

PSHE Long Term Plan 2025 -2026

To be updated and amended following RSHE consultation outcomes 2024.

(r) – Relationships Education
(PMH) – Physical health and mental well-being education
(s) – sex education

PSHE Units

[illegible]

	<i>Discuss oral hygiene and healthy eating</i>	<i>Drugs, Alcohol and Tobacco</i>	<i>Drugs, Alcohol and Tobacco</i>	<i>Drugs, Alcohol and Tobacco</i> <i>Basic First Aid</i>	<i>Drugs, Alcohol and Tobacco</i>	<i>Drugs, Alcohol and Tobacco</i> <i>Basic First Aid</i>	<i>Drugs, Alcohol and Tobacco</i> <i>Basic First Aid</i>	<i>Drugs, Alcohol and Tobacco</i> <i>Basic First Aid</i>
Summer 1	<i>Relationships</i> <i>Understanding other's emotions</i> <i>Extend others ideas</i>	<i>Health and Prevention</i> <i>Being Safe</i>	<i>Health and Prevention</i> <i>Being Safe</i>	<i>Health and Prevention</i> <i>Being Safe</i>	<i>Health and Prevention</i> <i>Being Safe</i>	<i>Being Safe</i>	<i>Health and Prevention</i> <i>Being Safe</i>	<i>Health and Prevention</i> <i>Being Safe</i>
Summer 2	<i>Changes</i> <i>Transition to F2</i> <i>Goals for F2</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Prevent</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Prevent</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Changing Adolescent Bodies</i> <i>Prevent</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Prevent</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Changing Adolescent Bodies</i> <i>Prevent</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Changing Adolescent Bodies</i> <i>Prevent</i>	<i>Healthy Eating</i> <i>Physical Health and Fitness</i> <i>Moving On</i> <i>Becoming an Active Citizen</i> <i>Changing Adolescent Bodies</i> <i>Sex Education</i> <i>Prevent</i>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F2	Families and People who care for me: (r) Global Values – Tolerance -What a family is – A group of people who love and care for each other. - Know how people show they care. -Identify who is in their family. - Share and compare their own and other families, discussing what is the same and different. (Our families book and photographs) (Protected Characteristics) Caring Friendships: (r) Global Values – Tolerance -What friendship is. -What makes a good friend and what makes a bad friends. - Know how to show qualities of a good friend in the classroom.	Respectful Relationships: (r) Global Values – Mutual Respect (Anti-bullying week – Monday 13th – Friday 17th November 2023) -Why it is important to use good manners and be courteous to others. -Know how we can show good manners and courtesy to others. -What a relationship is and know that all relationships are unique – relationships with family members, friends, teachers.	Mental Well-being (pmh) (Children’s Mental health week 5th – 11th February 2024) -Identify simple range of feelings in themselves and others – Ruby’s worry, emotion books. - Identify situations that may lead to different feelings and emotions. Scenarios that make us feel happy, sad, worried and angry. Join our club book. -Know who to go to if they need help with how they are feeling. Internet Safety and Harms (pmh) Global Values – Rule of Law -Know about how the internet is useful and the ways that it can be used. - Know how they may use the internet in their school and home and the different devices that adults may use the internet on.	Finance -What the coins are notes we use are. - Know how money is used in the United Kingdom – Buying products, paying for services, paying bills. Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law -What medicines are and why they are useful. -Awareness of simple rules about medicines.	Health and Prevention: (pmh) -Know how to wash their hands properly and why this is important. - Know the importance of good oral hygiene. - Know how to brush their teeth effectively. Being safe: (r) Global Values – Individual Liberty -Identify the feelings of being unsafe and when these feelings may occur. -Be able to describe feelings of being unsafe and seek help from an appropriate grown-up. -Know about school rules regarding safety, including around what kind of touch is appropriate including that from peers (child on child abuse). - Know which parts of the body are private (PANTS rule) and to know that	Physical health and fitness (pmh) -That their bodies are special and they can do lots of things to keep themselves healthy, including being active, keeping their teeth healthy and eating healthily. - What they can do during their day to keep physically healthy at school and at home. Healthy eating (phm) -Recognise a variety of fruits and vegetables. - Identify which foods should be eaten only as treats. Moving on -Know how to identify and celebrate positive achievements during their time in F2. -Know how to identify their strengths, areas for improvement and set

