



PSHE Curriculum Overview

'At Rood End Primary School, we want our pupils to leave as confident, resilient, and responsible individuals who can make informed decisions, maintain healthy relationships, and contribute positively to their communities and the wider world.'

Lesson Titles – Key Skills						
	Self-Regulation: My Feelings (Autumn 1)	Building Relationships: Special Relationships (Autumn 2)	Taking on Challenges (Spring 1)	Self-regulation: Listening and Following Instructions (Spring 2)	Building relationships: My family and friends (Summer 1)	Managing self: My wellbeing (Summer 2)
Reception	Lesson 1: I can identify my feelings. Lesson 2: I can identify and express my feelings. Lesson 3: I can start to look after myself and my emotions. Lesson 4: I can explore words used to describe my emotions. Lesson 5: I can explore different facial expressions. Lesson 6: I can talk about how to behave in school and at home.	Lesson 1: I can talk about family. Lesson 2: I can talk about valued people. Lesson 3: I can cooperate with others. Lesson 4: I can understand that it's okay to be different. Lesson 5: I can talk about how I am valuable. Lesson 6: I can spot differences and similarities between people.	Lesson 1: I can understand why we have rules. Lesson 2: I can understand why it is good to try hard. Lesson 3: I can work in a group. Lesson 4: I can learn ways to look after my emotions. Lesson 5: I can persevere (try hard) at something. Lesson 6: I can learn new skills even when they are difficult.	Lesson 1: I can follow instructions. Lesson 2: I can listen to a story. Lesson 3: I can listen carefully. Lesson 4: I can follow more difficult instructions. Lesson 5: I can follow more difficult instructions. Lesson 6: I can learn to listen and respond to others.	Lesson 1: I can think about what other people might believe. Lesson 2: I can share. Lesson 3: I can explain what makes a good friend. Lesson 4: I can be kind to others. Lesson 5: I can work in a team. Lesson 6: I can celebrate my friendships with others.	Lesson 1: I can explain why exercise is good for us. Lesson 2: I can know different ways to relax. Lesson 3: I can explain why it is important to look after ourselves. Lesson 4: I can explain how to be safe outside. Lesson 5: I can explain some ways to eat healthily. Lesson 6: I can talk about what a balanced diet is.
	Family and Relationships (Autumn 1)	Health and Wellbeing (Autumn 2)	Safety and the Changing Body (Spring 1)	Citizenship (Spring 2)	Economic Wellbeing (Summer 1)	Transition (Y1-5) Identify (Y6) (Summer 2)
Year 1	Lesson 1: I can understand that families look after us. Lesson 2: I can begin to understand the importance and characteristics of positive friendships. Lesson 3: I can recognise how others show feelings and how to respond. Lesson 4: I can begin to understand how relationships can make us feel. Lesson 5: I can begin to understand that friendships can have problems but we can overcome them. Lesson 6: I can begin to understand that being friendly to others makes them feel welcome and included.	Lesson 1: I can describe and understand my feelings and develop simple strategies for managing them. Lesson 2: I can recognise and celebrate my strengths and set simple but challenging goals. Lesson 3: I can understand the benefits of physical activity and rest. Lesson 4: I can know how to relax in different ways. Lesson 5: I can begin to understand how germs are spread and how we can stop them spreading. Lesson 6: I can begin to understand the risks associated with the sun. Lesson 7: I can begin to understand allergies. Lesson 8: I can understand that there are people in the	Lesson 1: I can know how to respond to adults in a safe and familiar context Lesson 2: I can understand how to respond to adults in a range of situations Lesson 3: I can understand what to do if you get lost Lesson 4: I can know what an emergency is and how to make a phone call if needed Lesson 5: I can begin to understand the difference between acceptable and unacceptable physical contact Lesson 6: I can begin to understand what is safe to put into or onto our bodies Lesson 7: I can understand that there are dangers at home and how these can be avoided	Lesson 1: I can begin to understand the importance of rules Lesson 2: I can understand that animals have different needs and how to care for them Lesson 3: I can begin to understand the needs of babies and young children Lesson 4: I can begin to recognise ways in which we are the same and different to other people Lesson 5: I can understand the range of groups people belong to Lesson 6: I can begin to understand how democracy works	Lesson 1: I can discover what money is and how it helps us. Lesson 2: I can consider ways to keep coins safe. Lesson 3: I can recognise the purpose of banks and building societies. Lesson 4: I can begin to understand the differences between spending and saving money. Lesson 5: I can identify the different job roles adults have in school. Lesson 6: I can identify and describe different jobs.	Transition Day: I can think about my individual strengths and prepare to move to my new class.

	Lesson 7: I can begin to understand what is meant by a stereotype.	local community who help to keep us healthy.	Lesson 8: I can understand that there are people in the local community who help to keep us safe			
Year 2	<p>Lesson 1: I can begin to understand the role of the family in their lives.</p> <p>Lesson 2: I can begin to understand the range of families they may encounter now and in the future.</p> <p>Lesson 3: I can recognise how others show feelings in different ways and how to respond.</p> <p>Lesson 4: I can begin to understand that some friendships might make us feel unhappy and how to deal with this.</p> <p>Lesson 5: I can begin to understand the conventions of courtesy and manners.</p> <p>Lesson 6: I can begin to understand how loss and change can affect us.</p> <p>Lesson 7: I can develop an understanding of stereotypes and how these might affect job/career choices.</p>	<p>Lesson 1: I can describe a range of feelings and develop simple strategies for managing them.</p> <p>Lesson 2: I can understand the benefits of physical activity.</p> <p>Lesson 3: I can use breathing exercises to relax.</p> <p>Lesson 4: I can understand strengths and set achievable goals.</p> <p>Lesson 5: I can identify strategies to help overcome barriers or manage difficult emotions.</p> <p>Lesson 6: I can understand what it means to have a healthy diet.</p> <p>Lesson 7: I can understand ways of looking after our teeth.</p>	<p>Lesson 1: I can understand what the internet is and how it can help us</p> <p>Lesson 2: I can understand how to stay safe when using the internet.</p> <p>Lesson 3: I can begin to understand the difference between secrets and surprises.</p> <p>Lesson 4: I can begin to understand the concept of privacy and the correct vocabulary for body parts.</p> <p>Lesson 5: I can understand safe and unsafe touches.</p> <p>Lesson 6: I can discuss personal boundaries.</p> <p>Lesson 7: I can understand ways to keep safe on and near roads</p> <p>Lesson 8: I can understand ways to keep safe on and near roads.</p>	<p>Lesson 1: I can understand the importance of rules.</p> <p>Lesson 2: I can understand ways to look after the school environment.</p> <p>Lesson 3: I can recognise the role people play in looking after the environment.</p> <p>Lesson 4: I can begin to understand the roles people have in the community.</p> <p>Lesson 5: I can recognise similarities and differences between people in the local community.</p> <p>Lesson 6: I can begin to understand how democracy works in school.</p> <p>Lesson 7: I can understand ways to share an opinion.</p>	<p>Lesson 1: I can explore the ways people receive money.</p> <p>Lesson 2: I can identify basic needs essential for healthy growth.</p> <p>Lesson 3: I can consider how people decide what they want.</p> <p>Lesson 4: explore how bank accounts and cards help with managing money.</p> <p>Lesson 5: I can identify my skills and talents.</p> <p>Lesson 6: I can describe how to make others feel included.</p>	Transition Day: I can understand that change can cause mixed feelings.
