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| **EYFS** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)****Family & Friendship** | **Relationships****(RL)** |
| **British Values Coverage\*** | Lesson 1: IL, MR, TLesson 2:IL, MR, TLesson 3: D, MR, TLesson 4: D, MR, TLesson 5:D, RoL, IL, MR, TLesson 6:E, RoL, IL, MR, T | Lesson 1: IL, MR, TLesson 2: IL, MR, TLesson 3: D, MR, TLesson 4: MR, TLesson 5: MR, TLesson 6: D, RoL, IL, MR | Lesson 1: MRLesson 2: MR, TLesson 3: ILLesson 4: MRLesson 5: DLesson 6: MR | Lesson 1: MRLesson 2: IL, MRLesson 3: ILLesson 4: IL, MR, TLesson 5: MRLesson 6: RoL, IL, MR, T | Lesson 1: MR, RoL, IL, T, DLesson 2: MR, RoL, IL, T, DLesson 3: MR, RoL, IL, T, D | Lesson 1: D, RoL, IL, MRLesson 2: IL, MRLesson 3: MR, TLesson 4: RoL, IL, MR, TLesson 5: IL, MR, TLesson 6: MR, T |
| **Development Matters** | **3-4 years old**Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’.Understand gradually how others might be feelingIncreasingly follow rules, understanding why they are important.Remember rules without needing an adult to remind them.Play with one or more other children, extending and elaborating play ideas.Find solutions to conflicts and rivalries**Reception**Express their feelings and consider the feelings of others.Identify and moderate their own feelings socially and emotionally.Think about the perspectives of others.Build constructive and respectful relationships. | **3-4 years old**Play with one or more other children, extending and elaborating play ideas.Find solutions to conflicts and rivalriesDevelop appropriate ways of being assertive.Talk with others to solve conflicts.**Reception**Build constructive and respectful relationships.Show resilience and perseverance in the face of challenge.See themselves as a valuable individual. | **3-4 years old**Understand gradually how others might be feelingIncreasingly follow rules, understanding why they are important.Remember rules without needing an adult to remind them.Make healthy choices about food, drink, activity and toothbrushingBe increasingly independent in meeting their own care needs**Reception**Manage their own needs.Know and talk about the different factors that support their overall health and wellbeing:- regular physical activity- healthy eating- toothbrushing- sensible amounts of ‘screen time’- having a good sleep routine- being a safe pedestrian | **3-4 years old**Increasingly follow rules, understanding why they are important.Remember rules without needing an adult to remind them.Play with one or more other children, extending and elaborating play ideas.Find solutions to conflicts and rivalries**Reception**Build constructive and respectful relationships. | **3-4 years old**Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’.Understand gradually how others might be feelingIncreasingly follow rules, understanding why they are important.Remember rules without needing an adult to remind them.Play with one or more other children, extending and elaborating play ideas.Find solutions to conflicts and rivalries**Reception**Express their feelings and consider the feelings of others.Identify and moderate their own feelings socially and emotionally.Think about the perspectives of others.Build constructive and respectful relationships. |
| **PSHE Focus** | * Self-identity
* Understanding feelings
* Being in a classroom
* Being gentle
* Rights and responsibilities
 | * Identifying talents
* Being special
* Families Where 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
 | * The importance of friendship
* The importance of saying sorry and

forgiveness* All families are different
 | * Family life
* Friendships
* Breaking friendships
* Falling out
* Dealing with bullying
* Being a good friend
 |
| **Key Vocabulary** | UniqueDifferentSameHappyAngryExcitedSadKindFriendsSmileTeamworkTogether | ShareGentleHurtCrossHitAngryRightsAllowedRulesHappyResponsibilitySafeLearning | ProudAchievementGoodUniqueDifferentSpecialFavouriteCelebrateTalentsHall of FameSort | GroupSameSimilarHousesHomesFriendsKindLonelyLikeDislikeUnkind | ChallengeProblemGiving upHardTrickyPracticeTryBetterAchieve | GoalPraiseSupportJobFutureSkillAim ProudHall of Fame | EnjoyLearnPracticeExerciseFeelChangeDemonstrateHeartBreathCool downBody partsFoodHealthyLess healthyGroupSleep | Bedroom routineLullabyRepairImportantWashDirtGermsInvisibleProperly cleanRespectStrangerHurtBadHelp | FriendshipKindnessHappySadShyFeelingsLonelySorryAngryFoster dad  | FamilyMumDadBrotherSisterGrandmaGrandpaStepmumStepdadFoster mum | FamilyJobsActivitiesLike friendsFriendshipLonelyArgue | Fall outRelationshipKindUnkindAngryCalm |

