



Year group	Autumn	Spring	Summer
<p style="text-align: center;"><u>EYFS End Points</u></p> <p>Family and Relationships</p> <ul style="list-style-type: none">• to understand the different types of relationships• to understand caring friendships.• to know what a family is• to understand that all families are different• to understand people who care for me• to understand how to be a good friend <p>Health and Wellbeing</p> <ul style="list-style-type: none">• to understand how to help keep bodies healthy• to understand emotions• to know hygiene routines• to understand what physical health is• <p>Safety</p> <ul style="list-style-type: none">• to understand how to keep safe• to understand how to keep safe on roads• to know the people that keep me safe <p>Citizenship</p> <ul style="list-style-type: none">• to understand how to look after the environment• to know how to look after plants and animals• to know how to keep the environment clean• to understand why it's important not to litter			

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- to know people in the community who help us

Economic Wellbeing

- to understand what money is
- to understand where money comes from

Nursery	<p><u>Autumn</u> <u>Family and Relationships</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • to understand who they are • to understand friendships • to understand sharing and taking turns • to know what kindness is • to understand what a family is <p>Key vocabulary:</p> <ul style="list-style-type: none"> • relationship, friendship, caring, families, love, sharing, security, diversity, similar, different, similarities, differences, caring friendships, respectful relationships. 	<p><u>Spring</u> <u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • to understand what it means to be healthy • to understand healthy and unhealthy foods • to explore hygiene routines • to understand what emotions are • to understand how to talk about feelings <p>Key vocabulary:</p> <ul style="list-style-type: none"> • healthy, unhealthy, food, body, physical, mental, bodies, hygiene, teeth, bones, brushing, routine 	<p><u>Summer</u> <u>Safety and Citizenship</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • to understand how to ask for help • to understand how to keep safe at home • to understand how to keep safe at school • to know the people that keep me safe • to understand how to look after the environment - litter, plants and trees. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • safe, unsafe, harmful, risk, road safety, fire, hot, crossing, traffic lights, policeman, doctor, nurse, teacher, environment, trees, plants, litter, waste
Reception	<p><u>Autumn 1</u> <u>Family and Relationships</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • to understand the different types of relationships/families • to understand caring friendships. • to know what a family is • to know the characteristics of a healthy family • to understand that all families are different <p>Key vocabulary:</p>	<p><u>Spring 1</u> <u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • to understand how to help keep bodies healthy: • to know hygiene routines • to understand what physical health is <p>Key vocabulary:</p> <ul style="list-style-type: none"> • healthy, unhealthy, food, body, physical, mental, bodies, hygiene, teeth, bones, brushing, routine 	<p><u>Summer 1</u> <u>Citizenship</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • to know people in the community who help us • to understand how to look after the environment • to know how to look after plants and animals • to know how to keep the environment clean • to understand why it's important not to litter <p>Key vocabulary:</p> <ul style="list-style-type: none"> • plants, animals, environment, litter, clean,

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- relationship, friendship, caring, families, love, sharing, security, diversity, similar, different, similarities, differences, caring friendships, respectful relationships.

Unit Coverage:

Week 1 - Diversity
Week 2 - Lesson 1 - What is a family and why are they special?
Week 3 - Lesson 2 - Who are my special people?
Week 4 - Lesson 3 - Why is sharing important?
Week 5 - Lesson 4 - What makes us special?
Week 6 - Lesson 5 - What are my interests?

Autumn 2

Relationships - Anti-Bullying

Key knowledge:

- to understand the characteristics of a caring friendship, including mutual respect, trustworthiness to understand people who care for me
- to understand how people care for me
- to understand the people I can trust
- to know helps keep bodies healthy: hygiene routines

Key vocabulary:

- relationship, friendship, caring, families, diversity, similar, different, similarities, differences, caring friendships, respectful relationships, hearing, physical health and fitness, health, being safe

Unit Coverage:

Week 1 - Diversity
Week 2 - Lesson 1 - What are the characteristics of a friendship?
Week 3 - Lesson 2 - Who are my friends and why are they special?
Week 4 - Lesson 3 - How can I show kindness to others?
Week 5 - Lesson 4 - What is bullying?
Week 6 - Lesson 5 - What feelings are associated with bullying?