Year 3	<p>Lesson 1: I can understand that families love and support each other but sometimes problems can occur and help is available if needed.</p> <p>Lesson 2: I can understand that friendships have ups and downs and that problems can be resolved.</p> <p>Lesson 3: I can begin to understand the impact of bullying.</p> <p>Lesson 4: I can listen and communicate effectively.</p> <p>Lesson 5: I can understand why trust is an important part of positive relationships.</p> <p>Lesson 6: I can begin to understand the differences</p>	<p>Lesson 1: I can understand and plan for a healthy lifestyle including physical activity, rest and diet.</p> <p>Lesson 2: I can perform a range of relaxation stretches.</p> <p>Lesson 3: I can understand the different aspects of my identity.</p> <p>Lesson 4: I can identify my own strengths and begin to see how they can affect others.</p> <p>Lesson 5: I can break down barriers into smaller, achievable goals.</p> <p>Lesson 6: I can recognise when to give consent.</p>	<p>Lesson 1: I can understand the role I can take in and emergency situation.</p> <p>Lesson 2: I can understand how to help if someone has been stung or bitten.</p> <p>Lesson 3: I can understand the importance of being kind online and what this looks like.</p> <p>Lesson 4: I can understand that cyberbullying involves being unkind online.</p> <p>Lesson 5: I can understand that not all emails are genuine</p> <p>Lesson 6: To understand the choices people can make and those which are made by others.</p>	<p>Lesson 1: I can begin to understand the UN convention on the rights of the child.</p> <p>Lesson 2: I can understand the responsibilities of both children and adults to help all children benefit from their rights.</p> <p>Lesson 3: I can understand the environmental benefits of recycling.</p> <p>Lesson 4: I can understand the groups which make up the community</p> <p>Lesson 5: I can understand that charities care for others and how people can support them.</p>	<p>Lesson 1: I can understand the different ways to pay for things and why people might choose them.</p> <p>Lesson 2: I can understand how to put together a budget.</p> <p>Lesson 3: I can recognise that money has an impact on how we feel.</p> <p>Lesson 4: I can begin to recognise how ethics can influence our spending decisions.</p> <p>Lesson 5: I can understand that there are a range of jobs available and to think about what job they might want to do.</p> <p>Lesson 6: I can understand that there are stereotypes in</p>	Transition Day: I can understand the strategies people use to cope with change.

	<p>between people and why it is important to respect these differences.</p> <p>Lesson 7: I can recognise that stereotypes are present in everyday life.</p> <p>Lesson 8: I can recognise that stereotypes exist based on a number of factors.</p>	Lesson 7: I can understand the benefits of healthy eating and dental health.	Lesson 7: I can begin to recognise who and what can influence our decisions. Lesson 8: I can develop an understanding of safety on or near roads.	Lesson 6: I can begin to understand how democracy works in the local area Lesson 7: I can understand why we have rules and the consequences of breaking rules at school and home Lesson 8:	the workplace and these should not limit people's career aspirations.	
Year 4	<p>Lesson 1: I can To develop an understanding of courtesy and manners in a range of situations.</p> <p>Lesson 2: I can begin to understand the physical and emotional boundaries in friendships.</p> <p>Lesson 3: I can understand that my behaviour can have an impact on others.</p> <p>Lesson 4: I can understand the impact of bullying and the responsibility of bystanders to help.</p> <p>Lesson 5: I can explore stereotypes in fictional characters and think about how these might influence us.</p> <p>Lesson 6: I can recognise that stereotypes can relate to a number of factors.</p> <p>Lesson 7: I can begin to understand that families are very varied, in this country and across the world.</p> <p>Lesson 8: I can explore how we can help following a bereavement.</p>	<p>Lesson 1: I can understand how we can look after our teeth.</p> <p>Lesson 2: I can understand what relaxation feels like and to know that relaxation techniques can be used anywhere.</p> <p>Lesson 3: I can develop a growth mindset and understand that mistakes are useful.</p> <p>Lesson 4: I can identify individual strengths and begin to see how they can affect others.</p> <p>Lesson 5: I can identify what is important to me and to take responsibility for my own happiness.</p> <p>Lesson 6: I can understand a range of emotions.</p> <p>Lesson 7: I can begin to understand what mental health is and who can help if I need it.</p>	<p>Lesson 1: I can understand that age restrictions are designed to protect us.</p> <p>Lesson 2: I can understand the benefits and risks of sharing material online.</p> <p>Lesson 3: I can understand how to help someone with asthma.</p> <p>Lesson 4: I can develop understanding of privacy and the difference between secrets and surprises.</p> <p>Lesson 5: I can understand that not all information on search engines is valuable.</p> <p>Lesson 6: I can recognise that change is part of growing up.</p> <p>Lesson 7: I can recognise the physical differences between children and adults</p> <p>Lesson 8: I can begin to understand the risks of smoking and the benefits of being a non-smoker.</p>	<p>Lesson 1: I can begin to understand the Human Rights convention.</p> <p>Lesson 2: I can understand how reusing items benefits the environment.</p> <p>Lesson 3: I can understand the role of groups in the wider community.</p> <p>Lesson 4: I can understand the contribution groups make to a community.</p> <p>Lesson 5: I can understand the value of diversity in a community.</p> <p>Lesson 6: I can develop an understanding of the role of local government.</p>	<p>Lesson 1: I can recognise factors influencing value for money.</p> <p>Lesson 2: I can understand the importance of monitoring money.</p> <p>Lesson 3: I can describe different ways of keeping money safe.</p> <p>Lesson 4: I can understand how different factors can influence career choices.</p> <p>Lesson 5: I can explain why people can have more than one career in their life.</p> <p>Lesson 6: I can identify and challenge stereotyping in the workplace.</p>	Transition Day: I can create goals to achieve before entering Year 5.
