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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, T  Lesson 2:IL, MR, T  Lesson 3: D, MR, T  Lesson 4: D, MR, T  Lesson 5:D, RoL, IL, MR, T  Lesson 6:E, RoL, IL, MR, T | | Lesson 1: IL, MR, T  Lesson 2: IL, MR, T  Lesson 3: D, MR, T  Lesson 4: MR, T  Lesson 5: MR, T  Lesson 6: D, RoL, IL, MR | | | Lesson 1: MR  Lesson 2: MR, T  Lesson 3: IL  Lesson 4: MR  Lesson 5: D  Lesson 6: MR | | | | Lesson 1: MR  Lesson 2: IL, MR  Lesson 3: IL  Lesson 4: IL, MR, T  Lesson 5: MR  Lesson 6: RoL, IL, MR, T | | Lesson 1: MR, RoL, IL, T, D  Lesson 2: MR, RoL, IL, T, D  Lesson 3: MR, RoL, IL, T, D | | | Lesson 1: D, RoL, IL, MR  Lesson 2: IL, MR  Lesson 3: MR, T  Lesson 4: RoL, IL, MR, T  Lesson 5: IL, MR, T  Lesson 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 feeling  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**  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 rivalries  Develop 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 feeling  Increasingly follow rules, understanding why they are important.  Remember rules without needing an adult to remind them.  Make healthy choices about food, drink, activity and toothbrushing  Be 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 feeling  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**  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** | Unique  Different  Same  Happy  Angry  Excited  Sad  Kind  Friends  Smile  Teamwork  Together | Share  Gentle  Hurt  Cross  Hit  Angry  Rights  Allowed  Rules  Happy  Responsibility  Safe  Learning | | Proud  Achievement  Good  Unique  Different  Special  Favourite  Celebrate  Talents  Hall of Fame  Sort | Group  Same  Similar  Houses  Homes  Friends  Kind  Lonely  Like  Dislike  Unkind | | Challenge  Problem  Giving up  Hard  Tricky  Practice  Try  Better  Achieve | Goal  Praise  Support  Job  Future  Skill  Aim Proud  Hall of Fame | Enjoy  Learn  Practice  Exercise  Feel  Change  Demonstrate  Heart  Breath  Cool down  Body parts  Food  Healthy  Less healthy  Group  Sleep | | Bedroom routine  Lullaby  Repair  Important  Wash  Dirt  Germs  Invisible  Properly clean  Respect  Stranger  Hurt  Bad  Help | | Friendship  Kindness  Happy  Sad  Shy  Feelings  Lonely  Sorry  Angry  Foster dad | Family  Mum  Dad  Brother  Sister  Grandma  Grandpa  Stepmum  Stepdad  Foster mum | | Family  Jobs  Activities  Like friends  Friendship  Lonely  Argue | Fall out  Relationship  Kind  Unkind  Angry  Calm |

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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: MR  Lesson 2: D, RoL, IL, MR, T  Lesson 3: D, RoL, IL, MR, T  Lesson 4: IL, MR, T  Lesson 5: D, RoL, IL, MR, T  Lesson 6: D, RoL, IL, MR, T | | Lesson 1: MR, T  Lesson 2: MR, T  Lesson 3: IL, MR, T  Lesson 4: MR, T  Lesson 5: MR, T  Lesson 6: MR, T | | Lesson 1: MR  Lesson 2: MR, T  Lesson 3: D, MR, T  Lesson 4: IL  Lesson 5: IL, MR  Lesson 6: IL, MR | | Lesson 1: IL, MR  Lesson 2: IL  Lesson 3: IL  Lesson 4: RoL  Lesson 5: RoL  Lesson 6: IL, MR | | Lesson 1: MR, T, RoL, IL, D  Lesson 2: MR, T, RoL, IL  Lesson 3: MR, T, RoL, IL, D | | Lesson 1: MR, T  Lesson 2: RoL, IL, MR, T  Lesson 3: IL, MR, T  Lesson 4: D, RoL,  Lesson 5: MR, T  Lesson 6: MR | |