Spring 2 **Safety**

Key knowledge:

- to understand how to keep safe
- to understand how to keep safe on roads
- to know the people that keep me safe

Key vocabulary:

- safe, unsafe, harmful, risk, road safety, crossing, traffic lights, policeman, doctor, nurse, teacher.

community, police, doctors, nurses, teachers.

Summer 2 **Economic Wellbeing**

Key knowledge:

- to understand what money is
- to understand where money comes from

Key vocabulary:

- money, coins, notes



KS1 End Points

Family and Relationships

- to understand that families offer love and support and that different families may be made up of different people.
- to consider what friends may be thinking and feeling in different situations.
- to recognise some issues that may occur in friendships and which of these may need adult help to resolve.
- to understand that expectations of manners may change according to the situation.
- to know that remembering people who were important to them but are no longer here can cause a mixture of emotions.
- to be able explain what gender stereotypes are in relation to careers.

Health and Wellbeing

- to use multiple colours in a diagram to show how they can feel more than one emotion at a time.
- to be able to describe how they would feel in a particular situation and understand that not everyone feels the same.
- to understand the effect of physical activity on their body and mind.
- to be able to describe energetic physical activities that they enjoy.
- to be able to describe the positive effects of relaxation and know there are different ways to relax.
- to know how to use breathing exercises to relax.
- to recognise and describe what they are good at and what skills they would like to develop.
- to create a complete ladder detailing achievable steps which work towards a goal.
- to be able to explain what a growth mindset is.
- to use strategies to stay calm during trick challenges.
- to be able to explain that a healthy diet is when we eat a balance of the right foods, describing some consequences that may arise from poor diet choices.
- to state what ingredients they can see on a dish and compare them with the food pyramid.
- to understand what helps to keep teeth healthy.

Safety and the Changing Body



- to understand how the internet can be used to help us.
- to know the PANTS rule.
- to know that I should tell an adult if I see something which makes me uncomfortable online.
- to understand the difference between secrets and surprises.
- to know the rules for crossing the road safely.
- 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.
- to know the names of parts of my body including private parts.
- to understand how to keep safe near roads.
- to understand when we should take medicines that can help us feel better when we are unwell.

Citizenship

- 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'.
- 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 be able to explain what makes a good school environment.
- To understand that everyone has similarities and differences.
- To understand the British Values
- To recognise some local job roles that help the community.
- To recognise similarities and differences between people in the local community.
- To be able to explain that differences should be respected.
- To be able to share their opinions on things that matter.

Economic Wellbeing

- To know some of the ways in which adults get money.
- To know the difference between a 'want' and 'need'.
- To understand that banks are a safe place to keep money.
- To know some of the features to look at when selecting a bank account.
- To recognise that saving might be necessary to buy the things we want.
- To recognise that different jobs require different skills.



1	<p>Autumn 1 Family and relationships</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand the different relationships we have with people • To understand what it means to be a good friend • To understand who we can share our feelings with • To know who to trust and how our positive relationships can help us <p>Key vocabulary:</p> <ul style="list-style-type: none"> • behaviour, care, emotions, feelings, family, friendship, friends, problems, stereotypes, relatives, extended family. <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1 - What is a family? Week 3 - Lesson 2 - What are characteristics of a positive friendship? Week 4 - Lesson 3 - What are the different emotions? Week 5 - Lesson 3 - How can I respond to other people's feelings? Week 6 - Assessment</p> <p>Autumn 2 Relationships - Anti-Bullying</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand some characteristics of a positive friendship. • To understand that friendships can have problems but that these can be overcome. • To know that it is called stereotyping when people 	<p>Spring 1 Health and Wellbeing</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand that we can limit the spread of germs by having good hand hygiene. • 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. • To know that sleep helps my body to repair itself, to grow and restores my energy. • 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>Key vocabulary:</p> <ul style="list-style-type: none"> • rest, energy, sleep, routines, emotional wellbeing, illness, qualities, hygiene, routines, allergy, strengths, goals, achievement. <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1/2 - What are the different emotions I may feel? Week 3 - Lesson 3/4 - Why is rest and relaxation important? Week 4 - Lesson 5/6/7 - How can I keep safe? Week 5 - Lesson 8 - Who can help me keep healthy and safe? Week 6 - Assessment</p> <p>Spring 2 Safety</p>	<p>Summer 1 Citizenship</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know the rules in school. • To know that different pets have different needs. • 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. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • care, democracy, different, similar, fair, responsibility, vote, rights. <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1 - Why are rules important? Week 3 - Lesson 2 - How can we care for animals? Week 4 - Lesson 3 - How can we care for others? Week 5 - Lesson 5/6 - What is democracy? Week 6 - Assessment</p> <p>Summer 2 Economic Wellbeing</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know that coins and notes have different values. • To know some of the ways children may receive money.