Year 5	<p>Lesson 1: I can understand how to form and maintain positive relationships.</p> <p>Lesson 2: I can explore the ups and downs of friendships.</p> <p>Lesson 3: I can understand the concept of marriage.</p> <p>Lesson 4: I can begin to understand self-respect.</p> <p>Lesson 5: I can begin to understand that family relationships can sometimes</p>	<p>Lesson 1: I can use yoga poses and breathing to relax.</p> <p>Lesson 2: I can understand the benefits of sleep.</p> <p>Lesson 3: I can understand the purpose of failure.</p> <p>Lesson 4: I can learn how to set short-term, medium-term and long-term goals.</p> <p>Lesson 5: I can take responsibility for my own feelings and actions and use</p>	<p>Lesson 1: I can begin to understand some issues related to online friendships including the impact of their actions.</p> <p>Lesson 2: I can learn about staying safe online.</p> <p>Lesson 3: Covered by School Nurse Team</p> <p>Lesson 4: Covered by School Nurse Team</p>	<p>Lesson 1: I can begin to understand what happens when the law is broken.</p> <p>Lesson 2: I can explore the links between rights and responsibilities.</p> <p>Lesson 3: I can understand how reducing our use of materials and energy will help the environment.</p> <p>Lesson 4: I can understand how we recognise and value</p>	<p>Lesson 1: I can prioritise needs over wants.</p> <p>Lesson 2: I can create a weekly budget.</p> <p>Lesson 3: I can identify the significance of borrowing and loaning money.</p> <p>Lesson 4: I can examine the risks associated with handling money online.</p> <p>Lesson 5: I can identify and challenge stereotyping in the workplace.</p>	Transition Day: I can understand the skills needed to take on responsibilities in school.

	<p>make children feel unhappy and what they can do if this happens.</p> <p>Lesson 6: I can understand more about bullying and how to get help.</p> <p>Lesson 7: I can recognise how attitudes to gender have changed over time.</p> <p>Lesson 8: I can explore the impact of stereotypes and how they can lead to discrimination.</p>	<p>vocabulary to describe these.</p> <p>Lesson 6: I can understand and be able to plan healthy meals.</p> <p>Lesson 7: I can understand risks associated with the sun and how these can be avoided, taking independence for my own sun protection.</p>	<p>Lesson 5: I can understand emotional changes during puberty.</p> <p>Lesson 6: I can understand how to help someone who is bleeding.</p> <p>Lesson 7: I can begin to understand the influence others have on us and how we can make our own decisions.</p>	<p>the contribution people make to the community.</p> <p>Lesson 5: I can recognise the role of pressure groups.</p> <p>Lesson 6: I can begin to understand how parliament works.</p>	<p>Lesson 6: I can explore how personal interests and skills align with different careers.</p>	
Year 6	<p>Lesson 1: I can understand what we mean by respect and why it is important.</p> <p>Lesson 2: I can understand that respect is two-way and how we treat others is how we can expect to be treated.</p> <p>Lesson 3: I can explore other people's attitudes and ideas and to begin to challenge these.</p> <p>Lesson 4: I can understand stereotypes and be able to share information on them.</p> <p>Lesson 5: I can resolve disputes and conflict through negotiation and compromise.</p> <p>Lesson 6: I can begin to understand the process and emotions relating to grief.</p>	<p>Lesson 1: I can identify long term goals and how to work towards them.</p> <p>Lesson 2: I can use mindfulness to manage emotions.</p> <p>Lesson 3: I can understand and plan for a healthy lifestyle.</p> <p>Lesson 4: I can understand the potential impact of technology on physical and mental health.</p> <p>Lesson 5: I can reflect on skills they have developed to identify and respond to difficult situations.</p> <p>Lesson 6: I can understand ways that people can help prevent themselves and others becoming ill.</p> <p>Lesson 7: I can understand how habits can impact health.</p> <p>Lesson 8: I can understand what happens when people are ill and know when to seek support.</p>	<p>Lesson 1: I can begin to understand the risks of alcohol.</p> <p>Lesson 2: I can start to become a discerning consumer of information online.</p> <p>Lesson 3: I can understand that online relationships should be treated in the same way as face-to-face relationships.</p> <p>Lesson 4: Covered by School Nurse Team</p> <p>Lesson 5: Covered by School Nurse Team</p> <p>Lesson 6: Covered by School Nurse Team</p> <p>Lesson 7: I can understand how to help someone who is choking.</p> <p>Lesson 8: I can understand how to help someone who is unresponsive.</p>	<p>Lesson 1: I can understand human rights, including the right to education.</p> <p>Lesson 2: I can understand some environmental issues relating to food and food production.</p> <p>Lesson 3: I can understand how to show care and concern for others.</p> <p>Lesson 4: I can recognise prejudice and discrimination and learn how this can be challenged.</p> <p>Lesson 5: I can understand diversity and the value different people bring to a community.</p> <p>Lesson 6: I can begin to understand how government works.</p>	<p>Lesson 1: I can identify feelings around money and discuss their impact.</p> <p>Lesson 2: I can recognise how to safeguard money in digital and physical environments.</p> <p>Lesson 3: I can identify how money-related matters develop at secondary school.</p> <p>Lesson 4: I can recognise the risks of gambling.</p> <p>Lesson 5: I can explore how different careers operate in a workplace.</p> <p>Lesson 6: I can explore different career routes and their requirements.</p>	<p>Lesson 1: I can understand what factors contribute to identity.</p> <p>Lesson 2: I can understand that the media manipulates images.</p>

Progression of skills, knowledge and vocabulary						
	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing	Transition Y1-5, Identify Y6
EYFS						
Knowledge	Family To name and describe the different members of our families. To understand that all families are valuable and special. Friendships To know that we share toys so that everyone feels involved and no one feels left out or upset. Respectful relationships To understand that different people like different things. To understand that all people are valuable. To know that it is important to help, listen and support others when working as a team. To know that it is important to tell the truth. Change and loss N/A	Health and prevention To know that having a naturally colourful diet is one way to try and eat healthily. Physical health and well-being To know that exercise means moving our body and is important. To know that yoga can help our bodies and minds relax. Mental wellbeing To name some different feelings and emotions. To know that I am a valuable individual. To know that facial expressions can give us clues as to how a person is feeling. To know that I can learn from my mistakes. To know some strategies to calm down	Being safe (including online) To know that some rules are in place to keep us safe. To know how to behave safely on the pavement and when crossing roads with an adult. Drugs, alcohol and tobacco N/A The changing adolescent body N/A Basic first aid N/A	To know that we have rules to keep everything fair, safe and enjoyable for everyone. To understand that we all have similarities and differences and that make us special. To know that we all have different beliefs and celebrate special times in different ways.	N/A	N/A