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| **Year 1** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)****Growing & Caring for Ourselves** | **Relationships****(RL)** |
| **British Values Coverage\*** | Lesson 1: MRLesson 2: D, RoL, IL, MR, TLesson 3: D, RoL, IL, MR, TLesson 4: IL, MR, TLesson 5: D, RoL, IL, MR, T Lesson 6: D, RoL, IL, MR, T | Lesson 1: MR, TLesson 2: MR, TLesson 3: IL, MR, TLesson 4: MR, TLesson 5: MR, TLesson 6: MR, T | Lesson 1: MRLesson 2: MR, TLesson 3: D, MR, TLesson 4: ILLesson 5: IL, MRLesson 6: IL, MR | Lesson 1: IL, MRLesson 2: ILLesson 3: ILLesson 4: RoLLesson 5: RoLLesson 6: IL, MR | Lesson 1: MR, T, RoL, IL, DLesson 2: MR, T, RoL, ILLesson 3: MR, T, RoL, IL, D | Lesson 1: MR, TLesson 2: RoL, IL, MR, TLesson 3: IL, MR, TLesson 4: D, RoL, Lesson 5: MR, TLesson 6: MR |
| **DfE Outcomes Coverage** | Caring Friendships R7, R8, R9Respectful relationships R!2, R13, R14, R16Mental Wellbeing H2, H3, H4, H7 | Caring Friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R16, R17Being Safe R25, R29, R30, R31, R32Mental Wellbeing H2, H3, H7, H8, H9 | Respectful relationships R12, R16Mental Wellbeing H2, H3, H4, H5, H6Physical Health and fitness H18, H19, H20 | Mental Wellbeing H1, H2, H3, H5, H6, H9Healthy eating H22, H23, H24Drugs, Alcohol, Tobacco H25 (medicine safety)Health and Prevention H27, H28, H29, H30 | **Relationships Education**Respectful relationships(3a,3e)Families and people who care for me (1a,1b,1c,1d,1f)Caring friendships (2e)Being Safe (5d,5e)**Healthy Education**Mental wellbeing(6b,6c) | Families and the people who care for me R1, R2, R3, R4Caring Friendships R7, R9, R10, R11Respectful relationships R12, R13, R15, R16, R19Being Safe R25, R27, R28, R30, R32Mental Wellbeing H2, H3 |
| **Cross Curricular Links** | Science: Animals including Humans (Animals) | Science: Animals including Humans (Animals) | Science: Animals including Humans (Animals) | DT: Food & Nutrition - Fruit and Vegetable SmoothieScience: Animals including Humans (Animals) | Science: Animals including Humans | Computing: Online Safety |
| **PSHE Focus** | * 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
 | * We are all different but can still be friends
* How children grow and change
* Explore di­fferent types of families and who to ask for help
* Identify who can help when families make us feel unhappy or unsafe
 | * 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
 |
| **Key Vocabulary** | RightsResponsibilities LearningCharterIllustrationRewardsConsequencesUpset | DisappointedProudBelongingSpecialSafeCalm | CelebrationDifferenceSpecialUniqueIncludedBully | BulliedBullyingBullying behaviour DeliberateOn purposeUnfairDifferent from Difference Similarity/similarSame as | SuccessCelebrationChallengeInternalTreasure chest FeelingsGoalsDreams Garden ChallengeObstacleOvercomeAchieveGoal | Celebrate Relationships SpecialAppreciateFeelingsConfidencePraiseQualitiesSkillsSelf-beliefIncredibleProudHelpHelpfulCommunityFeelings | Celebrate Relationships SpecialAppreciateFeelingsConfidencePraiseQualitiesSkillsSelf-beliefIncredibleProudHelpHelpfulCommunityFeelings | HealthyUnhealthyTrustCleanBody partsToiletry items HygienicBalanced Exercise SleepChoices | FriendsFeelingsSimilar Different Private partsPenis | FamilyBoyGirlMaleFemaleVulva  | ChangeFeelingsAnxiousWorriedExcitedCopingLearnNewGrowChangeMaleFemale | VaginaPenisTesticlesVulvaAnusBabyGrowing upAdultMatureLife cycleAdulthood |