| **DfE Outcomes Coverage** | Caring Friendships R7, R8, R9  Respectful relationships R!2, R13, R14, R16  Mental Wellbeing H2, H3, H4, H7 | | Caring Friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R16, R17  Being Safe R25, R29, R30, R31, R32  Mental Wellbeing H2, H3, H7, H8, H9 | | Respectful relationships R12, R16  Mental Wellbeing H2, H3, H4, H5, H6  Physical Health and fitness H18, H19, H20 | | Mental Wellbeing H1, H2, H3, H5, H6, H9  Healthy eating H22, H23, H24  Drugs, 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, R4  Caring Friendships R7, R9, R10, R11  Respectful relationships R12, R13, R15, R16, R19  Being Safe R25, R27, R28, R30, R32  Mental 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 Smoothie  Science: 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** | Rights  Responsibilities Learning  Charter  Illustration  Rewards  Consequences  Upset | Disappointed  Proud  Belonging  Special  Safe  Calm | Celebration  Difference  Special  Unique  Included  Bully | Bullied  Bullying  Bullying behaviour Deliberate  On purpose  Unfair  Different from Difference Similarity/similar  Same as | Success  Celebration  Challenge  Internal  Treasure chest Feelings  Goals  Dreams Garden Challenge  Obstacle  Overcome  Achieve  Goal | Celebrate Relationships Special  Appreciate  Feelings  Confidence  Praise  Qualities  Skills  Self-belief  Incredible  Proud  Help  Helpful  Community  Feelings | Celebrate Relationships Special  Appreciate  Feelings  Confidence  Praise  Qualities  Skills  Self-belief  Incredible  Proud  Help  Helpful  Community  Feelings | Healthy  Unhealthy  Trust  Clean  Body parts  Toiletry items Hygienic  Balanced Exercise Sleep  Choices | Friends  Feelings  Similar  Different  Private parts  Penis | Family  Boy  Girl  Male  Female  Vulva | Change  Feelings  Anxious  Worried  Excited  Coping  Learn  New  Grow  Change  Male  Female | Vagina  Penis  Testicles  Vulva  Anus  Baby  Growing up  Adult  Mature  Life cycle  Adulthood |

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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, T  Lesson 2: D, RoL, IL, MR, T  Lesson 3: D, RoL, IL, MR, T  Lesson 4: D, MR, T  Lesson 5: D, RoL, IL, MR, T  Lesson 6: D, RoL, IL, MR, T | | Lesson 1: IL, MR, T  Lesson 2: IL, MR, T  Lesson 3: MR, T  Lesson 4: D, RoL, IL  Lesson 5: MR  Lesson 6: MR, T | | Lesson 1: IL  Lesson 2: IL, MR  Lesson 3: D, MR, T  Lesson 4: D, RoL, MR, T  Lesson 5: D, RoL, MR, T  Lesson 6: D, MR, T | | Lesson 1: IL  Lesson 2: IL  Lesson 3: RoL, IL  Lesson 4: IL  Lesson 5: IL  Lesson 6: IL, MR | | Lesson 1: MR, T, IL, RoL, D  Lesson 2: MR, T, IL, D  Lesson 3: MR, T, IL, D | | Lesson 1: D, IL, MR, T  Lesson 2: RoL, IL, MR, T  Lesson 3: D, MR, T  Lesson 4: RoL, IL, MR  Lesson 5: IL, MR  Lesson 6: MR, T | |
| **DfE Outcomes Coverage** | Respectful Relationships R12, R14, R15, R16, R19  Being Safe R25, R29, R30, R32  Mental Wellbeing H2, H3 | | Caring friendships R7, R8, R9, R10, R11  Respectful Relationships R12, R13, R14, R16, R17, R18, R19  Online relationships R20, R21, R22  Being safe R25, R29, R31, R32  Mental Wellbeing H2, H3, H5  Internet Safety and harms H11, H12, H13, H15 | | Respectful Relationships R12, R13, R14, R15, R16, R19  Mental Wellbeing H2, H3, H5, H8, H9  Internet Safety and harms H17 | | Being safe R32  Mental Wellbeing H1, H2, H3, H6, H7  Physical health and fitness H18, H19, H20, H21  Healthy eating H22, H23, H24  Drugs, 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, R6  Caring friendships R7, R8, R9, R11  Respectful Relationships R12, R16, R19  Online relationships R20, R22  Being safe R25, R26, R27, R28, R29, R30, R31, R32  Mental Wellbeing H2, H3  Internet safety and harms H15 | |