Skills	Family Learning how to talk about our families and discussing why we love them. Talking about people that hold a special place in my life. Friendships Developing strategies to help when sharing with others. Exploring what makes a good friend. Respectful relationships Thinking about what it means to be a valued person. Exploring the differences between us that make each person unique. Considering the perspectives and feelings of others. Learning to work as a member of a team. Developing listening skills. Change and loss N/A	Health and prevention Discussing ways that we can take care of ourselves. Physical health and well-being Exploring how exercise affects different parts of the body. Mental wellbeing Identifying how characters within a story may be feeling. Identifying and expressing my own feelings. Exploring coping strategies to help regulate emotions. Exploring different facial expressions and identifying the different feelings they can represent. Exploring ways to moderate behaviour, socially and emotionally. Coping with challenge when problem solving.	Being safe (including online) Considering why it is important to follow rules. Exploring what it means to be a safe pedestrian. Drugs, alcohol and tobacco N/A The changing adolescent body N/A Basic first aid N/A	Beginning to understand why rules are important in school.	N/A	N/A
Vocabulary						
Year 1						
Knowledge	Family To understand that families look after us.	Health and prevention To understand we can limit the spread of germs by having good hand hygiene.	Being safe (including online) To know that some types of physical contact are never appropriate. To know what to do if I get lost.	To know the rules in school. To know that different pets have different needs.	To know that people use money to buy things, including things they need and things they want.	To understand that changes can be both positive and negative.

	<p>To know some words to describe how people are related (eg. aunty, cousin). To know that some information about me and my family is personal.</p> <p><u>Friendships</u> To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome.</p> <p><u>Respectful relationships</u> To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.</p> <p><u>Change and loss</u> N/A</p>	<p>To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. To know that certain foods and other things can cause allergic reactions in some people. Physical health and well-being To know that sleep helps my body to repair itself, to grow and restores my energy.</p> <p><u>Mental wellbeing</u> To know that strengths are things we are good at. To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.</p>	<p>To know that a hazard is something which could cause an accident or injury.</p> <p><u>Drugs, alcohol and tobacco</u> To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.</p> <p><u>The changing adolescent body</u> N/A</p> <p><u>Basic first aid</u> To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that the emergency services are the police, fire service and the ambulance service.</p>	<p>To understand the needs of younger children and that these change over time. To know that voting is a fair way to make a decision. To understand that people are all different and that this is a good thing.</p>	<p>To know that coins and notes are types of money and have different values. To know that notes are higher in value than coins. To know that it is wrong to steal money. To know that money is valuable and needs to be looked after. To know that money should be stored in a safe place to keep it secure and should not be displayed in public places. To know that they should not show or give money to strangers. To know that they can ask adults they know and trust about money and where to store it safely. To know that banks are places where we can store our money. To know adults have jobs to help others and to earn money. To know that skills are things that we can do well and that everyone has different skills. To know that different jobs need different skills.</p>	
Skills	<p><u>Family</u> Exploring how families are different to each other.</p> <p><u>Friendships</u> Exploring how friendship problems can be overcome. Exploring friendly behaviours.</p> <p><u>Respectful relationships</u> Recognising how other people show their feelings. Identifying ways we can care for others when they are sad. Exploring the ability to successfully work with different people.</p> <p><u>Change and loss</u> N/A</p>	<p><u>Health and prevention</u> Learning how to wash my hands properly. Learning how to deal with an allergic reaction.</p> <p><u>Physical health and well-being</u> Exploring positive sleep habits. Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health.</p> <p><u>Mental wellbeing</u> Identifying personal strengths and qualities. Identifying different ways to manage feelings.</p>	<p><u>Being safe (including online)</u> Practising what to do if I get lost. Identifying hazards that may be found at home. Understanding people's roles within the local community that help keep us safe.</p> <p><u>Drugs, alcohol and tobacco</u> Learning what is and is not safe to put in or on our bodies.</p> <p><u>The changing adolescent body</u> N/A</p> <p><u>Basic first aid</u> Practising making an emergency phone call.</p>	<p>Recognising why rules are necessary and the consequences of not following rules. Discussing how to meet the needs of different pets. Exploring the differences between people. Recognising the groups that we belong to.</p>	<p>Exploring how money is used by people. Discussing how to keep money safe. Discussing what to do if we find money. Exploring choices people make about money. Developing an understanding of how banks work. Listening to descriptions of professions. Thinking about questions they would like to ask others about their job. Describing what different people do in their jobs.</p>	<p>Recognising our own strengths.</p>
Vocabulary	<p>behaviour care emotions family feelings friend friendly problem stereotype</p>	<p>allergy emotions feelings germs ill (poorly) qualities relax</p>	<p>accident drug emergency hazards medicine physical contact polite respect role trust</p>	<p>care democracy different fair pet responsibility rule similar unique vote</p>	<p>bank cash earn job money notes pocket money safe save skill spend value</p>	<p>Strengths Skills Move</p>
Year 2						
Knowledge	<p><u>Family</u> To know that families can be made up of different people. To know that families may be different to my family.</p>	<p><u>Health and prevention</u> To know that food and drinks with lots of sugar are bad for our teeth.</p> <p><u>Physical health and well-being</u></p>	<p><u>Being safe (including online)</u> To know the PANTS rule. To know that I should tell an adult if I see something which makes me uncomfortable online.</p>	<p>To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'.</p>	<p>To know that many adults earn money by having a job. To know some basic needs for survival, such as food, water and shelter.</p>	<p>To understand that change is part of life.</p>