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	<p>think of things as being 'for boys' or 'for girls' only.</p> <ul style="list-style-type: none"> ● To understanding the different types of Bullying and what to do if you are worried about bullying (Anti-Bullying Week) ● to understand what we need to do to keep ourselves healthy <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● bullying, Anti-Bullying, impact, mental health, wellbeing, behaviour, care, emotions, feelings, family, friendship, friends, problems, stereotypes, healthy eating, physical health and fitness, health and prevention, being safe <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 4 - How do friendships make us feel? (Anti-Bullying) Week 3 - Lesson 5 - How can we overcome problems in a friendship? (Anti-bullying) Week 4 - Lesson 6 - How can I make others feel valued and welcome? (Anti-Bullying) Week 5 - Lesson 7 - What are stereotypes? (Anti-Bullying) Week 6 - Assessment</p>	<p>Key knowledge:</p> <ul style="list-style-type: none"> ● To know that some types of physical contact are never appropriate. ● To know what to do if I get lost. ● To know that a hazard is something which could cause an accident or injury. ● To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. ● To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. ● To know that emergency services are the police, fire service and the ambulance service. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● accident, emergency, medicine, polite, role, drug, hazards, physical contact, respect, trust <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1/2/8 - How do I respond to different adults in different situations and who can keep me safe? Week 3 - Lesson 3/4 - What can I do in an emergency? Week 4 - Lesson 5 - How do boundaries keep me safe? Week 5 - Lesson 6/7 - How can I keep myself safe? Week 6 - Assessment</p>	<ul style="list-style-type: none"> ● To know that it is wrong to steal money. ● To know that banks are places where we can store our money. ● To know some jobs in school. To know that different jobs need different skills. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● bank, building society, choice, earn, money, money box, safe, security, skill, value, cash, coins, interest, save, spend, wallet <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1 - What is money and where does it come from? Week 3 - Lesson 2 - How can we keep our money safe? Week 4 - Lesson 3 - What are the benefits of banks and building societies? Week 5 - Lesson 4 - What choices do people make when spending and saving? Week 6 - What are some of the jobs people do at my school? Week 7 - Assessment</p>
2	<p><u>Autumn 1</u> <u>Family and relationships</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To know that families can be made up of different people. ● To know that families may be different to my family. ● To know what a positive friendship looks like ● To know who to talk to when I feel unhappy ● To know some problems which might happen in friendships. ● To understand that some problems in friendships might be more serious and need addressing. 	<p><u>Spring 1</u> <u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To know that food and drinks with lots of sugar are bad for our teeth. ● To understand 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. ● To know that we can feel more than one emotion 	<p><u>Summer 1</u> <u>Citizenship</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● 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'. ● 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.