| **Cross Curricular Links** |  | | Computing: Online Safety | | Computing: Online Safety | | DT: Food & Nutrition - A Balanced Diet  Science: 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** | Worries  Hopes  Fears  Belonging  Rights  Responsibilities Responsible  Actions  Praise  Reward | Consequence  Positive  Negative  Choices  Co-operate  Learning  Charter  Problem-solving | Boys  Girls  Similarities Assumptions  Shield  Stereotypes Differences  Special  Bully  Purpose  Kind  Unkind  Feelings  Sad  Lonely | Help  On Purpose  Stand up for  Male  Female  Difference  Diversity  Fairness  Kindness  Friends  Unique  Value | Realistic  Proud  Success  Celebrate Achievement  Goal  Strengths  Persevere  Challenge | Family  Different  Similarities  Special  Relationship Important  Cooperate  Touch  Physical contact Communication  Hugs  Like  Dislike  Acceptable  Not acceptable  Friends  Conflict  Point of view  Positive  Problem solving Secret | Family  Different  Similarities  Special  Relationship Important  Cooperate  Touch  Physical contact Communication  Hugs  Like  Dislike  Acceptable  Not acceptable  Friends  Conflict  Point of view  Positive  Problem solving Secret | Medicines  Safe  Body  Balanced diet  Portion  Proportion  Energy  Fuel Nutritious | Similar  Different  Sex  Gender roles  Stereotypes  Vulva | Boys  Girls  Male  Female  Private parts  Penis | Change  Grow  Life cycle  Control  Baby  Adult  Fully grown  Growing up  Old  Young  Change  Respect  Appearance  Physical  Toddler  Child  Teenager  Independent  Timeline  Freedom Responsibilities  Male  Happy | Female  Vagina  Penis  Testicles  Vulva  Anus  Public  Private  Touch  Texture  Cuddle  Hug  Squeeze  Like  Dislike  Acceptable Unacceptable Comfortable Uncomfortable  Anxious  Excited  Looking forward  Nervous |

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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, MR  Lesson 2: D, RoL, IL, MR, T  Lesson 3: D, RoL, IL, MR, T  Lesson 4: D, MR, T  Lesson 5: D, RoL, IL, MR, T  Lesson 6: D, RoL, IL, MR, T | | Lesson 1: IL, MR, T  Lesson 2: T  Lesson 3: RoL, IL, MR, T  Lesson 4: IL, MR, T  Lesson 5: MR  Lesson 6: MR, T | | | Lesson 1: MR, T  Lesson 2: IL  Lesson 3: IL, MR  Lesson 4: IL, MR  Lesson 5: IL, MR  Lesson 6: IL, MR, T | | Lesson 1: IL, MR  Lesson 2: IL, MR  Lesson 3: RoL, IL, MR, T  Lesson 4: RoL, IL, T  Lesson 5: RoL, IL  Lesson 6: IL, MR | | Lesson 1: MR, T, IL, RoL, D  Lesson 2: MR, T, IL, D, RoL  Lesson 3: MR, T, IL, D, RoL | | | Lesson 1: D, IL, MR, T  Lesson 2: D, RoL, IL, MR, T  Lesson 3: IL, M  Lesson 4: D, RoL, T  Lesson 5: D, IL, MR, T  Lesson 6: MR, T | |
| **DfE Outcomes Coverage** | Caring friendships R7, R8, R9  Respectful relationships R12, R13, R14, R16, R19  Online relationships R20, R21, R23  Being safe R25, R32  Mental wellbeing H2, H3 | | Families and the people who care for me R1, R2, R3, R4, R5, R6  Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R14, R15, R16, R17  Online relationships R20, R21, R23, R34  Being safe R25, R30, R31, R32  Mental wellbeing H2, H3, H4, H7, H8, H9  Internet safety and harms H11, H13, H14, H15, H16 | | | Respectful relationships R12, R13, R14, R15, R16, R19  Mental wellbeing H2, H3 | | Online relationships R20, R21, R22, R23, R24  Being safe R25, R26, R28, R29, R30, R31, R32  Mental wellbeing H2, H3, H5, H6, H8, H9  Internet safety and harms H11, H12, H13, H14, H15, H16, H17  Physical health and fitness H18, H19, H20, H21  Healthy eating H22, H23, H24  Drugs, Alcohol, Tobacco H25  Health and prevention H27, H28, H29  Basic 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, R4  Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R16, R18  Online relationships R20, R21, R22, R23, R24  Mental wellbeing H2, H3  Internet safety and harms H11, H12, H13, H14, H15, H16, H17 | |
