

Autumn 1

Introductory lesson: Setting rules and signposting

Family and Relationships

Lesson 1 – Respect -To understand what we mean by respect and why it is important

That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.

Lesson 2 – Respectful Relationships - To understand that respect is two-way and how we treat others is how we can expect to be treated

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

Lesson 3 – Attitudes - To explore other people's attitudes and ideas and to begin to challenge these

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

Lesson 4 – Challenging stereotypes - To understand stereotypes and be able to share information on them

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

Lesson 5 – Resolving conflict - To resolve disputes and conflict through negotiation and compromise

Pupils should know that 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 6 – Change and loss - To begin to understand the process and emotions relating to grief

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

That 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

Start Health and Well-Being

Lesson 1 – What can I be?

To identify long term goals and how to work towards them.

Lesson 2 – Relaxation – Mindfulness - To use mindfulness to manage emotions

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 – Taking responsibility for my health - To understand and plan for a healthy lifestyle

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

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

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

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).

It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Lesson 4 – The impact of technology on health - To understand the potential impact of technology on physical and mental health

About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing

Why social media, some computer games and online gaming, for example, are age restricted

Lesson 5 – Resilience toolbox - To reflect on skills they have developed to identify and respond to difficult situations

H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.

Lesson 6 – Immunisation - To understand ways that we help prevent ourselves and others becoming ill

The risks associated with an inactive lifestyle (including obesity)

The characteristics and mental and physical benefits of an active lifestyle

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).

Lesson 7 – Good and bad habits - To understand how habits can be good or bad for our health

The risks associated with an inactive lifestyle (including obesity)

The characteristics and mental and physical benefits of an active lifestyle

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 wellbeing****Lesson 8 – Physical health concerns - To understand what happens when we are ill and begin to understand when to seek support**

How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.

How and when to seek support including which adults to speak to in school if they are worried about their health.

Safety and the Changing Body**Lesson 1 – Alcohol - To begin to understand the risks of alcohol**

Children should know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

National curriculum > Science > Animals including humans > Pupils should learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.

Lesson 2 – Critical digital consumers – To start to become a discerning consumer of information online.

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

Lesson 3 – Social Media - To understand that online relationships should be treated in the same way as face to face relationships

The importance of permission-seeking and giving in relationships with friends, peers and adults

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

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

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 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

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

Lesson 4 – Physical and emotional changes of puberty –

Key facts about puberty and the changing adolescent body, particularly from age 9 through to 11, including physical and emotional changes.

Lesson 5 – Conception -parental consent required.

About menstrual wellbeing including the key facts about the menstrual cycle.

Spring 2**Safety and the Changing Body****Lesson 6 – Pregnancy and birth – parental consent required****Lesson 7 – First Aid: Choking - To understand how to help someone who is choking**

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 8 – Basic first aid support – To understand how to help someone who is unresponsive

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.

Start citizenship**Lesson 1 – Human Rights - To understand human rights, including the right to education.**

to recognise there are human rights, that are there to protect everyone ‘

Lesson 2 – Food choices and the environment - To understand some environmental issues relating to food and food production

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) .

Summer 1

Finish Citizenship

Lesson 3 – Caring for others - To understand how to show care and concern for others

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 4 – Prejudice and discrimination - To recognise prejudice and discrimination and learn how this can be challenged

about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced'

Lesson 5 – Valuing diversity - To understand diversity and the value different people bring to a community

about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities'

Lesson 6 – National democracy - To begin to understand how government works

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

Start economic wellbeing

Lesson 1 – Attitudes to money - To understand attitudes and feelings around money

To understand attitudes and feelings around money

Lesson 2 – Keeping money safe - To understand how to keep money in bank accounts safe

To recognise how to safeguard money in digital and physical environments.

Summer 2

Finish Economic Wellbeing

Lesson 3- what money responsibilities are there in secondary school?

To identify how money-related matters develop in secondary school.

Lesson 4 – Gambling - To begin to understand the risks associated with gambling

To recognise the risks of gambling.

Lesson 4 – What is a workplace?

To explore how different careers operate in a workplace.

Lesson 5 – Career routes

To understand the different routes available into careers and their requirements.

Identity**Lesson 1 - To understand what factors contribute to identity**

To learn about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

Lesson 2 – Identify and body image

To understand that the media can manipulate images

Transition lesson: Dealing with change**Key vocab**

Family and Relationships	Health and Wellbeing	Safety and the changing body
authority	antibodies	Alcohol
conflict	growth mindset	Bladder
earn	habit	Breasts
expectation	qualities	Cervix
grief	responsibility	Conception
grieving	skill	Cyberbullying
resolve	vaccination	Egg or ova
respect		Ejaculation
stereotype		Erection
		Fallopian tube
		Fertilisation
		Genitals
		Internet trolling
		Labia
		Menstruation/period

		Nipples Ovary/ovaries Penis Pregnant Puberty Pubic hair Scrotum Sexual intercourse Sperm Sperm duct Testicles/testes Urethra
Citizenship Authority Conflict Earn Expectation Grief Grieving Protected characteristics Resolve Respect Stereotype	Economic Well-being Gambling Growth mindset PIN Qualities Responsibility Skill	