



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
National and international days/weeks	NATIONAL RECYCLE WEEK 14th-24th October Macmillan coffee morning 27th September WORLD MENTAL HEALTH DAY 10th Oct 24 Negotiating rules.	CHILDREN IN NEED 15th November • Giving, Charity, Help, support Anti-Bullying Week - 11th - Friday 15th Nov ROAD SAFETY WEEK 17th-23rd November	Children's Mental Health Week 3rd-9th Feb SAFER INTERNET DAY 11th Feb	FAIRTRADE FORTNIGHT 3rd-16th March • Spending decisions, Global neighbours, Help and support Science – Animals including humans • Human body parts	National Sunscreen Day 27th May	Child Safety Week – 3rd-9th June HEALTHY EATING WEEK – 10th-14th June
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? • Friendships • Feelings • Kind/unkind behaviours • Communicate Additional unit - Consent	How can we recognise and celebrate similarities and differences? • Special • Similarities and differences • Respect • Celebrate • Feelings and response	Can we think about our special people and how do they keep us safe? • Responsibilities • Needs GG 14/15 – Life on land and below water What groups do we belong to? • Groups • Community • Maths link: What is money and what forms does it come in? • Money • Spending Additional unit - PANTS (5-7)	What is a family and why are families important and special? • Love • Care • Types • Family life • Differences • Safe • Worries Additional unit - Families	How are our bodies amazing and what do we know about our own body? • Healthy eating • physical activity • sleep • wellbeing • sun protection How can hygiene routines help stop the spread of germs? • Hygiene • Germs Additional unit - Health Education KS1, Lesson 1 and 2	How have we changed since we were born? • Young/old • Changes • Grow • Needs Additional unit - Keeping Safe at Home Additional unit - Embracing Change