| **Cross Curricular Links** | Computing: Online Safety | | Computing: Online Safety | | |  | | Computing: Online Safety  DT: Food & Nutrition - Eating Seasonally  MFL: Fruits or Vegetables  Science: 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** | Welcome  Valued  Achievements  Proud  Pleased  Personal goal  Praise  Acknowledge  Affirm  Emotions  Feelings  Nightmare  Fears  Worries  Solutions  Support  Rights  Responsibilities Learning  Charter | Nightmare  Dream  Behaviour  Rewards  Consequences  Actions  Feelings  Fairness  Choices  Co-operate  Challenge  Group dynamics  Team work  View point  Ideal school  Belong | | Family  Loving  Caring  Safe  Connected  Difference  Special  Conflict  Solve it together Solutions  Resolve  Witness  Bystander | Bullying  Gay  Unkind  Feelings  Tell  Consequences  Hurtful  Compliment  Unique  Difference  Similarity | Dreams  Goals  Ambitions  Future  Aspirations  Garden  Decoration  Team work  Enterprise  Design  Cooperation Challenge  Product  Strengths | Men  Women  Male  Female  Unisex  Role  Job  Responsibilities  Differences  Similarities  Respect  Stereotype  Conflict  Solution  Problem solving  Friendship  Win-win  Safe  Unsafe  Risky  Internet  Social media | Men  Women  Male  Female  Unisex  Role  Job  Responsibilities  Differences  Similarities  Respect  Stereotype  Conflict  Solution  Problem solving  Friendship  Win-win  Safe  Unsafe  Risky  Internet  Social media | Safe  Anxious  Scared  Strategy  Advice  Harmful  Risk  Feelings  Complex  Appreciate  Body  Healthy  Choice Risk | Stereotypes  Gender roles  Similar  Different  Male  Female  Private parts  Relationship | Penis  Vulva  Testicles  Vagina  Uterus  Family  Fostering  Adoption | Changes  Birth  Animals  Babies  Mother  Growing up  Baby  Grow  Uterus  Womb  Nutrients  Survive  Love  Affection  Care  Change  Puberty  Control  Puberty  Male | | Female  Testicles  Sperm  Penis  Ovaries  Egg  Ovum/ Ova  Womb/ Uterus  Vagina  Stereotypes  Task  Roles  Challenge  Change  Looking forward  Excited  Nervous  Anxious  Happy |

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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, T  Lesson 2: D, IL, MR  Lesson 3: D  Lesson 4: D, RoL, IL, MR  Lesson 5: D  Lesson 6: D | | Lesson 1: T  Lesson 2: IL, MR, T  Lesson 3: RoL, MR  Lesson 4: RoL, MR, T  Lesson 5: IL, MR  Lesson 6: MR, T | | Lesson 1: IL  Lesson 2: MR  Lesson 3: IL  Lesson 4: IL, MR  Lesson 5: D, IL MR, T  Lesson 6: IL, MR, T | | Lesson 1: IL, MR, T  Lesson 2: D, IL, MR, T  Lesson 3: D, IL, T  Lesson 4: D, IL, T  Lesson 5: IL, MR, T  Lesson 6: D, RoL, IL | | Lesson 1: MR, T, IL, RoL, D  Lesson 2: MR, T, IL, RoL, D  Lesson 3: MR, T, IL, RoL, D | | Lesson 1: MR, T  Lesson 2: MR, T  Lesson 3: MR, T  Lesson 4: RoL, IL, MR, T  Lesson 5: T  Lesson 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, R19 Mental wellbeing H2, H3Internet safety and harms H12, H15 | | Caring friendships  R7, R8, R9, R10, R11  Respectful 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, R4  Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R14, R16, R19  Being safe R25, R30, R32 Mental 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 Recipe  Computing: Online Safety | | Science: Animals including Humans  Plants | | 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** | Included  Excluded  Welcome  Valued  Team  Charter  Role  Job description  School Community Responsibility  Rights  Democracy  Reward  Consequence | Democratic  Decisions  Voting  Authority  Learning  Charter  Role  Contribution  Observer  Choices  UN Convention on Rights of Child | Character  Assumption  Judgement  Surprised  Different  Appearance  Accept  Influence  Opinion  Attitude  Judgement  Bullying  