Year/ Term	Topic	Strand	Key Objectives	SMSC British Values Personal Development
Year 1 Autumn 1	Feelings and Special People	Relationships Health	To know how to recognise and talk about emotions and feelings. To know that there is a normal range of emotions. To know whether feelings are appropriate and proportionate. To understand the importance of self-respect. To know how important friendships are to happiness. To know the importance of families.	Home and community Confidence Flourishing/ developing character Social skills Positive relationships Reasoned views Respect
Year 1 Autumn 2	Staying Safe	Relationships Health Living in the Wider World	To understand rights and responsibilities. To know where and how to seek support – including mental health, well-being and emotions. To know about the special people who work in a community. To know how to assess risk and consequences. To know how to respond safely to adults that they don't know. To know facts about legal and illegal harmful substances and risks. To understand why rules are needed to keep everyone safe To know how to recognise feelings of being unsafe. To know how to ask for advice and report concerns. To know that people can behave differently online. To know how to be assertive and take responsibility for own safety.	Home and community Confidence/ responsibility BV – rule of law Mental health Online well-being Dangers of social media RSE Know right and wrong/ law Positive relationships Safeguarding
Year 1 Spring 1	Healthy Me	Health	To understand the benefits of physical exercise/ a healthy lifestyle. To know what constitutes a healthy diet. To know about good dental health and hygiene. To know the benefits of rationing time online. To know where and how to report concerns (link autumn 2)	Home and community Responsibility Preparing for adult life Flourishing — developing character Mental health Online well-being Dangers of mobiles/ social media Physical health

			To know about safe and unsafe exposure to the sun. To know simple self-care techniques. To be able to recognise early signs of	Safeguarding	
			physical illness.		
Year 1	All	Health	To understand the benefits of physical	Home and community	
Spring 2	Around	Living in the	exercise/ community service on health	Resilience and	
	Us	Wider World	and mental well-being.	responsibility	
			To understand how common household	Preparing for adult life	
			items can be reused.	Inclusiveness	
			To help construct and follow rules, and	BV – democracy, rule	
			understand how these help.	of law, mutual respect	
			To know how rules and laws protect	Mental health	
			them and others.	Right/ wrong and the	
			To know how they can contribute to life	law	
			in the classroom and school.	Consequences and	
				reasoned views	
				Community	
				Common values and	
				parliamentary system	
Year 1	Money	Living in the	To know that money comes from	Responsibility	
Summer	Matters	Wider World	different sources and can be used for	Preparing for adult life	
1			different purposes.	BV – Individual Liberty	
			To know the role that money plays in	Careers link	
			their lives and how to keep it safe.	Decision making	
				Confidence	
Year 1	Consolidation of year 1 objectives; additional links to British Values and Personal				
Summer 2	Developn	nent needs of th	ne cohort		

Year/ Term	Topic	Strand	Key Objectives	Cultural Capital SMSC British Values Personal Development
Year 2	Different	Relationships	To understand that families are	Home and
Autumn	Types of		important when growing up.	community
1	Families		To know that families can be	Preparing for adult
			different.	life
			To understand the characteristics of	Inclusiveness
			healthy family life.	BV – rule of law/
			To know that stable, caring	mutual respect and
			relationships may be of different	tolerance
			types.	Flourishing –
			To be able to recognise if family	developing character
			relationships are making them feel	Mental health
			unhappy or unsafe.	Physical health