	<p><u>Friendships</u> To know some problems which might happen in friendships. To understand that some problems in friendships might be more serious and need addressing.</p> <p><u>Respectful relationships</u> To understand some ways people show their feelings. To understand what good manners are. To understand some stereotypes related to jobs.</p> <p><u>Change and loss</u> To know that there are ways we can remember people or events.</p>	<p>To explain the importance of exercise to stay healthy. To understand the balance of foods we need to keep healthy. To know that breathing techniques can be a useful strategy to relax.</p> <p><u>Mental wellbeing</u> To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.</p>	<p>To understand the difference between secrets and surprises. To know the rules for crossing the road safely.</p> <p><u>Drugs, alcohol and tobacco</u> To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can.</p> <p><u>The changing adolescent body</u> To know the names of parts of my body including private parts.</p> <p><u>Basic first aid</u> N/A</p>	<p>To know some of the jobs people do to look after the environment in school and the local community. To understand how democracy works in school through the school council. To understand that different groups of people make different contributions to the community.</p>	<p>To know that a bank account is like a special place in a bank that keeps money safe until it is needed. To know that a bank account card is like a special key that unlocks a bank account to access the money inside. To know that saving money is when we keep some money and don't spend it straight away. To know that it is important for workplaces to include a variety of people to bring different viewpoints and skills.</p>	
Skills	<p><u>Family</u> Understanding ways to show respect for different families. Understanding that families offer love, care and support.</p> <p><u>Friendships</u> Understanding difficulties in friendships and discussing action that can be taken.</p> <p><u>Respectful relationships</u> Learning how other people show their feelings and how to respond to them. Exploring the conventions of manners in different situations.</p> <p><u>Change and loss</u> Exploring how loss and change can affect us.</p>	<p><u>Health and prevention</u> Exploring the effect that food and drink can have on my teeth.</p> <p><u>Physical health and well-being</u> Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Learning breathing exercises to aid relaxation.</p> <p><u>Mental wellbeing</u> Exploring strategies to manage different emotions. Developing empathy. Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing a growth mindset. Developing an understanding of self respect.</p>	<p><u>Being safe (including online)</u> Discussing the concept of privacy. Exploring ways to stay safe online. Learning how to behave safely near the road and when crossing the road.</p> <p><u>Drugs, alcohol and tobacco</u> Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.</p> <p><u>The changing adolescent body</u> N/A</p> <p><u>Basic first aid</u> N/A</p>	<p>Explaining why rules are in place in different settings. Identifying positives and negatives about the school environment. Learning how to discuss issues of concern to me. Recognising the importance of looking after the school environment. Identifying ways to help look after the school environment. Recognising the contribution people make to the local community.</p>	<p>Explaining adult money sources. Identifying whether something is a want or need. Comparing and contrasting 'wants' and 'needs'. Identifying the main features of bank account cards. Exploring personal skills and talents. Exploring the reasons why people choose certain jobs. Identifying some ways to make an environment inclusive and fair. Reflecting on the importance of individuality and diversity.</p>	<p>Identifying people who can help us when we are worried about changes.</p>
Vocabulary	<p>friendship love manners feelings emotions family stereotype respect</p>	<p>diet exercise goal growth mindset healthy physical activity relaxation skill strengths</p>	<p>medicine pedestrian private secret surprise penis testicles/testes vulva vagina</p>	<p>election environment identity job opinion rule school council volunteer vote</p>	<p>bank account debit card diversity electronic equality prioritise skill survive transaction wages want withdraw</p>	<p>change feelings</p>
Year 3						
Knowledge	<p><u>Family</u> To know that I can talk to trusted adults or services such as Childline if I experience family problems.</p> <p><u>Friendships</u> To know that bullying can be physical or verbal. To know that bullying is repeated, not a one off event.</p>	<p><u>Health and prevention</u> To understand ways to prevent tooth decay.</p> <p><u>Physical health and well-being</u> To understand the positive impact relaxation can have on the body. To know the different food groups and how much of each of them we should have to have a balanced diet.</p>	<p><u>Being safe (including online)</u> To understand that cyberbullying is bullying which takes place online. To know the signs that an email might be fake. To know the rules for being safe near roads.</p> <p><u>Drugs, alcohol and tobacco</u></p>	<p>To understand the UN Convention on the Rights of the Child. To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for looking after the local area. To know that elections are held where adults can vote for local councillors.</p>	<p>To know that we can pay for things using cash, a debit card, a credit card, online banking, and digital wallets. To know that spending should be based on necessity, importance, and available budget. To know that budgeting is planning how to spend and save the money that you have available.</p>	<p>To understand that change often brings about more opportunities and responsibilities.</p>

	<p>To know that violence is never the right way to solve a friendship problem</p> <p><u>Respectful relationships</u></p> <p>To know that trust is being able to rely on someone and it is an important part of relationships.</p> <p>To know the signs of a good listener.</p> <p>To understand how to listen carefully and why listening is important.</p> <p>To understand that there are similarities and differences between people.</p> <p>To understand some stereotypes related to age.</p> <p><u>Change and loss</u></p> <p>N/A</p>	<p><u>Mental wellbeing</u></p> <p>To understand the importance of belonging.</p> <p>To understand what being lonely means and that it is not the same as being alone.</p> <p>To understand what a problem or barrier is and that these can be overcome.</p>	<p>To understand that other people can influence our choices.</p> <p><u>The changing adolescent body</u></p> <p>N/A</p> <p><u>Basic first aid</u></p> <p>To know that bites or stings can sometimes cause an allergic reaction.</p> <p>To know that it is important to maintain the safety of myself and others, before giving first aid.</p>	<p>To understand some of the consequences of breaking rules.</p> <p>To understand the role of charities in the community</p>	<p>To know that money can cause us to have positive and negative feelings.</p> <p>To know how we spend money can affect other people and the environment, like buying environmentally friendly products to help protect the planet.</p> <p>To know that different jobs contribute to our society in different ways.</p> <p>To know that stereotypes are oversimplified ideas about what jobs are suitable for people based on gender, race, or other characteristics.</p> <p>To know that it is important to consider what they are good at and enjoy doing when choosing future careers.</p> <p>To know that they can aim for any career they are interested in and passionate about, regardless of stereotypes or other people's expectations.</p>	
