



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Year 5</p>	<p>Being Me in my World</p> <p>Including:</p> <p>Identify what they value most about school and consider their hopes for the school year.</p> <p>Understanding their rights and responsibilities as a British citizen.</p> <p>Empathise with people in this country whose lives are different from their own.</p> <p>Understanding that their actions affect themselves and others.</p>	<p>Celebrating Difference</p> <p>Including:</p> <p>Understanding that cultural differences sometimes cause conflict and respecting their own and other people’s culture.</p> <p>Understanding what racism is and being aware of their attitude towards people of different races.</p> <p>Understanding possible causes of bullying behaviours and identifying strategies to manage a bullying situation for themselves and others.</p> <p>Being aware of their own culture and enjoying the experience of a culture different from their own.</p>	<p>Healthy Me</p> <p>Including:</p> <p>Knowing the health risks of smoking and some of the risks of misusing alcohol, including anti-social behaviour.</p> <p>Being able to make an informed decision about whether they choose to smoke or drink alcohol.</p> <p>Describing the different roles food can play in people’s lives and explaining how people can develop eating problems relating to body image pressures.</p> <p>Knowing what makes a healthy lifestyle including healthy eating and the choices you need to make to be healthy and happy.</p> <p>Knowing the importance of respecting and valuing their body and being motivated to keep themselves healthy and happy.</p>		<p>Changing Me</p> <p>Including:</p> <p>Being aware of their own self-image and how their body image fits into this. Knowing how to develop their own self-esteem.</p> <p>Explaining how a boys’ and girls’ bodies changes during puberty and the importance of looking after yourself physically and emotionally.</p> <p>Understanding that puberty is a natural process that happens to everybody and that it will be OK for them.</p> <p>Expressing how they feel about the changes that will happen to them during puberty.</p> <p>Identifying what they are looking forward to about becoming a teenager and understanding this brings growing responsibilities.</p>	<p>Relationships</p> <p>Including:</p> <p>To have an accurate picture of who they are as a person and know how to keep building their self-esteem.</p> <p>To recognise how friendships change and how to manage when they fall out with friends.</p> <p>Understanding and explaining how to stay safe when using technology to communicate with their friends.</p> <p>Recognising and resisting pressures to use technology in ways that may be risky or cause harm to others.</p>



Year 6	Being Me in my World Including: Identifying their goals for this year and understanding their fears and worries about the future. Knowing that there are universal rights for all children but for many children these rights are not met. Understanding that their actions can affect other people locally and globally.	Celebrating Difference Including: Understanding there are different perceptions about what normal means. Understanding and showing empathy with how a disability could affect someone's life. Being aware of their attitude towards people with disabilities. Explaining some of the ways in which one person can have power over another and	Healthy Me Including: Knowing the impact of food on the body and being motivated to give their body the best combination of food for their physical and emotional health. Knowing about the different types of drugs and their uses and their effects on the body. Being able to explain how they feel about using alcohol when they are older and their reasons for this. Understanding what it means to be emotionally		Relationships Including: Identifying the most significant people in their lives so far and understanding how it feels to have people in their life who are special to them. Knowing some of the feelings we can have when someone dies or leaves and understanding there are different stages of grief and that there are different types of loss for people to grieve. Being able to use some strategies to manage feelings associated with	Changing Me Including: Being aware of their own self-image and how their body image fits into that and knowing how to develop their own self esteem. Explaining how boys' and girls' bodies change during puberty and understanding the importance of looking after yourself physically and emotionally during puberty. Being able to ask the questions they need answered about changes during puberty and reflecting on how



	<p>Being able to compare their own wants and needs with children in different communities</p> <p>Feeling welcomed and valued and knowing how to make others feel the same</p> <p>Caring about other people's feelings and trying to empathise with them</p>	<p>knowing some of the reasons why people use bullying behaviour.</p> <p>Explaining ways in which difference can be a source of conflict and a cause of celebration</p> <p>Showing empathy with people when difference is a cause for conflict or celebration.</p> <p>Knowing how it can feel to be excluded or treated badly by being different in some way and appreciating people for who they are.</p>	<p>well and exploring people's attitudes towards mental health/illness.</p> <p>Knowing how to help themselves feel emotionally healthy and recognising when they need help with this.</p> <p>Recognising when they feel stressed and the triggers that cause this, and using different strategies to manage stress and pressure.</p> <p>Understanding how stress can cause alcohol misuse and being motivated to find ways to be happy and cope with life's situations without drugs.</p>		<p>loss and help other people to do so.</p> <p>Recognising when people are trying to gain power or control and demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain control or power.</p> <p>Understanding how technology can be used to try to gain power or control and using technology positively and safely to communicate with their friends and family.</p> <p>Take responsibility for their own safety and well-being.</p>	<p>they feel about the answers they receive.</p> <p>Understanding how babies are usually made and how sometimes people need IVF to help them have a baby.</p> <p>Describing how a baby develops from conception through pregnancy, and how it is born.</p> <p>To understand how being physically attracted to someone changes the nature of the relationship.</p> <p>Expressing how they feel about the growing independence of becoming a teenager and feeling confident they can cope with becoming a teenager.</p>
<p>Year 7</p>	<p>First Aid</p> <p>Including:</p> <p>Being confident and competent in basic first aid skills (The recovery position, CPR choking, bleeding, clinical shock and burns and scalds).</p> <p>Have a knowledge of basic first aid and lifesaving skills and being inspired to learn more first aid.</p> <p>Being able to explain how first aid can help in</p>	<p>Economic Wellbeing Managing our Money</p> <p>Including:</p> <p>Thinking about young people's attitudes to money, banking and financial services.</p> <p>Finding out how people manage their money through a bank account and the other services that banks offer and appreciating the importance of budgeting.</p>		<p>Diversity and Respect</p> <p>Including:</p> <p>The similarities, differences and diversity among people of different race, culture, ability, disability, sex, gender identity, age and sexual orientation and the impact of stereotyping, prejudice, bullying and discrimination on individuals and communities.</p> <p>Understanding the meaning of discrimination and its effects and how to respond when being discriminated against and their responsibilities towards others who are experiencing discrimination.</p> <p>Recognising and challenging stereotypes in their own judgements and those of others.</p>		<p>Health Matters</p> <p>Including:</p> <p>Knowing how the media portrays young people, body image and health issues and that identity is affected by a range of factors, including the media and a positive self-esteem.</p> <p>Understanding how health can be affected by emotions and knowing a range of ways to keep themselves healthy.</p>



