



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
Rules and Expectations 1- Class Charter Rules and Expectations 2- Who's At Fault? Friendship 2- Hola! Bonjour! Friendship 3- Share Alike Co-Operation 2- Let's Debate Good Manners- How Rude! Safe Zone- Self-Image and Identity	Healthy Eating 3- What a Load of Junk! Healthy Eating 4- Party Time! Physical Activity 1- Workout! Sleep- Nighty Night Keeping Healthy- Give It A Boost Drug Safety- Magic Medicine Safe Zone- Online Reputation	Local Citizenship 1 – Our Local Area Local Citizenship 2 – Community Centre Emotions – Mood Swings Emergency Calls - 999 Safe Zone – Managing Information Online Safe Zone- Copyright and Ownership
Autumn 2	Spring 2	Summer 2
Comparisons- All The Same Right and Wrong- In The Right Lending/Borrowing- The Borrowers Aspirations- It's A Goal! Sadness- How to Cope Fire Safety- Escape Plan Safe Zone- Online Relationships	Dental Hygiene 3- Top Teeth Keeping Clean 1- Meet Grub Teasing- That's Mean Behaviour 2- Help Me! V Stayi8ng safe 2- I Don't Know You Safe Zone- Online Bullying	Money 4- Shopping List Choices- This Or That Enterprise- Dragon's Den Human Body- Body Bits Safe Zone- Privacy and Security

Vocabulary					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Rules and Expectations 1- Class Charter</u> rules, expectations, contribute, improve, common <u>Rules and Expectations 2- Who's At Fault?</u> responsibility, right, wrong, expectations	<u>Comparisons- All The Same</u> friends, relationship, peers, respect, similarities, differences <u>Right and Wrong- In The Right</u> right, wrong, fair, unfair <u>Lending/Borrowing- The Borrowers</u> borrowing, responsibility	<u>Healthy Eating 3- What a Load of Junk!</u> protein, balanced, diet, healthy <u>Healthy Eating 4- Party Time!</u> healthy eating, choices, positive, menu <u>Physical Activity 1- Workout!</u> physical activity, rest, balanced, healthy, lifestyle,	<u>Dental Hygiene 3- Top Teeth</u> healthy, lifestyle, dental, hygiene, health, wellbeing, healthy eating, choices, improve <u>Keeping Clean 1- Meet Grub</u> eradicate, germs, spread, disease, infection <u>Teasing- That's Mean</u> teasing,	<u>Local Citizenship 1- Our Local Area</u> local, community, role, local environment, rules, improve, common goal <u>Local Citizenship 2- Community Centre</u> relationships, local community, shared responsibility, communities	<u>Money 4- Shopping List</u> managing, carefully, afford, items, want, buy <u>Choices- This Or That</u> choices, spending, wisely <u>Enterprise- Dragon's Den</u> enterprise, contribute