			-Basic safety rules for using the internet in school and at home – Smartie The Penguin. - Know how to recognise when something is unsafe on electronic devices – Pop ups – Smartie the Penguin.		toilet time is private and should not be shared (child on child abuse).	themselves some goals for Year 1. -Know how to explain what they are worried about and what they are looking forward to in Year 1. -What to expect when they start Year 1. -Some of the reasons why change can feel uncomfortable -Some of the ways of dealing with the feelings that sometimes arise from changes Becoming an Active Citizen (Global Values Week) Global Values Democracy -Know how to express a simple opinion, agreement and disagreement. - Know that others may think different to us and that is ok.
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Vocab	Family Friendship Mum Dad Brother Sister Grandparents Friendly Kind	Relationship Manners Respect	Feelings Angry Worried Surprised Internet Device Pop up	Medicine Health Cost Coin Note Bills	Private Trust Unsafe	Agree Disagree Change Achievement Fruit Vegetable Healthy Celebrate
Year 1	Families and People who care for me: (r) Global Values – Tolerance -About families and how they support children as they grow up. -That their family is special and unique and may be similar or different to their friends and that this should be respected. -The range of people in their lives and how they support and care for them. (Immediate family, extended family, friends, teachers, services such as police, fire and doctors) Caring Friendships: (r) Global Values – Tolerance -Why friendships are important and how healthy friendships are good for mental well-being. -The skills of how to make friends. - Know friendships can change. know that as we	Respectful Relationships: (r) Global Values – Mutual Respect (Anti-bullying week – Monday 13th – Friday 17th November 2023) -About the many different relationships they have, for example those with family, friends, and teachers. Discuss the main features of these relationships and compare. -About the many ways people may be similar and different to themselves. (Protected Characteristics) -What respect is and know how to show respect for and to others. -Demonstrate courtesy and use manners -About behaviours that do not show respect and may cause hurt to others. (Not caring for the environment around them, hurting other physically and verbally, not listening to other points of	Mental Well-being (pmh) (Children's Mental health week 5th – 11th February 2024) -Know vocabulary to describe a range of feelings (happy, excited, surprised, angry, frustrated, nervous, worried, sad). -Know how to recognise their own feelings and those of others around them. Know how others behaviours could change based on how they feel. -Know some safe and positive ways to express feelings. (Taking yourself away from situations that make you angry/upset, sharing joy and happiness with other, talking about emotions with people you can trust. -Recognise the things that make them feel happy and positive (eg. physical activity, sleep, friends, hobbies, pets)	Finance -Know how to recognise the coins and notes we use, which features on the coin/note tell us how much it is worth/currency. -Know how to choose the correct value of coins. -That we have to pay for what we buy and not everything we buy can be held or seen e.g. bills -Know how to keep money safe using purses, money boxes, banks, asking grown ups to support keeping money safe. -That they don't have to spend their money but can save it to use later. -Know how to describe the work that people do in their family, their school and where they live.	Health and Prevention: (pmh) The importance of personal hygiene- regular washing, bathing, showering, and cleaning their teeth. -That some germs can be spread to other people and know how to prevent them spreading further, e.g using tissues/hand over mouth when sneezing, washing hands. Being safe: (r) Global Values – Individual Liberty -Know why some parts of their body are 'private' and that they should not be touched by others unless there is a medical reason or a trusted adult is helping them with hygiene. - To know the PANTS rule.	Physical health and fitness (pmh) -About the different ways that they are physically active in a day and know how this helps to keep their bodies and minds healthy. - Know how to keep active in school and the ways they can achieve this – how to ensure they are physical active at lunch and break times. Healthy eating (pmh) -Awareness of a variety of healthy snack choices and why this is important. Moving on -Know how to identify and celebrate positive achievements during their time in Year 1.

