

Autumn Term

	CITIZENSHIP	HEALTH EDUCATION	RELATIONSHIPS EDUCATION
Year 1	To set a goal To understand why voting is important.	<p>Health and Prevention:</p> <ul style="list-style-type: none"> - To understand how to keep teeth healthy - To understand how teeth change as we grow up - To understand some basic hygiene principles - Pupils learn about how germs are spread, how we can prevent them spreading and people who help us stay healthy and well <p>Healthy Eating</p> <ul style="list-style-type: none"> - To understand the importance of food - To discuss a variety of food <p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - To identify a range of emotions - To understand and recognise positive and difficult emotions. - To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively 	<p>Respectful relationships:</p> <ul style="list-style-type: none"> - To be able to identify different behaviours which might be bullying
Year 2	To set a goal To understand how the UK parliament is formed.	<p>Healthy Eating:</p> <ul style="list-style-type: none"> - To identify healthy snack options. - To be able to recognise and name and the 5 groups from the Eatwell plate - To understand the benefits of eating at least 5 portions of fruit and vegetables. <p>Drugs, Alcohol and Tobacco:</p> <ul style="list-style-type: none"> - To learn why medicines are taken - To learn where medicines come from - To learn how to stay safe around medicines 	<p>Caring relationships:</p> <ul style="list-style-type: none"> - To identify what bullying is and how it makes people feel. - To understand conflict - To explain what to do when conflict escalates. - To explain how to resolve conflict

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Year 3	To set a goal	<p>Healthy Eating:</p> <ul style="list-style-type: none"> - To understand what food groups make up meals. - To explain how food choices can contribute to tooth decay <p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good - Learn about ways of expressing feelings and emotions and why this is important - Learn about managing feelings and emotions in different situations - Learn about getting help, advice and support with feelings and emotions <p>Being Safe:</p> <ul style="list-style-type: none"> - To explain how to keep safe when walking on roads - To explain how to keep safe when walking on roads - To learn how to be safe on dark roads 	<p>Respectful relationships:</p> <ul style="list-style-type: none"> - To developing an awareness and definition of bullying and unkindness. <p>Caring relationships:</p> <ul style="list-style-type: none"> - To explore ways of resolving conflict.
Year 4	To set a goal To explain the importance of asking questions.	<p>Healthy Eating:</p> <ul style="list-style-type: none"> - To understand the importance of nutrients - To understand that food gives us energy <p>Health and Prevention:</p> <ul style="list-style-type: none"> - Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use - To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To developing an awareness of the role of victims, bullies, and bystanders.

		<ul style="list-style-type: none"> - To learn about the effects and risks of drinking alcohol - To learn about different patterns of behaviour that are related to drug use - Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection - Learn that infection can spread through sneezing and coughing - Understand that covering the mouth when sneezing can prevent the spread of infection 	
Year 5	To set a goal	<p>Health Eating:</p> <ul style="list-style-type: none"> - To review a day's menu and provide feedback on how it can be improved - To explain the function of nutrients and fibre - To explain the reasons it is important to keep hydrated. - To explain that different types and portions of foods and drinks provide different amounts of energy. - To identify and interpret information on food labels. <p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - Learn how to talk about mental health & wellbeing - Know who can help us and how to ask for help - Know the difference between a big and a small feeling - Learn how to be a good listener <p>Basic First Aid:</p> <ul style="list-style-type: none"> - Understand what first aid is - Learn first aid skills - Feel able to help someone who needs first aid - How to help someone with a burn or with a head injury or someone who is bleeding a lot - 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To explore the concept of fairness and how people decide what is fair and unfair. - To explore how and why people are excluded

<p>Year 6</p>	<p>To set a goal To understand how a parliamentary debate takes place in the House of Commons.</p>	<p>Physical Health/Healthy Eating:</p> <ul style="list-style-type: none"> - To recap how to keep ourselves healthy - To explain some of the health benefits of being active. <p>Drugs, Alcohol and Tobacco:</p> <ul style="list-style-type: none"> - To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs - To learn about assessing the level of risk in different situations involving drug use - To learn about ways to manage risk in situations involving drug use <p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - To learn how to talk about mental health and wellbeing - To know who can help us and how to ask for help - To know the difference between a big and a small feeling - To learn how to be a good listener <p>Internet Safety and Harms:</p> <ul style="list-style-type: none"> - To know what to do if they have any concerns about something they experience online 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - Anti-bullying Week - To learn what is meant by privilege - To understand what trust means when online - To understand the concept of appearance ideals
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Spring Term

