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| Year/ Term | Topic | Strand | Key Objectives | SMSCBritish ValuesPersonal Development  |
| Year 1 Autumn 1 | Feelings and Special People | RelationshipsHealth | To know how to recognise and talk about emotions and feelings.To know that there is a normal range of emotions.To know whether feelings are appropriate and proportionate.To understand the importance of self-respect.To know how important friendships are to happiness.To know the importance of families. | Home and community Confidence Flourishing/ developing character Social skillsPositive relationshipsReasoned viewsRespect |
| Year 1 Autumn 2 | Staying Safe | RelationshipsHealthLiving in the Wider World | To understand rights and responsibilities. To know where and how to seek support – including mental health, well-being and emotions.To know about the special people who work in a community.To know how to assess risk and consequences.To know how to respond safely to adults that they don’t know.To know facts about legal and illegal harmful substances and risks.To understand why rules are needed to keep everyone safeTo know how to recognise feelings of being unsafe.To know how to ask for advice and report concerns.To know that people can behave differently online.To know how to be assertive and take responsibility for own safety. | Home and communityConfidence/ responsibility BV – rule of lawMental healthOnline well-beingDangers of social mediaRSEKnow right and wrong/ lawPositive relationships**Safeguarding** |
| Year 1 Spring 1 | Healthy Me | Health | To understand the benefits of physical exercise/ a healthy lifestyle.To know what constitutes a healthy diet.To know about good dental health and hygiene.To know the benefits of rationing time online.To know where and how to report concerns (link autumn 2)To know about safe and unsafe exposure to the sun.To know simple self-care techniques.To be able to recognise early signs of physical illness. | Home and communityResponsibilityPreparing for adult lifeFlourishing – developing characterMental healthOnline well-beingDangers of mobiles/ social mediaPhysical health**Safeguarding** |
| Year 1 Spring 2 | All Around Us | HealthLiving in the Wider World | To understand the benefits of physical exercise/ community service on health and mental well-being.To understand how common household items can be reused.To help construct and follow rules, and understand how these help. To know how rules and laws protect them and others.To know how they can contribute to life in the classroom and school. | Home and communityResilience and responsibilityPreparing for adult lifeInclusivenessBV – democracy, rule of law, mutual respectMental healthRight/ wrong and the lawConsequences and reasoned viewsCommunity Common values and parliamentary system |
| Year 1 Summer 1 | Money Matters | Living in the Wider World | To know that money comes from different sources and can be used for different purposes.To know the role that money plays in their lives and how to keep it safe. | ResponsibilityPreparing for adult lifeBV – Individual LibertyCareers linkDecision makingConfidence  |
| Year 1 Summer 2 | Consolidation of year 1 objectives; additional links to British Values and Personal Development needs of the cohort |

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** CapitalSMSCBritish ValuesPersonal Development  |
| Year 2 Autumn 1 | Different Types of Families | Relationships | To understand that families are important when growing up.To know that families can be different.To understand the characteristics of healthy family life.To know that stable, caring relationships may be of different types.To be able to recognise if family relationships are making them feel unhappy or unsafe.To know that marriage represents a legal and formal commitment  | Home and communityPreparing for adult lifeInclusiveness BV – rule of law/ mutual respect and toleranceFlourishing – developing characterMental healthPhysical healthReflect own beliefsRespect faiths**Cultural** rangeValue things in commonLaw |
| Year 2 Autumn 2 | Healthy Bodies | RelationshipsHealth | To know the facts and science relating to allergies, immunisation and vaccination.To know the characteristics and benefits of an active lifestyle.To know simple self-care techniques.To know the importance of building exercise into daily routines.To understand the importance of sufficient good quality sleep.To know about personal hygiene.To know that each person’s body belongs to them and the difference between appropriate and inappropriate contact. | Home and communityRespectPreparing for adult lifeMental healthPhysical healthRSEInfluencesRight and wrongPositive relationships**Safeguarding**  |
| Year 2 Spring 1 | Feeling Included | Relationships Health | To know the characteristics of friendships.To understand that there is a normal range of emotions.To know that healthy friendships are positive.To know the conventions of courtesy and manners.To know that friendships have ups and downs.To know how to recognise who to trust and not to trust.To understand that they can expect to be treated with respect.To know the importance of respecting others. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeBV – Mutual respect and toleranceFlourishing – developing characterMental healthReadiness for next phaseValue things in commonSocial skillsPositive relationships |
