



Enable ~ Inspire ~ Nurture

Spring Term (2) Healthy Me

Taking personal responsibility.
How substances affect the body.
Exploitation, including 'county lines' and gang

Emotional and mental health.
Managing stress.

Spring Term (1) Dreams and Goals

Personal learning goals, in and out of school.
Success criteria.
Emotions in success.
Making a difference in the world.
Motivation.
Recognising achievements.
Compliments.

Spring Term (2) Healthy Me

Smoking, including vaping.
Alcohol.
Alcohol and anti-social behaviour.
Emergency aid.
Relationships with food.
Healthy choices.
Motivation and behaviour.

Spring Term (1) Dreams and Goals

Future dreams.
The importance of money.
Jobs and careers.
Dream job and how to get there.
Goals in different cultures.
Supporting others (charity).
Motivation.

Spring Term (2) Healthy Me

Healthier friendships.
Group dynamics.
Smoking.
Alcohol.
Assertiveness.
Peer pressure.
Celebrating inner strength.

Spring Term (1) Dreams and goals

Hopes and dreams.
Overcoming disappointment.
Creating new, realistic dreams.
Achieving goals.
Working in a group.
Celebrating contributions.
Resilience.
Positive attitudes.

Spring Term (2) Healthy Me

Exercise.
Fitness challenges.
Food labelling and healthy swaps.
Attitudes towards drugs.
Keeping safe and why it's important online and off line scenarios.
Respect for myself and others.
Healthy and safe choices.

Spring Term (1) Dreams and Goals

Difficult challenges and achieving success.
Dreams and ambitions.
New challenges.
Motivation and enthusiasm.
Recognising and trying to overcome obstacles.
Evaluating learning processes.
Managing feelings.
Managing budgets.

Spring Term (2) Healthy Me

Motivation.
Healthier choices.
Relaxation.
Healthy eating and nutrition.
Healthier snacks and sharing food.

Spring Term (1) Dreams and Goals

Achieving realistic goals.
Perseverance.
Learning strengths.
Learning with others.
Group co-operation.
Contributing to and sharing success.

Spring Term (2) Healthy Me

Keeping myself healthy.
Healthier lifestyle choices.
Keeping clean.
Being safe.
Medicine safety/safety with household items.
Road safety.
Linking health and happiness.

Spring Term (1) Dreams and Goals

Setting goals.
Identifying successes and achievements.
Learning styles
Working well and celebrating achievement with a partner.
Tackling new challenges.
Identifying and overcoming obstacles.
Feelings of success.

Autumn Term (2) Celebrating Difference

Perceptions of normality.
Understanding disability.
Power struggles.
Understanding bullying.
Inclusion/exclusion.
Differences as conflict, difference as celebration.
Empathy.

Autumn Term (2) Celebrating Difference

Cultural differences and how they can cause conflict.
Racism.
Rumours and name-calling.
Types of bullying.
Material wealth and happiness.
Enjoying and respecting other cultures.

Autumn Term (2) Celebrating difference.

Challenging assumptions.
Judging by appearance.
Accepting self and others.
Understanding influences.
Understanding bullying.
Problem-solving.
Identifying how special and unique everyone is.
First impressions.

Autumn Term (2) Celebrating Difference

Families and their differences.
Family conflict and how to manage it.
Witnessing bullying and how to solve it.
Recognising how words can be hurtful.
Giving and receiving compliments.

Summer Term (1) Relationships

Different types of family.
Physical contact boundaries.
Friendship and conflict.
Secrets.
Trust and appreciation
Expressing appreciation for special relationships.

Autumn Term (2) Celebrating Difference

Assumptions and stereotypes about gender.
Understanding bullying.
Standing up for self and others.
Making new friends.
Gender diversity.
Celebrating difference and remaining friends.

