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| Personal Development | **Pedagogical Knowledge** | | | | |
| Y1&2  Cycle B | **Autumn**  **Movers and Shakers** | | **Spring**  **Coastline** | | **Summer**  **Magnificent Monarchs** |
| + Unit | Relationships | | Living in the Wider World | | Health and Wellbeing |
| External Agencies | NSPCC- Speak Out, Stay Safe -Visitors | |  | |  |
| Assemblies | GREAT DREAM assembly | | PANTS assembly | | Protected Characteristics Assembly |
| Y1 | Families and Friendships  How to make friends and what makes a good friendship.  I know it is important to tell someone if something is making me unhappy or worried.  Safe Relationships  It is important not to keep adult’s secrets, only happy surprises that others will find out about.  How to resist pressure to do something they don’t want to do or that might hurt them.  Respecting ourselves and others  Recognise ways they are the same and different.  How to listen to other people and play/work cooperatively. | | Belonging to a Community  The different groups they belong to. Ways they are the same and different to other people.  Media Literacy and Digital Resilience  I can explain the role of the internet in everyday life.  Money and Work  What money is and the different forms it comes in.  People make different choices about how to spend and save money. | | Physical Health and Mental Wellbeing  Different ways to learn and play and knowing the importance of knowing when to take a break from TV/online.  People who help us stay physically healthy. Different feelings we can experience. How and when to ask for help with feelings.  Growing and Changing  Growing and changing from young to old and how needs change.  Keeping Safe  I can recognise risk in everyday situations and know how to minimise harm.  I know how to get help in an emergency. |
| Y2 | Families and Friendships  Recognising when someone is lonely and what to do about it.  Develop strategies to resolve arguments between friends. How to ask for help if they are unhappy.  Safe Relationships  I can recognise different types of hurtful behaviour both on and offline. How to report bullying. That people sometime behave differently online eg pretending to be someone else.  Respecting ourselves and others  How to talk about and share their opinions on things that matter to them. | | Belonging to a Community  The different roles and responsibilities people have in the community.  Media Literacy and Digital Resilience  I recognise that not all information seen online is true.  Money and Work  The difference between needs and wants, people may not always be able to have the things they want.  Money needs to be looked after and different ways to do this. | | Physical Health and Mental Wellbeing  Why sleep is important and ways to rest and relax.  Medicines can help people stay healthy.  Feelings can affect people’s bodies and how they behave. Ways to manage big feelings.  Change and loss, including death.  Growing and Changing  Name main body parts, including external genitalia. Preparing to move to a new class/year.  Keeping Safe  I can explain how to keep safe at home. Fire Safety.  Household products can be harmful if used incorrectly.  What to do if someone is hurt in an accident.  Things put into body or on skin can affect people. |
| Y3&4  Cycle B | **Autumn**  **Invasion** | | **Spring**  **Misty Mountain, Winding River** | | **Summer**  **Ancient Civilisations** |
| + Unit | Relationships | Living in the Wider World | Living in the Wider World | Relationships | Health and Wellbeing |
| External Agencies | NSPCC- Speak Out, Stay Safe |  |  |  |  |
| Assemblies | GREAT DREAM Assembly | | PANTS assembly | | Protected Characteristics- Assembly |
| Y3 | Families and Friendships  Strategies for building positive friendships, how they support wellbeing.  What makes a positive healthy friendship.  Safe Relationships  Strategies to respond to hurtful behaviour both on and offline. How to report concerns and get support.  I can explain when it is right to break a confidence or share a secret. | Money and Work  What might influence someone’s decision about a job/career.  Identify the kind of job they might like to do when they are older. | Belonging to a Community  Compassion; shared responsibilities of caring for others and living things. How to show care and concern for others.  Media Literacy and Digital Resilience  I can explain different ways information and data are shared and used online. | Respecting ourselves and others  Respect the differences and similarities between people and recognise what they have in common with others. | Physical Health and Mental Wellbeing  How to maintain good oral hygiene; why regular visits to the dentist are essential; the impact of life choices on dental care.  Keeping Safe  The importance of taking medicines correctly and using household products safely.  I can identify the risks and effects of legal drugs and their impact on health and recognise that drug use can become a habit that is difficult to break.  Why people choose to use or not use drugs.  Organisations that can support people around alcohol, tobacco, nicotine and other drug use. |
