

Autumn 1

Introductory Lesson-setting the ground rules

Start Family and Relationships

Lesson 1 - Families offer stability and love - To begin to understand the role of the family in their lives

That families are important for children growing up because they can give love, security and stability.

That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

Lesson 2 – Families are all different - To begin to understand the range of families they may encounter now and in the future

That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.

That marriage represents a formal and legally recognised relationship.

Lesson 3 – Other people's feelings - To recognise how others show feelings in different ways and how to respond

that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
practical steps they can take in a range of different contexts to improve or support respectful relationships.

Lesson 4 – Unhappy friendships - To begin to understand that some friendships might make us feel unhappy and how to deal with this

How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Lesson 5 – Introduction to manners and courtesy - To begin to understand the conventions of courtesy and manners

The conventions of courtesy and manners

Lesson 6 – Change and Loss - To begin to understand how loss and change can affect us

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

Autumn 2
Finish Family and Relationships

Lesson 7 – Gender stereotypes, careers and jobs - To develop an understanding of stereotypes and how these might affect job/career choices

What a stereotype is, and how stereotypes can be unfair, negative or destructive.

Start Health and Well-Being

Lesson 1 – Experiencing different emotions - To describe a range of feelings and develop simple strategies for managing them

how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

Lesson 2 – Being active - To understand the benefits of physical activity

The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.

Lesson 3 – Relaxation and breathing – To use breathing exercises to relax

simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

that mental wellbeing is a normal part of daily life, in the same way as physical health.

Lesson 4 – Steps to success – To understand their strengths and set themselves reasonable goals

Lesson 5 – Developing a growth mindset - To identify strategies to help overcome barriers or manage difficult emotions

Lesson 6 – Healthy diet – To understand what it means to have a healthy diet

What constitutes a healthy diet (including understanding calories and other nutritional content)

The principles of planning and preparing a range of healthy meals

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)

Spring 1
Finish Health and Well-Being

Lesson 7 – Looking after our teeth – To understand ways of looking after our teeth.

about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

Start Safety and the Changing Body

Lesson 1 – Introduction to the internet – To understand what the internet is and how it can help us

Pupils should know that for most people the internet is an integral part of life and has many benefits.

Lesson 2 – Communicating online – To understand how to stay safe when using the internet

That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.

That people sometimes behave differently online, including by pretending to be someone they are not.

How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.

Lesson 3 – Secrets and surprises – To begin to understand the difference between secrets and surprises

about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe

Lesson 4 – Appropriate contact – My private parts - To begin to understand the concept of privacy and the correct vocabulary for body parts

That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

How to report concerns or abuse, and the vocabulary and confidence needed to do.

Lesson 5 – My private parts are private – To understand safe and unsafe touches

How to recognise and report feelings of being unsafe or feeling bad about any adult.

How to ask for advice or help for themselves or others, and to keep trying until they are heard.

Spring 2
Finish Safety and the Changing Body

Lesson 6- My personal boundaries

Lesson 7- Road safety

Lesson 8- Crossing roads safely

Lesson 9 – Staying safe with medicine - To begin to understand how to stay safe with medicines

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Start Citizenship

Lesson 1 – Rules beyond school – To begin to understand the rules beyond school

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

British Values – Rule of law

Summer 1
Finish Citizenship

Lesson 2- Our school environment – To understand ways we can look after our school environment.

L3. about things they can do to help look after their environment'

Lesson 3 – Our local environment - To recognise the role people play in looking after the environment

L3. about things they can do to help look after their environment

L.5. about the different roles and responsibilities people have in their community'

Lesson 4 – Job roles in our community - To begin to understand the roles people have in the community.

L.5. about the different roles and responsibilities people have in their community'

Lesson 5 – Similar yet different, my local community - To recognise similarities and differences between people in the local community.

to recognise the ways they are the same as, and different to, other people'

British Values: Mutual respect, Tolerance of those with different faiths and beliefs

Lesson 6- school council

Lesson 7- giving my opinion

Summer 2
Economic Wellbeing

Lesson 1 – Where money comes from – To explore the ways people receive money.

Lesson 2 – exploring needs- To identify basic needs essential for healthy growth.

Lesson 3 – exploring wants- To consider how people decide what they want.

Lesson 4 – bank cards and accounts- To explore how bank accounts and cards help with managing money.

Lesson 5 – my skills and talents- To identify my skills and talents and consider how these could link to jobs.

Lesson 6- everyone is welcome- To describe how to make others feel welcome and included.

Transition lesson- change

Key vocab

Family and Relationships

behaviour
care
emotions
family
feelings
friend
friendly
problem
stereotype

Health and Wellbeing

allergy
emotions
feelings
germs
ill (poorly)
qualities
relax

Safety and the changing body

accident
drug
emergency
hazards
medicine
physical contact
polite
respect
role
trust

Citizenship

care
democracy
different
fair
pet
responsibility
rule
similar
unique
vote

Economic Well-being

bank
bank account
building society
cash
choice
coins
earn
interest
job
money
money box
notes
pocket money
purse
safe
save
skill
spend
value
wallet