			To know that marriage represents a legal and formal commitment	Reflect own beliefs Respect faiths Cultural range Value things in common Law
Year 2 Autumn 2	Healthy Bodies	Relationships Health	To know the facts and science relating to allergies, immunisation and vaccination. To know the characteristics and benefits of an active lifestyle. To know simple self-care techniques. To know the importance of building exercise into daily routines. To understand the importance of sufficient good quality sleep. To know about personal hygiene. To know that each person's body belongs to them and the difference between appropriate and inappropriate contact.	Home and community Respect Preparing for adult life Mental health Physical health RSE Influences Right and wrong Positive relationships Safeguarding
Year 2 Spring 1	Feeling Included	Relationships Health	To know the characteristics of friendships. To understand that there is a normal range of emotions. To know that healthy friendships are positive. To know the conventions of courtesy and manners. To know that friendships have ups and downs. To know how to recognise who to trust and not to trust. To understand that they can expect to be treated with respect. To know the importance of respecting others.	Home and community Confidence, resilience, responsibility and respect Preparing for adult life BV – Mutual respect and tolerance Flourishing – developing character Mental health Readiness for next phase Value things in common Social skills Positive relationships
Year 2 Spring 2	Healthy Minds	Health	To understand that mental health and well-being is a normal part of daily life. To know that there is a normal range of emotions.	Home and community Responsibility Preparing for adult life Mental health Online well-being

Year 2	Caring for the	Relationships	To understand why some social media and computer games are age restricted. To know simple self-care techniques. To know how to just whether feelings are appropriate/ proportionate. To know simple self-care techniques. To know simple self-care techniques. To understand that isolation and loneliness can affect children. To know the benefits of physical	Dangers of social media Physical health Right and wrong Social skills Home and
Summer 1	Environment and Social Responsibility	Health Living in the Wider World	exercise. To understand the importance of respecting others. To know what improves environments.	community Respect Responsibility Preparing for adult life
			environinents.	BV – mutual respect and tolerance/ rule of law Physical health Readiness for next phase Value things in common Right and wrong Community Consequences Reasoned views
Year 2		•	ves; additional links to British Values an	d Personal
Summer 2	Development r	needs of the coh	ort	

Year/ Term	Topic	Strand	Key Objectives	Cultural Capital SMSC British Values Personal Development
Year 3 Autumn 1	Safety Online	Relationships Health	To recognise that the internet is an integral part of life. To recognise that the internet can also be negative. To understand that people can behave differently online. To understand the importance of keeping personal information private.	Home and community Confidence, resilience, responsibility and respect Preparing for adult life BV – Rule of law Mental health

				505
			To understand how information and	RSE
			data is shared.	Right and wrong
			To learn about the concepts of	Law
			privacy.	Consequences
			To learn how to respond safely and	Reasoned views
			appropriately to adult they don't	Positive relationships
			know.	Online well-being
			To learn how to critically consider	Dangers of mobile/
			online friendships.	social media
			To understand that the same	Safeguarding
			principles apply to online and real	3
			life relationships.	
			To understand what sort of	
			boundaries are appropriate.	
			To know about the benefits of	
			rationing the time spent online.	
			To know why social media and	
			games have age restrictions.	
			To know about the rules and	
			principles of keeping safe online.	
			To know where and how to seek	
			support.	
			To know where and how to report	
			concerns.	
			To learn how to ask for advice.	
Year 3	Celebrating	Relationships	To understand that mental well-	Home and
Autumn	Achievements	Health	being is a normal part of daily life.	community
2	and Being		To know that all achievements	Confidence,
	Resilient		should be celebrated.	resilience,
			To understand that it's important to	responsibility and
			have aspirations and goals.	respect
			To learn to judge whether feelings	Preparing for adult
			and behaviours are appropriate and	life
			proportionate.	Equal opportunity
			To learn how to recognise and talk	and inclusiveness
			about emotions.	BV – Mutual Respect
			To learn where and how to seek	and Tolerance
			support for mental health.	Flourishing –
			To understand that it is common for	developing character
			people to experience mental ill	Mental health
			health.	Readiness for next
			To learn the benefits of physical	phase
			exercise.	Respect faiths/
			To understand the characteristics of	beliefs
			healthy family life.	Imagination
			To learn simple self-care techniques.	Influences
			10 icam simple sen-care techniques.	Cultural range
				Cultural ralige

