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

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** Capital  SMSC  British Values  Personal Development |
| Year 2 Autumn 1 | Different Types of Families | Relationships | To understand that families are important when growing up.  To know that families can be different.  To understand the characteristics of healthy family life.  To know that stable, caring relationships may be of different types.  To be able to recognise if family relationships are making them feel unhappy or unsafe.  To know that marriage represents a legal and formal commitment | Home and community  Preparing for adult life  Inclusiveness  BV – rule of law/ mutual respect and tolerance  Flourishing – developing character  Mental health  Physical health  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.  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 understand that isolation and loneliness can affect children. | Home and community  Responsibility  Preparing for adult life  Mental health  Online well-being  Dangers of social media  Physical health  Right and wrong  Social skills |
| Year 2 Summer 1 | Caring for the Environment and Social Responsibility | Relationships  Health  Living in the Wider World | To know the benefits of physical exercise.  To understand the importance of respecting others.  To know what improves environments. | Home and community  Respect  Responsibility  Preparing for adult life  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 Summer 2 | Consolidation of year 2 objectives; additional links to British Values and Personal Development needs of the cohort | | | |

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| 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.  To understand how information and data is shared.  To learn about the concepts of privacy.  To learn how to respond safely and appropriately to adult they don’t know.  To learn how to critically consider online friendships.  To understand that the same principles apply to online and real 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. | Home and community  Confidence, resilience, responsibility and respect  Preparing for adult life  BV – Rule of law  Mental health  RSE  Right and wrong  Law  Consequences  Reasoned views  Positive relationships  Online well-being  Dangers of mobile/ social media  **Safeguarding** | |
| Year 3 Autumn 2 | Celebrating Achievements and Being Resilient | Relationships  Health | To understand that mental well-being is a normal part of daily life.  To know that all achievements should be celebrated.  To understand that it’s important to have aspirations and goals.  To learn to judge whether feelings and behaviours are appropriate and proportionate.  To learn how to recognise and talk about emotions.  To learn where and how to seek support for mental health.  To understand that it is common for people to experience mental ill health.  To learn the benefits of physical exercise.  To understand the characteristics of healthy family life.  To learn simple self-care techniques. | Home and community  Confidence, resilience, responsibility and respect  Preparing for adult life  Equal opportunity and inclusiveness  BV – Mutual Respect and Tolerance  Flourishing – developing character  Mental health  Readiness for next phase  Respect faiths/ beliefs  Imagination  Influences  **Cultural** range  Value things in common  Social skills | |
| Year 3 Spring 1 | Being Part of a Community | Health  Living in the Wider World | To understand why they belong to different groups and communities.  To help to construct and follow rules.  To understand what being part of a community means.  To understand the benefits of physical exercise.  To understand what improves and harms the environment. | Home and community  Respect  Preparing for adult life  Equal opportunity/ inclusiveness  BV – mutual respect and tolerance  Flourishing – developing character  Physical health  Influences  **Cultural** range  Value things in common  Social skills | |
| Year 3 Spring 2 | Exercise | Health | To understand the characteristics and benefits of an active lifestyle.  To understand the risks of an inactive lifestyle.  To know about simple self-care techniques.  To know the benefit of physical exercise.  To know how and when to seek support. | Home and community  Confidence and resilience  Preparing for adult life  Mental health  Physical health  **Safeguarding** | |
| Year 3 Summer 1 | Stereotypes | Relationships | To understand stereotypes and how they can be negative.  To understand the importance of respecting others. | Home and community  Confidence, 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 Summer 2 | What I Like | Relationships  Health | To know simple self-care techniques.  To know how to recognise and talk about emotions.  To know that there is a normal range of emotions.  To understand the importance of respecting others.  To understand the importance of self-respect.  To understand the importance of permission seeking and giving.  To know that each person’s body belongs to them.  To know how to ask for advice.  To know how to report concerns or abuse.  To know how to recognise if family relationships are making them unhappy/ unsafe. | | Home and community  Confidence, resilience, responsibility and respect  Preparing for adult life  Equal opportunity and inclusiveness  BV – mutual respect and tolerance  Flourishing – developing character  Mental health  Right and wrong  Law  Consequences  Positive relationships  RSE  **Safeguarding** |

