

...putting children at the heart of all we think, say and do.

| | Autumn: Relationships | | | Spring: Living in the wider world | | | Summer: Health and Wellbeing | | |
|--------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Families and friendships | Safe relationships | Respecting ourselves and others | Belonging to a community | Media literacy and digital resilience | Money and work | Physical health and Mental wellbeing | Growing and changing | Keeping safe |
| Year 1 | Roles of different people; families; feeling cared for | Recognising privacy; staying safe; seeking permission NSPCC – Underwear Rule | How behaviour affects others; being polite and respectful | What rules are; caring for others' needs; looking after the environment | Using the internet and digital devices; communicating online | Strengths and interests; jobs in the community | Keeping healthy; food and exercise; hygiene routines; sun safety | Recognising what makes them unique and special; feelings; managing when things go wrong | How rules and age restrictions help us; keeping safe online First Aid Workshop |
| Year 2 | Making friends; feeling lonely and getting help | Managing secrets; resisting pressure and getting help; recognising hurtful behaviour. NSPCC – Underwear Rule | Recognising things in common and differences; playing and working cooperatively; sharing opinions | Belonging to a group; roles and responsibilities; being the same and different in the community | The internet in everyday life; online content and information | What money is; needs and wants; looking after money | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help | Growing older; life cycles moving class or year | Safety in different environments; risk and safety at home; emergencies Safeside Ed Visit |
| Year 3 | What makes a family; features of family life; recognising there are different types of family. | Personal boundaries; safely responding to others; the impact of hurtful behaviour NSPCC – Share Aware | Recognising respectful behaviour; the importance of self-respect; courtesy and being polite | The value of rules and laws; rights, freedoms and responsibilities | How the internet is used; assessing information online | Different jobs and skills; job stereotypes; setting personal goals | Health choices and habits; what affects feelings; expressing feelings | Growing Older; naming of external body parts Single gender classes Personal strengths and achievements; managing and reframing setbacks | Risks and hazards; safety in the local environment and unfamiliar places Bikeability |
| Year 4 | Positive friendships, including online | Responding to hurtful behaviour; managing confidentiality; recognising risks online NSPCC – Share Aware | Respecting differences and similarities; discussing difference sensitively | What makes a community; shared responsibilities | How data is shared and used | Making decisions about money; using and keeping money safe | Maintaining a balanced lifestyle; oral hygiene and dental care | Personal identity; recognising individuality and different qualities; mental wellbeing | Medicines and household products; drugs common to everyday life Bikeability |
| Year 5 | Managing friendships and peer influence | Physical contact and feeling safe NSPCC Talk and Workshop | Responding respectfully to a wide range of people; recognising prejudice and discrimination | Protecting the environment; compassion towards others | How information online is targeted; different media types, their role and impact Bikeability | Identifying job interests and aspirations; what influences career choices; workplace stereotypes | Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies | Girls Only Puberty- Menstruation Girls and Boys Puberty- Hygiene Single gender classes | Keeping safe in different situations, including responding in emergencies, first aid. First Aid Workshop Fire Service Safety Talk |
| Year 6 | Appropriate relationships; safe behaviours; forming relationships in adolescence and beyond. | Recognising and managing pressure; consent in different situations NSPCC Talk and Workshop Bikeability | Expressing opinions and respecting other points of view, including discussing topical issues | Valuing diversity; challenging discrimination and stereotypes | Evaluating media sources; sharing things online | Influences and attitudes to money; money and financial risks | What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online | Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty managing ;transition Single gender classes | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media Transition Police Talk |

Subject Champion Handbook

2021-2022