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| **Year 2** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)****Differences**  | **Relationships****(RL)** |
| **British Values Coverage\*** | Lesson 1: IL, MR, TLesson 2: D, RoL, IL, MR, TLesson 3: D, RoL, IL, MR, TLesson 4: D, MR, TLesson 5: D, RoL, IL, MR, TLesson 6: D, RoL, IL, MR, T | Lesson 1: IL, MR, TLesson 2: IL, MR, T Lesson 3: MR, TLesson 4: D, RoL, ILLesson 5: MRLesson 6: MR, T | Lesson 1: ILLesson 2: IL, MRLesson 3: D, MR, T Lesson 4: D, RoL, MR, TLesson 5: D, RoL, MR, TLesson 6: D, MR, T | Lesson 1: ILLesson 2: ILLesson 3: RoL, ILLesson 4: ILLesson 5: ILLesson 6: IL, MR | Lesson 1: MR, T, IL, RoL, DLesson 2: MR, T, IL, DLesson 3: MR, T, IL, D | Lesson 1: D, IL, MR, TLesson 2: RoL, IL, MR, T Lesson 3: D, MR, TLesson 4: RoL, IL, MRLesson 5: IL, MRLesson 6: MR, T |
| **DfE Outcomes Coverage** | Respectful Relationships R12, R14, R15, R16, R19Being Safe R25, R29, R30, R32Mental Wellbeing H2, H3 | Caring friendships R7, R8, R9, R10, R11Respectful Relationships R12, R13, R14, R16, R17, R18, R19Online relationships R20, R21, R22Being safe R25, R29, R31, R32Mental Wellbeing H2, H3, H5Internet Safety and harms H11, H12, H13, H15 | Respectful Relationships R12, R13, R14, R15, R16, R19Mental Wellbeing H2, H3, H5, H8, H9Internet Safety and harms H17 | Being safe R32Mental Wellbeing H1, H2, H3, H6, H7Physical health and fitness H18, H19, H20, H21Healthy eating H22, H23, H24Drugs, Alcohol, Tobacco H25 (medicine safety)Health and prevention H28, H29 | **Relationships Education**Respectful relationships(3a,3g) | Families and the people who care for me R1, R2, R3, R4, R5, R6Caring friendships R7, R8, R9, R11Respectful Relationships R12, R16, R19Online relationships R20, R22Being safe R25, R26, R27, R28, R29, R30, R31, R32Mental Wellbeing H2, H3Internet safety and harms H15 |
| **Cross Curricular Links** |  | Computing: Online Safety | Computing: Online Safety | DT: Food & Nutrition - A Balanced DietScience: Animals including Humans - Growth | Science: Animals including Humans | Computing: Online Safety |
| **PSHE Focus** | * 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
* Motivation
* Healthier choices
* Relaxation
* Healthy eating and nutrition
* Healthier snacks and sharing food
 | * Introduce the concept of gender stereotypes
* Identify differences between males and females
* Explore some of the differences between males and females and to

understand how this is part of the lifecycle* Focus on sexual difference and name body parts
 | * Different types of family
* Physical contact boundaries
* Friendship and conflict
* Secrets
* Trust and appreciation
* Expressing appreciation for special relationships
 |
| **Key Vocabulary** | WorriesHopesFearsBelongingRightsResponsibilities ResponsibleActionsPraiseReward | ConsequencePositiveNegativeChoicesCo-operateLearningCharterProblem-solving | BoysGirlsSimilarities AssumptionsShieldStereotypes DifferencesSpecialBullyPurposeKindUnkindFeelingsSadLonely | HelpOn PurposeStand up forMaleFemaleDifferenceDiversityFairnessKindnessFriendsUniqueValue | RealisticProudSuccessCelebrate AchievementGoalStrengthsPersevereChallenge | FamilyDifferentSimilaritiesSpecialRelationship ImportantCooperateTouchPhysical contact CommunicationHugsLikeDislikeAcceptableNot acceptableFriendsConflictPoint of viewPositiveProblem solving Secret | FamilyDifferentSimilaritiesSpecialRelationship ImportantCooperateTouchPhysical contact CommunicationHugsLikeDislikeAcceptableNot acceptableFriendsConflictPoint of viewPositiveProblem solving Secret | MedicinesSafeBodyBalanced dietPortionProportionEnergyFuel Nutritious | SimilarDifferentSexGender rolesStereotypes Vulva  | BoysGirlsMaleFemalePrivate partsPenis  | ChangeGrowLife cycleControlBabyAdultFully grownGrowing upOldYoungChangeRespectAppearancePhysicalToddlerChildTeenagerIndependentTimelineFreedom ResponsibilitiesMaleHappy | FemaleVaginaPenisTesticlesVulvaAnusPublicPrivateTouchTextureCuddleHugSqueezeLikeDislikeAcceptable Unacceptable Comfortable UncomfortableAnxiousExcitedLooking forwardNervous |

