**KS3**

PD Opportunity

Substantive Concept

Spring

Autumn

Summer

Career’s Week

**Summer 2**

**CM (Changing Me)**

Coping positively with change

*Children will continue to explore self-awareness and now self-esteem; they will understand that it is important to keep their own identify. They will understand that their bodies will change both physically and emotionally. They will explore how emotionally feelings can change into an attraction and this can change their friendship into a relationship.*

*In this topic, they will explore worries as they transition to secondary.*

**Spring 1**

**DG (Dreams and Goals)**

Aspirations, how to achieve goals and understanding the emotions that go with this

*Children will learn what their own strengths are; they will set their own goals and steps to achieve this. They will be exposed to problems in the world and how we could work to making it a better place.*

**Spring 2**

**HM (Healthy Me)**

Being and keeping safe and healthy

*Children will know how to make choices that will benefit their health and well-being. Children will continue to explore drugs, the affects and how these are exploited sometimes against the law. Well-being will also be introduced and what it means to be emotional well including being stressed.*

**Summer 1**

**RL (Relationships)**

Building positive, healthy relationships

*Children will learn why and how to take care of their own mental health. They will continue to explore loss and how grieve can be in stages. They will continue to look at power and control. They will continue to explore online safety, exposed to potential dangers and how to talk safely online.*

**Autumn 2**

**CD (Celebrating Difference)**

Respect for similarity and difference. Anti-bullying and being unique.

*Children will see there are different versions of 'normal' (in particular disabled) and this should be celebrated. There is further focus on bullying; understanding the power a bully can hold over someone and why some choose to do this to others.*

Children’s Mental Health Week

**Summer 2**

**CM (Changing Me)**

Coping positively with change

Children will learn a self-awareness for their body and compare themselves with others.They understand that puberty, in both boys and girls, can make this difficult because their body is changing in comparison to others, especially as they grow into teenagers.

**Y6**

**Autumn 1**

**BM (Being Me in My World)**

'Who am I and how do I fit?'

*Children will learn how to set progressive goals. They will see how their choices have consequences and rewards. They will understand their rights, and how these rights could affect people on a global level, especially in a demoncratic process.*

**Summer 1**

**RL (Relationships)**

Building positive, healthy relationships

*Children will learn about the term, personality. A true focus on the online world is explored; the rights, responsibilities, positives and negatives. They will also be taught how to use this safely to communicate through.*

Black History Month

Career’s Week

**Autumn 2**

**CD (Celebrating Difference)**

Respect for similarity and difference. Anti-bullying and being unique.

*Children will learn what culture means and how this can sometimes cause conflict. They will be exposed to unacceptable behaviour through racism. They will continue to explore bullying, both in/direct and support that can be offered. They will also be exposed to how children's lives differ across the developing world.*

**Spring 1**

**DG (Dreams and Goals)**

Aspirations, how to achieve goals and understanding the emotions that go with this

*Children will learn that there is many jobs oppprtunites in the world and consider what they want to do in the future; some offer more pay than others and this money would be needed to carry out their dreams. They will talk about their culture and be mindful of other cultures too.*

**Spring 2**

**HM (Healthy Me)**

Being and keeping safe and healthy

*Children will continue to explore the long term health risks of smoking, vaping, alcohol. They will explore the impact of alcohol misuse (possible antisocial behaviour). They will understand that food choices can also carry different attitudes and know what makes a healthy lifestyle.*

*They will also explore how to get help in emergency situations and learn the recovery position.*

*They will be exposed to body image and how social media can create a fake culture.*

**Autumn 1**

**BM (Being Me in My World)**

'Who am I and how do I fit?'

*Children will explore how to face challenge positively and set personal goals. They will understand their rights and responsibilitiese in the wider community; they will explore the benefits of voicing aloud but also how this can affect others too (positively and negatively).*

**Y5**

Career’s Week

**Summer 2**

**CM (Changing Me)**

Coping positively with change

*Children will learn about in/external parts of bodies; they will learn how a girls body changes (periods) to be able to have a baby. They will understand that parenthood carries responsibilites.*

*Children will also explore how change can sometimes be out of their control but there will be a need to accept this.*

**Spring 2**

**HM (Healthy Me)**

Being and keeping safe and healthy

*Children will understand that friendships are formed in different ways and can value some friendships over others. They will understand that there are often leaders/followers in a given.*

*They will also explore how smoking, vaping and alcohol can affect a person's body and why they may choose to do this (including peer pressure).*

**Spring 1**

**DG (Dreams and Goals)**

Aspirations, how to achieve goals and understanding the emotions that go with this

*Children will explore what their dreams are. They will understand that plans are needed to create goals; however not all dreams come true. They will explore how working as a team can be beneficial to successfully achieving.*

**Summer 1**

**RL (Relationships)**

Building positive, healthy relationships

*Children will learn that people can feel jealousy and it can damage relationships. They will understand that change is a part of relationships/friendships and it is ok; sometimes ending these is best if bad/unsafe.*

**Summer 2**

**CM (Changing Me)**

Coping positively with change

*Children explore the essential requirements for babies' growth and development, including parenting, gradually leads to discussions on the natural processes of puberty within a formal educational setting. Students are guided through understanding external and internal changes associated with adolescence, fostering a healthy approach towards their own development.*

**Autumn2**

**CD (Celebrating Difference)**

Respect for similarity and difference. Anti-bullying and being unique.

*Children will learn that sometimes people make assumptions on a person/situation. They will understand that first impressions can change. They will also be exposed to the different forms of bullying, why people join in this act and/or why this problem isn't shared.*

**Autumn 1**

**BM (Being Me in My World)**

'Who am I and how do I fit?'