				Value things in
				common
				Social skills
Year 3	Being Part of	Health	To understand why they belong to	Home and
Spring 1	a Community	Living in the	different groups and communities.	community
Spring 1	a community	Wider World	To help to construct and follow	Respect
		Widel World	rules.	Preparing for adult
			To understand what being part of a	life
			community means.	Equal opportunity/
			To understand the benefits of	inclusiveness
			physical exercise.	BV – mutual respect
			To understand what improves and	and tolerance
			harms the environment.	Flourishing –
			That the city is city in city	developing character
				Physical health
				Influences
				Cultural range
				Value things in
				common
				Social skills
Year 3	Exercise	Health	To understand the characteristics	Home and
Spring 2			and benefits of an active lifestyle.	community
			To understand the risks of an	Confidence and
			inactive lifestyle.	resilience
			To know about simple self-care	Preparing for adult
			techniques.	life
			To know the benefit of physical	Mental health
			exercise.	Physical health
			To know how and when to seek	Safeguarding
			support.	
Year 3	Stereotypes	Relationships	To understand stereotypes and how	Home and
Summer			they can be negative.	community
1			To understand the importance of	Confidence,
			respecting others.	resilience,
				responsibility and
				respect
				Preparing for adult
				life
				Equal opportunity/
				inclusiveness
				BV – Mutual Respect
				and Tolerance
				Reflect own beliefs/
				respect faiths
				Influences
				Cultural range

				Value things in
				common
				Social skills
Year 3	What I Like	Relationships	To know simple self-care	Home and
Summer		Health	techniques.	community
2			To know how to recognise and talk	Confidence,
			about emotions.	resilience,
			To know that there is a normal	responsibility and
			range of emotions.	respect
			To understand the importance of	Preparing for adult
			respecting others.	life
			To understand the importance of	Equal opportunity
			self-respect.	and inclusiveness
			To understand the importance of	BV – mutual respect
			permission seeking and giving.	and tolerance
			To know that each person's body	Flourishing –
			belongs to them.	developing character
			To know how to ask for advice.	Mental health
			To know how to report concerns or	Right and wrong
			abuse.	Law
			To know how to recognise if family	Consequences
			relationships are making them	Positive relationships
			unhappy/ unsafe.	RSE
				Safeguarding

Year/ Term	Topic	Strand	Key Objectives	Cultural Capital SMSC British Values Personal Development
Year 4 Autumn 1	Nutrition and Dental Health	Health	To know what constitutes a healthy diet. To understand the characteristics of a poor diet. To know the principles of planning and preparing healthy meals. To recognise early signs of physical illness. To know the benefits of oral hygiene.	Home Responsibility Physical health Consequences
Year 4 Autumn 2	Human Rights	Living in the Wider World	To understand that there are basic human rights. To understand why and how laws and rules protect them. To understand that universal rights are there to protect everyone.	Home and community Confidence, resilience, responsibility and respect

			To realise the consequences of anti-	Preparing for adult
			social behaviour.	life
			Social Deliaviour.	
				Equal opportunity/ inclusiveness
				BV – democracy;
				individual liberty;
				rule of law; mutual
				respect and
				tolerance
				Own beliefs
				Value things in
				common/
				parliamentary
				system
				Right and wrong
				Law and
				consequences
				Reasoned views
				Social skills
Year 4	Emergency	Health	To learn about special people who	Home and
Spring 1	Situations	Living in the	work in the community.	community
		Wider World	To learn how to clearly and	Preparing for adult
			efficiently contact the emergency	life
			services.	Physical health
			To learn how to respond to fire	Careers
			safety issues.	Readiness for next
			To identify water dangers.	phase
				Consequences
				Safeguarding
Year 4	Respect	Relationships	To realise the importance of	Home and
Spring 2		Living in the	friendships.	community
		Wider World	To identify the characteristics of	Confidence,
			friendships.	resilience,
			To acquire skills to promote positive	responsibility and
			friendships.	respect
			To understand how to report	Preparing for adult
			feelings of being unsafe.	life
			To appreciate the importance of	BV – rule of law;
			self-respect.	mutual respect and
			To understand that relationships	tolerance
			have ups and downs.	Mental health
			To understand that healthy	Online well-being
			relationships are positive.	Dangers of social
			To recognise who to trust and not to	media
			trust.	Physical health
				RSE
	1		<u> </u>	INUE