	grow our likes and dislikes may change so our closest friends may change. - Know how to respond if somebody is not being a good friend.	views, not doing as they are asked from grown ups at school and at home)	-Know when and how to seek support about their feelings. Internet Safety and Harms (pmh) Global Values – Rule of Law -Know some ways that the internet can be used to support learning in and out of school. -Ways to keep themselves safe online and to demonstrate some ways of reducing risk when playing games – Know that some games are not appropriate for their age. Online Relationships (r) -Basic rules for keeping safe online and who to speak to if they have worries. (Ask grown ups if they are unsure about something, ask permission before using internet, do not talk to people they do not know online etc.)	Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law -That some substances around the home are dangerous and can harm the body including household substances like dishwasher tablets, cleaning products, adult beauty products. - To know where harmful substances should be kept and know how adults may use them safely. - To know why we have medicines and safety rules around them.	-Know that their body belongs to them and know how to judge what kind of physical contact is unacceptable, comfortable and uncomfortable and how to respond (including who to tell and how to tell them) (including child on child abuse) -To name an adult they can go to if they are worried about anything -Know how to respond appropriately and safely to people they don't know (strangers) both on and offline.	-Know how to identify their strengths, areas for improvement and set themselves some goals for Year 2 -Know how to explain what they are worried about and what they are looking forward to in Year 2 -What to expect when they start Year 2 -Some of the reasons why change can feel uncomfortable -Some of the ways of dealing with the feelings that sometimes arise from changes Becoming an Active Citizen (Global Values Week) Global Values Democracy -Know how to express a simple opinion, agreement and disagreement with respect. -Know how they play a full part in the life of their classroom – leadership roles, learning partners, supporting others, class discussion. -Know how to agree and follow rules for their group and classroom – acceptance pledge.
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						-The role of the ambassadors and other responsibility groups within in the school and they are able to vote for the members.
Vocab	Unique Support Extended	Respect Courtesy Manners Similar Environment Bullying	Nervous Emotion Internet Private Stranger Hobbies Frustrated Upset Permission	Value Harmful Currency Bank account	Hygiene Germs Comfortable Uncomfortable	Opinion Agreement Disagreement Ambassador Vote Active Leadership
Year 2	Families and People who care for me: (r) Global Values – Tolerance -To show respect for other people's families and know that all families are different – photo of families. -That families can give love, security and stability. This might be from extended family too, not all love, security and stability comes from mum/dad etc. -Who to speak to if something is happening in their family that makes them feel unhappy or unsafe. Caring Friendships: (r) Global Values – Tolerance -About the qualities of a good friend and know how they can show these qualities.	Respectful Relationships: (r) Global Values – Mutual Respect (Anti-bullying week – Monday 13th – Friday 17th November 2023) -What bullying is and why it is wrong - Several times on purpose. (link child on child abuse) -To know how to deal with bullying behaviour including if they experience or witness it and know how to get help. -Know how to identify and respect differences and similarities between people of different ethnic, cultural and faith backgrounds. -Know how to listen to others and know that respect should be shown towards their	Mental Well-being (pmh) (Children's Mental health week 5th – 11th February 2024) -Know some safe and appropriate strategies for dealing with strong emotions, eg. anger -Awareness of ways that people can take care of themselves to support mental wellbeing – link headspace in school. - Know how they can support themselves when experiencing different emotions. Internet Safety and Harms (pmh) Global Values – Rule of Law -That when people ask them for private information they don't share it online or in person without permission	Finance -That we can pay for things in a range of ways and that even when not using cash, money is being used (including buying online and in-app purchase) -Know how to explain the difference between needs and wants. -Individuals and families have to find ways to balance wants and needs, budgeting and saving. -That it may not be possible to have everything you want, straight away, if at all. -Know how to be aware that everyone has the same choices and opportunities in learning,	Health and Prevention: (pmh) -Know how diseases are spread and know how they can be controlled and their responsibilities for their own and others health (linked to good hygiene, washing hands etc.) - To describe different ways that I can look after my health (oral hygiene, bathing, brushing hairs, exercise, sleep etc) Being safe: (r) Global Values – Individual Liberty -Identify the names for the main body parts (including 'private' parts – eg. penis, testicles, vagina, nipples, anus)	Physical health and fitness (pmh) -Awareness of the wide range of ways that we can keep physically active and the reasons why this is needed. Healthy eating (pmh) -Be able to choose and prepare a healthy snack. -Know the types of food that make up a healthy diet. Moving on -Know how to identify and celebrate positive achievements during their time in Year 2 -Know how to identify their strengths, areas for improvement and set

	-The skills that make friendships work well, for example sharing, co-operative play, taking turns, permission-seeking/giving and listening. - Know how to respond in friendships when others are not showing the qualities above (link child on child abuse).	viewpoints even if they are different to their own. - What a stereotype is. Books such as 'my shadow is pink'.	from a parent, carer or member of school staff. -That some websites, games and social media sites may not be age-appropriate and they know what to do if they find something inappropriate online. Online Relationships (r) -Basic rules for keeping safe online and that it can be unsafe to talk to others on the internet/video games.	careers and work (genders, different ethnicities, different backgrounds, etc) (Protected Characteristics) Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law -The role of medicines in promoting health and the reasons why people use them and the rules on medicines (for adults to administer, kept in safe places etc). -That medicines can be harmful and make you very unwell if not used properly and that they should only be used by an adult. Basic first aid (pmh) -About the special people (e.g. emergency services) who work in the community and who are responsible for looking after them and protecting them, know how to contact these people when they or someone else needs their help including dialing 999 in an emergency. - Mini first aid training.	-Who they can go to if they are worried about anything in and out of school. -That individuals have rights over their own bodies and that there are differences between good and bad touching (PANTS) -Awareness that there are parts of the body that should not be touched by others unless there are particular reasons why (including peers – child on child abuse) -What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others privacy; and when it is not ok to keep secrets Changing adolescent body (pmh) Global Values – Individual Liberty -About the changes that have happened to their body since birth (grown in height and weight, teeth falling out, more knowledge, stronger etc.) -About the process of growing from young to old and know how people's needs change (e.g. babies needed milk and pureed food and	themselves some goals for Year 3 -Know how to explain what they are worried about and what they are looking forward to in Year 3 -What to expect when they start Year 3 -That even changes we want to happen can sometimes feel uncomfortable but they have identified ways they can manage those feelings -That as they grow older, their increasing independence may bring new opportunities and responsibilities Becoming an Active Citizen (Global Values Week) Global Values Democracy -Know how to take part in discussions/simple debates with others about topical issues -That people and other living things have needs and recognise their own responsibility to meet those needs -Know how to contribute to the life of the class and the school -About the role of ambassadors and other
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					comfort from parents/adults)	responsibilities and have been able to vote for the members of these. -That they belong to different groups and communities ie school, family -What improves and harms the environment and about some of the ways people look after them -Some ways to look after their environment - Acceptance pledge
Vocab	Love Security Stability Co-operative	Respect Bullying Culture Ethnicity Stereotype Viewpoint	Mental well-being Website Social Media 'Age appropriate'	Gender Career Emergency Services 'Online purchase' Budget	Disease Vagina Penis Testicles Nipples Privacy	Community Responsibility Diet