	<p>a specific situation and knowing how to get help in emergency and risky situations.</p> <p>Being willing to act and use their First Aid skills and knowledge if the need arises.</p>	<p>Understanding they have consumer rights and knowing how to use these to protect themselves when buying online.</p> <p>Recognising how peer and advertising pressures play a part in many decisions they make about how they spend their money.</p> <p>Evaluating the different “devices” used by advertisers.</p>		<p>Knowing the unacceptability of sexist, homophobic and disablist language and behaviour, the need to challenge it and how to do so.</p> <p>Valuing difference between people and demonstrating empathy and a willingness to learn about people different from themselves.</p> <p>Seeing the world from other people’s points of view, and feeling the same emotion as they are feeling and taking account of their intentions, preferences and beliefs.</p>		<p>Understanding what a healthy diet consists of and what the consequences are of not following a healthy diet. Also, knowing what might influence their decision about eating a healthy diet.</p> <p>Understanding that during adolescence there will be physical and emotional changes. Being able to manage puberty in a positive way.</p> <p>Recognising that a healthy lifestyle and wellbeing of themselves and others depends on information and making responsible choices.</p> <p>Understanding how to manage puberty in a positive way.</p> <p>Recognising when they or others need help, sources of help and strategies for accessing it.</p>
<p>Year 8</p>	<p>Risky Matters Including:</p> <p>Being aware of ways of recognising and reducing risk and minimising harm and knowing risk can be good or bad.</p> <p>Knowing about gambling and its consequences</p>	<p>Economic Wellbeing Handling our Money Including:</p> <p>To understand the functions and use of money, the importance and practice of budgeting, and managing risk.</p>	<p>Parliamentary Democracy Including:</p> <p>Acquiring a sound knowledge and understanding of how the UK is governed, its political system and how citizens participate actively in its democratic systems of government.</p>	<p>Parliamentary Democracy Including:</p> <p>Acquiring a sound knowledge and understanding of how the UK is governed, its political system and how citizens participate actively in its democratic systems of government.</p>	<p>Drugs Education Including:</p> <p>Knowing the positive and negative roles played by drugs in society (including alcohol).</p> <p>To know factual information about legal and illegal substances,</p>	<p>RSE Including:</p> <p>To appreciate that relationships can cause strong feelings and emotions (including sexual attraction)</p> <p>The features of positive and stable relationships (including trust, mutual respect, honesty) and</p>



	<p>(including on-line gambling), why people might choose to gamble, how the gambling industry encourages gambling.</p> <p>Assessing and recognising risk and using strategies to minimise it.</p> <p>Recognising peer pressure and reacting appropriately to it and reflecting on their actions and identifying lessons to be learnt from them.</p> <p>Balancing their expectations with the expectations of others and standing up for what they think is right.</p>	<p>Understanding some of the reasons people get into debt and have thought of strategies to reduce debt and where you can get help and advice concerning debt.</p> <p>Understanding the risks involved in using the internet especially for financial transactions and taking steps to avoid them.</p> <p>Evaluating sources of information and their credibility when making budgeting decisions.</p>	<p>Acquiring a sound knowledge of the history of parliamentary democracy in the UK.</p> <p>The ability to think critically and debate political questions.</p> <p>Taking informed action.</p>	<p>Acquiring a sound knowledge of the history of parliamentary democracy in the UK.</p> <p>The ability to think critically and debate political questions.</p> <p>Taking informed action.</p>	<p>including alcohol, volatile substances, tobacco and cannabis and the law relating to their supply, use and misuse.</p> <p>Aware of the personal and social risks and consequences for themselves and others of making different decisions regarding substances, including the benefits of not drinking alcohol (or delaying the age at which to start) and the benefits of not smoking including not harming others with second-hand smoke.</p> <p>To know the risks and consequences of “experimental” and “occasional” substance use and the terms “dependence” and “addiction” and to whom to talk if they have concerns.</p> <p>Recognise and manage different influences on their decisions about the use of substances, (including clarifying and challenging their own perceptions, values and beliefs) including managing peer influence.</p>	<p>those of unhealthy relationships.</p> <p>To acknowledge the right not to have intimate relationships until ready, including the benefits of delaying a sexual relationship.</p> <p>That consent is freely given and that being pressurised, persuaded or coerced to agree to something is not “consent”.</p> <p>To know what laws exist to protect their right to withhold their consent (including the legal age of consent for sexual activity).</p> <p>The choices and risks related to unprotected sex e.g. unintended pregnancy That certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs.</p> <p>To recognise the portrayal and impact of sex in the media and social media (which might include music videos, advertising, “sexting”).</p> <p>Having a greater understanding of the practical, physical and emotional realities of parenting.</p>
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Appreciating the power
of assertive
communication.

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