



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
National and international days/weeks	<b>NATIONAL RECYCLE WEEK 14th-24th October</b>  Macmillan coffee morning 27th September <b>WORLD MENTAL HEALTH DAY 10th Oct 24</b> Negotiating rules.	<b>CHILDREN IN NEED 15th November</b> Giving, Charity, Help, support <b>Anti-Bullying Week - 11th - Friday 15th Nov</b> <b>ROAD SAFETY WEEK 17th-23rd November</b>	<b>Children's Mental Health Week 3rd-9th Feb</b>  <b>SAFER INTERNET DAY 11th Feb</b>	<b>FAIRTRADE FORTNIGHT 3rd-16th March</b> Spending decisions, Global neighbours, Help and support  <b>Science – Animals including humans</b> Human body parts	<b>National Sunscreen Day 27th May</b>	<b>Child Safety Week – 3rd-9th June</b>  <b>HEALTHY EATING WEEK – 10th-14th June</b>
Main Topic	Healthy and Happy Friendships	Our Similarities and Differences	Caring and Responsibility	Families and Committed Relationships	Healthy Body, Healthy Mind	Coping with Change
Year 1	How can we make friends and get along?  <ul style="list-style-type: none"> <li>Friendships</li> <li>Feelings</li> <li>Kind/unkind behaviours</li> <li>Communicate</li> </ul> <b>Additional unit - Consent</b>	How can we recognise and celebrate similarities and differences?  <ul style="list-style-type: none"> <li>Special</li> <li>Similarities and differences</li> <li>Respect</li> <li>Celebrate</li> <li>Feelings and response</li> </ul>	Can we think about our special people and how do they keep us safe?  <ul style="list-style-type: none"> <li>Responsibilities</li> <li>Needs</li> </ul> <b>GG 14/15 – Life on land and below water</b> <b>What groups do we belong to?</b> <ul style="list-style-type: none"> <li>Groups</li> <li>Community</li> <li>Maths link: What is money and what forms does it come in?</li> <li>Money</li> <li>Spending</li> </ul> <b>Additional unit - PANTS (5-7)</b>	What is a family and why are families important and special?  <ul style="list-style-type: none"> <li>Love</li> <li>Care</li> <li>Types</li> <li>Family life</li> <li>Differences</li> <li>Safe</li> <li>Worries</li> </ul> <b>Additional unit - Families</b>	How are our bodies amazing and what do we know about our own body?  <ul style="list-style-type: none"> <li>Healthy eating</li> <li>physical activity</li> <li>sleep</li> <li>wellbeing</li> <li>sun protection</li> </ul> How can hygiene routines help stop the spread of germs? <ul style="list-style-type: none"> <li>Hygiene</li> <li>Germes</li> </ul> <b>Additional unit - Health Education KS1, Lesson 1 and 2</b>	How have we changed since we were born?  <ul style="list-style-type: none"> <li>Young/old</li> <li>Changes</li> <li>Grow</li> <li>Needs</li> </ul> <b>Additional unit - Keeping Safe at Home</b>  <b>Additional unit - Embracing Change</b>
Main Topic	Healthy and Happy Friendships	Our Similarities and Differences	Caring and Responsibility	Families and Committed Relationships	Healthy Body, Healthy Mind	Coping with Change
Year 2	What makes a happy friendship?  <ul style="list-style-type: none"> <li>Characteristics</li> <li>Friendship</li> <li>Personal boundaries</li> <li>Safe/unsafe situations</li> <li>Unwanted touch</li> <li>Worried/unsafe</li> </ul> <b>Additional unit - Consent</b>	What can we learn about strengths, abilities and stereotypes?  <ul style="list-style-type: none"> <li>Strengths</li> <li>Abilities</li> <li>Stereotypes</li> <li>Unhelpful and unfair</li> <li>Gender stereotypes</li> <li>Challenged</li> </ul> <b>Science unit – Living things</b>	What communities and groups do we belong to?  <ul style="list-style-type: none"> <li>Environment</li> <li>Care and respect</li> <li>Responsibilities</li> <li>Community</li> </ul> <b>GG 14/15 – Life on land and below water</b> <b>How can we explore the different roles and responsibilities people have in our community?</b> <ul style="list-style-type: none"> <li>Groups</li> <li>Community</li> <li>Responsibilities</li> </ul>	What is family life?  <ul style="list-style-type: none"> <li>Love</li> <li>Care</li> <li>Respect</li> <li>Features</li> <li>Family life</li> <li>Worries</li> <li>Help</li> </ul>	How can we stay healthy?  <ul style="list-style-type: none"> <li>Physical activity</li> <li>Healthy</li> <li>Wellbeing</li> </ul> How can we look after our teeth? <ul style="list-style-type: none"> <li>Dental care</li> <li>Dentist</li> <li>Hygiene</li> <li>Cleanliness</li> </ul> <b>Additional unit - Sun Safety</b>	How do our bodies and needs change as we grow older?  <ul style="list-style-type: none"> <li>Change</li> <li>Growing</li> <li>Independence</li> <li>Achievements</li> </ul> <b>Additional unit - Road and Rail Safety Lesson 1 and Lesson 2</b>