<u>Friendship 2- Hola! Bonjour!</u> countries, languages, cross-cultural, similarities, differences <u>Friendship 3- Share Alike</u> sharing, friendship, kindness, right, wrong, unfair <u>Co-Operation 2- Let's Debate</u> sharing, friendship, kindness, right, wrong, unfair <u>Good Manners- How Rude!</u> conventions, courtesy, manners <u>Safe Zone- Self-Image and Identity</u> email, identity, myself, real life, online	<u>Aspirations- It's A Goal!</u> strengths, goals, long-term, short-term <u>Sadness- How to Cope</u> aware, sadness, coping, change, loss <u>Fire Safety- Escape Plan</u> fire, escape plan, safe place, fire risks <u>Safe Zone- Online Relationships</u> personal information, private, relationship, pen-pal	choices, positive <u>Sleep- Nighty Night</u> sleep, relax, bedtime routine, grow, repair <u>Keeping Healthy- Give It A Boost</u> injection, vaccination, syringe, medicine, disease <u>Drug Safety- Magic Medicine</u> medicine, safety, substance, harm, help <u>Safe Zone- Online Reputation</u> reputation, responsibility	name-calling, one off, persistent <u>Behaviour 2- Help Me!</u> affected, bullying, care, teasing, wrong, deal, adult, necessary <u>Staying safe 2- I Don't Know You</u> respond, safe, appropriate, encounter, online, context <u>Safe Zone- Online Bullying</u> messaging, cyber-bullying, unkind, online, real life	<u>Emotions- Mood Swings</u> feelings, emotions, manage, positive, recognize <u>Emergency Calls- 999</u> emergency, 999, call, responder, fire service, ambulance, police <u>Safe Zone- Managing Information Online</u> research, search engine, analyse, accurate <u>Safe Zone- Copyright and Ownership</u> copy, idea, 'magpie', copyright, my own work	<u>Human Body- Body Bits</u> penis, vulva, body, private, PANTS, same, different <u>Safe Zone- Privacy and Security</u> password, key, unique, permission
<u>I will learn...</u>					
<u>Rules and Expectations 1- Class Charter</u> - To understand what rules are, why they are needed, and why different rules are needed for different situations <u>Rules and Expectations 2- Who's At Fault?</u> - To know how people and other living things have different needs; about the responsibilities of caring for them	<u>Comparisons- All The Same</u> - To know that they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs <u>Right and Wrong- In The Right</u> - To know a range of	<u>Healthy Eating 3- What a Load of Junk!</u> - To know what constitutes a healthy diet <u>Healthy Eating 4- Party Time!</u> - To know the principles of planning and preparing a range of healthy meals <u>Physical Activity 1- Workout!</u> - To know the characteristics and mental and physical benefits of an active lifestyle	<u>Dental Hygiene 3- Top Teeth</u> - To know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) <u>Keeping Clean 1- Meet Grub</u> - To know about personal hygiene and germs including bacteria, viruses, how they are spread and	<u>Local Citizenship 1 – Our Local Area</u> - To know about the different roles and responsibilities people have in their community <u>Local Citizenship 2 – Community Centre</u> - To know about the different roles and responsibilities people have in their community <u>Emotions – Mood Swings</u> - To know how to	<u>Money 4- Shopping List</u> - To know about the difference between needs and wants; that sometimes people may not always be able to have the things they want <u>Choices- This Or That</u> - To know about the difference between needs and wants; that sometimes people may not always be able to have the



<u>Friendship 2- Hola! Bonjour!</u> - To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships. <u>Friendship 3- Share Alike</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>Co-Operation 2- Let's Debate</u> - To know how to communicate effectively and manage conflict with kindness and respect; how to be assertive and express need and boundaries; how to manage feelings,	practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships. <u>Lending/Borrowing - The Borrowers</u> - To know how people and other living things have different needs; about the responsibilities of caring for them <u>Aspirations- It's A Goal!</u> - To know that everyone has different strengths <u>Sadness- How to Cope</u> - To know how to recognise feelings and use varied vocabulary to talk about their own others' feelings <u>Fire Safety- Escape Plan</u> - To know about hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks <u>Safe Zone- Online Relationships</u> - To know about the internet and digital devices that can be used to safely find	<u>Sleep- Nighty Night</u> - To know the importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom <u>Keeping Healthy- Give It A Boost</u> - To know the introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils <u>Drug Safety- Magic Medicine</u> - To know the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking <u>Safe Zone- Online Reputation</u> - To know where and how to report concerns and get support with issues online	treated, and the importance of handwashing <u>Teasing- That's Mean</u> - To know the different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help. <u>Behaviour 2- Help Me!</u> - To know how to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust. <u>Staying safe 2- I Don't Know You</u> - To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know <u>Safe Zone- Online Bullying</u> - To know that abuse, bullying and harassment can take place online and that	recognise feelings and use varied vocabulary to talk about their own and others' feelings <u>Emergency Calls – 999</u> - To know how to make a clear and efficient call to emergency services if necessary <u>Safe Zone – Managing Information Online</u> - To know about the role of the internet in everyday life <u>Safe Zone- Copyright and Ownership</u> - To be able to describe why other people's work belongs to them - To be able to recognise that content on the internet may belong to other people	things they want <u>Enterprise- Dragon's Den</u> - To know that people make different choices about how to save and spend money <u>Human Body- Body Bits</u> - To know the correct names of body parts, including the penis, vulva. <u>Safe Zone- Privacy and Security</u> - To know that they have rights in relation to sharing personal data, privacy and consent
--	---	---	--	---	--



including disappointment and frustration <u>Good Manners- How Rude!</u> - To understand the conventions of courtesy and manners <u>Safe Zone- Self-Image and Identity</u> - To know how to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. - To know how to recognise harmful content or harmful contact, and how to report this	<i>things out and to communicate with others</i>		<i>this can impact wellbeing and how to seek support from trusted adults</i>		
--	---	--	---	--	--