



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
Expressing Opinions – It's Debatable Privacy – The Secrets Jar Friendship 4 – The BAFAs Boundaries – Don't Push It Trusting Strangers – Safe Strangers Safe Zone - Online Relationships and Bullying	Persistence and Resilience – Don't Give Up! Negative Persistence – Over And Over Setting Goals 1 – That's My Goal Setting Goals 2 – The Impossible Dream Safe Zone - Online Reputation/Managing Information Online	Money Choices – A Million Dollars Spending – Ping! Money 1 – It's A Gamble Managing Money 2 – Design Choices Different Communities – My Community School Communities – School Swap Safe Zone - Copyright and Ownership
Autumn 2	Spring 2	Summer 2
Working With Food 1 – Master Chef Working With Food 2 – Picnic Preparations Physical, Emotional and Mental 1 – I Am Who I Am Physical, Emotional and Mental 2 – Hearts and Minds Feelings 1 – Overreacting Feelings 2 – Left Out Safe Zone - Health, Wellbeing and Lifestyle	Family Changes – Two Homes Religious Views 2 – Inside Outside Gender Stereotypes – His And Hers Racial Discrimination – Coming To England Safe Zone - Self-Image and Identity	First Aid – Home Hospital Drug Safety – My Medicine Changing Bodies – Everyone Changes Menstrual Cycle – Every Month Safe Zone - Privacy and Security

Vocabulary					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Expressing Opinions – It's Debatable</u> communicate, opinions, consideration, views	<u>Working With Food 1 – Master Chef</u> menu, balanced, savoury, sweet	<u>Persistence and Resilience – Don't Give Up!</u> resilience, persistence, character, traits	<u>Family Changes – Two Homes</u> family units, change	<u>Money Choices – A Million Dollars</u> reflect, spending, habits, choices, finances, financial, management	<u>First Aid – Home Hospital</u> First aid, cuts, bruise, minor burn, nosebleed
<u>Privacy – The Secrets Jar</u> responsible, choices, consider, consequences	<u>Working With Food 2 – Picnic Preparations</u> prepare, cook, dishes, co-operatively, fairness, consideration	<u>Negative Persistence – Over And Over</u> resilience, persistence, character, traits	<u>Religious Views 2 – Inside Outside</u> appreciate, cultures, religions, tolerance, faiths, beliefs	<u>Spending – Ping!</u> contactless, phone wallet, digital payment, money	<u>Drug Safety – My Medicine</u> pharmacist, prescription, over the counter medicine, drug, safety
<u>Friendship 4 – The BAFAs</u> characteristics, mutual, respect, truthfulness, trustworthiness, loyalty,	<u>Physical, Emotional and</u>	<u>Setting Goals 1 – That's My Goal</u>	<u>Gender Stereotypes – His And Hers</u> discrimination, stereotype, gender, challenge	<u>Money 1 – It's A Gamble</u> gamble, bet, win, lose, money management, choices, games	<u>Changing Bodies – Everyone Changes</u> growing, puberty, physical