Year 3	Families and People who care for me: (r) Global Values – Tolerance -About a range of family types that may be similar or different to theirs (this includes same sex parents, adoption, fostering, single parents). -That marriage is one way that people might show their commitment to one another in a family but not the only way people can show commitment. (Protected Characteristics) - That families can change, including separation, divorce and bereavement and the associated feelings with this.	Respectful Relationships: (r) Global Values – Mutual Respect (Anti-bullying week – Monday 13th – Friday 17th November 2023) - Know how to describe the nature and consequences of negative behaviours and bullying and express some ways of responding to it (this includes different types of bullying, know how to recognise it, know how to seek help and coping strategies) (child on child abuse) -Know how to listen to and show respect for the views of	Mental Well-being (pmh) (Children’s Mental health week 5th – 11th February 2024) -Know the difference between mental wellbeing and mental ill health, and recognise that many people will experience mental ill health in their lives. -Know how to recognise the normal range of human emotions and how they change in different situations. -Awareness of things that may impact on someone’s mental wellbeing. - Know the importance of resilience.	Finance -Know how to look after and handle money in everyday situations and to know where they may need to use money in everyday situations e.g. buying something from the shop, getting the bus etc. -Know how to make simple financial decisions and consider how to spend money, including pocket money and contributions to charity. -There are different ways to gain money, including earning it through work. (winning money, money	Health and Prevention: (pmh) -The importance of keeping our skin protected from the sun and know how we can do this Being safe: (r) Global Values – Individual Liberty -Know how to ask for help and about people who are responsible for keeping them healthy and safe. -The difference between secrets and surprises and that some secrets should be told to a trusted adult.	Physical health and fitness (pmh) -Awareness of a range of practical ways to increase daily exercise levels, for example walking or cycling to school. Healthy eating (pmh) - The importance of drinking water regularly and know how much to drink -Aware of which foods may contribute towards tooth decay. Moving on