	HEALTH EDUCATION	RELATIONSHIPS EDUCATION
Year 1	<p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - To learn about the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep <p>Drugs, Alcohol and Tobacco:</p> <ul style="list-style-type: none"> - To recognise that different things that go into bodies can make people feel good or not so good - To be able to identify whether a substance might be harmful to take in - To know how to ask for help if they are unsure whether something should go into the body - To know that substances can be absorbed through the skin - To be able to recognise that different things that people put on to bodies can make them feel good or not so good - To be able to state some basic safety rules for things that go on to the body <p>Basic First Aid:</p> <ul style="list-style-type: none"> - To know how to make an emergency call 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To sort wants and needs - To explore boy and girl needs and wants - To celebrate being me <p>Online Relationships:</p> <ul style="list-style-type: none"> - To teach children about personal relationships - To understand personal information <p>Being Safe:</p> <ul style="list-style-type: none"> - To identify places and people who make me feel safe - To explain what a safe and inviting classroom looks like. - To identify how to keep safe at home
Year 2	<p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - To recognise and describe different feelings in themselves and others - Learn that feelings change and that not everyone experiences the same feeling in the same situation - Learn about 'big' feelings and how to manage them <p>Being Safe:</p> <ul style="list-style-type: none"> - To be able to identify and make safe risks and hazards in and around the home. - To be able to make an emergency call to 999 - To be able to identify risks and hazards at school and know how to keep themselves safe. 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To explore needs and wants - To understand life in different countries - To explore how life is different around the world - To explore gender stereotypes in careers - To explore gender stereotypes in careers <p>Online Relationships:</p> <ul style="list-style-type: none"> - To understand what personal information is - To understand who to trust online

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Year 3	<p>To understand the rights of a child</p> <p>To understand the link between being paid to do a job and having money to spend</p> <p>To make consumer choices and explain your decision</p> <p>To explain why democracy is important</p>	<p>Drugs, Alcohol and Tobacco</p> <ul style="list-style-type: none"> - To learn the definition of a drug and that drugs (including medicine) can be harmful to people - Learn about the effects and risks of smoking tobacco and second-hand smoking <p>Basic First Aid:</p> <ul style="list-style-type: none"> - Know how to do and how to call for help if you are faced with an emergency situation <p>Health and Prevention:</p> <ul style="list-style-type: none"> - Pupils learn the definition of a vaccination, how the immune system functions and how they work to keep healthy 	<p>Online relationships:</p> <ul style="list-style-type: none"> - To understand how to stay safe online <p>Respectful relationships:</p> <ul style="list-style-type: none"> - Pupils learn about what identity is and explore what makes everyone unique and special
Year 4	<p>To understand what we spend money on</p> <p>To understand ways to save and the benefits of saving</p>	<p>Basic First Aid:</p> <ul style="list-style-type: none"> - Learn about and practise kindness and coping skills and why they are important in First Aid - Learn about kindness and helping others - Learn how to care for yourself and others - Feel able to help someone who needs first aid (asthma attack/broken bone) - Learn about coping skills <p>Being Safe:</p> <p>To explain how to keep safe around water</p>	<p>Online relationships:</p> <ul style="list-style-type: none"> - To understand that not everything online is trustworthy - To make decisions on what they trust online using agreed criteria <p>Respectful Relationships/Mental Wellbeing:</p> <ul style="list-style-type: none"> - To understand how images can be manipulated online - To understand how stereotypes can label people
Year 5	<p>To understand deductions from payslips</p> <p>To understand budgeting</p> <p>To understand how to keep safe when cycling</p>	<p>Health and Prevention:</p> <ul style="list-style-type: none"> - Pupils learn about different sources of health information and how we can make informed decisions - To understand that common infections get better on their own through time, bed rest, liquid intake and healthy living - To understand that if antibiotics are taken, it is important to finish the course 	<p>Families and People who care for me:</p> <ul style="list-style-type: none"> - To understand reasons for migration - To explore migration <p>Online relationships/Being safe:</p> <ul style="list-style-type: none"> - To understand content which may be appropriate or inappropriate to share online <p>Being Safe:</p> <ul style="list-style-type: none"> - To identify appropriate people to turn to for help <p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To understand gender stereotypes

Year 6	<p>To know there are a range of salaries for different jobs. To understand 'value for money'.</p>	<p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - To learn about mental health; what it means and how we can take care of it - To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To understand stereotypes associated with homelessness - To understand hidden homelessness - To challenge gender stereotypes <p>Online Relationships:</p> <ul style="list-style-type: none"> - Identify different tactics someone might use to manipulate another person online - Explain what to do if someone tries to pressure or manipulate <p>Being Safe:</p> <ul style="list-style-type: none"> - To begin to identify risks and risky behaviour
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Summer Term