Skills	<p><u>Family</u></p> <p>Learning that problems can occur in families and that there is help available if needed.</p> <p><u>Friendships</u></p> <p>Exploring ways to resolve friendship problems.</p> <p>Developing an understanding of the impact of bullying and what to do if bullying occurs.</p> <p><u>Respectful relationships</u></p> <p>Identifying who I can trust.</p> <p>Learning about the effects of non verbal communication.</p> <p>Exploring the negative impact of stereotyping.</p> <p><u>Change and loss</u></p> <p>N/A</p>	<p><u>Health and prevention</u></p> <p>Discussing why it is important to look after my teeth.</p> <p><u>Physical health and well-being</u></p> <p>Learning stretches which can be used for relaxation.</p> <p>Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.</p> <p><u>Mental wellbeing</u></p> <p>Exploring my own identity through the groups I belong to.</p> <p>Identifying my strengths and exploring how I use them to help others.</p> <p>Being able to breakdown a problem into smaller parts to overcome it.</p>	<p><u>Being safe (including online)</u></p> <p>Exploring ways to respond to cyberbullying or unkind behaviour online.</p> <p>Developing skills as a responsible digital citizen.</p> <p>Identifying things people might do near roads which are unsafe.</p> <p>Beginning to recognise unsafe digital content.</p> <p><u>Drugs, alcohol and tobacco</u></p> <p>Exploring that people and things can influence me and that I need to make the right decision for me.</p> <p>Exploring choices and decisions that I can make.</p> <p><u>The changing adolescent body</u></p> <p>N/A</p> <p><u>Basic first aid</u></p> <p>Learning what to do in a medical emergency, including calling the emergency services.</p>	<p>Exploring how children's rights help them and other children.</p> <p>Considering the responsibilities that adults and children have to maintain children's rights.</p> <p>Discussing ways we can make a difference to recycling rates at home/school.</p> <p>Identifying local community groups and discussing how these support the community.</p>	<p>Considering pros and cons of payment methods.</p> <p>Contemplating budgeting benefits.</p> <p>Planning and calculating within a budget.</p> <p>Discussing attitudes and feelings about money.</p> <p>Developing empathy in financial situations.</p> <p>Handling negative financial emotions.</p> <p>Making ethical spending decisions.</p> <p>Assessing impact of spending choices.</p> <p>Reflecting on future job based on goals.</p> <p>Challenging and understanding workplace stereotypes.</p> <p>Ranking factors influencing job choices.</p>	<p>Learning strategies to deal with change.</p>
Vocabulary	<p>bullying</p> <p>communicate</p> <p>empathy</p> <p>open questions</p> <p>similar</p> <p>solve</p> <p>stereotype</p> <p>sympathy</p> <p>trust</p>	<p>alone</p> <p>balance</p> <p>barriers</p> <p>belonging</p> <p>identity</p> <p>lonely</p> <p>resilience</p>	<p>allergic</p> <p>anaphylaxis</p> <p>bullying</p> <p>casualty</p> <p>choice</p> <p>cyberbullying</p> <p>decision</p> <p>distraction</p> <p>fake</p> <p>influence</p> <p>injuries</p>	<p>Charity</p> <p>Community</p> <p>Consequence</p> <p>Council</p> <p>Councillor</p> <p>Law</p> <p>Recycling</p> <p>Rights</p> <p>United Nations (UN)</p>	<p>account</p> <p>assumption</p> <p>budget</p> <p>career</p> <p>continuum</p> <p>digital trade</p> <p>fair trade</p> <p>feeling</p> <p>profession</p> <p>stereotype</p>	<p>Opportunity</p> <p>Responsibility</p> <p>Change</p> <p>Cope</p> <p>Strategies</p>
Year 4						
Knowledge	<p><u>Family</u></p> <p>To know that families are varied in the UK and across the world.</p> <p><u>Friendships</u></p>	<p><u>Health and prevention</u></p> <p>To know key facts about dental health.</p> <p><u>Physical health and well-being</u></p> <p>To know that visualisation means creating an image in our heads.</p>	<p><u>Being safe (including online)</u></p> <p>To understand that there are risks to sharing things online.</p> <p>To know the difference between private and public.</p>	<p>To know that human rights are specific rights that apply to all people.</p> <p>To know some of the people who protect our human rights such as police, judges and politicians.</p>	<p>To know that getting value for money involves considering the cost, usefulness and quality of items.</p>	<p>To know that setting goals can help us to achieve what we want.</p>

	<p>To understand the different roles related to bullying including victim, bully and bystander.</p> <p>To understand that everyone has the right to decide what happens to their body.</p> <p><u>Respectful relationships</u></p> <p>To understand the courtesy and manners which are expected in different scenarios.</p> <p>To understand some stereotypes related to disability.</p> <p><u>Change and loss</u></p> <p>To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p>	<p><u>Mental wellbeing</u></p> <p>To know that different job roles need different skills and so some roles may suit me more than others.</p> <p>To know that it is normal to experience a range of emotions.</p> <p>To know that mental health refers to our emotional wellbeing, rather than physical.</p> <p>To understand that mistakes can help us to learn.</p> <p>To know who can help if we are worried about our own or other people's mental health.</p>	<p><u>Drugs, alcohol and tobacco</u></p> <p>To understand the risks associated with smoking tobacco.</p> <p><u>The changing adolescent body</u></p> <p>To understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p><u>Basic first aid</u></p> <p>To know that asthma is a condition which causes the airways to narrow.</p>	<p>To know that reusing items is of benefit to the environment.</p> <p>To understand that councillors have to balance looking after local residents and the needs of the council.</p> <p>To know that there are a number of groups which make up the local community.</p>	<p>To know that purchases can be influenced by needs, wants, peer pressure, and advertising.</p> <p>To know that people often earn interest when they keep savings in a bank account.</p> <p>To know that earning interest is when the bank gives you some extra money as a reward for keeping your money with them.</p> <p>To know that people often change jobs or careers multiple times in their lives.</p> <p>To know that stereotypes can be made on age, gender, culture, ability and interest and hobbies.</p>	