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| **Year 3** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)****Valuing Difference & Keeping Safe** | **Relationships****(RL)** |
| **British Values Coverage\*** | Lesson 1: IL, MRLesson 2: D, RoL, IL, MR, TLesson 3: D, RoL, IL, MR, TLesson 4: D, MR, TLesson 5: D, RoL, IL, MR, TLesson 6: D, RoL, IL, MR, T | Lesson 1: IL, MR, TLesson 2: TLesson 3: RoL, IL, MR, TLesson 4: IL, MR, TLesson 5: MRLesson 6: MR, T | Lesson 1: MR, TLesson 2: ILLesson 3: IL, MRLesson 4: IL, MRLesson 5: IL, MRLesson 6: IL, MR, T | Lesson 1: IL, MRLesson 2: IL, MRLesson 3: RoL, IL, MR, TLesson 4: RoL, IL, TLesson 5: RoL, ILLesson 6: IL, MR | Lesson 1: MR, T, IL, RoL, DLesson 2: MR, T, IL, D, RoLLesson 3: MR, T, IL, D, RoL | Lesson 1: D, IL, MR, TLesson 2: D, RoL, IL, MR, TLesson 3: IL, MLesson 4: D, RoL, TLesson 5: D, IL, MR, TLesson 6: MR, T |
| **DfE Outcomes Coverage** | Caring friendships R7, R8, R9Respectful relationships R12, R13, R14, R16, R19Online relationships R20, R21, R23Being safe R25, R32Mental wellbeing H2, H3 | Families and the people who care for me R1, R2, R3, R4, R5, R6Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R14, R15, R16, R17Online relationships R20, R21, R23, R34Being safe R25, R30, R31, R32Mental wellbeing H2, H3, H4, H7, H8, H9Internet safety and harms H11, H13, H14, H15, H16 | Respectful relationships R12, R13, R14, R15, R16, R19Mental wellbeing H2, H3 | Online relationships R20, R21, R22, R23, R24Being safe R25, R26, R28, R29, R30, R31, R32Mental wellbeing H2, H3, H5, H6, H8, H9Internet safety and harms H11, H12, H13, H14, H15, H16, H17Physical health and fitness H18, H19, H20, H21Healthy eating H22, H23, H24Drugs, Alcohol, Tobacco H25Health and prevention H27, H28, H29Basic first aid H32 | **Relationships Education**Respectful relationships(3a)Caring friendships (2e)Respectful relationships(3b,3d,3f)Being safe (5a,5b,5c,5d,5f,5g, 5h)Families and people who care for me (1a,1b,1c,1d,1f,) | Families and the people who care for me R1, R2, R3, R4Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R16, R18Online relationships R20, R21, R22, R23, R24Mental wellbeing H2, H3Internet safety and harms H11, H12, H13, H14, H15, H16, H17 |
| **Cross Curricular Links** | Computing: Online Safety | Computing: Online Safety |  | Computing: Online SafetyDT: Food & Nutrition - Eating SeasonallyMFL: Fruits or VegetablesScience: Animals including Humans | Science: Animals including Humans | Computing: Online Safety |
| **PSHE Focus** | * Setting personal goals
* Self-identity and worth
* Positivity in challenges
* Rules, rights and responsibilities
* Rewards and consequences
* Responsible choices
* Seeing things from others’ perspectives
 | * Families and their differences
* Family conflict and how to manage it (child-centred)
* Witnessing bullying and how to solve it
* Recognising how words can be hurtful
* Giving and receiving compliments
 | * Difficult challenges and achieving success
* Dreams and ambitions
* New challenges
* Motivation and enthusiasm
* Recognising and trying to overcome obstacles
* Evaluating learning processes
* Managing feelings
* Simple budgeting
 | * Exercise
* Fitness challenges
* Food labelling and healthy swaps
* Attitudes towards drugs
* Keeping safe and why it’s important online and off line scenarios
* Respect for myself and others
* Healthy and safe choices
 | * Identify that people are unique and to respect those differences
* Explore the differences between male and female bodies
* Consider appropriate and inappropriate physical contact and

consent* Explore different types of families and who to go to for help and support
 | * Family roles and responsibilities
* Friendship and negotiation
* Keeping safe online and who to 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
 |
| **Key Vocabulary** | WelcomeValuedAchievementsProudPleasedPersonal goalPraiseAcknowledgeAffirmEmotionsFeelingsNightmareFearsWorriesSolutionsSupportRightsResponsibilities LearningCharter | NightmareDreamBehaviourRewardsConsequencesActionsFeelingsFairnessChoicesCo-operateChallengeGroup dynamicsTeam workView pointIdeal schoolBelong | FamilyLovingCaringSafeConnectedDifferenceSpecialConflictSolve it together SolutionsResolveWitnessBystander | BullyingGayUnkindFeelingsTellConsequencesHurtfulComplimentUniqueDifferenceSimilarity | DreamsGoalsAmbitionsFutureAspirationsGardenDecorationTeam workEnterpriseDesignCooperation ChallengeProductStrengths | MenWomenMaleFemaleUnisexRoleJobResponsibilitiesDifferencesSimilaritiesRespectStereotypeConflictSolutionProblem solvingFriendshipWin-winSafeUnsafeRiskyInternetSocial media | MenWomenMaleFemaleUnisexRoleJobResponsibilitiesDifferencesSimilaritiesRespectStereotypeConflictSolutionProblem solvingFriendshipWin-winSafeUnsafeRiskyInternetSocial media | SafeAnxiousScaredStrategyAdviceHarmfulRiskFeelingsComplexAppreciateBodyHealthyChoice Risk | StereotypesGender rolesSimilarDifferentMaleFemalePrivate partsRelationship  | Penis VulvaTesticlesVaginaUterusFamilyFosteringAdoption  | ChangesBirthAnimalsBabiesMotherGrowing upBabyGrowUterusWombNutrientsSurviveLoveAffectionCareChangePubertyControlPubertyMale | FemaleTesticlesSpermPenisOvariesEggOvum/ OvaWomb/ UterusVaginaStereotypesTaskRolesChallengeChangeLooking forwardExcitedNervousAnxiousHappy |