			To understand why and how rules and laws protect them.	Safeguarding Right and wrong Law Consequences Reasoned views Positive relationships
Year 4 Summer 1	Money Matters	Living in the Wider World	To know that money comes from different sources. To know the role that money plays in our lives. To develop an initial understanding of interest, loan, debt and tax.	Home and community Responsibility Readiness for next phase Social skills Preparing for adult life
Year 4 Summer 2	Falling Out and Making Up	Relationships Living in the Wider World	To know the importance of friendships to happiness To know the characteristics of friendships To understand that friendships have ups and downs. To realise the consequences of antisocial behaviour. To understand that healthy relationships are positive. To recognise who to trust and not to trust. To know what boundaries are important.	Home and community Confidence, resilience, responsibility and respect Preparing for adult life BV – mutual respect and tolerance Flourishing – developing character Mental health Value things in common Right and wrong Law Consequences Reasoned views Social skills Positive relationships

Year/ Term	Topic	Strand	Key Objectives	Cultural Capital SMSC British Values Personal Development
Year 5 Autumn 1	Body Image	Relationships Health	To understand the importance of respect. To understand the risks of inactive lifestyles. To understand the importance of self-respect.	Home and community Confidence, resilience, responsibility and respect

			To know that body image has changed throughout the ages. To know that the internet can be a negative place. To know what constitutes a healthy diet. To know how to become a discerning consumer of information. To understand the importance of respecting others.	Preparing for adult life Equal opportunity/ inclusive BV – mutual respect and tolerance Flourishing – developing character Mental health Online well-being Dangers of mobile/ social media Physical health Respect own beliefs Respond positively Social skills Positive relationships RSE
Year 5 Autumn 2	Bereavement and Loss	Relationships Health	To be able to recognise and talk about emotions. To appreciate the characteristics of healthy family life. To know that families can be different. To explore the ways that other cultures celebrate life and loss.	Home and community Confidence, resilience, responsibility, and respect Preparing for adult life Equal opportunity/inclusiveness BV – democracy/mutual respect and tolerance Mental health Respect beliefs and faith Influences, cultural range, valuing things in common Positive relationships
Year 5 Spring 1	Fake News	Health Living in the Wider World	To critically examine what is presented in social media. To understand how to be a discerning consumer. To know where and how to report concerns. To know what a stereotype is.	Home and community Respect Preparing for adult life BV – individual liberty Mental health Online well-being

Year 5	Life in Plastic	Living in the	To understand what improves and	Dangers of mobile and social media Readiness for next phase Reflect own beliefs Right and wrong Law Consequences Reasoned views Home and
Spring 2		Wider World	harms the environments. To understand the way that plastics affect the planet. To understand the benefits of physical exercise. To identify the ways that resources can be reduced and recycled. To understand that people and living things have rights.	community Responsibility and respect Preparing for adult life Physical health
Year 5 Summer 1	Puberty	Relationships Health	To know the key facts about puberty. To know about personal hygiene and germs. To know that each person's body belongs to them.	RSE Confidence Preparing for adult life Physical health Readiness for next phase Positive relationships Respect Safeguarding
Year 5 Summer 2	Changes in Friendships	Relationships	To identify the characteristics of friendships. To know how important friendships are in making us happy. To know how to report concerns or abuse. To understand that the internet can be negative.	Home and community Confidence, resilience, responsibility and respect Preparing for adult life BV – mutual respect and tolerance Flourishing – developing character Mental health Dangers of mobile/social media Value things in common Social skills