Skills	<p><u>Family</u></p> <p>Using respectful language to discuss different families.</p> <p><u>Friendships</u></p> <p>Exploring physical and emotional boundaries in friendships.</p> <p><u>Respectful relationships</u></p> <p>Exploring how my actions and behaviour can affect other people.</p> <p><u>Change and loss</u></p> <p>Discussing how to help someone who has experienced a bereavement.</p>	<p><u>Health and prevention</u></p> <p>Developing independence in looking after my teeth.</p> <p><u>Physical health and well-being</u></p> <p>Identifying what makes me feel calm and relaxed.</p> <p>Learning visualisation as a tool to aid relaxation.</p> <p><u>Mental wellbeing</u></p> <p>Exploring how my skills can be used to undertake certain jobs.</p> <p>Explore ways we can make ourselves feel happy or happier.</p> <p>Developing the ability to appreciate the emotions of others in different situations.</p> <p>Learning to take responsibility for my emotions by knowing that I can control some things but not others.</p> <p>Developing a growth mindset.</p>	<p><u>Being safe (including online)</u></p> <p>Discussing how to seek help if I need to.</p> <p>Exploring what to do if an adult makes me feel uncomfortable.</p> <p>Learning about the benefits and risks of sharing information online.</p> <p><u>Drugs, alcohol and tobacco</u></p> <p>Discussing the benefits of being a non-smoker</p> <p><u>The changing adolescent body</u></p> <p>Discussing some physical and emotional changes during puberty</p> <p><u>Basic first aid</u></p> <p>Learning how to help someone who is having an asthma attack.</p>	<p>Discussing how we can help to protect human rights.</p> <p>Identifying ways items can be reused.</p> <p>Explaining why reusing items is of benefit to the environment.</p> <p>Identifying the benefits different groups bring to the local community.</p> <p>Discussing the positives diversity brings to a community.</p>	<p>Recognising value for money.</p> <p>Understanding differing opinions on spending.</p> <p>Recognising how to track money spent and saved.</p> <p>Understanding reasons for using a bank.</p> <p>Exploring how to safeguard money effectively.</p> <p>Identifying influences on job choices.</p> <p>Understanding careers can change.</p> <p>Challenging workplace stereotypes.</p>	<p>Recognising our own achievements.</p> <p>Being able to set goals</p>
Vocabulary	<p>act of kindness</p> <p>authority</p> <p>bereavement</p> <p>boundaries</p> <p>bystander</p> <p>permission</p>	<p>fluoride</p> <p>healthy</p> <p>mental health</p> <p>negative emotions</p> <p>positive emotions</p> <p>relaxation</p> <p>resilience</p> <p>skill</p> <p>visualise</p>	<p>Age restriction</p> <p>Asthma</p> <p>Breasts</p> <p>Genitals</p> <p>Law</p> <p>Penis</p> <p>Private</p> <p>Protect</p> <p>Puberty</p> <p>Public</p> <p>Testicles/Testes</p> <p>Tobacco</p>	<p>Authority</p> <p>Cabinet</p> <p>Community</p> <p>Council</p> <p>Council officer</p> <p>Diversity</p> <p>Environment</p> <p>Human rights</p> <p>Local government</p> <p>Protect</p> <p>Reuse</p> <p>United Nations/UN</p> <p>Volunteer</p>	<p>bank account</p> <p>bank statement</p> <p>career</p> <p>career satisfaction</p> <p>influence</p> <p>password</p> <p>perspective</p> <p>satisfaction</p> <p>security</p> <p>value for money</p>	<p>Goal</p> <p>Achievement</p> <p>Change</p>
Year 5						
Knowledge	<p><u>Family</u></p> <p>To know that marriage is a legal commitment and is a choice people can make.</p> <p>To know that if I have a problem, I can call ChildLine on 0800 1111.</p> <p><u>Friendships</u></p> <p>To know what attributes and skills make a good friend.</p>	<p><u>Health and prevention</u></p> <p>To understand the risks of sun exposure.</p> <p><u>Physical health and well-being</u></p> <p>To know that relaxation stretches can help us to relax and de-stress.</p> <p>To know that calories are the unit that we use to measure the amount of energy certain foods give us.</p>	<p><u>Being safe (including online)</u></p> <p>To know the steps to take before sending a message online (using the THINK mnemonic).</p> <p>To know some of the possible risks online.</p> <p><u>Drugs, alcohol and tobacco</u></p> <p>To know some strategies I can use to overcome pressure from others and make my own decisions.</p>	<p>To know what happens when someone breaks the law.</p> <p>To understand the waste hierarchy.</p> <p>To know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p>	<p>To know that being 'in debt' or 'having debt' means that you have spent more money than you have and owe money to others or the bank.</p> <p>To know the difference between money earned (income) and money spent (expenditure).</p> <p>To know that borrowing money, like loans or credit, involves the</p>	<p>To understand the skills needed for roles in school.</p>

	<p>To understand what might lead to someone bullying others.</p> <p>To know what action a bystander can take when they see bullying.</p> <p><u>Respectful relationships</u></p> <p>To understand that positive attributes are the good qualities that someone has.</p> <p>To know that stereotypes can be unfair, negative and destructive.</p> <p>To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p> <p><u>Change and loss</u></p> <p>N/A</p>	<p>To know that what we do before bed can affect our sleep_quality.</p> <p><u>Mental wellbeing</u></p> <p>To understand what can cause stress.</p> <p>To understand that failure is an important part of success.</p>	<p><u>The changing adolescent body</u></p> <p>To understand the process of the menstrual cycle.</p> <p>To know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>To know that puberty happens at different ages for different people.</p> <p><u>Basic first aid</u></p> <p>To know how to assess a casualty's condition.</p>	<p>To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p>	<p>responsibility to pay it back with interest.</p> <p>To know that when a bank or someone lends you money, they may ask you to pay back more than what you borrowed.</p> <p>The extra amount is the interest, which is like a fee for using someone else's money.</p> <p>To know that they should be cautious about sharing financial information.</p> <p>To know that money can cause a range of emotions, from stress and anxiety when finances are tight, to happiness and excitement when they can afford something they want.</p> <p>To know that their educational choices and personal interests can play a significant role in determining their future career options and opportunities.</p> <p>To know that it is important to challenge work-related stereotypes to create a more inclusive and fair work environment.</p>	
Skills	<p><u>Family</u></p> <p>Identifying ways families might make children feel unhappy or unsafe.</p> <p><u>Friendships</u></p> <p>Exploring the impact that bullying might have.</p> <p>Exploring issues which might be encountered in friendships and how these might impact the friendship.</p> <p><u>Respectful relationships</u></p> <p>Exploring and questioning the assumptions we make about people based on how they look.</p> <p>Exploring our positive attributes and being proud of these (self-respect).</p> <p><u>Change and loss</u></p> <p>N/A</p>	<p><u>Health and prevention</u></p> <p>Developing independence for protecting myself in the sun.</p> <p><u>Physical health and well-being</u></p> <p>Understanding the relationship between stress and relaxation.</p> <p>Considering calories and food groups to plan healthy meals.</p> <p>Developing greater responsibility for ensuring good quality sleep.</p> <p><u>Mental wellbeing</u></p> <p>Taking responsibility for my own feelings.</p>	<p><u>Being safe (including online)</u></p> <p>Developing an understanding of how to ensure relationships online are safe.</p> <p><u>Drugs, alcohol and tobacco</u></p> <p>Learning to make 'for' and 'against' arguments to help with decision making.</p> <p><u>The changing adolescent body</u></p> <p>Learning about the emotional changes during puberty.</p> <p>Identifying reliable sources of help with puberty.</p> <p><u>Basic first aid</u></p> <p>Learning about how to help someone who is bleeding.</p>	<p>Explaining why reducing the use of materials is positive for the environment.</p> <p>Discussing how rights and responsibilities link.</p> <p>Exploring the right to a freedom of expression.</p> <p>Identifying the contribution people make to the community and how this is recognised.</p> <p>Developing an understanding of how parliament and Government work.</p> <p>Identifying ways people can bring about change in society.</p>	<p>Discussing money risks and management.</p> <p>Making and prioritising budgets.</p> <p>Discussing money's role in career choices.</p> <p>Assessing loan and borrowing responsibilities and suitability.</p> <p>Implementing money safeguarding strategies.</p> <p>Navigating emotional implications in financial situations.</p> <p>Seeking guidance for financial dilemmas.</p> <p>Integrating factors to inform career decisions.</p>	<p>Recognising own skills and how these can be developed.</p>