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| **Year 4** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)****Growing Up** | **Relationships****(RL)** |
| **British Values Coverage\*** | Lesson 1: D, RoL, IL, MR, TLesson 2: D, IL, MRLesson 3: DLesson 4: D, RoL, IL, MRLesson 5: DLesson 6: D | Lesson 1: TLesson 2: IL, MR, TLesson 3: RoL, MRLesson 4: RoL, MR, T Lesson 5: IL, MRLesson 6: MR, T | Lesson 1: ILLesson 2: MRLesson 3: ILLesson 4: IL, MRLesson 5: D, IL MR, TLesson 6: IL, MR, T | Lesson 1: IL, MR, T Lesson 2: D, IL, MR, TLesson 3: D, IL, TLesson 4: D, IL, TLesson 5: IL, MR, TLesson 6: D, RoL, IL | Lesson 1: MR, T, IL, RoL, DLesson 2: MR, T, IL, RoL, DLesson 3: MR, T, IL, RoL, D | Lesson 1: MR, TLesson 2: MR, TLesson 3: MR, TLesson 4: RoL, IL, MR, TLesson 5: TLesson 6: IL, MR, T |
| **DfE Outcomes Coverage** | Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, 14, R16, R19Online relationships R20, R22Being safe R25Mental wellbeing H2, H3Internet safety and harms H11, H12, H13, H14, H15, H16, H17 | Caring friendships R9, R11Respectful relationships R12, R15, R16, R17Online relationships R20, R21, R22, R23Being safe R25, R26, R30, R31, R32Mental wellbeing H2, H3, H4, H7, H8, H9Internet safety and harms H11, H12, H13, H15, H17 | Respectful relationships R12, R13, R14, R16, R19Mental wellbeing H2, H3Internet safety and harms H12, H15 | Caring friendshipsR7, R8, R9, R10, R11Respectful relationships R12, R13, R15, R16, R19 Online relationships R20, R21, R22, R23, R24Being safe R25, R29, R30, R31, R32Mental wellbeing H1, H2, H3, H4Internet safety and harms H13, H15, H17Physical health and fitness H21Drugs, Alcohol, Tobacco H25Health and prevention H26 | **Health Education**Changing adolescent body (8a, 8b)Mental wellbeing (6a,6b,6c,6d,6f)Menstruation (9a)Caring friendships (2b,2c,2d,2e)Respectful relationships(3a,3b,3d,3e,3f,3h)Online relationships (4b,4d) | Families and the people who care for me R1, R2, R4Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R14, R16, R19Being safe R25, R30, R32Mental wellbeing H2, H3, H4, H6, H7, H9, H10 |
| **Cross Curricular Links** | MFL: Presenting MyselfComputing: Online Safety | MFL: My Family, My HomeComputing: Online Safety | Computing: Online Safety | DT: Food & Nutrition - Adapting a RecipeComputing: Online Safety | Science: Animals including HumansPlants | Computing: Online Safety |
| **PSHE Focus** | * 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
 | * Explore the human lifecycle
* Identify some basic facts about puberty
* Explore how puberty is linked to reproduction
* Explore respect in a range of relationships
* Characteristics of healthy relationships
 | * Jealousy
* Love and loss
* Memories of loved ones
* Getting on and
* Falling Out
* Girlfriends and boyfriends
* Showing appreciation to people and animals
 |
| **Key Vocabulary** | IncludedExcludedWelcomeValuedTeamCharterRoleJob descriptionSchool Community ResponsibilityRightsDemocracyRewardConsequence | DemocraticDecisionsVotingAuthorityLearningCharterRoleContributionObserverChoicesUN Convention on Rights of Child | CharacterAssumptionJudgementSurprisedDifferentAppearanceAcceptInfluenceOpinionAttitudeJudgementBullyingFriendSecretDeliberate | On purposeBystanderWitnessBullyProblem solveCyber bullyingText messageWebsiteTrollSpecialUniqueCharacteristicsPhysical features ImpressionChanged | DreamHopeGoalDetermination PerseveranceResiliencePositiveAttitudeDisappointmentFearsHurtResiliencePositive experiences DisappointmentPlansCopeHelp | RelationshipCloseJealousyProblem-solveEmotionsPositiveNegativeLossStrategyShockDisbeliefNumbDenialAngerGuiltSadnessPainDespairHopelessnessReliefAcceptanceDepressionSouvenir | RelationshipCloseJealousyProblem-solveEmotionsPositiveNegativeLossStrategyShockDisbeliefNumbDenialAngerGuiltSadnessPainDespairHopelessnessReliefAcceptanceDepressionSouvenir | PeersGuiltAdviceAlcoholLiverDiseasePeersAnxietyFearBelieveOpinionRightWrong | PubertyLife cycleReproductionEmotionalFeelings  | PhysicalBreastsSpermEggPubic hair | PersonalUniqueCharacteristicsParentsSpermEggOvumPenisTesticlesVaginaVulvaWombUterusOvariesMaking loveHaving sexSexual Intercourse Fertilise | ConceptionPubertyMenstruationPeriodsCircleSeasonsChangeControlChangeAcceptanceEmotionsLooking forwardExcitedNervousAnxiousHappy |