Friend  Secret  Deliberate | On purpose  Bystander  Witness  Bully  Problem solve  Cyber bullying  Text message  Website  Troll  Special  Unique  Characteristics  Physical features Impression  Changed | Dream  Hope  Goal  Determination Perseverance  Resilience  Positive  Attitude  Disappointment  Fears  Hurt  Resilience  Positive experiences Disappointment  Plans  Cope  Help | Relationship  Close  Jealousy  Problem-solve  Emotions  Positive  Negative  Loss  Strategy  Shock  Disbelief  Numb  Denial  Anger  Guilt  Sadness  Pain  Despair  Hopelessness  Relief  Acceptance  Depression  Souvenir | Relationship  Close  Jealousy  Problem-solve  Emotions  Positive  Negative  Loss  Strategy  Shock  Disbelief  Numb  Denial  Anger  Guilt  Sadness  Pain  Despair  Hopelessness  Relief  Acceptance  Depression  Souvenir | Peers  Guilt  Advice  Alcohol  Liver  Disease  Peers  Anxiety  Fear  Believe  Opinion  Right  Wrong | Puberty  Life cycle  Reproduction  Emotional  Feelings | Physical  Breasts  Sperm  Egg  Pubic hair | Personal  Unique  Characteristics  Parents  Sperm  Egg  Ovum  Penis  Testicles  Vagina  Vulva  Womb  Uterus  Ovaries  Making love  Having sex  Sexual Intercourse Fertilise | Conception  Puberty  Menstruation  Periods  Circle  Seasons  Change  Control  Change  Acceptance  Emotions  Looking forward  Excited  Nervous  Anxious  Happy |

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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: IL  Lesson 2: D, RoL, IL  Lesson 3: D, RoL, IL, MR, T  Lesson 4: RoL, IL, MR, T  Lesson 5: D, RoL, IL, MR, T  Lesson 6: D, RoL, IL, MR, T | | Lesson 1: D, RoL, MR, T  Lesson 2: D, RoL, IL, MR, T  Lesson 3: RoL, IL, MR, T  Lesson 4: RoL, T  Lesson 5: D, IL, MR, T  Lesson 6: D, MR, T | | Lesson 1:D, RoL, IL  Lesson 2: D, T  Lesson 3: IL, MR  Lesson 4: MR, T  Lesson 5: D, MR, T  Lesson 6: D, IL, MR, T | | Lesson 1: IL, MR, T  Lesson 2: RoL, IL, MR, T  Lesson 3: MR, T  Lesson 4: D, IL, MR, T  Lesson 5: IL, T  Lesson 6: IL, T | | Lesson 1: MR, T, IL, D  Lesson 2: MR, T, IL, D  Lesson 3: MR, T, IL, D, RoL | | Lesson 1: IL, T  Lesson 2: IL, MR, T  Lesson 3: IL, MR, T  Lesson 4: IL, MR, T  Lesson 5: D, RoL, IL, MR  Lesson 6: D, RoL, IL, MR | |
| **DfE Outcomes Coverage** | Families and the people who care for me R1, R2, R3, R4, R6  Respectful relationships R12, R13, R14, R15, R16, R19  Mental wellbeing H2, H3, H7, H9, H10 | | Families and the people who care for me R1, R2, R3, R4, R6  Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R15, R16, R17, R18  Being safe R25, R26, R27, R30, R31, R32  Mental wellbeing H1, H2, H3, H4, H7, H8, H9, H10 | | Families and the people who care for me R1, R2, R3, R4  Caring friendships R7, R8, R9  Respectful relationships R12, R15, R16, R18  Mental wellbeing H1, H2, H3, H5, H7 | | Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R14, R15, R16, R17, R18, R19  Online relationships R20, R21, R22, R23, R24  Being safe R25, R26, R27, R30, R31, R32  Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H8, H9, H10  Internet safety and harms H11, H12, H13, H15, H16, H17  Physical health and fitness H18, H21  Healthy eating H22, H23, H24  Drugs, Alcohol, Tobacco H25  Basic 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, R11  Respectful relationships R12, R13, R14, R15, R16, R17, R18, R19  Online relationships R20, R21, R22, R23, R24  Being safe R25, R26, R27, R28, R29, R30, R31, R32  Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H8, H9, H10  Internet safety and harms H11, H12, H13, H14, H15, H16, H17  Physical health and fitness H20, H21  Health and prevention H28, H30 | |