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| Y4 | Families and Friendships  That the same principles apply to online friendships as face-to-face relationships.  I can explain what it means to know someone online and how it differs from knowing them face-to-face. Know the risks.  Safe Relationships  Why someone might behave differently online eg pretend to be someone else.  How to recognise risks, harmful content and contact.  How to report concerns. | Money and Work  Know that some jobs are paid more than others and this may influence someone’s career choice.  Some people may choose to do unpaid voluntary work.  Recognise variety of routes into careers. | Belonging to a Community  What makes up a community, what living in a community means and to value contributions of others.  Media Literacy and Digital Resilience  How information on the internet is ranked, selected and targeted at specific groups.  That connected devices can share information. | Respecting ourselves and others  I can demonstrate how to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own. | Physical Health and Mental Wellbeing  The elements of a balanced, healthy lifestyle. What good physical health means; how to recognise early sins of physical illness.  I can explain the choices that support a healthy lifestyle and recognise what might influence these.  Growing and Changing  Physical and emotional changes that happen when approaching and during puberty.  Identify the external genitalia and internal reproductive organs in males and females and how puberty relates to human reproduction.  How hygiene routines change during the time of puberty; the importance of keeping clean and how to maintain personal hygiene. |
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| Y5&6  Cycle B | **Autumn**  **Maafa** | | **Spring**  **Frozen Kingdoms** | | **Summer**  **Britain at War** |
| + Unit | Relationships | | Living in the Wider World | | Health and Wellbeing |
| External Agencies | NSPCC- Speak Out, Stay Safe | |  | |  |
| Assemblies | GREAT DREAM Assembly | | PANTS Assembly | | Protected Characteristics Assembly |
| Y5 | Families and Friendships  People who love and care for each other can be in a committed relationship living together or may live apart.  Marriage and civil partnership is a legal declaration made by 2 adults who love and care for each other, which is intended to be life-long.  Forcing some one to marry against their will is a crime.  Safe Relationships  How to respond safely and appropriately to adults they do not know.  Respecting ourselves and others  I can demonstrate how to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with. | | Belonging to a Community  Diversity- benefits of diverse society  Stereotypes-how they can negatively influence behaviours and attitudes towards other  Prejudice- I can recognise behaviours/actions which discriminate against others.  Media Literacy and Digital Resilience  Recognise what is appropriate to share and what should not be shared on social media; the rules surrounding distribution of images.  Money and Work  Different ways to pay for things and the choices around this.  People’s differing attitudes towards saving and spending money; what influences people decisions; what makes something ‘good value’ for money. | | Physical Health and Mental Wellbeing  The benefits of the internet; importance of balancing time online with other activities. How to manage time online.  How to seek support if worried about their health.  Mental health is part of daily life; importance of taking care of mental health.  I can recognise mental health warning signs and know how to seek support.  Growing and Changing  Knowledge of the human life cycle. Where to get more information, help and advice about puberty.  Keeping Safe  Reasons for following and complying with regulations and restrictions.  Importance of keeping personal information private. |
| Y6 | Families and Friendships  People may be attracted to someone emotionally, romantically and sexually; people may be attracted to someone of the same sex or different sex to them; gender identity and sexual orientation are different.  Safe Relationships  I can recognise pressure from others to do something unsafe or that makes me feel uncomfortable and strategies for managing this.  Respecting ourselves and others  How to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with. | | Belonging to a Community  Diversity- valuing diversity within communities  Stereotypes- strategies for challenging stereotypes  Prejudice- ways to respond to any prejudice they witness or experience.  Media Literacy and Digital Resilience  I can identify how text and images in the media and on social media can be manipulated or invented. Strategies to evaluate the reliability of sources and identify misinformation.  Money and Work  Ways to keep track of money.  Risks associated with money and ways to keep it safe.  Risks involved with gambling.  Ways in which money can impact from people’s feelings and emotions. | | Physical Health and Mental Wellbeing  Anyone can experience mental ill health; most difficulties can be resolved with support. It is important to discuss feelings with a trusted adult.  Change and loss; including death and how they can affect feelings; managing grief and bereavement.  I can identify problem solving strategies for dealing with emotions challenges and change; including transition to new schools.  Growing and Changing  The new opportunities and responsibilities increasing independence may bring.  Keeping Safe  The laws surrounding use of legal drugs and some drugs are illegal to own, use and give to others.  Mixed messages in media about drugs. |