Vocabulary	<p>attributes</p> <p>bullying</p> <p>bystander</p> <p>cyberbullying</p> <p>marriage</p> <p>secret</p> <p>wedding</p>	<p>fail</p> <p>goal</p> <p>protect</p> <p>relaxation</p> <p>responsibility</p> <p>steps</p>	<p>Attraction</p> <p>Bladder</p> <p>Breasts</p> <p>Cervix</p> <p>Clitoris</p> <p>Decision</p> <p>Egg or ova</p> <p>Ejaculation</p> <p>Erection</p> <p>Fallopian tube</p> <p>Friend</p> <p>Influence</p> <p>Labia</p> <p>Menstruation/period</p> <p>Nipples</p> <p>Ovary/ovaries</p> <p>Private</p> <p>Puberty</p> <p>Pubic hair</p> <p>Scrotum</p> <p>Testicles/testes</p>	<p>Defendant</p> <p>Environment</p> <p>Freedom of expression</p> <p>Government</p> <p>House of Commons</p> <p>Human rights</p> <p>Judge</p> <p>Jury</p> <p>Member of Parliament (MP)</p> <p>Parliament</p> <p>Pressure group</p> <p>Prime Minister</p> <p>Trial</p>	<p>allocate</p> <p>borrow</p> <p>commitment</p> <p>expenditure</p> <p>impact</p> <p>income</p> <p>loan</p> <p>prioritise</p> <p>repayment</p> <p>risk</p>	<p>Skill</p> <p>Responsibility</p> <p>Role achievement</p>

			Vagina Vulva			
Year 6						
Knowledge	Family N/A Friendships To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise. Respectful relationships To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to bullying and discrimination. Change and loss To understand that loss and change can cause a range of emotions. To know that grief is the process people go through when someone close to them dies.	Health and prevention To understand that vaccinations can give us protection against disease. To know that changes in the body could be possible signs of illness. Physical health and well-being To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. Mental wellbeing To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). To know the effects technology can have on mental health.	Being safe (including online) To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems. Drugs, alcohol and tobacco To understand the risks associated with drinking alcohol. The changing adolescent body To understand how a baby is conceived and develops. Basic first aid To know how to conduct a primary survey (using DRSABC).	To know that education is an important human right. To know that our food choices can affect the environment. To know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education. To know that prejudice is making assumptions about someone based on certain information. To know that discrimination is treating someone differently because of certain factors.	To know that our emotions can be linked to money. To know an online scam is when someone uses the internet to trick or deceive people into giving away their money or personal information. To know that a secure password should have a combination of letters, numbers and special symbols and be kept secret from others. To know that at secondary school they may have to manage different types of expenses like lunches, travel costs, school materials, and social activities. To know that gambling or betting is paying to play a game where you don't know if you will win more money or lose your money. To know that gambling can cause people to lose a lot of money and can be very addictive. To know that a career route is the path you take to have a particular career and the qualifications and experience you have to gain along the way	To know that a big change can bring opportunities but also worries.
Skills	Family N/A Friendships Identifying ways to resolve conflict through negotiation and compromise. Respectful relationships Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes. Change and loss Exploring the process of grief and understanding that it is different for different people.	Health and prevention Considering ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health. Physical health and well-being Identifying a range of relaxation strategies and situations in which they would be useful. Exploring ways to maintain good habits. Setting achievable goals for a healthy lifestyle. Mental wellbeing Exploring my personal qualities and how to build on them. Developing strategies for being resilient in challenging situations.	Being safe (including online) Developing an understanding about the reliability of online information. Exploring online relationships including dealing with problems. Drugs, alcohol and tobacco Discussing the reasons why adults may or may not drink alcohol. The changing adolescent body Discussing problems which might be encountered during puberty and using knowledge to help. Basic first aid Learning how to help someone who is choking. Placing an unresponsive patient into the recovery position.	Learning about environmental issues relating to food. Discussing how education and other human rights protect us. Identifying causes which are important to us. Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.	Developing emotional intelligence related to financial matters. Applying coping strategies for managing financial emotions. Assessing risks in both physical and digital financial environments. Implementing safeguarding measures for money in real-world scenarios. Adapting to financial changes associated with transitioning to secondary school. Preparing personally for financial and career changes in secondary school. Identifying different forms of gambling and understanding their risks. Applying responsible gambling attitudes in real-world situations. Recognising various workplace environments and their characteristics. Identifying career options in multiple sectors. Evaluating the suitability of different career paths. Aligning career options with personal interests and strengths.	Exploring a greater range of strategies to deal with feelings associated with change.
Vocabulary	authority conflict earn expectation grief grieving resolve respect	antibodies growth mindset habit qualities responsibility skill vaccination	Alcohol Bladder Breasts Cervix Clitoris Conception Cyberbullying Egg or ova	Authority Conflict Earn Expectation Grief Grieving Protected characteristics Resolve	earnings educational requirements expenses gambling responsibilities risks safeguard university	Change Identity Images Manipulation Media

	stereotype		Ejaculation Erection Fallopian tube Fertilisation Genitals Internet trolling Labia Menstruation/period Nipples Ovary/ovaries Penis Pregnant Puberty Pubic hair Scrotum Sexual intercourse Sperm Sperm duct Testicles/testes Urethra Uterus Vagina Vaginal opening Voice breaking Vulva Wet dreams Womb	Respect Stereotype	valuables workplace	
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