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| Personal Development | **Pedagogical Knowledge** | | | | |
| Y1&2  Cycle A | **Autumn**  **Childhood** | | **Spring**  **Bright Lights, Big City** | | **Summer**  **School Days** |
| + Unit | Relationships | | Living in the Wider World | | Health and Wellbeing |
| External Agencies |  | | Yorkshire Building Society- Money Sense Workshops | | PCSO |
| Assemblies | PANTS Assembly | |  | | Protected Characteristics Assembly |
| Y1 | Families and Friendships  People who love and care for us.  Safe Relationships  The importance of recognising and respecting privacy- PANTS rule.  Respecting ourselves and others  How kind and unkind behaviour affects others. | | Belonging to a Community  Rules, why they are and why we need them.  Media Literacy and Digital Resilience  Using the internet and digital devices safely to research things.  Money and Work  Different jobs that people do and that they earn money to pay for things. | | Physical Health and Mental Wellbeing  Different ways to be healthy- food; exercise; hygiene; dental hygiene; sun safety.  Growing and Changing  Recognise ways in which we are special and unique.  Keeping Safe  Ways to keep safe in familiar and unfamiliar environments.  Road safety. |
| Y2 | Families and Friendships  Different kinds of families.  Identify common features of family life.  Safe Relationships  The impact of hurtful behaviour or bullying, including online.  Respecting ourselves and others  Treating themselves and others with respect. Being polite and courteous. | | Belonging to a Community  Things they can do to help look after their environment.  Media Literacy and Digital Resilience  Using the internet and digital devices safely to communicate with others.  Money and Work  Some of the strengths and interests someone might need to do different jobs. | | Physical Health and Mental Wellbeing  How to recognise how others might be feeling. Things that help people feel good.  Growing and Changing  Recognise what they are good at and what they like/dislike.  How to manage when finding things difficult.  Keeping Safe  Basic rules to stay safe online, including personal information and what should be kept private. Importance of telling a trusted adult if somethings they find scares them. |
| Y3&4  Cycle A | **Autumn**  **Through The Ages** | | **Spring**  **Rocks, Relics and Rumbles** | | **Summer**  **Emperors and Empires** |
| + Unit | Relationships | Living in the Wider World | Living in the Wider World | Health and Wellbeing | Health and Wellbeing |
| External Agencies |  | Yorkshire Building Society- Money Sense Workshops | PCSO |  |  |
| Assemblies | PANTS Assembly |  |  |  | Protected Characteristics Assembly |
| Y3 | Families and Friendships  How people care for each other. All types of families can give love, security and stability.  Safe Relationships  Impact of bullying, on and off online. Consequences of hurtful behaviour.  Respecting ourselves and others  How personal behaviour can affect other people.  Respectful behaviour online. | Money and Work  Recognise positive things about themselves and achievements. Set goals. Different jobs/careers. Can have more than one career in lifetime. | Belonging to a Community  Reasons for rules and laws and consequences of not following them to them.  Media Literacy and Digital Resilience  Ways in which the internet and social media can be used positively and negatively. | Physical Health and Mental Wellbeing  Recognise habits can have positive and negative effects on a healthy lifestyle. | Physical Health and Mental Wellbeing  Benefits of exercise for mental and physical health; recognise opportunities to be physically active and risks associated with an inactive lifestyle.  Growing and Changing  Identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.  How to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.  Keeping Safe  How to predict, assess and manage risks in different situations. Hazards that may cause harm, injury or risk in the home and how they can reduce risks and keep safe. |
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| Y4 | Families and Friendships  Characteristics of healthy family life. Recognising when family relationships make them feel unhappy/unsafe. How to seek help.  Safe Relationships  Privacy and personal boundaries. What is appropriate in friendships and wider relationships.  Respecting ourselves and others  Importance of self-respect and treating others politely and with respect. | Money and Work  Stereotypes in the workplace and these should not limit a person’s career aspirations.  Skills that will help them in their future careers. | Belonging to a Community  Recognise there are human rights and they are to protect everyone.  Relationship between right and responsibilities.  Media Literacy and Digital Resilience  How to assess the reliability of online sources of information. How to make safe, reliable choices from search results. | Physical Health and Mental Wellbeing  What constitutes a healthy diet; how to plan healthy meal; risks associated with not eating a healthy diet including obesity and tooth decay. | Physical Health and Mental Wellbeing  Everyday things that affect feelings and the importance of expressing feelings.  How to express feelings in different ways using a varied vocabulary.  Growing and Changing  The difference between male and female bodies, including naming male and female body parts.  Keeping Safe  Strategies for keeping safe in the local environment or unfamiliar places and firework safety; safe use of digital devices when out and about. |
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| Y5&6  Cycle A | **Autumn**  **Dynamic Dynasties** | | **Spring**  **Sow Grow and Farm** | | **Summer**  **Groundbreaking Greeks** |
| + Unit | Relationships | | Health and Wellbeing | | Living in the Wider World |
| External Agencies | Show Racism the Red Card | | First Aid Training | | Yorkshire Building Society- Money Sense Workshops  Career’s Week |
| Assemblies | PANTS Assembly | |  | | Protected Characteristics Assembly |
| Y5 | Families and Friendships  Healthy friendships make people feel included.  Strategies for recognising and managing peer influence.  Recognise the effect of online actions on others.  Safe Relationships  Recognising if family relationships make them feel unhappy or unsafe.  Recognise acceptable and unacceptable physical contact.  Respecting ourselves and others  Discrimination- what it is and how to challenge it. | | Physical Health and Mental Wellbeing  The benefits of sleep to support a healthy lifestyle; the effects of a lack of sleep.  The benefits of sun exposure and the risks of over exposure.  Growing and Changing  Strategies to support mental health and wellbeing.  Personal identity.  Keeping Safe  How to predict, assess and manage risk.  Know basic first aid techniques. | | Belonging to a Community  Importance of having compassion towards others. How to show care and concern for others.  Media Literacy and Digital Resilience  Assessing the reliability of sources of online information. How to make safe, reliable choices from search results.  Money and Work  What might influence people’s decisions about a job/career. Money is a factor that can influence a person’s career choice.  People may choose to do unpaid voluntary work  Identify the kind of job they might like to do when they are older. |
| Y6 | Families and Friendships  How friendships change over time.  Strategies to resolve disputes.  How to recognise if a friend is making them feel unsafe or uncomfortable.  Safe Relationships  Seeking and giving permission in different situations.  Where to get advice if worried about their own or someone else’s safety.  Respecting ourselves and others  Respond respectfully to a wide range of people; including those whose traditions, beliefs and lifestyles are different to their own. | | Physical Health and Mental Wellbeing  How bacteria and viruses affect health; how everyday hygiene routines can limit the spread of infection; the importance of personal hygiene.  How responsible medicine use contributes to good health; some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.  Growing and Changing  Gender identity does not always correspond to biological sex.  Recognise own individuality and personal qualities.  Knowledge of the human life cycle.  Keeping Safe  How to respond and react in an emergency situation. | | Belonging to a Community  Ways to carry out shared responsibilities for protecting the environment.  Media Literacy and Digital Resilience  How information on the internet is ranked, selected and targeted at individuals.  That connected devices can share information.  Money and Work  Recognise a variety of routes into careers.  Peoples spending decisions can affect others and the environment. |