Summer Term (1) Relationships

Belonging to a family.
Making friends/being a good friend.
Physical contact preferences.
People who help us.
Qualities as a friend and person.
Self-acknowledgement.
Being a good friend to myself.
Celebrating special relationships.

Autumn Term (2) Celebrating Difference

Similarities and differences.
Understanding bullying and knowing how to deal with it.
Making new friends.
Celebrating the differences in everyone.

Summer Term (1) Relationships

Mental Health.
Identifying mental health worries and sources of support.
Love and loss.
Managing feelings.
Power and control.
Assertiveness.
Technology safety.
Take responsibility with technology use.

Summer Term (1) Relationships

Self-recognition and self-worth.
Building self-esteem.
Safer online communities.
Rights and responsibilities online.
Online gaming and gambling.
Reducing screen time.
Dangers of online grooming.
SMART internet safety rules.

Summer Term (1) Relationships

Jealousy.
Love and loss.
Memories of loved ones.
Getting on and falling out.
Girlfriends and boyfriends.
Showing appreciation to people and animals.

Summer Term (1) Relationships

Family roles and responsibilities.
Friendship and negotiation.
Keeping safe online and who to go to for help.
Being a global citizen.
Being aware of how my choices affect others.
Awareness of how other children have different lives.
Expressing appreciation for family and friends.

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People who help us.
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Being a good friend to myself.
Celebrating special relationships.

Summer Term (2) Changing Me

Self-image.
Body image.
Puberty and feelings.
Conception to birth.
Reflections about change.
Physical attraction.
Respect and consent.
Boyfriends/girlfriends.
Sexing.

Autumn Term (1) Being Me in My World

Identifying goals for the year.
Global citizenship.
Children's universal rights.
Feeling welcome and valued.
Choices, consequences and rewards.
Group dynamics.
Democracy, having a voice.
Anti-social behaviour.
Role-modelling.

Summer Term (2) Changing Me

Self- and body image.
Influence of online and media on body image.
Puberty for girls.
Puberty for boys.
Conception (including IVF)
Growing responsibility.
Coping with change.
Preparing for transition.

Autumn Term (1) Being Me in My World

Planning the forthcoming year.
Being a citizen.
Rights and responsibilities.
Rewards and consequences.
How behaviour affects groups.
Democracy, having a voice and participating.

Summer Term (2) Changing Me

Being unique.
Having a baby.
Girls and puberty.
Confidence in change.
Accepting change.
Preparing for transition.
Environmental change.

Autumn Term (1) Being Me in My World

Being part of a class team.
Being a school citizen.
Rights, responsibilities and democracy.
Rewards and consequences.
Group decision-making.
Having a voice.
What motivates behaviour.

Summer Term (2) Changing Me

How babies grow.
Understanding a babys' needs.
Outside body changes.
Inside body changes.
Family stereotypes.
Challenging my ideas.
Preparing for transition.

Autumn Term (1) Being Me in My World

Setting personal goals.
Self-identity and worth.
Positivity in challenges.
Rules, rights and responsibilities.
Rewards and consequences.
Responsible choices.
Seeing things from others' perspectives.

Summer Term (2) Changing Me

Life cycles in nature.
Growing from young to old.
Increasing independence.
Differences in female and male bodies.
Assertiveness.
Preparing for transition.

Autumn Term (1) Being Me in My World

Hopes and fears for the year.
Rights and responsibilities.
Rewards and consequences.
Safe and fair learning environment.
Valuing contributions.
Choices.
Recognising feelings.

Summer Term (2) Changing Me

Life cycles – animal and human.
Changes in me.
Changes since being a baby.
Differences between female and male bodies.
Linking growing and learning.
Coping with change.
Transition.

Autumn Term (1) Being Me in My World

Feeling special and safe.
Being part of a class.
Rights and responsibilities.
Rewards and feeling proud.
Consequences.
Owning the Learning Charter.



YEAR 6

YEAR 5

YEAR 4

YEAR 3

YEAR 2

YEAR 1