	SCIENCE	RELATIONSHIPS EDUCATION
Year 1	<p>Growth and Development:</p> <ul style="list-style-type: none"> - To know they are growing and changing - To know that everyone grows and changes and babies become children and then adults 	<p>Caring Relationships:</p> <ul style="list-style-type: none"> - To identify the qualities of a good friend - To explain the importance of compliments - To identify what to say to a new friend. <p>Respectful relationships:</p> <ul style="list-style-type: none"> - To recognise positive qualities in themselves. - To recognise achievements - To understand that there are lots of different toys and that can be enjoyed by everyone, whether they are a boy or girl <p>Families and People who Care for me:</p> <ul style="list-style-type: none"> - To know there are different types of family and that all families have a special role in children's lives <p>Being Safe:</p> <ul style="list-style-type: none"> - To understand 'bad' secrets
Year 2	<p>Growth and Development:</p> <ul style="list-style-type: none"> - To explore some of the differences between males and females - Understand that a male and female are needed to make a new life - To name the body parts - To know the correct names for body parts, including reproductive/sex parts - To know about growing young to old - To know that all living things, including humans start life as babies - To identify ways they are growing and changing 	<p>Respectful relationships:</p> <ul style="list-style-type: none"> - To identify the qualities of a good friend - To understand and learn the PANTS rules - To understand that they have the right to say 'no' to unwanted touch - To introduce the concept of male and female and gender stereotypes - To identify and explore differences between males and females - To understand pride - To recognise how it feels to be proud of someone else <p>Families and People who care for me:</p> <ul style="list-style-type: none"> - To know that everyone needs to be cared for - To know how they can care for others - To know about different types of families - To know their home life is special

	SCIENCE	HEALTH EDUCATION	RELATIONSHIPS EDUCATION
Year 3	To know the biological differences between males and females	Mental Wellbeing: <ul style="list-style-type: none"> - To identify positive thoughts - To explore the concept of self-talk 	Caring relationships: <ul style="list-style-type: none"> - To identify qualities of a good friend - To explore healthy relationships Respectful relationships: <ul style="list-style-type: none"> - To know about stereotyping of males and females - To understand the link between gender stereotyping and discrimination - To explore family differences and challenge stereotyping - To understand that people sometimes have stereotypes about families - To know you can say no to bad touch
Year 4	Growth and Development: <ul style="list-style-type: none"> - To understand the main stages of the human lifecycle - To understand the changes that humans go through at different stages 	Changing Adolescent Body: <ul style="list-style-type: none"> - To know some of the basic facts about puberty - To know each person experiences puberty differently - To understand the importance of personal hygiene at puberty - To know about different items that keep us clean 	Respectful Relationships: <ul style="list-style-type: none"> - To recognise positive things about themselves - To challenge gender stereotyping - To understand aspects of discrimination - Pupils learn about prejudice and how discrimination can affect people - To understand rights in friendship - To understand the responsibilities and the rights in a friendship Online Relationships: <ul style="list-style-type: none"> - To identify and resist pressurising and manipulative behaviour - To understand how a child's online actions can affect others.
Year 5	Growth and Development: <ul style="list-style-type: none"> - To think and talk about how they have grown and changed since they were babies 	Changing Adolescent Body: <ul style="list-style-type: none"> - To know about the physical changes that happen at puberty - To understand what menstruation and wet dreams are 	Respectful Relationships: <ul style="list-style-type: none"> - To know how to deal with feelings in relationships - To develop a sense of belonging

		<ul style="list-style-type: none"> - To know how to manage menstruation and wet dreams - To know the importance of hygiene during puberty - To know how and why emotions and relationships change during puberty - To know where to get help and support to manage changes during puberty <p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - 	
Year 6	<p>SEX EDUCATION:</p> <ul style="list-style-type: none"> - To know the difference between an adult intimate/loving relationship and other types of relationships - To know how a baby is made - To know what pregnancy means - To know how a baby is made and grows (conception and pregnancy) - To know what conception and pregnancy are. 	<p>Changing Adolescent Body:</p> <ul style="list-style-type: none"> - To remind pupils about the physical, emotional and social changes that take place during puberty - To dispel any myths about puberty - To explore some of the concerns people might have during puberty <p>Mental Wellbeing:</p> <ul style="list-style-type: none"> - Identify differences between primary and secondary school - Describe how it might feel to move to secondary school and explain different ways of managing change - To learn how to manage screen time and maintain a healthy balance - To learn the importance of good sleep 	<p>Respectful Relationships:</p> <ul style="list-style-type: none"> - To identify the qualities of a good friend. - To know what constitutes a positive healthy relationship - To know that relationships change over time - To understand the difference between a healthy and unhealthy relationship - To understand how to develop positive self-talk <p>Online Relationships:</p> <ul style="list-style-type: none"> - To explore ways to communicate in a relationship and know when it is appropriate to share personal information - To know some of the risks of meeting people online