

Year	Autumn 1 BEING ME IN MY WORLD	Autumn 2 CELEBRATING DIFFERENCE	Spring 1 DREAMS AND GOALS	Spring 2 HEALTHY ME	Summer 1 RELATIONSHIPS	Summer 2 CHANGING ME
REC	Self identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where will we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities	Families and their differences Family conflict and how to manage it (child-centred) Witnessing	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family

	Rewards and consequences Responsible choices Seeing things from others' perspectives	bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	stereotypes Challenging my ideas Preparing for transition
4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol, Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued	Perceptions of normality Understanding disability Power struggles	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in	Taking personal responsibility How substances affect the body Exploitation, including 'county lines'	Mental health Identifying mental health worries and sources of support Love and loss	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical

	Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	the world Motivation Recognising achievements Compliments	and gang culture Emotional and mental health Managing stress	Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	attraction Respect and consent Boyfriends/girlfriends Sexting Transition
7	Transition and settling in	What is mental health	Keeping safe – fight, flight, freeze. What to do when things go wrong.	Education and its importance	Crime and responsibility	Health and puberty
8	Careers Careers & GCSE Options – Planning for the future	Mental health – self-confidence and self-harm	Keeping Safe Who can help when things go wrong?	Identity – peer pressure and drugs	Our community – British Values Human rights and Consumer rights	Different types of relationships & Bullying
9	Mental health Managing stress	Study skills	LGBTQ and expression	Age of consent and STIs	First give	First give
10	Identity Bullying and Discrimination	Keeping Safe E Safety (Grooming and Cyberbullying)	Mental & Physical Health Different forms of mental illness's	Sex and Relationships Body Image & Forced Marriages	Our community – British Values Crime and Responsibility Knife crime and gang culture	Careers Money, Tax and Budgeting
11	Identity Your professional Identity CV writing	Careers Study Skills and Making it through your exams Planning, techniques, stress management	Sex and Relationships Abusive relationships and Sexting	Our community – British Values Diversity and Tolerance	Mental & Physical Health Managing your mental health, mindfulness	