

Autumn 1

Introductory Lesson-setting the ground rules

Family and Relationships

Lesson 1 – Healthy Relationships - To understand that families love and support each other but sometimes problems can occur and help is available if needed

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 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.

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

Lesson 2 – Friendship conflict - To understand that friendships have ups and downs and that problems can be resolved

Most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

Lesson 3 – Friendship: conflict vs bullying - To begin to understand the impact of bullying

Different types of bullying (including cyber-bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.

Lesson 4 – Effective communication - To listen and communicate effectively

Respectful relationships > Pupils should know the practical steps they can take in a range of different contexts to improve or support respectful relationships.

Lesson 5 – Learning who to trust - To understand why trust is an important part of positive relationships

What trust is, who to trust and why and what to do if they don't trust someone or someone breaks their trust.

Lesson 6 – Respecting differences in others - To begin to understand the differences between people and why it is important to respect these differences

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

Autumn 2

Finish family and relationships

Lesson 7 – Stereotyping gender - To recognise that stereotypes are present in everyday life

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

Lesson 8 – Stereotyping: Age - To recognise that stereotypes exist based on a number of factors

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

Start Health and Well-Being

Lesson 1 – My healthy diary

Mental wellbeing

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

Physical and mental fitness

The characteristics and mental and physical benefits of an active lifestyle

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.

The risks associated with an inactive lifestyle (including obesity).

Lesson 2 – Relaxation – Stretches

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 3 – Wonderful Me

That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.

Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

Lesson 4 – My superpowers

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

Lesson 5 – Resilience – Breaking down barriers

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

Spring 1 Finish health and well-being

Lesson 6- Communicating my feelings

Pupils should know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

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

Lesson 7 – Diet and dental health

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

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).

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

Safety and the Changing Body

Lesson 1 – Emergencies and calling for help - To understand the role I can take in and emergency situation.

how to make a clear and efficient call to emergency services if necessary

concepts of basic first-aid, for example dealing with common injuries, including head injuries

Lesson 2 – First aid – bites and stings - To understand how to help if someone has been stung or bitten.

how to make a clear and efficient call to emergency services if necessary

concepts of basic first-aid, for example dealing with common injuries, including head injuries

Lesson 3 – Be kind online - To understand the importance of being kind online and what this looks like.

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.

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.

Lesson 4 – Cyberbullying - To understand that cyberbullying involves being unkind online.

That for most people the internet is an integral part of life and has many benefits

that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.

where and how to report concerns and get support with issues online

where and how to report concerns and get support with issues online

that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing

where to get advice e.g. family, school and/or other sources

the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them

where and how to report concerns and get support with issues online

Spring 2

Finish safety and the changing body

Lesson 5 – Fake emails - To understand that not all emails are genuine

How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted

Where and how to report concerns and get support with issues online

Lesson 6 – Making choices - To understand the choices people can make and those which are made by others.

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

Lesson 7 – Influences - To begin to recognise who and what can influence our decisions.

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

Lesson 8- Keeping safe out and about

Developing an understanding of safety on or near roads.

Start Citizenship

Lesson 1 – Rights of a child - To begin to understand the United Nations Convention on the Rights of the Child.
about the relationship between rights and responsibilities'

Summer 1 Finish Citizenship

Lesson 2 – Rights and responsibilities - To understand the responsibilities of both children and adults to help all children benefit from their rights
about the relationship between rights and responsibilities'

Lesson 3 – Recycling - To understand the environmental benefits of recycling

Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling, food choices)'

Lesson 4 – Local community groups - To understand the groups which make up the community

about the different groups that make up their community; what living in a community means.

Lesson 5 – Charity - To understand that charities care for others and how people can support them

the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others'

Lesson 6 – Local democracy - To begin to understand how democracy works in the local area

What democracy is, and about the basic institutions that support it locally and nationally;'

Lesson 7 – Rules - To understand why we have rules and the consequences of breaking rules at school and home

to recognise reasons for rules and laws; consequences of not adhering to rules and laws'

Summer 2
Economic Wellbeing

Lesson 1 – Ways of paying – To understand the different ways of paying for things and why we might use them.

Lesson 2 – Budgeting – To understand how to put together a budget.

Lesson 3 – How spending effects others – To understand that money has an impact on the way we feel

L24: To identify the ways that money can impact on people's feelings and emotions

Lesson 4 – Impact of spending - To begin to recognise how ethics can influence our spending decisions

L19: To learn that people's spending decisions can affect others and the environment (e.g. Fairtrade, buying single-use plastics, or giving to charity).

Lesson 5 – Jobs and careers - To understand that there are a range of jobs available and to think about what job they might want to do

L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes and L31. to identify the kind of job that they might like to do when they are older

Lesson 6 – Genders and careers - To understand that there are stereotypes in the workplace and these should not limit people's career aspirations.

L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them

Transition lesson

Key Vocab

Family and Relationships	Health and Wellbeing	Safety and the changing body
bullying communicate empathy open questions similar solve stereotype sympathy trust	alone balance barriers belonging identity lonely resilience	allergic anaphylaxis bullying casualty choice cyberbullying decision distraction fake

		influence injuries
Citizenship Charity Community Consequence Council Councillor Law Recycling Rights United Nations (UN)	Economic Well-being Budget Expense Feeling Qualification Stereotype	