*Children will learn how individual attitudes/ actions make a difference/ affect to a class. They will explore their roles within the school community and their voice can benefit, at a democracy schooling community.*

**Summer 1**

**RL (Relationships)**

Building positive, healthy relationships

*Children explore family dynamics and stereotypes, learning the importance of love, respect, and cooperation. They delve into resolving conflicts, online safety, global interconnectedness, and understanding the needs of less fortunate children.*

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**Y4**

Career’s Week

**Spring 2**

**HM (Healthy Me)**

Being and keeping safe and healthy

*Children explore family dynamics and stereotypes, learning the importance of love, respect, and cooperation. They delve into resolving conflicts, online safety, global interconnectedness, and understanding the needs of less fortunate children.*

**Spring 1**

**DG (Dreams and Goals)**

Aspirations, how to achieve goals and understanding the emotions that go with this

*Children are encourgaed to look at examples of individuals who have overcome challenges to achieve success. They discuss what they can learn from these stories, identify their own dreams and strategies for overcoming learning challenges, and reflect on their progress and areas for improvement.*

**Autumn 2**

**CD (Celebrating Difference)**

Respect for similarity and difference. Anti-bullying and being unique.

*Children learn about diverse families, conflict resolution techniques like 'solve it together,' bystander roles in bullying, and the impact of words and compliments.*

**Autumn 1**

**BM (Being Me in My World)**

'Who am I and how do I fit?'

*The children in our classroom develop their self-worth, discuss facing challenges, understanding rules in relation to rights, responsibilities, choices, consequences, collaboration, and empathy.*

**Y3**

**Summer 2**

**CM (Changing Me)**

Coping positively with change

 *Children learn about different life cycles in nature, reflecting on changes from baby to old age. They discuss increasing independence, freedoms, and responsibilities with age. Pupils are taught the correct names for private body parts as part of safeguarding. Emotions, managing feelings, and seeking help are also addressed.*

**Summer 1**

**Relationships**

Building positive, healthy relationships.

*Children learn about family roles and responsibilities, friendship dynamics, conflict resolution strategies, trust in relationships, types of secrets, appropriate physical contact, assertiveness, and seeking help when needed are key components in fostering their social and emotional growth.*

**Spring 2**

**HM (Healthy Me)**

Being and keeping safe and healthy

*Through discussion and practical activities, students explore healthy eating habits, stress management, medicines usage, and creating nutritious snacks for optimal well-being.*

Career’s Week

**KS2**

**Spring 1**

**DG (Dreams and Goals)**

Aspirations, how to achieve goals and understanding the emotions that go with this

 *Children talk about setting realistic goals, achieving them, perseverance when facing difficulties, recognising strengths, group work dynamics, and sharing successes with others.*

**Autumn 2**

**CD (Celebrating Difference)**

Respect for similarity and difference. Anti-bullying and being unique.

*Children will know that the stereotypes about boys and girls and will understand that it is okay not to conform to these. Children will understand ‘bullying’, including knowing the difference between bullying and a one-off incident. Children will know where to get help if being bullied.*

**Summer 1**

**Relationships**

Building positive, healthy relationships.

*Children will learn about different types of families. They will revisit friendship. Children will learn about appropriate physical contact.*

**Autumn 1**

**BM (Being Me in My World)**

'Who am I and how do I fit?'

*Children will understand their rights and responsibilities in class. Children will learn that their own views are valuable. Children will know about rewards and consequences and that these stem from their choices.*

**Summer 2**

**CM (Changing Me)**

Coping positively with change

*Children will learn about life cycles of animals. They will discuss changes about themselves. They will identify simple body parts and learn the NSPCC pants rule.*

**Y2**

**Spring 2**

**HM (Healthy me)**

Being and keeping safe and healthy.

*Children will learn the difference between healthy and unhealthy and know ways to keep healthy. Children will understand that germs cause illness and how medicines can help them. Children will learn how to be safe.*

**Summer 2- Changing me**

Coping positively with change

*Children will learn how to name body parts and how to make healthy choices. They will talk about changes from when they were babies to now.*

Career’s Week

**Spring 1**

**DG (Dreams and Goals)**

Aspirations, how to achieve goals and understanding the emotions that go with this

*Children will learn about different jobs people do. Children will understand how to goal set and review goals.*

**Autumn 1**

**Being me in my world**

'Who am I and how do I fit?'

*Children learn about belonging. They understand the agreements and consequences in their classes and talk about feelings.*

**Autumn 2**

**CD (Celebrating Difference)**

Respect for similarity and difference. Anti-bullying and being unique.

*Children will learn about similarities and differences within their class. Children learn about friendships, how to be a good friend*

**Y1**

**Summer 1- Relationships**

Building positive, healthy relationships.

*Children will learn to identify the characteristics of a good friend. They will gain an understanding that there are different family types.*

Badsley Pride

Career’s Week

**Spring 1**

**Dreams and Goals**

Aspirations, how to achieve goals and understanding the emotions that go with this.

*Children will learn how to persevere when faced with challenge. They will learn how to set goals, linking these goals with future aspirations. Children will experience the feeling of pride and sense of achievement.*

**Autumn 2**

**Celebrating difference**

Respect for similarity and difference. Anti-bullying and being unique

*Children will learn how to Identify talents and understand that everyone is different. They will learn about families and friendship and how to stand up for themselves.*

**Spring 2**

**Healthy Me**

Being and keeping safe and healthy

*Children will learn how exercise, movement, food and sleep all keep the body healthy. Hygeine. How to keep safe.*

**Autumn 1**

**Being Me in My World**

'Who am I and how do I fit?'

*Children recognise and managing feelings, understand how to be kind and gentle, and learn their rights and responsibilities.*

**FS2**

**Area of EYFS**

Bonfire Night Safety