| Year 2 Spring 2 | Healthy Minds | Health | To understand that mental health and well-being is a normal part of daily life.To know that there is a normal range of emotions.To understand why some social media and computer games are age restricted. To know simple self-care techniques.To know how to just whether feelings are appropriate/ proportionate.To know simple self-care techniques.To understand that isolation and loneliness can affect children. | Home and communityResponsibility Preparing for adult lifeMental healthOnline well-beingDangers of social mediaPhysical healthRight and wrongSocial skills |
| Year 2 Summer 1 | Caring for the Environment and Social Responsibility | RelationshipsHealthLiving in the Wider World | To know the benefits of physical exercise.To understand the importance of respecting others.To know what improves environments. | Home and communityRespectResponsibilityPreparing for adult lifeBV – mutual respect and tolerance/ rule of lawPhysical healthReadiness for next phaseValue things in commonRight and wrongCommunityConsequencesReasoned views |
| Year 2 Summer 2 | Consolidation of year 2 objectives; additional links to British Values and Personal Development needs of the cohort |

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** CapitalSMSCBritish ValuesPersonal Development  |
| Year 3 Autumn 1 | Safety Online | RelationshipsHealth |  To recognise that the internet is an integral part of life.To recognise that the internet can also be negative.To understand that people can behave differently online.To understand the importance of keeping personal information private.To understand how information and data is shared.To learn about the concepts of privacy.To learn how to respond safely and appropriately to adult they don’t know.To learn how to critically consider online friendships.To understand that the same principles apply to online and real life relationships.To understand what sort of boundaries are appropriate.To know about the benefits of rationing the time spent online.To know why social media and games have age restrictions.To know about the rules and principles of keeping safe online.To know where and how to seek support.To know where and how to report concerns.To learn how to ask for advice. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeBV – Rule of lawMental healthRSERight and wrongLawConsequencesReasoned viewsPositive relationshipsOnline well-beingDangers of mobile/ social media**Safeguarding** |
| Year 3 Autumn 2 | Celebrating Achievements and Being Resilient | RelationshipsHealth | To understand that mental well-being is a normal part of daily life.To know that all achievements should be celebrated.To understand that it’s important to have aspirations and goals.To learn to judge whether feelings and behaviours are appropriate and proportionate.To learn how to recognise and talk about emotions.To learn where and how to seek support for mental health.To understand that it is common for people to experience mental ill health.To learn the benefits of physical exercise.To understand the characteristics of healthy family life.To learn simple self-care techniques. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeEqual opportunity and inclusiveness BV – Mutual Respect and ToleranceFlourishing – developing characterMental healthReadiness for next phaseRespect faiths/ beliefsImaginationInfluences**Cultural** rangeValue things in commonSocial skills |
| Year 3 Spring 1 | Being Part of a Community | HealthLiving in the Wider World | To understand why they belong to different groups and communities.To help to construct and follow rules.To understand what being part of a community means.To understand the benefits of physical exercise.To understand what improves and harms the environment. | Home and communityRespectPreparing for adult lifeEqual opportunity/ inclusiveness BV – mutual respect and toleranceFlourishing – developing characterPhysical healthInfluences**Cultural** rangeValue things in commonSocial skills |
| Year 3 Spring 2 | Exercise | Health | To understand the characteristics and benefits of an active lifestyle.To understand the risks of an inactive lifestyle.To know about simple self-care techniques.To know the benefit of physical exercise.To know how and when to seek support. | Home and communityConfidence and resiliencePreparing for adult lifeMental healthPhysical health**Safeguarding** |
| Year 3 Summer 1 | Stereotypes | Relationships | To understand stereotypes and how they can be negative.To understand the importance of respecting others. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeEqual opportunity/ inclusiveness BV – Mutual Respect and ToleranceReflect own beliefs/ respect faithsInfluences**Cultural** rangeValue things in commonSocial skills |
| Year 3 Summer 2 | What I Like | RelationshipsHealth | To know simple self-care techniques.To know how to recognise and talk about emotions.To know that there is a normal range of emotions.To understand the importance of respecting others.To understand the importance of self-respect.To understand the importance of permission seeking and giving.To know that each person’s body belongs to them.To know how to ask for advice.To know how to report concerns or abuse.To know how to recognise if family relationships are making them unhappy/ unsafe. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeEqual opportunity and inclusiveness BV – mutual respect and toleranceFlourishing – developing characterMental healthRight and wrongLawConsequences Positive relationships RSE**Safeguarding**  |