| **Cross Curricular Links** |  | |  | |  | | Computing: Online Safety  DT: Food & Nutrition - Food: What Could Be Healthier | | Science: Animals including Humans | | Computing: Online Safety  DT: 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** | Education  Appreciation  Opportunities  Goals  Motivation  Vision  Hopes  Challenge  Rights  Responsibilities  Citizen  Denied  Empathise  Refugee  Persecution  Conflict | Asylum  Migrant  Wealth  Poverty  Prejudice  Privilege  Deprive  Rewards  Consequences  Choices  Learning  Charter  Cooperation  Collaboration  Participation Motivation | Culture  Conflict  Difference  Similarity  Belong  Culture wheel  Racism  Colour  Race  Discrimination  Ribbon  Bullying  Rumour  Name-calling  Racist | Homophobic  Cyber bullying  Texting  Problem-solving  Indirect  Direct  Happiness  Difference  Similarity  Continuum  Developing world Celebration  Artefacts  Display  Presentation | Dream  Hope  Goal  Feeling  Achievement  Money  Grown up  Adult  Lifestyle  Job  Career  Profession  Money | Characteristics  Personal qualities Attributes  Self-esteem Responsibility  Being responsible  Age-limit  Social network  Community  Online  Offline  Rights  Risky  Age-limit  Community  Violence | Characteristics  Personal qualities Attributes  Self-esteem Responsibility  Being responsible  Age-limit  Social network  Community  Online  Offline  Rights  Risky  Age-limit  Community  Violence | Altered  Self-respect  Comparison  Body image  Eating problem  Eating disorder  Respect  Debate  Opinion  Fact  Healthy lifestyle  Motivation | Puberty  Physical changes  Emotional changes  Moods  Menstruation  Periods  Tampons  Sanitary towels  Wet dreams | Semen  Erection  Sweat  Breasts  Spots  Pubic hair  Facial hair  Underarm hair  Sexual feelings | Self-image  Body image  Self-esteem  Perception  Characteristics  Aspects  Affirmation  Puberty  Menstruation  Periods  Sanitary towels  Sanitary pads  Tampons  Ovar  Ovaries  Vagina  Oestrogen  Vulva  Womb  Uterus  Puberty  Sperm  Semen  Testicles/Testes  Erection  Ejaculation  Wet dream | Larynx  Facial hair  Growth spurt  Hormones  Relationships  Conception  Making love  Sexual intercourse Fallopian tube  Fertilisation  Pregnancy  Embryo  Umbilical cord  Fertility treatment (IVF)  Teenager  Milestone  Perceptions  Puberty  Contraception Responsibilities  Change  Hope  Manage  Cope Opportunities  Emotions  Fear  Excitement  Anxious |

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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, T  Lesson 2: D, RoL, IL, MR, T  Lesson 3: D, RoL, IL, MR, T  Lesson 4: RoL, IL, MR, T  Lesson 5: D, RoL, IL, MR, T  Lesson 6: D, RoL, IL, MR, T | | Lesson 1: MR, T  Lesson 2: MR, T  Lesson 3: D, RoL, IL, T  Lesson 4: RoL, IL, T  Lesson 5: MR, T  Lesson 6: D, RoL, IL, MR, T | | Lesson 1: IL  Lesson 2: IL  Lesson 3: MR, T  Lesson 4: D, MR, T  Lesson 5: D, MR, T  Lesson 6: D, MR, T | | Lesson 1: IL  Lesson 2: RoL, IL  Lesson 3: RoL, IL, MR  Lesson 4: IL  Lesson 5: MR, T  Lesson 6: T | | Lesson 1: MR, T, IL, D  Lesson 2: MR, T, IL, D, RoL  Lesson 3: MR, T, IL, D, RoL  Lesson 4: MR, T, IL, D, RoL | | Lesson 1: M  Lesson 2: T  Lesson 3: T  Lesson 4: D, IL, MR, T  Lesson 5: D, RoL, IL, MR, T  Lesson 6: RoL, IL, MR, T | |
