



Lesson Content following the three Core Themes:

1. **Health and Wellbeing (Healthy Lifestyles, Nutrition and Food, Hygiene, Growing and Changing, Emotions, Keeping Safe)**
2. **Relationships (Communication, Bullying, Respecting Self and Others, Healthy Relationships)**
3. **Citizenship (Rules and Responsibilities, Aspirations, Money and Finance, Communities)**

Autumn 1	Spring 1	Summer 1
Taking Turns – It's Your Turn Sharing – Share The Booty Road Safety – Green X Code Friendship 1 – Friends Together Family 1 – My Family Safe Zone – Copyright And Ownership Safe Zone – Self-Image and Identity	Healthy Eating 1 – Vote Green Healthy Eating 2 – Meat Eaters Physical Activity 2 – Mighty Muscles Physical Activity 3 – Get Physical! Dental Hygiene 1 – Brushing Up! Dental Hygiene 2 – Bright White Safe Zone – Managing Information Online	Caring – Talking To Plants Fairness – It's Not Fair! Family 2 – Special People Staying Safe 1 – Secret Surprise Sun Safety – It's A Cover Up!
Autumn 2	Spring 2	Summer 2
Happiness – Smile! Anger – Grrr! Love – Three Little Words Opinions – I Think Co-operation – I Want To Play Setting Goals – When I Grow Up...	Bullying – Ugly Duckling Behaviour 1 – My Shoes Kindness – Give A Little Our School – Common Goals Belonging – Join The Club Safe Zone – Privacy And Security	Keeping Clean 2 – Bath Time! Similarities And Differences – Boys v Girls Changing Needs – I Need Money 1 – Grows On Trees Money 2 – Coining It In Money 3 – Keep It Safe

Vocabulary					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Taking Turns – It's Your Turn</u> take turns, rules, collaborative, share, appropriate sharing <u>Sharing – Share The Booty</u> responsibility, consider, need <u>Road Safety – Green X Code</u> responsibility, consider, needs,	<u>Happiness – Smile!</u> positive, choices, happiness, manage, feelings recognise <u>Anger – Grrr!</u> behaviour, affect, influence, positive, negative <u>Love – Three Little Words</u>	<u>Healthy Eating 1 – Vote Green</u> choice, improve, health, well-being, healthy, eating <u>Healthy Eating 2 – Meat Eaters</u> protein, balanced, diet, healthy <u>Physical Activity 2 – Mighty Muscles</u>	<u>Bullying – Ugly Duckling</u> bullies, bullying, behaviour, choices, name-calling, hurtful <u>Behaviour 1 – My Shoes</u> family, friends, care, behaviour, affect, positive, negative	<u>Caring – Talking To Plants</u> bullies, bullying, behaviour, choices, name-calling, hurtful <u>Fairness – It's Not Fair!</u> fair, unfair, discussion, recognise <u>Family 2 – Special People</u> identify, special, relationship	<u>Keeping Clean 2 – Bath Time!</u> importance, bathing, showering, basic, personal, hygiene <u>Similarities And Differences – Boys v Girls</u> respect, similarities, differences, process, growing, young, old