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** CapitalSMSCBritish ValuesPersonal Development  |
| Year 4 Autumn 1 | Nutrition and Dental Health | Health |  To know what constitutes a healthy diet.To understand the characteristics of a poor diet.To know the principles of planning and preparing healthy meals.To recognise early signs of physical illness.To know the benefits of oral hygiene. | HomeResponsibilityPhysical healthConsequences |
| Year 4 Autumn 2 | Human Rights | Living in the Wider World | To understand that there are basic human rights.To understand why and how laws and rules protect them.To understand that universal rights are there to protect everyone.To realise the consequences of anti-social behaviour. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeEqual opportunity/ inclusiveness BV – democracy; individual liberty; rule of law; mutual respect and toleranceOwn beliefsValue things in common/ parliamentary systemRight and wrongLaw and consequencesReasoned viewsSocial skills |
| Year 4 Spring 1 | Emergency Situations | HealthLiving in the Wider World | To learn about special people who work in the community.To learn how to clearly and efficiently contact the emergency services.To learn how to respond to fire safety issues.To identify water dangers. | Home and communityPreparing for adult lifePhysical healthCareers Readiness for next phaseConsequences **Safeguarding**  |
| Year 4 Spring 2 | Respect | RelationshipsLiving in the Wider World | To realise the importance of friendships.To identify the characteristics of friendships.To acquire skills to promote positive friendships.To understand how to report feelings of being unsafe.To appreciate the importance of self-respect.To understand that relationships have ups and downs.To understand that healthy relationships are positive.To recognise who to trust and not to trust.To understand why and how rules and laws protect them. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeBV – rule of law; mutual respect and toleranceMental healthOnline well-beingDangers of social mediaPhysical healthRSE**Safeguarding**Right and wrongLawConsequencesReasoned viewsPositive relationships |
| Year 4 Summer 1 | Money Matters | Living in the Wider World | To know that money comes from different sources.To know the role that money plays in our lives.To develop an initial understanding of interest, loan, debt and tax. | Home and communityResponsibilityReadiness for next phaseSocial skillsPreparing for adult life |
| Year 4 Summer 2 | Falling Out and Making Up | RelationshipsLiving in the Wider World | To know the importance of friendships to happinessTo know the characteristics of friendshipsTo understand that friendships have ups and downs.To realise the consequences of anti-social behaviour.To understand that healthy relationships are positive.To recognise who to trust and not to trust.To know what boundaries are important. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeBV – mutual respect and toleranceFlourishing – developing characterMental healthValue things in commonRight and wrongLawConsequencesReasoned viewsSocial skillsPositive relationships  |

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** CapitalSMSCBritish ValuesPersonal Development  |
| Year 5 Autumn 1 | Body Image | Relationships Health |  To understand the importance of respect.To understand the risks of inactive lifestyles.To understand the importance of self-respect.To know that body image has changed throughout the ages.To know that the internet can be a negative place.To know what constitutes a healthy diet.To know how to become a discerning consumer of information.To understand the importance of respecting others. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeEqual opportunity/ inclusiveBV – mutual respect and toleranceFlourishing – developing characterMental healthOnline well-beingDangers of mobile/ social mediaPhysical healthRespect own beliefsRespond positively Social skillsPositive relationshipsRSE  |
| Year 5 Autumn 2 | Bereavement and Loss | RelationshipsHealth | To be able to recognise and talk about emotions.To appreciate the characteristics of healthy family life.To know that families can be different.To explore the ways that other cultures celebrate life and loss.  |  Home and communityConfidence, resilience, responsibility, and respectPreparing for adult lifeEqual opportunity/ inclusivenessBV – democracy/ mutual respect and toleranceMental healthRespect beliefs and faithInfluences, **cultural** range, valuing things in commonPositive relationships |
| Year 5 Spring 1 | Fake News | HealthLiving in the Wider World | To critically examine what is presented in social media.To understand how to be a discerning consumer.To know where and how to report concerns.To know what a stereotype is. | Home and communityRespectPreparing for adult lifeBV – individual libertyMental healthOnline well-beingDangers of mobile and social mediaReadiness for next phaseReflect own beliefsRight and wrongLawConsequencesReasoned views |