| **DfE Outcomes Coverage** | Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R15, R16, R19  Being safe R25, R30, R31, R32  Mental wellbeing H1, H2, H3, H4 | | Caring friendships R7, R8, R9, R10, R11  Respectful relationships R12, R13, R14, R15, R16, R17, R18, R19  Online relationships R20, R21, R22, R23  Being safe R25, R26, R30, R31, R32  Mental wellbeing H2, H3, H4, H7, H8, H9, H10  Internet safety and harms H11, H12, H13, H15, H16, H17  Physical health and fitness H21 | | Families and people who care for me R1, R2, R3, R4, R6  Caring friendships R7, R8, R9  Respectful relationships R12, R13, R15, R16, R18  Mental wellbeing H1, H2, H3, H5, H7, H9, H10 | | Respectful relationships R15, R16, R18, R19  Being safe R25, R26, R27, R28, R29, R30, R31, R32  Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H9, H10  Physical health and fitness H18, H19, H20, H21  Healthy eating H22, H23, H24  Drugs, Alcohol, Tobacco H25  Health 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, R11  Respectful relationships R12, R13, R15, R16, R17, R18, R19  Online relationships R20, R21, R22, R23, R24  Being safe R25, R26, R27, R28, R29, R30, R31, R32  Mental wellbeing H1, H2, H3, H4, H5, H6, H7, H8, H9, H10  Internet safety and harms H11, H12, H13, H14, H15, H16, H17  Physical health and fitness H18 | |
| **Cross Curricular Links** | MFL: Me in the World | | Science: Animals, including Humans | |  | | DT: Food & Nutrition - Come Dine with Me  Science: Animals, including Humans | | Science: Animals including Humans  Living Things and their Habitats  Y3 Plants | | Computing: Online Safety  Science: 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** | Goals  Worries  Fears  Value  Welcome  Choice  Ghana  West Africa  Cocoa plantation  Cocoa pods  Machete  Rights  Community  Education  Wants  Needs  Maslow  Empathy  Comparison  Opportunities  Education  Choices | Behaviour  Rights  Responsibilities  Rewards  Consequences  Empathise  Learning  Charter  Obstacles  Cooperation  Collaboration  Legal  Illegal  Lawful  Laws  Collaboration  Participation  Motivation  Democracy  Decision  Proud | Normal  Ability  Disability  Visual impairment  Empathy  Perception  Medication  Vision  Blind  Male  Female  Diversity  Transgender  Gender diversity  Courage  Fairness  Rights  Responsibilities  Power  Struggle | Imbalance  Control  Harassment  Bullying  Bullying behaviour  Direct  Indirect  Argument  Recipient  Para Olympian Achievement  Accolade  Disability  Sport  Perseverance  Admiration  Stamina  Celebration  Difference  Conflict | Dream  Hope  Goal  Learning  Strengths  Stretch  Achievement  Personal  Realistic  Unrealistic  Feeling  Success Criteria  Learning steps  Feeling  Money | Mental health  Ashamed  Stigma  Stress  Anxiety  Support  Worried  Signs  Warning  Support  Self-harm  Emotions  Feelings  Sadness  Loss  Grief  Denial  Despair  Guilt  Shock | Mental health  Ashamed  Stigma  Stress  Anxiety  Support  Worried  Signs  Warning  Support  Self-harm  Emotions  Feelings  Sadness  Loss  Grief  Denial  Despair  Guilt  Shock | Illegal  Gangs  Pressure  Strategies  Reputation  Anti-social behaviour Crime  Mental health  Emotional health  Mental illness  Symptoms  Stress  Triggers  Strategies  Managing stress  Pressure | Womb  Sperm  Egg  Conception  Fertilisation  Pregnancy  Sexual intercourse  Twins  Fostering  Adoption | Relationship  Friendship  Love  Consent  Intimacy  Communication  Personal/private information  Internet safety | Self-image  Self-esteem  Real  Celebrity  Opportunities  Freedoms  Responsibilities  Puberty  Pregnancy  Embryo  Foetus  Placenta  Umbilical cord  Labour  Contractions  Cervix  Midwife | Attraction  Relationship  Pressure  Love  Sexting  Negative body-talk  Choice  Challenge Feelings/emotions  Mental health  Transition  Secondary  Looking forward  Journey  Worries  Anxiety  Hopes  Excitement |

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D - Democracy

RoL – Rule of Law

IL - Individual Liberty

MR – Mutual Respect

T – Tolerance of Others