |            |
|             | I am wonderful!                                              | Should we behave the same way with everyone we meet?                     | Choosing what to do and what to share                                      | How can we care for our world?                                                                           |                                                                                                     | How can I face challenges to have fun and achieve my dreams?   |            |
| LKS2 Year B | Understanding myself                                         | Self with others                                                         | Self within the world                                                      | Self within the world                                                                                    | Understanding myself                                                                                | Understanding myself                                           |            |
|             | Wellbeing:                                                   | Healthy Relationships:                                                   | Identity & Community:                                                      | Digital lives:                                                                                           | Healthy Choices:                                                                                    | Healthy Choices:                                               |            |
|             | Charging our batteries (the importance of sleep)             | How can friends help us to be our true selves?                           | How does the Equality Act allow us to live our best lives?                 | Who uses the internet?                                                                                   | Year 5 resources on menstruation:                                                                   | How can I take control of my wellbeing?                        |            |
|             | My emotion toolkit                                           | How can I kindly tell people what I want and need?                       | How can we keep a positive view of other people? (Challenging stereotypes) | Using social media safely                                                                                | What is menstruation?                                                                               | What are germs and how can I keep them out of my body?         |            |
|             | Celebrating healthy and delicious food from across the world | What do we need when we lose a loved one?                                | How can everyone achieve their potential?                                  | Is the internet a fair place?                                                                            | Why do we need to clean more during puberty?                                                        | How can I explore natural places safely?                       |            |
|             | What makes life so amazing?                                  | How do the people around us influence us?                                | How do our values shape our identity?                                      | Too good to be true? Spotting online fakes.                                                              |                                                                                                     | Self within the world                                          |            |
|             | Making marvellous mistakes                                   | Challenging negative influence                                           | Do we all have the same values? (British Values)                           | Can we know what is real online?                                                                         |                                                                                                     | Aspiration & Money:                                            |            |
|             |                                                              | *Drugs lessons regarding alcohol                                         | Why are communities important?                                             |                                                                                                          |                                                                                                     | How can we keep our money safe?                                |            |
| UKS2 Year A | Understanding myself                                         | Self within the world                                                    | Self within the world                                                      | Self with others                                                                                         | Understanding myself                                                                                | Self within the world                                          |            |
|             | Wellbeing:                                                   | Identity & Community:                                                    | Digital lives:                                                             | Healthy Relationships:                                                                                   | Healthy Choices:                                                                                    | Aspiration & Money:                                            |            |
|             | What is special about me?                                    | What does the path to equality look like?                                | Deciding what to share online                                              | How does it feel when relationships change?                                                              | How do people become addicted?                                                                      | How can we be responsible shoppers?                            |            |
|             | How can I share what's in my head and heart?                 | How can we listen to other people's experiences better?                  | Comparing ourselves to others on social media                              | How do we fix a friendship that has gone wrong? (Conflict resolution)                                    | How can we stay safe around fire?                                                                   | How can we help our communities other than by working?         |            |
|             |                                                              | How can we be our true selves? (exploring stereotypes)                   | How social media companies use our data                                    |                                                                                                          | How can I respond quickly to emergencies?                                                           | How can I match my skills with a job that I love?              |            |
|             |                                                              | Being an amazing ally                                                    | Influence and Power online                                                 |                                                                                                          | Staying safe on adventures                                                                          |                                                                |            |
|             |                                                              | What environments do we need to thrive? (The social model of disability) | Staying safe in group chats                                                |                                                                                                          | * Risks associated with smoking drugs (cigarettes, e-cigarettes and cannabis) VAPE                  |                                                                |            |
|             |                                                              | What gives us value?                                                     | How can I thrive online?                                                   |                                                                                                          | *Different influences on drug use (alcohol, nocitne and tobacco products)                           |                                                                |            |
|             |                                                              |                                                                          |                                                                            |                                                                                                          | * Strategies to ressit pressure from others about whether to use drugs - alcohol and smoking drugs. |                                                                |            |
|             | Self within the world                                        | Self within the world                                                    | Understanding myself                                                       | Self within the world                                                                                    | Understanding myself                                                                                | Self with others                                               |            |
|             | Digital lives:                                               | Identity & Community:                                                    | Wellbeing:                                                                 | Aspiration & Money:                                                                                      | My body & me:                                                                                       | Healthy Relationships:                                         |            |
|             | Power and friendship online                                  | How can we appreciate and respect people without judgement               | Change is important                                                        | What are my dreams for my future, and how do I get there?                                                | How are our emotions affected by puberty?                                                           | What does a healthy romantic relationship feel like?           |            |
|             |                                                              |                                                                          |                                                                            |                                                                                                          |                                                                                                     |                                                                | Transition |

|                |                                                                                                                                                                            |                                                                                                                                |                                                                                                                                                  |                                                                                                                                                                                    |                                                  |                                                                                                                           |                                                                                                                                                                                                                                                                                                      |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| UKS2 Year<br>B | Discrimination online                                                                                                                                                      | Why is our heritage important?                                                                                                 | How can I stay as healthy as possible for my whole life? [Gr<br>Staying regulated                                                                | What skills do I need to do the things I want to do?<br>How much money is enough to have a good life?<br><br>How can we protect our money?<br>How do I manage my money day-to-day? | How do our bodies change during puberty?         | What skills do people need to stay in a healthy relationship f                                                            | <b>Reflections:</b><br>How does it feel to finish primary school?<br><br><b>Change:</b><br>What will change, when we go to secondary school?<br><br><b>Readiness:</b><br>How do I prepare myself for secondary school?<br><br><b>Independence:</b><br>How do I take responsibility for my wellbeing? |
|                | Motivation and manipulation online                                                                                                                                         | What do we need to feel like we belong?                                                                                        | Understanding myself                                                                                                                             |                                                                                                                                                                                    | How do males and females change during puberty?  | Communicating boundaries and needs clearly (Consent)                                                                      |                                                                                                                                                                                                                                                                                                      |
|                | Do I live in an echo chamber?                                                                                                                                              | How do we express our identity?                                                                                                | Healthy Choices:                                                                                                                                 |                                                                                                                                                                                    | Do you ever feel pressure to look a certain way? | How do we surround ourselves with people who respect and<br>How can we help each other to grow and be our true<br>selves? |                                                                                                                                                                                                                                                                                                      |
|                | Can I spot an online fake?                                                                                                                                                 | How can we talk about gender and identity?                                                                                     |                                                                                                                                                  |                                                                                                                                                                                    | Sexual reproduction (optional)                   | How can we stay true to ourselves, whilst learning from<br>other people?                                                  |                                                                                                                                                                                                                                                                                                      |
|                | What are the dangers of misinformation?<br>* Feelings of being out and about in the local area with<br>increased confidence<br>* The consequences of anti-social behaviour | How can we build healthy communities?<br>* Human rights and the UN Convention on the Rights of the<br>Child.<br>* Homelessness | Why do some people drink alcohol?<br><br>What are the facts about drugs?<br>Why are vaccines so important?<br>How can I perform basic first aid? |                                                                                                                                                                                    |                                                  |                                                                                                                           |                                                                                                                                                                                                                                                                                                      |