	Caring Friendships: (r) Global Values – Tolerance -Know how to solve friendship problems. -Know how to welcome others into friendships and not leave people out. - Know how to identify when others are not be respectful in friendships and know how to respond and deal with unfriendly situations such as teasing, name calling etc (link child on child abuse).	others when you do not agree with it. -Know the importance of valuing and respecting themselves and how this contributes to happiness -Know how to recognise and challenge stereotypes, particularly in relation to gender. (Protected Characteristics) -Know about different genders and that all genders are equal. (Protected Characteristics) -That we all have equal rights. Know about the rights of people with disabilities and know how some people with disabilities have adaptions to help them succeed. (Protected Characteristics)	Internet Safety and Harms (pmh) Global Values – Rule of Law -Know the risks when communicating online and can demonstrate ways of reducing the risk to ensure themselves and their friends are safe online when using websites, playing games, using email/text/video chat -Know how to ration time spent online and the benefits of this. -Know how to get help if they are worried about something online. Online Relationships (r) -Demonstrate skills for keeping safe online -Know how to show respect when communicating online, eg. email	from government, gifts, refunds) -Reasons why we have charities -Know why people work and the different jobs that people do and can challenge some of the work stereotypes (Protected Characteristics) -Know that the learning choices they make will affect their future options. Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law -Know that there are other substances that affect the body that are not medicines and are legal, eg. caffeine, tobacco, alcohol.	-Know how to judge what kind of physical contact is acceptable or unacceptable (PANTS) (including child on child abuse) and if they are worried about something that has or may happen to any part of their body they know how to respond including who they should tell and how to tell them. - Being safe when navigating around different areas, remembering to stay close with grown ups they trust.	-Know how to identify and celebrate positive achievements during their time in Year 3 -Know how to identify their strengths, areas for improvement and set themselves some goals for Year 4 -Know how to explain what they are worried about and what they are looking forward to in Year 4 -What to expect when they start in Year 4 -Know why other people are behaving as they are when they are finding change difficult Becoming an Active Citizen (Global Values Week) Global Values Democracy -How to participate in making and changing rules – acceptance pledge. -Why different rules are needed in different situations -That choices we make impact on the local, national and global communities -Where to find impartial advice to inform their decision making
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						-That some information in the media and on the internet is not always true -Know how to empathise with other people and situations through topical issues, problems and local and global events
Vocab	Commitment Adoption Single parent Separation Divorce Teasing	Respect Consequence Stereotype Gender Equal rights	Mental Ill Health Email Text Video chat	Charity Caffeine Tobacco Alcohol Financial decision Contribute	Secret Surprise	Community Empathy Impartial Tooth decay
Year 4	Families and People who care for me: (r) Global Values – Tolerance -That there are different kinds of families and partnerships and know how these compare to their own. (same sex couples, single parent families, blended families, families with no children, extended families) (Protected Characteristics) - That different things make different families happy. Caring Friendships (r) Global Values – Tolerance -Know how to demonstrate the features of good healthy friendships.	Respectful Relationships: (r) Global Values – Mutual Respect (Anti-bullying week – Monday 13th – Friday 17th November 2023) -Know how to acknowledge that others have different points of view and how to show respect when disagreeing with somebody. -The importance of being respectful to everyone and to recognise and care about other people's feelings. -Know how to express their views confidently and listen to and show respect for the views of others.	Mental Well-being (pmh) (Children's Mental health week 5th – 11th February 2024) -Know how to have a range of strategies for managing and controlling strong feelings and emotions and know how different strategies may have to be used in different situations e.g. at home and at school. -Know how to respond appropriately to other people's feelings – when others are feeling, sad/angry. -The language used to describe changes and feelings (anxious, nervous, frustrated)	Finance - Know how to look after and save money, including saving accounts. -Know that people have different financial circumstances. -Know the different values and attitudes that people have with regard to money and that they may be different from theirs. (e.g. what they believe is acceptable to spend large amounts of money on, may not be for others)	Being safe: (r) Global Values – Individual Liberty -About personal boundaries; they know what they are willing to share with special people, friends, classmates and others; and that we all have rights to privacy (child on child abuse) Changing adolescent body (pmh) Global Values – Individual Liberty -Some of the ways that their body and emotions will change through the	Physical health and fitness (pmh) -Know the different types of physical activity and how these benefit the body and mind -Know who can help them if they are worried about their physical health. Healthy Eating (pmh) -Know how to make a range of healthy food choices and where to find information about healthy choices Moving on -Know how to identify positive achievements