<i>rules, road safety, awareness</i> <i>Green Cross Code</i> <u>Friendship 1 – Friends Together</u> friends, relationship, peers, respect, similarities, differences <u>Family 1 – My Family</u> family, friends, care, recognise <u>Safe Zone – Copyright And Ownership</u> my work, save, filename, copy <u>Safe Zone – Self-Image and Identity</u> feelings, embarrassed, identity, myself	importance, love, recognise, deal, feelings, positive <u>Opinions – I Think</u> share, opinion, explain, view, listen, co-operatively <u>Co-operation – I Want To Play</u> importance, co-operatively, independently, role, group, collaborate, common goal <u>Setting Goals – When I Grow Up...</u> importance, co-operatively, independently, role, group, collaborate, common goal	muscles, positive, choices <u>Physical Activity 3 – Get Physical!</u> physical activity, healthy, regular, benefit, health <u>Dental Hygiene 1 – Brushing Up!</u> dental, hygiene, effective, cleaning <u>Dental Hygiene 2 – Bright White</u> care, brushing, manage, personal hygiene <u>Safe Zone – Managing Information Online</u> search engine, risks, assessing	<u>Kindness – Give A Little</u> kind, unkind, behaviour, family, friends, positive, negative <u>Our School – Common Goals</u> role, community, contribute <u>Belonging – Join The Club</u> belonging, wider community <u>Safe Zone – Privacy And Security</u> private, privacy, password, security, information	<u>Staying Safe 1 – Secret Surprise</u> difference, secret, surprise, appropriate <u>Sun Safety – It's A Cover Up!</u> importance, safety, risk, manage	<u>Changing Needs – I Need</u> change, need, grow, develop, physical, experience <u>Money 1 – Grows On Trees</u> money, notes, coins <u>Money 2 – Coining It In</u> role, money, society, work, choices, spend, want, need <u>Money 3 – Keep It Safe</u> money, safe
<u>I will learn...</u>					
<u>Taking Turns – It's Your Turn</u> - To understand what rules are, why they are needed, and why different rules are needed for different situations <u>Sharing – Share The Booty</u> - To know how people and other living things have different needs; about the responsibilities of	<u>Happiness – Smile!</u> - To know the range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations <u>Anger – Grrr!</u> - To know how to judge whether what they are feeling and how they are	<u>Healthy Eating 1 – Vote Green</u> - To understand the importance of a healthy relationship with food <u>Healthy Eating 2 – Meat Eaters</u> - To know what constitutes a healthy diet (including understanding calories and other nutritional content)	<u>Bullying – Ugly Duckling</u> - To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded <u>Behaviour 1 – My Shoes</u> - To know how to pay attention to the needs and preferences of others, including in families and	<u>Caring – Talking To Plants</u> - To know about things they can do to help look after their environment <u>Fairness – It's Not Fair!</u> - To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded <u>Family 2 – Special People</u>	<u>Keeping Clean 2 – Bath Time!</u> - To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing <u>Similarities And Differences – Boys v Girls</u> - To know about growth and other ways the body can



caring for them <u>Road Safety – Green X Code</u> - To know how to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code <u>Friendship 1 – Friends Together</u> - To know the characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties <u>Family 1 – My Family</u> - To know that stable, caring relationships are at the heart of safe and happy families and are important for	behaving is appropriate and proportionate <u>Love – Three Little Words</u> - The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations <u>Opinions – I Think</u> - To know how to pay attention to the needs and preferences of others, including in families and friendships <u>Co-operation – I Want To Play</u> - To know how to pay attention to the needs and preferences of others, including in families and friendships <u>Setting Goals – When I Grow Up...</u> - To know about some of the strengths and interests someone	<u>Physical Activity 2 – Mighty Muscles</u> - To know the benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness <u>Physical Activity 3 – Get Physical!</u> - To know the characteristics and mental and physical benefits of an active lifestyle <u>Dental Hygiene 1 – Brushing Up!</u> - To know about dental health and the benefits of good oral hygiene <u>Dental Hygiene 2 – Bright White</u> - To know about dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste and cleaning between teeth	friendships <u>Kindness – Give A Little</u> - To know that stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up - To know how important friendships are in making us feel happy and secure, and how people choose and make friends <u>Our School – Common Goals</u> - To know about the different roles and responsibilities people have in their community <u>Belonging – Join The Club</u> - To know about the different groups they belong to <u>Safe Zone – Privacy And Security</u> - To know about the internet and digital	- To know that families are important for children growing up safe and happy because they can provide love, security and stability - To know that stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up <u>Staying Safe 1 – Secret Surprise</u> - To understand the concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe <u>Sun Safety – It's A Cover Up</u> - To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	change and develop, particularly during adolescence <u>Changing Needs – I Need</u> - To know about growth and other ways the body can change and develop, particularly during adolescence <u>Money 1 – Grows On Trees</u> To know what money is; for that money comes in; that money comes from different sources <u>Money 2 – Coining It In</u> - To know what money is; for that money comes in; that money comes from different sources <u>Money 3 – Keep It Safe</u> - To know that money needs to be looked after; different ways of doing this
--	--	---	---	---	--



children's security as they grow up <u>Safe Zone – Copyright And Ownership</u> - To be able to explain why work I create using technology belongs to me (e.g. It's my idea' or 'I designed it'). To know how save my work so that others know it belongs to me (e.g. filename, name, content) <u>Safe Zone – Self-Image and Identity</u> - To know that people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous	might need to do different jobs	<u>Safe Zone – Managing Information Online</u> To know where and how to report concerns and get support with issues online	devices that can be used to safely find things out and to communicate with others		
--	--	---	--	--	--