			<ul style="list-style-type: none"> <li>• Similarities/differences</li> </ul> <p>How can we classify our needs from our wants and how do people earn money?</p> <ul style="list-style-type: none"> <li>• Spending</li> <li>• Saving</li> <li>• Jobs</li> <li>• Earn</li> <li>• Strengths and interests</li> </ul>			
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Year 3	<p>How can we be a good friend?</p> <ul style="list-style-type: none"> <li>• Personal space</li> <li>• Resilience</li> <li>• Strategies</li> </ul> <p><b>Additional unit - Consent</b></p>	<p>Why is it important to value and respect one another?</p> <ul style="list-style-type: none"> <li>• Differences and similarities</li> <li>• Respect and value</li> <li>• Communities</li> <li>• Belong</li> <li>• Shared values</li> </ul> <p><b>Additional unit - Firework Safety</b></p>	<p>What are our responsibilities of care and respect?</p> <ul style="list-style-type: none"> <li>• Community</li> <li>• Groups</li> <li>• Contributions</li> </ul> <p>GG 8 – Decent work and economic growth</p> <p>How can people make choices about saving and spending?</p> <ul style="list-style-type: none"> <li>• Spending</li> <li>• Saving</li> <li>• Budgeting</li> </ul> <p><b>Additional unit - PANTS (7-9)</b></p>	<p>What is a committed relationship and how can they differ?</p> <ul style="list-style-type: none"> <li>• Online</li> <li>• Friendship</li> <li>• Romantic</li> <li>• Online</li> <li>• Relationship types</li> </ul>	<p>How can we maintain physical and mental wellbeing?</p> <ul style="list-style-type: none"> <li>• Habit</li> <li>• Positive</li> <li>• Negative</li> <li>• Lifestyle</li> <li>• Routines</li> </ul> <p><b>Additional unit - Health Education KS2 lesson 1 and 2</b></p>	<p>How can we cope with our feelings around changes?</p> <ul style="list-style-type: none"> <li>• Independence</li> <li>• Target setting</li> <li>• Aspirations</li> <li>• Target-setting</li> <li>• Goals</li> </ul> <p><b>Additional unit - Keeping Safe at Home</b></p>
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Year 4	<p>How can we solve friendship difficulties?</p> <ul style="list-style-type: none"> <li>• Qualities</li> <li>• Values</li> <li>• Issues</li> <li>• Manage</li> <li>• Respect</li> <li>• Personal boundaries</li> </ul> <p><b>Additional unit - Consent</b></p>	<p>What do we know about identity and diversity?</p> <ul style="list-style-type: none"> <li>• Similarities and differences</li> <li>• Society</li> <li>• Value and respect</li> <li>• Judgements</li> <li>• Dangers</li> <li>• Perspectives</li> </ul> <p><b>Additional unit - Firework Safety</b></p>	<p>What are our rights and responsibilities within our families and the wider society?</p> <ul style="list-style-type: none"> <li>• Diversity</li> <li>• Community</li> <li>• Value and respect</li> <li>• Benefits</li> </ul> <p>GG 8 – Decent work and economic growth</p>	<p>What sort of relationships can we experience in our everyday lives?</p> <ul style="list-style-type: none"> <li>• Marriage</li> <li>• Civil partnership</li> <li>• Legal</li> <li>• Commitment</li> <li>• Lifelong love and care</li> </ul> <p><b>Additional unit - Families</b></p>	<p>What are the influences on our health and wellbeing?</p> <ul style="list-style-type: none"> <li>• Routines</li> <li>• Dental care</li> <li>• Sleep</li> <li>• Exercise</li> <li>• Healthy diet</li> </ul> <p><b>Additional unit - Sun Safety</b></p>	<p>How do our bodies change as we enter puberty?</p> <ul style="list-style-type: none"> <li>• Conflicting emotions</li> <li>• Feelings</li> <li>• Transitions</li> <li>• Loss</li> <li>• Separation</li> </ul> <p><b>Additional unit - Water Safety</b></p>