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| **Year 5** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)****Puberty** | **Relationships****(RL)** |
| **British Vaues Coverage\*** | Lesson 1: ILLesson 2: D, RoL, ILLesson 3: D, RoL, IL, MR, TLesson 4: RoL, IL, MR, TLesson 5: D, RoL, IL, MR, TLesson 6: D, RoL, IL, MR, T | Lesson 1: D, RoL, MR, TLesson 2: D, RoL, IL, MR, TLesson 3: RoL, IL, MR, TLesson 4: RoL, TLesson 5: D, IL, MR, T Lesson 6: D, MR, T | Lesson 1:D, RoL, ILLesson 2: D, TLesson 3: IL, MRLesson 4: MR, TLesson 5: D, MR, TLesson 6: D, IL, MR, T | Lesson 1: IL, MR, TLesson 2: RoL, IL, MR, T Lesson 3: MR, TLesson 4: D, IL, MR, TLesson 5: IL, TLesson 6: IL, T | Lesson 1: MR, T, IL, DLesson 2: MR, T, IL, DLesson 3: MR, T, IL, D, RoL | Lesson 1: IL, TLesson 2: IL, MR, TLesson 3: IL, MR, TLesson 4: IL, MR, TLesson 5: D, RoL, IL, MRLesson 6: D, RoL, IL, MR |
| **DfE Outcomes Coverage** | Families and the people who care for me R1, R2, R3, R4, R6Respectful relationships R12, R13, R14, R15, R16, R19Mental wellbeing H2, H3, H7, H9, H10 | Families and the people who care for me R1, R2, R3, R4, R6Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R15, R16, R17, R18Being safe R25, R26, R27, R30, R31, R32Mental wellbeing H1, H2, H3, H4, H7, H8, H9, H10 | Families and the people who care for me R1, R2, R3, R4Caring friendships R7, R8, R9Respectful relationships R12, R15, R16, R18Mental wellbeing H1, H2, H3, H5, H7 | Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R14, R15, R16, R17, R18, R19Online relationships R20, R21, R22, R23, R24Being safe R25, R26, R27, R30, R31, R32Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H8, H9, H10Internet safety and harms H11, H12, H13, H15, H16, H17Physical health and fitness H18, H21Healthy eating H22, H23, H24Drugs, Alcohol, Tobacco H25Basic first aid H32, H33 | **Health Education**Mental wellbeing(6a,6b,6c, 6d,6e,6f,)Changing adolescent body (8a,8b)Menstruation (9a) | Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R14, R15, R16, R17, R18, R19Online relationships R20, R21, R22, R23, R24Being safe R25, R26, R27, R28, R29, R30, R31, R32Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H8, H9, H10Internet safety and harms H11, H12, H13, H14, H15, H16, H17Physical health and fitness H20, H21Health and prevention H28, H30 |
| **Cross Curricular Links** |  |  |  | Computing: Online SafetyDT: Food & Nutrition - Food: What Could Be Healthier | Science: Animals including Humans | Computing: Online SafetyDT: Food & Nutrition - Food: What Could Be Healthier |
| **PSHE Focus** | * 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
 | * Explore the emotional and physical changes occurring in

puberty* Understand male and female puberty changes in more detail
* Explore the impact of puberty on the body and the