	- To recognise when a friendship isn't healthy. (link child on child abuse) - Know how to recognise who to trust and who not to trust in different situations. - Know how to recognise why someone may be untrustworthy.	- Know why it is important to take action against bullying and the consequences bullying can have for both the bully and the person being bullied. Health and Prevention: (pmh) - About the importance of good oral hygiene and dental flossing, including regular check ups at the dentist	- Know how to recognise their worth as an individual and the worth of other people - Know how to identify positive things about themselves and recognise some of their mistakes and learn from them. - Know the importance of resilience and consider times they have had to be resilient. Internet Safety and Harms (pmh) Global Values – Rule of Law - That not everything on the internet is true and know what to do if they access something inappropriate - The need to keep some information private in order to protect themselves when communicating online and implement strategies to do this. - To recognise that online communications may be used for manipulation or persuasion and they have ways of managing this including where to get help if they think some of their private information is on the internet . Online Relationships (r) - Know how information and data is shared and used online - Identify when they may need to seek help with an online issue.	- Find out about the range of jobs carried out by people they know. - Know how they will develop skills for work in the future. - That the learning choices they make will affect their future options. - Know how to identify their strengths, areas for improvement and set high aspirations and goals. Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law - Know some of the effects and risks of commonly used legal substances, eg. caffeine, tobacco, and alcohol Basic first aid (pmh) - Awareness of when to make a call to emergency services and how to do this. - Basic first aid training, including CPR and choking – Mini first aid training.	process of puberty (growing hairs, parts of the body growing larger, mood swings) - The importance of keeping clean and hygienic when you begin the changes of puberty.	during their time in Year 4 - Know how to identify their strengths, areas for improvement and set themselves some goals for Year 5 - How to explain what they are worried about and what they are looking forward to in Year 5 - What to expect when they start Year 5 - Know about the changes they can make happen. They can make some changes quickly and easily but also know that some changes are hard and can take a long time - Know how to set personal goals Becoming an Active Citizen (Global Values Week) Global Values Democracy - Why and how rules and laws are made and enforced, why different rules are needed in different situations and know how to take part in making and changing rules in school - Know how to recognise aggressive and anti-social behaviours such
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						as bullying and discrimination and their effects on individuals and communities, such as travellers, migrants and asylum seekers^[1]_{SEP} -Know how to begin to respond to, or challenge, negative behaviours such as Stereotyping and racism and child on child abuse. -That to resolve differences they need to respect other people's point of view and respect their decisions but be able to explain their choices and viewpoints -Know how their choices may impact on the environment -Know how to describe the values of the school and know why they are important -Know the 'Global Values' and give examples of what they mean in school and in society -Know how to demonstrate respect and tolerance towards people different from their themselves
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Vocab	Partnership Blended family Same sex family Untrustworthy	Oral Hygiene Flossing	Manipulation Persuasion Data Anxious Inappropriate	Legal Caffeine Tobacco Alcohol Aspirations Financial circumstance	Puberty Mood swing Hygiene Boundaries	anti – Social Discrimination Migrant Trvaeller Asylum Seeker Racism Agression
Year 5	Families and People who care for me: (r) Global Values – Tolerance -Know behaviours that are not healthy or safe in family relationships (domestic abuse, controlling behaviours, unsupportive behaviours, not communicating) -Identifying people who can help if family relationships are making them feel unhappy.	Respectful Relationships: (r) Global Values – Mutual Respect (Anti-bullying week – Monday 13th – Friday 17th November 2023) -What makes a healthy, respectful relationship. -About the different ways that people bully others and how bullying impacts on mental health and wellbeing.	Mental Well-being (pmh) (Children's Mental health week 5th – 11th February 2024) -Know how to deal positively with their feelings and recognise a range of emotions in others and can explain the intensity of their feelings to others. -What resilience is and have strategies they can use to build their own resilience and how	Finance -To make considered decisions about saving, spending and giving -What 'value for money' means and how to make informed choices to get 'value for money' -To assess 'best buys' in a range of circumstances -About the range of jobs carried out by people and some of the stereotypes surrounding	Health and Prevention: (pmh) -Know the importance of good quality sleep and how this contributes to good physical and emotional health. -The increasing importance of good hygiene and regular washing during puberty and beyond. Being safe: (r)	Physical health and fitness (pmh) - The risks of an unhealthy lifestyle (illness, obesity) -Know how to make small changes to increase the amount of activity in their daily routine Healthy Eating (pmh)