kindness, generosity, trust, sharing, interests, experiences, support, difficulties, relationships <u>Boundaries – Don’t Push It</u> boundary, close friend, best friend, family member, personal space <u>Trusting Strangers – Safe Strangers</u> stranger, police, paramedic, teacher, doctor <u>Safe Zone - Online Relationships</u> downtime, behaviour, online hobbies, online relationships, positive, negative	<u>Mental 1 – I Am Who I Am</u> physical, emotional, mental <u>Physical, Emotional and Mental 2 – Hearts and Minds</u> self-aware, feelings, emotions, tension, physical, emotional <u>Feelings 1 – Overreacting</u> judge, feeling, behaving, appropriate, proportionate <u>Feelings 2 – Left Out</u> isolated, lonely, strategies, friends <u>Safe Zone - Health, Wellbeing and Lifestyle</u> downtime, screentime, screen free, scrolling, positive and negative distractions	achieve, goal <u>Setting Goals 2 – The Impossible Dream</u> identity, strengths, weakness, improve, skills, reflect <u>Safe Zone - Online Reputation/Managing Information Online</u> fake information, validity, check, research, true, false, relevance, fact check	<u>Racial Discrimination – Coming To England</u> race, discriminate, stereotype, immigrant, migration <u>Safe Zone - Self-Image and Identity</u> identity, anonymous, avatar, online identity, real-life, privacy	<u>Managing Money 2 – Design Choices</u> reflect, spending, habits, choices, finances, financial, management <u>Different Communities – My Community</u> <u>School Communities –</u> community, contribute <u>School Swap</u> community, cultures, awareness <u>Safe Zone - Copyright and Ownership</u> sources, copyright, ownership, content, sharing	changes, hormones, periods <u>Menstrual Cycle – Every Month</u> menstruation, periods, cycle, sanitary products, tampon, pad <u>Safe Zone - Privacy and Security</u> consent, privacy, data, age limit, permissions, information, digital age
I will learn...					
<u>Expressing Opinions – It’s Debatable</u> - How to pay attention to the needs and preferences of others including families and friendships <u>Privacy – The Secrets Jar</u> - To know the concept of privacy and its implications for children and adults; including that it is not always right to keep secrets if	<u>Working With Food 1 – Master Chef</u> - To know the principles of planning and preparing a range of healthy meals <u>Working With Food 2 – Picnic Preparations</u> - To know the principles of planning and preparing a range of healthy meals.	<u>Persistence and Resilience – Don’t Give Up!</u> To know how to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration	<u>Family Changes – Two Homes</u> To know some of the characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.	<u>Money Choices – A Million Dollars</u> - To be able to recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what makes something “good value for money” <u>Spending – Ping!</u> - To know about the	<u>First Aid – Home Hospital</u> - To know the concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries <u>Drug Safety – My Medicine</u> - To know the facts about legal and illegal harmful substances and associated risks <u>Changing Bodies – Everyone</u>



they relate to being safe <u>Friendship 4 – The BAFAs</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>Boundaries – Don't Push It</u> - To know what sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc. <u>Trusting Strangers – Safe Strangers</u> - To know how to seek help when needed or when they feel unsure who to trust <u>Safe zone</u> - To be able to recognise ways in which the internet and social	<u>Physical, Emotional and Mental 1 – I Am Who I Am</u> - To know the characteristic and mental and physical benefits of an active lifestyle <u>Physical, Emotional and Mental 2 – Hearts and Minds</u> - To know how to recognise feelings and use varied vocabulary to talk about their own and others' feelings <u>Feelings 1 – Overreacting</u> - To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate <u>Feelings 2 – Left Out</u> - To know that isolation and loneliness can affect children, and the benefits of seeking support <u>Safe zone</u> - To know that using technology can be a distraction from other things in both a	<u>Negative Persistence – Over And Over</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>Setting Goals 1 – That's My Goal</u> - To be able to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes <u>Setting Goals 2 – The Impossible Dream</u> - To know about what might influence people's decisions about a job or career (e.g personal interests and values, family connections to certain trades or businesses, strength and qualities, way in which stereotypical assumptions can deter people from aspiring to certain jobs)	<u>Religious Views 2 – Inside Outside</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 background), or make different choices, or different preference or beliefs <u>Gender Stereotypes – His And Hers</u> - To know what a stereotype is and know how they can be unfair, negative or lead to bullying and how to challenge a stereotype <u>Racial Discrimination – Coming To England</u> To know what a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype	different ways to pay for things and the choices people have about this <u>Money 1 – It's A Gamble</u> - To know about the risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe - To know about the risks involved in gambling; different ways of money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations <u>Managing Money 2 – Design Choices</u> - To recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money' <u>Different Communities – My Community</u> - To know about the different groups that make up their community; what	<u>Changes</u> - To know about growth and other ways the body can change and develop, particularly during adolescence <u>Menstrual Cycle – Every Month</u> - To know the facts about the menstrual cycle, including physical and emotional changes <u>Safe zone</u> To know about some of the different ways information and data is shared and used online, including for commercial purposes
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<i>media can be used both positively and negatively</i>	<i>positive and negative way</i>	<u>Safe zone</u> <i>To know how to assess the reliability of sources information online; and how to make safe, reliable choices from search results</i>	<u>Safe zone</u> <i>To know about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation</i>	living in a community means <u>School Communities – School Swap</u> <i>To know about diversity: what it means, the benefits of living in a diverse community; about valuing diversity within communities</i> <u>Safe zone</u> <i>To be able to recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images</i>	
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