importance of physical hygiene* Explore ways to get support during puberty
 | * 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
 |
| **Key Vocabulary** | EducationAppreciationOpportunitiesGoalsMotivationVisionHopesChallengeRightsResponsibilitiesCitizenDeniedEmpathiseRefugeePersecutionConflict | AsylumMigrantWealthPovertyPrejudicePrivilegeDepriveRewardsConsequencesChoicesLearningCharterCooperationCollaborationParticipation Motivation | CultureConflictDifferenceSimilarityBelongCulture wheelRacismColourRaceDiscriminationRibbonBullyingRumourName-callingRacist | HomophobicCyber bullyingTextingProblem-solvingIndirectDirectHappinessDifferenceSimilarityContinuumDeveloping world CelebrationArtefactsDisplayPresentation | DreamHopeGoalFeelingAchievementMoneyGrown upAdultLifestyleJobCareerProfessionMoney | CharacteristicsPersonal qualities AttributesSelf-esteem ResponsibilityBeing responsibleAge-limitSocial networkCommunityOnlineOfflineRightsRiskyAge-limitCommunityViolence | CharacteristicsPersonal qualities AttributesSelf-esteem ResponsibilityBeing responsibleAge-limitSocial networkCommunityOnlineOfflineRightsRiskyAge-limitCommunityViolence | AlteredSelf-respectComparisonBody imageEating problemEating disorderRespectDebateOpinionFactHealthy lifestyleMotivation | PubertyPhysical changesEmotional changesMoodsMenstruationPeriodsTamponsSanitary towelsWet dreams | SemenErectionSweatBreastsSpotsPubic hairFacial hairUnderarm hairSexual feelings | Self-imageBody imageSelf-esteemPerceptionCharacteristicsAspectsAffirmationPubertyMenstruationPeriodsSanitary towelsSanitary padsTamponsOvarOvariesVaginaOestrogenVulvaWombUterusPubertySpermSemenTesticles/TestesErectionEjaculationWet dream | LarynxFacial hairGrowth spurtHormonesRelationshipsConceptionMaking loveSexual intercourse Fallopian tubeFertilisationPregnancyEmbryoUmbilical cordFertility treatment (IVF)TeenagerMilestonePerceptionsPubertyContraception ResponsibilitiesChangeHopeManageCope OpportunitiesEmotionsFearExcitementAnxious |

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| --- | --- | --- | --- | --- | --- | --- |
| **Year 6** | **Autumn Term 1** | **Autumn Term 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| **Topic** | **Being Me in My World****(BM)** | **Celebrating Difference****(CD)** | **Dreams and Goals (DG)** | **Healthy Me****(HM)** | **Growing Up Week****(SRE)** **Puberty, Relationships & Reproduction** | **Relationships****(RL)** |
| **British Values Coverage\*** | Lesson 1: IL, TLesson 2: D, RoL, IL, MR, TLesson 3: D, RoL, IL, MR, TLesson 4: RoL, IL, MR, TLesson 5: D, RoL, IL, MR, TLesson 6: D, RoL, IL, MR, T | Lesson 1: MR, TLesson 2: MR, TLesson 3: D, RoL, IL, TLesson 4: RoL, IL, TLesson 5: MR, TLesson 6: D, RoL, IL, MR, T | Lesson 1: ILLesson 2: ILLesson 3: MR, TLesson 4: D, MR, TLesson 5: D, MR, TLesson 6: D, MR, T | Lesson 1: ILLesson 2: RoL, ILLesson 3: RoL, IL, MRLesson 4: ILLesson 5: MR, TLesson 6: T | Lesson 1: MR, T, IL, DLesson 2: MR, T, IL, D, RoLLesson 3: MR, T, IL, D, RoLLesson 4: MR, T, IL, D, RoL | Lesson 1: MLesson 2: TLesson 3: TLesson 4: D, IL, MR, T Lesson 5: D, RoL, IL, MR, TLesson 6: RoL, IL, MR, T |
| **DfE Outcomes Coverage** | Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R15, R16, R19Being safe R25, R30, R31, R32Mental wellbeing H1, H2, H3, H4 | Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R14, R15, R16, R17, R18, R19Online relationships R20, R21, R22, R23Being safe R25, R26, R30, R31, R32Mental wellbeing H2, H3, H4, H7, H8, H9, H10Internet safety and harms H11, H12, H13, H15, H16, H17Physical health and fitness H21 | Families and people who care for me R1, R2, R3, R4, R6Caring friendships R7, R8, R9Respectful relationships R12, R13, R15, R16, R18Mental wellbeing H1, H2, H3, H5, H7, H9, H10 | Respectful relationships R15, R16, R18, R19Being safe R25, R26, R27, R28, R29, R30, R31, R32Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H9, H10Physical health and fitness H18, H19, H20, H21Healthy eating H22, H23, H24Drugs, Alcohol, Tobacco H25Health and prevention H26, H27, H28, H29, H30, H31 | **Health Education**Mental wellbeing(6c,6d,6f,6g,6i,6j, 6h)Changing Adolescent body (8a,8b)Families and people who care for us (1a,1b,1d,1f, 1c, 1e)Caring friendships (2a,2b,2c)Respectful relationships 3b,3d,3h)Being safe (5a,5b,5d,5e,5g,5h)Online relationships(4a,4b,4c,4d,4e) | Caring friendships R7, R8, R9, R10, R11Respectful relationships R12, R13, R15, R16, R17, R18, R19Online relationships R20, R21, R22, R23, R24Being safe R25, R26, R27, R28, R29, R30, R31, R32Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H8, H9, H10Internet safety and harms H11, H12, H13, H14, H15, H16, H17Physical health and fitness H18 |
| **Cross Curricular Links** | MFL: Me in the World | Science: Animals, including Humans |  | DT: Food & Nutrition - Come Dine with MeScience: Animals, including Humans | Science: Animals including HumansLiving Things and their HabitatsY3 Plants  | Computing: Online SafetyScience: Animals, including Humans |
| **PSHE Focus** | * Identifying goals for the year
* Global citizenship Children’s universal rights Feeling welcome and valued
* Choices, consequences and rewards
* Group dynamics
* Democracy, having a voice
* Anti-social behaviour
* Role-modelling
 | * Perceptions of normality
* Understanding disability
* Power struggles
* Understanding bullying
* Inclusion/exclusion
* Differences as conflict, difference as celebration
* Empathy
 | * Personal learning goals, in and out of school
* Success criteria
* Emotions in success
* Making a difference in the world
* Motivation
* Recognising achievements
* Compliments
 | * Taking personal responsibility
* How substances affect the body
* Exploitation, including ‘county lines’ and gang culture
* Emotional and mental health
* Managing stress
 | * Consider puberty and reproduction
* Exploring the importance of communication and respect in relationships
* Consider different ways people might start a family
* Explore positive and negatiTe ways of communicating