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Year 5	<p><b>What is peer pressure?</b></p> <ul style="list-style-type: none"> <li>• Identity</li> <li>• Peer pressure</li> <li>• Real life and online</li> <li>• Informed choices</li> <li>• Emotional health and wellbeing</li> <li>• Support</li> </ul> <p><b>Additional unit - Consent</b></p>	<p><b>How can we celebrate our strengths and set our own goals?</b></p> <ul style="list-style-type: none"> <li>• Strengths and abilities</li> <li>• Appreciation</li> <li>• Differences</li> <li>• Future goals and aspirations</li> <li>• Risks and benefits</li> <li>• Internet</li> <li>• Safety</li> </ul> <p><b>Additional unit - Firework Safety</b></p>	<p><b>What are the effects of loneliness and isolation and how can we show care?</b></p> <ul style="list-style-type: none"> <li>• Stereotypes</li> <li>• Negative</li> <li>• Influence</li> <li>• Behaviours</li> </ul> <p><b>GG 5 – Gender equality</b></p> <p><b>Additional unit - Pick your pics</b></p> <p><b>Additional unit - PANTS (9-11)</b></p>	<p><b>What are the characteristics of healthy, positive and committed relationships?</b></p> <ul style="list-style-type: none"> <li>• Family structure</li> <li>• Love, security and stability</li> <li>• Single parents, same sex parents, step parents, blended families, foster parents</li> <li>• Healthy family life</li> </ul>	<p><b>How can we value our bodies and minds?</b></p> <ul style="list-style-type: none"> <li>• Hygiene routines</li> <li>• Cleanliness</li> <li>• Germs</li> <li>• Bacteria</li> <li>• Virus</li> <li>• Habits</li> <li>• Choices</li> </ul> <p><b>Additional unit - Health Education KS2 lesson 3 and 4</b></p>	<p><b>How can puberty changes affect our emotions and how can we manage this?</b></p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Physical and emotional changes</li> <li>• Conflicting emotions</li> </ul> <p><b>Additional unit - Road and Rail Safety Lesson 3 and 4</b></p>
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Year 6	<p><b>How do relationships and feelings change when moving on?</b></p> <ul style="list-style-type: none"> <li>• Evolving relationships</li> <li>• Changes</li> <li>• Emotions</li> <li>• Risks</li> <li>• Staying safe</li> </ul> <p><b>Additional unit - Consent</b></p>	<p><b>What does respectful behaviour look like online and offline?</b></p> <ul style="list-style-type: none"> <li>• Online identities and behaviour</li> <li>• Identifying and responding to bullying</li> <li>• Feelings</li> </ul> <p><b>Additional unit - Firework Safety</b></p>	<p><b>How can we take more responsibility for self-care and who cares for us as we grow older?</b></p> <ul style="list-style-type: none"> <li>• Discriminate</li> <li>• Prejudice</li> <li>• Response</li> </ul> <p><b>What are the risks associated with money?</b></p> <ul style="list-style-type: none"> <li>• Won</li> <li>• Lost</li> <li>• Stolen</li> <li>• Gambling</li> <li>• Health</li> </ul> <p><b>Additional unit - Cyber Detectives</b></p>	<p><b>What is human reproduction and how can we start a family?</b></p> <ul style="list-style-type: none"> <li>• Commitment</li> <li>• Care</li> <li>• Trust</li> <li>• Safe</li> </ul>	<p><b>How can I be the healthiest me and how can I prevent and manage mental ill-health?</b></p> <ul style="list-style-type: none"> <li>• Medicines</li> <li>• Vaccines</li> <li>• Immunisations</li> <li>• Disease</li> <li>• Wellbeing</li> </ul> <p><b>Additional unit - Health Education KS2 lesson 5</b></p>	<p><b>How can I manage the increasing responsibilities and emotions of life changes?</b></p> <ul style="list-style-type: none"> <li>• Transitions</li> <li>• Separation</li> <li>• Emotional changes</li> <li>• Managing feelings</li> <li>• Aspirations and goals</li> </ul> <p><b>Additional unit - Embracing Change</b></p>
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Respect	Perseverance	Joy	Forgiveness	Kindness	Love
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