	-Know the different types of families in their community. (Protected Characteristics) Caring Friendships (r) Global Values – Tolerance -Know the qualities they have that make them a good friend and how they show these qualities. -Know the qualities that they value in a friend. -Know how to resolve differences, looking at alternatives, making decisions and explaining choices.	-The importance of not being a bystander to bullying and how to seek help. -Know the difference between aggressive, assertive and passive behaviour. (link child on child abuse) -Know the ways that one person may abuse another in a relationship. (link child on child abuse) -Know where people can go to get support if they are experiencing relationship difficulties. -To value themselves and show self-respect.	their resilience has built since starting school. -Know when to seek support for their own or someone else's mental wellbeing. Internet Safety and Harms (pmh) Global Values – Rule of Law -Know how to recognise that not all information on the internet is accurate or unbiased (advertising) and develop strategies for identifying the origin of a website. -Know how to use online tools safely to exchange information and collaborate with others within and beyond school e.g. sharing a picture or video online e.g. social media, YouTube. -Know how some people use online technology to bully other people and they know how to seek help if this happens to them or a friend (link child on child abuse) -The potential risks of providing personal information in an increasing range of online technologies both within and outside school -Know how to use a range of strategies to protect their personal information, including passwords, addresses and images of themselves and others -Know how to present themselves safely online eg	some career choices and they are aware of some of the rights and responsibilities when it comes to treating people fairly -The process adults go through when acquiring a job, e.g. applying, interviewing etc and the skills needed for this. -That there are a range of earnings for different jobs -That there are a range of benefits from employment, not just financial (making a difference, caring for others, etc) Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law -Which commonly available substances (alcohol, tobacco, medicines) and drugs are legal and illegal, and their effects and risks. Basic first aid (pmh) -Know how to make a call to emergency services and the impact of 'hoax' calls.	Global Values – Individual Liberty -That the pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources including people they know and the media (link child on child abuse) -Know the difference between appropriate and inappropriate physical contact and know when, where and how to seek help if they experience inappropriate touching Changing adolescent body (pmh) Global Values – Individual Liberty -Know the parts of the parts of the reproductive system in male and female bodies, -The ways in which people grow and develop during puberty both physically and emotionally -The stages of the menstrual cycle -Know how to manage menstruation -Know how to recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards	- Know about the main components of a healthy diet - Consequences of poor diet Moving on -Know how to identify positive achievements during their time in Year 5 -Know how to identify their strengths, areas for improvement and set themselves some goals for Year 6 -Know how to explain what they are worried about and what they are looking forward to in Year 6 -What to expect when they start Year 6 some of the ways of dealing with the feelings that sometimes arise from changes Becoming an Active Citizen (Global Values Week) Global Values Democracy -What democracy is and how a democratic government works -Know how to take part in democratic events in school (eg: voting for
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			social media sites, online gaming -The risks of online streaming and sending images of themselves online and how to respond if someone asks them to send an image of their naked body -Know how computer games are classified and why Online Relationships (r) -The importance of showing people the same respect online as we show in face to face relationships -How to recognise risks online -How to report a concern online - How relationships are not always healthy between creators and followers on popular media platforms such as tik tok.		themselves, their family and others in a positive way -Information on what to do if they begin periods in school -Terms relating to gender and gender identity, including transgender and non-binary. (Protected Characteristics)	school council, mock election) -The consequences of breaking the law and how the criminal justice system works in the UK -Know how to access local and national support groups -Know how to talk and write about their opinions -That differences and similarities between people arise from a number of factors including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation and disability(The Equality Act 2010) (Protected Characteristics) -That circumstances in other countries and cultures may be different from our own -Why some people have chosen to leave their country and migrate to the UK -The difference between economic migrant, asylum seeker and refugee -Know the term 'Fair Trade' and what it means
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						-That individual and community rights and responsibilities need to be taken into account when making decisions (eg: public enquiries, planning decisions for new roads/housing, etc) -That choices we make as individuals, a community and a nation impact internationally -Know that 'poverty' might have different meanings to different people in different circumstances -Know how to recognise and challenge stereotypes -Where to find impartial advice to inform their decision making and know about media bias
Vocab	Abuse Domestic abuse	Bystander Aggressive Assertive Passive Self respect	Resilience Unbiased Streaming Advertising Origin Classified	Essential Desire 'value for money'	Emotional health Physical health Puberty Menstrual cycle Menstruation Period Transgender Non binary	Obesity Democracy Democratic government Election Criminal Justice System Sexual orientation Migrate Asylum seeker Refugee Fair trade Poverty
Year 6	Families and People who care for me: (r) Global Values – Tolerance	Respectful Relationships: (r) Global Values – Mutual Respect	Mental Well-being (pmh) (Children's Mental health week 5th – 11th February 2024)	Finance -Know how to describe how people's careers may vary and how they	Health and Prevention: (pmh) -Know the early signs of physical illness	Physical health and fitness (pmh) -Know how to assess their level of physical