in a relationship | * Mental health
* Identifying mental health worries and sources of support
* Love and loss
* Managing feelings
* Power and control Assertiveness
* Technology safety
* Take responsibility with technology use
 |
| **Key Vocabulary** | GoalsWorriesFearsValueWelcomeChoiceGhanaWest AfricaCocoa plantationCocoa podsMacheteRightsCommunityEducationWantsNeedsMaslowEmpathyComparisonOpportunitiesEducationChoices | BehaviourRightsResponsibilitiesRewardsConsequencesEmpathiseLearningCharterObstaclesCooperationCollaborationLegalIllegalLawfulLawsCollaborationParticipationMotivationDemocracyDecisionProud | NormalAbilityDisabilityVisual impairmentEmpathyPerceptionMedicationVisionBlindMaleFemaleDiversityTransgenderGender diversityCourageFairnessRightsResponsibilitiesPowerStruggle | ImbalanceControlHarassmentBullyingBullying behaviourDirectIndirectArgumentRecipientPara Olympian AchievementAccoladeDisabilitySportPerseveranceAdmirationStaminaCelebrationDifferenceConflict | DreamHopeGoalLearningStrengthsStretchAchievementPersonalRealisticUnrealisticFeelingSuccess CriteriaLearning stepsFeelingMoney | Mental healthAshamedStigmaStressAnxietySupportWorriedSignsWarningSupportSelf-harmEmotionsFeelingsSadnessLossGriefDenialDespairGuiltShock | Mental healthAshamedStigmaStressAnxietySupportWorriedSignsWarningSupportSelf-harmEmotionsFeelingsSadnessLossGriefDenialDespairGuiltShock | IllegalGangsPressureStrategiesReputationAnti-social behaviour CrimeMental healthEmotional healthMental illnessSymptomsStressTriggersStrategiesManaging stressPressure | WombSpermEggConceptionFertilisationPregnancySexual intercourseTwinsFosteringAdoption  | RelationshipFriendshipLoveConsentIntimacyCommunicationPersonal/private informationInternet safety | Self-imageSelf-esteemRealCelebrityOpportunitiesFreedomsResponsibilitiesPubertyPregnancyEmbryoFoetusPlacentaUmbilical cordLabourContractionsCervixMidwife | AttractionRelationshipPressureLoveSextingNegative body-talkChoiceChallenge Feelings/emotionsMental healthTransitionSecondaryLooking forwardJourneyWorriesAnxietyHopesExcitement |

\*

D - Democracy

RoL – Rule of Law

IL - Individual Liberty

MR – Mutual Respect

T – Tolerance of Others