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Year 2	What makes a happy friendship? • Characteristics • Friendship • Personal boundaries • Safe/unsafe situations • Unwanted touch • Worried/unsafe Additional unit - Consent	What can we learn about strengths, abilities and stereotypes? • Strengths • Abilities • Stereotypes • Unhelpful and unfair • Gender stereotypes • Challenged Science unit – Living things	What communities and groups do we belong to? • Environment • Care and respect • Responsibilities • Community GG 14/15 – Life on land and below water How can we explore the different roles and responsibilities people have in our community? • Groups • Community • Responsibilities	What is family life? • Love • Care • Respect • Features • Family life • Worries • Help	How can we stay healthy? • Physical activity • Healthy • Wellbeing How can we look after our teeth? • Dental care • Dentist • Hygiene • Cleanliness Additional unit - Sun Safety	How do our bodies and needs change as we grow older? • Change • Growing • Independence • Achievements Additional unit - Road and Rail Safety Lesson 1 and Lesson 2
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Year 3	<p>How can we be a good friend?</p> <ul style="list-style-type: none"> • Personal space • Resilience • Strategies <p>Additional unit - Consent</p>	<p>Why is it important to value and respect one another?</p> <ul style="list-style-type: none"> • Differences and similarities • Respect and value • Communities • Belong • Shared values <p>Additional unit - Firework Safety</p>	<p>What are our responsibilities of care and respect?</p> <ul style="list-style-type: none"> • Community • Groups • Contributions <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"> • Spending • Saving • Budgeting <p>Additional unit - PANTS (7-9)</p>	<p>What is a committed relationship and how can they differ?</p> <ul style="list-style-type: none"> • Online • Friendship • Romantic • Online • Relationship types 	<p>How can we maintain physical and mental wellbeing?</p> <ul style="list-style-type: none"> • Habit • Positive • Negative • Lifestyle • Routines <p>Additional unit - Health Education KS2 lesson 1 and 2</p>	<p>How can we cope with our feelings around changes?</p> <ul style="list-style-type: none"> • Independence • Target setting • Aspirations • Target-setting • Goals <p>Additional unit - Keeping Safe at Home</p>
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Year 4	<p>How can we solve friendship difficulties?</p> <ul style="list-style-type: none"> • Qualities • Values • Issues • Manage • Respect • Personal boundaries <p>Additional unit - Consent</p>	<p>What do we know about identity and diversity?</p> <ul style="list-style-type: none"> • Similarities and differences • Society • Value and respect • Judgements • Dangers • Perspectives <p>Additional unit - Firework Safety</p>	<p>What are our rights and responsibilities within our families and the wider society?</p> <ul style="list-style-type: none"> • Diversity • Community • Value and respect • Benefits <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"> • Marriage • Civil partnership • Legal • Commitment • Lifelong love and care <p>Additional unit - Families</p>	<p>What are the influences on our health and wellbeing?</p> <ul style="list-style-type: none"> • Routines • Dental care • Sleep • Exercise • Healthy diet <p>Additional unit - Sun Safety</p>	<p>How do our bodies change as we enter puberty?</p> <ul style="list-style-type: none"> • Conflicting emotions • Feelings • Transitions • Loss • Separation <p>Additional unit - Water Safety</p>
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Year 5	<p>What is peer pressure?</p> <ul style="list-style-type: none"> • Identity • Peer pressure • Real life and online • Informed choices • Emotional health and wellbeing • Support <p>Additional unit - Consent</p>	<p>How can we celebrate our strengths and set our own goals?</p> <ul style="list-style-type: none"> • Strengths and abilities • Appreciation • Differences • Future goals and aspirations • Risks and benefits • Internet • Safety <p>Additional unit - Firework Safety</p>	<p>What are the effects of loneliness and isolation and how can we show care?</p> <ul style="list-style-type: none"> • Stereotypes • Negative • Influence • Behaviours <p>GG 5 – Gender equality</p> <p>Additional unit - Pick your pics</p> <p>Additional unit - PANTS (9-11)</p>	<p>What are the characteristics of healthy, positive and committed relationships?</p> <ul style="list-style-type: none"> • Family structure • Love, security and stability • Single parents, same sex parents, step parents, blended families, foster parents • Healthy family life 	<p>How can we value our bodies and minds?</p> <ul style="list-style-type: none"> • Self-image • Self-respect • Attributes • Self-talk • Development • Proud • Drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine and substances • Legal, illegal • Effects • Bacteria • Virus • Infection • Immunisation • Vaccination • Antibiotic <p>Additional unit - Health Education KS2 lesson 3 and 4</p>	<p>How can puberty changes affect our emotions and how can we manage this?</p> <ul style="list-style-type: none"> • Puberty • Physical and emotional changes • Conflicting emotions <p>Additional unit - Road and Rail Safety Lesson 3 and 4</p>
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Year 6	<p>How do relationships and feelings change when moving on?</p> <ul style="list-style-type: none"> • Evolving relationships • Changes • Emotions • Risks • Staying safe <p>Additional unit - Consent</p>	<p>What does respectful behaviour look like online and offline?</p> <ul style="list-style-type: none"> • Online identities and behaviour • Identifying and responding to bullying • Feelings <p>Additional unit - Firework Safety</p>	<p>How can we take more responsibility for self-care and who cares for us as we grow older?</p> <ul style="list-style-type: none"> • Discriminate • Prejudice • Response <p>What are the risks associated with money?</p> <ul style="list-style-type: none"> • Won • Lost • Stolen • Gambling • Health <p>Additional unit - Cyber Detectives</p>	<p>What is human reproduction and how can we start a family?</p> <ul style="list-style-type: none"> • Commitment • Care • Trust • Safe 	<p>How can I be the healthiest me and how can I prevent and manage mental ill-health?</p> <ul style="list-style-type: none"> • Medicines • Vaccines • Immunisations • Disease • Wellbeing <p>Additional unit - Health Education KS2 lesson 5</p>	<p>How can I manage the increasing responsibilities and emotions of life changes?</p> <ul style="list-style-type: none"> • Transitions • Separation • Emotional changes • Managing feelings • Aspirations and goals <p>Additional unit - Embracing Change</p>
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Respect

Perseverance

Joy

Forgiveness

Kindness

Love