	-That civil partnerships and marriages are examples of lifelong legal commitments that people in stable, loving relationships may choose to make. (Protected Characteristics) -That marriage and civil partnerships must be freely entered into by both people and they know the legal age when someone can make that commitment (Protected Characteristics) -That forcing anyone to marry is a crime; that support is available to protect and prevent people being forced into marriage and they know people may get support for themselves or others. -Know the responsibilities of being a parent and the skills needed to parent effectively. Caring Friendships (r) Global Values – Tolerance -That relationships may change over time and that new relationships and friendships can develop. -The skills needed to make new friends and manage changing friendships as they transition into secondary. -Know how to ensure that others feel included in their friendships.	(Anti-bullying week – Monday 13th – Friday 17th November 2023) - Know some strategies for resolving friendship and relationship disputes and conflict -Know the consequences of discrimination, homophobia, transphobia, biphobia and racism on individuals and communities and how to respond to them and ask for help (link child on child abuse) -Know how to recognise and challenge discrimination, teasing, anti-social and aggressive behaviours, such as bullying, cyber-bullying, ‘trolling’ and stereotyping (including cultural, ethnic, religious diversity, sexuality, gender and disability) (link child on child abuse) (Protected Characteristics) -The nature, causes and consequences of hate crime. -Know where people can go to get support if they are experiencing relationship difficulties.	-Know how to recognise the signs of mental ill health -Know a range of strategies to maintain and improve mental wellbeing -Know where and how to seek help if they are worried about their own or someone else’s mental health and wellbeing Internet Safety and Harms (pmh) Global Values – Rule of Law -That a mobile phone and/or tablet should be used responsibly; e.g. safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning off at night etc) -The need to use respectful language and know the legal consequences for sending offensive online communications -Know how to critically examine what is presented to them in social media and why it’s important to do so -The importance of being careful in what they forward to others -The consequences and dangers of sending naked images of themselves online and they are able to resist any pressure to do this and where to get support if they experience this.	develop in different ways -Know how to reflect on what they have learnt about careers, employability and enterprise activities and experiences and how the learning relates to their choices -Know how to describe a range of local businesses and how they are run and the products and/or services they provide -That employers must treat all employees equally and there are certain protected characteristics under the Equalities Act -Know how to recognise and start to demonstrate some of the key qualities and skills that employers are looking for -What does it mean to be enterprising Drugs, Alcohol and tobacco (pmh) Global Values – Rule of Law -know some consequences of misusing medicines, alcohol, tobacco, drugs and other substances	- The types of immunisation and vaccination and why they are important Being safe: (r) Global Values – Individual Liberty -Know how to respond to challenges including recognising, managing and assessing risks in different situations and can manage them responsibly, including judging what kind of physical contact is acceptable or unacceptable -Know how to ask for help and have a range of strategies to resist pressure to do something dangerous, unhealthy, that makes them feel uncomfortable, anxious or that they believe is wrong including when to share a confidential secret (link child on child abuse) Changing adolescent body (pmh) Global Values – Individual Liberty -Know how to maintain hygiene during puberty -Know how to manage their periods	activity and manage their time to include regular exercise -Know the links between physical activity and mental wellbeing -Know who can help if they are worried about their health Healthy Eating (pmh) -Know how healthy nutrition supports their growth and development as they move into adolescence Moving on -Know how to identify positive achievements during their time in Primary School -Know how to explain what they are worried about and what they are looking forward to in Year 7 -Know how to identify their strengths, areas for improvement and set themselves some goals for Year 7 -What to expect when they start Year 7 -Know how to take part and reflect on a planned programme of transition to KS3
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			-Know how to get help with issues online and how to report concerns Online Relationships (r) -What grooming is and how to get help if they, or someone they know, is being groomed -That the person that they think they are communicating with on-line may not be who they say they are and may ask them to do inappropriate activities -Know how to critically consider their online friendships (link child on child abuse) -Know how information and data is shared and used online	know what is meant by the term 'habit' and why habits can be hard to change Basic first aid (pmh) -Know how to deal with common injuries, including head injuries. - Know how to help if someone is choking and perform CPR - Mini first aid training	(menstruation) and how to show understanding and respect to others who are menstruating - The impact that puberty has on feelings and emotions -Information on what to do if they begin periods in school -	-Know how change can interfere with our feelings of belonging - Becoming an Active Citizen (Global Values Week) Global Values Democracy -Know how democracy works in the UK at a local, regional and national scale -That there are other forms of government that are not democratic and can give some examples of these -What being part of a community means and they can take part more fully in school and community activities -Know how to demonstrate a sense of social justice and moral responsibility at school, in the community and towards the environment -That everyone has human rights and that children have their own special rights set out in the United Nations Declarations of the Rights of the Child -That resources can be allocated in different ways and that economic choices affect
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					individuals, communities and the environment -Know how to research, discuss and debate topical issues, problems and events -Know how to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom and the benefits of being a multi-cultural nation -Know how the media present information and that the media can be both a positive and negative influence -Know how to critique how the media present information -Know how to discuss controversial issues in a mature manner, such as terrorism, migration and racism. Sex Education (s) Global Values – Rule of Law Global Values – Individual Liberty -Know facts about human reproduction including conception, pregnancy and birth -That there are lots of things to consider before
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						people choose to have a baby - Know that pregnancy can be prevented through use of contraception -The age at which a person in the UK is able to consent to sexual activity and know what consent is -Terms relating to sexual orientation (for example heterosexual, gay, lesbian, bisexual, pansexual) -The characteristics of healthy romantic and intimate relationships <u>Keeping safe</u> -That the letters FGM stand for 'Female Genital Mutilation' and that changing or removing female private parts causes harm and is against the law if it happens to someone who lives in this country
Vocab	Civil partnership Heterosexual Forced marriage	Gay Lesbian Discrimination Bisexual Homophobia Pansexual Biphobia Transphobia	Grooming Anxiety	Employability Enterprise Habit Drug	Vaccine Menstruation	Nutrition Democracy 'social justice' 'moral responsibility' Human rights 'Multi-cultural nation' Controversial Terrorism

		<i>Racism</i> <i>Trolling</i> <i>Anti-social</i> <i>Hate crime</i> <i>Child on child abuse</i>				<i>Conception</i> <i>Reproduction</i> <i>Pregnancy</i> <i>Contraception</i> <i>Consent</i> <i>Female genital</i> <i>mutilation</i>
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