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| 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.  To realise the consequences of anti-social behaviour. | Home and community  Confidence, resilience, responsibility and respect  Preparing for adult life  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 Spring 1 | Emergency Situations | Health  Living in the Wider World | To learn about special people who work in the community.  To learn how to clearly and efficiently contact the emergency services.  To learn how to respond to fire safety issues.  To identify water dangers. | Home and community  Preparing for adult life  Physical health  Careers  Readiness for next phase  Consequences  **Safeguarding** | |
| Year 4 Spring 2 | Respect | Relationships  Living in the Wider World | To realise the importance of friendships.  To identify the characteristics of friendships.  To acquire skills to promote positive friendships.  To understand how to report feelings of being unsafe.  To appreciate the importance of self-respect.  To understand that relationships have ups and downs.  To understand that healthy relationships are positive.  To recognise who to trust and not to trust.  To understand why and how rules and laws protect them. | Home and community  Confidence, resilience, responsibility and respect  Preparing for adult life  BV – rule of law; mutual respect and tolerance  Mental health  Online well-being  Dangers of social media  Physical health  RSE  **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 anti-social 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 |

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| 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.  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. | Home and community  Confidence, resilience, responsibility and respect  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  Dangers of mobile and social media  Readiness for next phase  Reflect own beliefs  Right and wrong  Law  Consequences  Reasoned views | |
| Year 5 Spring 2 | Life in Plastic | Living in the Wider World | To understand what improves and 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. | Home and 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** |

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** Capital  SMSC  British Values  Personal Development | |
| Year 6 Autumn 1 | Drugs and Alcohol Education | Health | To know the facts about legal and illegal harmful substances.  To know what is meant by the term ‘habit’.  To know that pressure to misbehave can come from many sources.  To know how to make informed choices.  To understand the role that money plays. | Home and community  Confidence, responsibility, respect  Preparing for adult life  BV – rule of law  Mental health  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 Autumn 2 | Sex Education | Relationships  Health | To know key facts about puberty.  To know that families are important to children.  To know that each person’s body belongs to them.  To know practical steps to improving relationships.  To know how to report concerns or abuse. | RSE  Home  Responsibility and respect  Preparing for adult life  BV – individual liberty; mutual respect and tolerance  Physical health  **Safeguarding**  Right and wrong  Law  Consequences  Positive relationships | |
| Year 6 Spring 1 | Mental and Emotional Health | Health | To understand that mental well-being is a part of everyday life.  To understand that there is a normal range of emotions.  To know that it is common for people to experience mental ill health.  To know how to judge if feelings are appropriate and proportionate.  To know some simple self-care techniques.  To understand the benefits of physical exercise.  To know the benefits of an active 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. | Home  Confidence, resilience  Preparing for adult life  Flourishing – developing character  Mental health  Physical health  Readiness for next phase  Preparing for adult life  **Safeguarding** | |
| Year 6 Spring 2 | Global Sustainable Development Goals | Living in the Wider World | To understand what improves and harms the environment.  To understand that there are basic human rights shared by people and societies.  To understand that resources can be allocated in different ways.  To understand that they have different kinds of responsibilities. | Home and community  Responsibility and respect  Preparing for adult life  BV – mutual respect and tolerance  Respect for faiths  Influences  **Cultural** range  Value things in common  Right and wrong  Consequences | |
| Year 6 Summer 1 | E-Safety and Social Media | Relationships | To know that the internet is an integral part of life.  To recognise that the internet can also be negative.  To understand the importance of keeping personal information private.  To begin to understand the concept of privacy.  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. | Home and community  Confidence, resilience, responsibility and respect  Preparing for adult life  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** | |
| Year 6 Summer 2 | Anti-social Behaviour and the Role of Police and the Law | Living in the Wider World | To realise the consequences of anti-social behaviour.  To understand that there are basic human rights shared by all.  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. | | Home and community  Responsibility and respect  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 |