| Year 5 Spring 2 | Life in Plastic | Living in the Wider World | To understand what improves and harms the environments.To understand the way that plastics affect the planet.To understand the benefits of physical exercise.To identify the ways that resources can be reduced and recycled.To understand that people and living things have rights. | Home and communityResponsibility and respectPreparing for adult lifePhysical health |
| Year 5 Summer 1 | Puberty | RelationshipsHealth | To know the key facts about puberty.To know about personal hygiene and germs.To know that each person’s body belongs to them. | RSEConfidencePreparing for adult lifePhysical healthReadiness for next phasePositive relationshipsRespect**Safeguarding** |
| Year 5 Summer 2 | Changes in Friendships | Relationships | To identify the characteristics of friendships.To know how important friendships are in making us happy.To know how to report concerns or abuse.To understand that the internet can be negative. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeBV – mutual respect and toleranceFlourishing – developing characterMental healthDangers of mobile/ social mediaValue things in commonSocial skillsPositive relationshipsPreparing for the next phase**Safeguarding** |

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| Year/ Term | Topic | Strand | Key Objectives | **Cultural** CapitalSMSCBritish ValuesPersonal Development  |
| Year 6 Autumn 1 | Drugs and Alcohol Education | Health | To know the facts about legal and illegal harmful substances.To know what is meant by the term ‘habit’.To know that pressure to misbehave can come from many sources.To know how to make informed choices.To understand the role that money plays. | Home and communityConfidence, responsibility, respectPreparing for adult lifeBV – rule of lawMental healthOnline well-being Dangers of mobile/ social mediaPhysical healthCareersReadiness for next phaseInfluencesRight and wrongLawConsequencesReasoned views |
| Year 6 Autumn 2 | Sex Education | RelationshipsHealth | To know key facts about puberty.To know that families are important to children.To know that each person’s body belongs to them.To know practical steps to improving relationships.To know how to report concerns or abuse. |  RSEHomeResponsibility and respectPreparing for adult lifeBV – individual liberty; mutual respect and tolerancePhysical health**Safeguarding**Right and wrongLawConsequencesPositive relationships |
| Year 6 Spring 1 | Mental and Emotional Health | Health | To understand that mental well-being is a part of everyday life.To understand that there is a normal range of emotions.To know that it is common for people to experience mental ill health.To know how to judge if feelings are appropriate and proportionate. To know some simple self-care techniques.To understand the benefits of physical exercise.To know the benefits of an active lifestyle.To know the importance of regular exercise.To understand the importance of sufficient good quality sleep. To understand that isolation and loneliness can affect children.To know where and how to seek support. | HomeConfidence, resiliencePreparing for adult lifeFlourishing – developing characterMental healthPhysical healthReadiness for next phasePreparing for adult life**Safeguarding**  |
| Year 6 Spring 2 | Global Sustainable Development Goals | Living in the Wider World | To understand what improves and harms the environment.To understand that there are basic human rights shared by people and societies.To understand that resources can be allocated in different ways. To understand that they have different kinds of responsibilities.  | Home and communityResponsibility and respectPreparing for adult lifeBV – mutual respect and toleranceRespect for faithsInfluences**Cultural** rangeValue things in commonRight and wrongConsequences |
| Year 6 Summer 1 | E-Safety and Social Media | Relationships | To know that the internet is an integral part of life.To recognise that the internet can also be negative.To understand the importance of keeping personal information private.To begin to understand the concept of privacy.To understand the rules and principles for keeping safe online.To know how information and data is shared.To know that the same principles apply to online relationships.To consider the effect of their online actions on others.To critically consider their online friendships.To understand that people can behave differently online.To consider the benefits of rationing time spent online. | Home and communityConfidence, resilience, responsibility and respectPreparing for adult lifeBV – mutual respect and toleranceFlourishing – developing characterOnline well-beingDangers of mobile/ social mediaReadiness for next phaseRight and wrongConsequencesPositive relationships**Safeguarding**  |
| Year 6 Summer 2 | Anti-social Behaviour and the Role of Police and the Law | Living in the Wider World | To realise the consequences of anti-social behaviour.To understand that there are basic human rights shared by all.To understand that there are universal rights to protect everyone.To understand what being part of a community means.To know about the special people who work in the community.To develop strategies for getting support. | Home and communityResponsibility and respectPreparing for adult lifeEqual opportunity/ inclusiveBV – democracy; rule of law; mutual respect and toleranceCareersReadiness for next phaseValue things in commonRight and wrongLawConsequences |