				Positive relationships
				Preparing for the
				next phase
				Safeguarding
Year/	Topic	Strand	Key Objectives	Cultural Capital
Term				SMSC
				British Values
				Personal
				Development
Year 6	Drugs and	Health	To know the facts about legal and	Home and
Autumn	Alcohol		illegal harmful substances.	community
1	Education		To know what is meant by the term	Confidence,
			'habit'.	responsibility,
			To know that pressure to misbehave	respect
			can come from many sources.	Preparing for adult
			To know how to make informed	life
			choices.	BV – rule of law
			To understand the role that money	Mental health
			plays.	Online well-being
			. ,	Dangers of mobile/
				social media
				Physical health
				Careers
				Readiness for next
				phase
				Influences
				Right and wrong
				Law
				Consequences
				Reasoned views
Year 6	Sex Education	Relationships	To know key facts about puberty.	RSE
Autumn	SCX Education	Health	To know that families are important	Home
2		ricaitii	to children.	Responsibility and
			To know that each person's body	respect
			belongs to them.	Preparing for adult
			To know practical steps to improving	life
			relationships.	BV – individual
			To know how to report concerns or	liberty; mutual
			abuse.	respect and
			abase.	tolerance
				Physical health
				Safeguarding
				Right and wrong
				Law
				Consequences
				Positive relationships

Voca	Mental and	Hoolth	To understand that meantal	Hama
Year 6		Health	To understand that mental well-	Home
Spring 1	Emotional		being is a part of everyday life.	Confidence,
	Health		To understand that there is a normal	resilience
			range of emotions.	Preparing for adult
			To know that it is common for	life
			people to experience mental ill	Flourishing –
			health.	developing character
			To know how to judge if feelings are	Mental health
			appropriate and proportionate.	Physical health
			To know some simple self-care	Readiness for next
			techniques.	phase
			To understand the benefits of	Preparing for adult
			physical exercise.	life
			To know the benefits of an active	Safeguarding
			lifestyle.	
			To know the importance of regular	
			exercise.	
			To understand the importance of	
			sufficient good quality sleep.	
			To understand that isolation and	
			loneliness can affect children.	
			To know where and how to seek	
			support.	
Year 6	Global	Living in the	To understand what improves and	Home and
Spring 2	Sustainable	Wider World	harms the environment.	community
-1- 0	Development		To understand that there are basic	Responsibility and
	Goals		human rights shared by people and	respect
			societies.	Preparing for adult
			To understand that resources can be	life
			allocated in different ways.	BV – mutual respect
			To understand that they have	and tolerance
			different kinds of responsibilities.	Respect for faiths
			directent kinds of responsibilities.	Influences
				Cultural range
				Value things in
				common
				Right and wrong
Voor 6	E Safaty and	Polationships	To know that the internet is an	Consequences Home and
Year 6	E-Safety and	Relationships		
Summer	Social Media		integral part of life.	community
1			To recognise that the internet can	Confidence,
			also be negative.	resilience,
			To understand the importance of	responsibility and
			keeping personal information	respect
			private.	Preparing for adult
			To begin to understand the concept	life
			of privacy.	

Year 6 Summer 2	Anti-social Behaviour and the Role of Police and	Living in the Wider World	To understand the rules and principles for keeping safe online. To know how information and data is shared. To know that the same principles apply to online relationships. To consider the effect of their online actions on others. To critically consider their online friendships. To understand that people can behave differently online. To consider the benefits of rationing time spent online. To realise the consequences of antisocial behaviour. To understand that there are basic human rights shared by all.	BV – mutual respect and tolerance Flourishing – developing character Online well-being Dangers of mobile/ social media Readiness for next phase Right and wrong Consequences Positive relationships Safeguarding Home and community Responsibility and respect
	the Law		To understand that there are universal rights to protect everyone. To understand what being part of a community means. To know about the special people who work in the community. To develop strategies for getting support.	Preparing for adult life Equal opportunity/ inclusive BV – democracy; rule of law; mutual respect and tolerance Careers Readiness for next phase Value things in common Right and wrong Law Consequences