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	<p>.</p> <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● behaviour, care, emotions, feelings, family, friendship, friends, problems, stereotypes, relatives, extended family. <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 1 - What is the role of a family?</p> <p>Week 3 - Lesson 2 - What makes families special and unique?</p> <p>Week 4 - Lesson 3/4 - How can I respond to other's feelings and emotions?</p> <p>Week 5 - Lesson 6 - How can change and loss affect us?</p> <p>Week 6 - Assessment</p> <p>Autumn 2</p> <p><u>Relationships - Anti-Bullying</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To understand some ways people show their feelings. ● To understand what good manners are. ● To understand some stereotypes related to jobs. ● To know that there are ways we can remember people or events ● To understand the different types of Bullying and what to do if you are worried about bullying (Anti-Bullying Week) ● To understand how to how to keep healthy ● To understand good routines <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● bullying, Anti-Bullying, impact, mental health, wellbeing, behaviour, care, emotions, feelings, family, friendship, friends, problems, stereotypes, healthy eating, physical health and fitness, health and prevention, being safe 	<p>at a time.</p> <ul style="list-style-type: none"> ● To know that a growth mindset means being positive about challenges and finding ways to overcome them. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● diet, exercise, goal, growth mindset, healthy, physical activity, relaxation, skill, strengths. <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 1 - How can I manage my emotions?</p> <p>Week 3 - Lesson 2 - How does physical activity keep me healthy?</p> <p>Week 4 - Lesson 4/5 - How can I develop a positive growth mindset?</p> <p>Week 5 - Lesson 6/7 - Why is it important to have a healthy diet?</p> <p>Week 6 - Assessment</p> <p>Spring 2</p> <p><u>Safety and Changing Body</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To know the PANTS rule. ● To know that I should tell an adult if I see something that makes me uncomfortable online. ● To understand the difference between secrets and surprises. ● To know the rules for crossing the road safely. ● 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. ● To know the names of parts of my body, including private parts. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● medicine, pedestrian, private, secret, surprise, penis, testicles/testes, vulva, vagina <p>Unit Coverage:</p>	<ul style="list-style-type: none"> ● To understand that everyone has similarities and differences. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● election, environment, identify, job, opinion, rule, school council, volunteer, vote. <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 1 - Why do we have rules at school?</p> <p>Week 3 - Lesson 2 - How can we look after our school environment?</p> <p>Week 4 - Lesson 3/4 - How can we look after our local environment?</p> <p>Week 5 - Lesson 6/7 - How does democracy work in school?</p> <p>Week 6 - Assessment</p> <p>Summer 2</p> <p><u>Economic Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To know that coins and notes have different values. ● To know some of the ways children may receive money. ● To know that it is wrong to steal money. ● To know that banks are places where we can store our money. ● To know some jobs in school. To know that different jobs need different skills. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● needs, wants, luxury, coins, needs, priority <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 1 - Where does money come from?</p> <p>Week 3 - Lesson 2 - What is the difference between needs and wants?</p>
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	<p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 5 - What is the convention of courtesy and manners? (Anti-Bullying) Week 3 - Lesson 5 - What is bullying and how can we prevent it? (Anti-bullying) Week 4 - Lesson 6 - What are stereotypes and how can we avoid them? (Anti-Bullying) Week 5 - Lesson 7 - What can we do if we are worried about bullying? (Anti-Bullying) Week 6 - Assessment</p>	<p>Week 1 - Diversity Week 2 - Lesson 1/2 - How do I keep safe online? Week 3 - Lesson 3 - What is the difference between secrets and surprises? Week 4 - Lesson 4/5 - What are the different body parts and which ones are private? Week 5 - Lesson 6/7 - How can I keep myself safe on the roads and with medicines? Week 6 - Assessment</p>	<p>Week 4 - Lesson 3 - How can saving help us to buy things we want? Week 5 - Lesson 5 - How can banks help us to save? Week 6 - Lesson 5 - What skills and interests are associated with some jobs? Week 7 - Assessment</p>
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Lower KS2 End Points

Relationships

- To know that families are varied in the UK and across the world.
- To understand the different roles related to bullying including victim, bully and bystander.
- To understand that everyone has the right to decide what happens to their body.
- To understand the courtesy and manners which are expected in different scenarios.
- To understand what bullying is and what to do if they see or experience it
- To understand some stereotypes related to disability.
- To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.
- To know who they can trust and why
- To be able to describe the characteristics of a positive relationship

Health and Wellbeing

- To know key facts about dental health.
- To know that visualisation means creating an image in our heads.
- To know that different job roles need different skills and so some roles may suit me more than others.
- To know that it is normal to experience a range of emotions.
- To know that mental health refers to our emotional wellbeing, rather than physical.
- To understand that mistakes can help us to learn.
- To know who can help if we are worried about our own or other people's mental health.



- To be able to describe how they would break a problem down into small, achievable goals.
- To identify their own strengths and that they can help other people.

Safety and the Changing Body

- To understand that there are risks to sharing things online.
- To know the difference between private and public.
- To understand the risks associated with smoking tobacco.
- To know that asthma is a condition which causes the airways to narrow.

Citizenship

- To know that human rights are specific rights that apply to all people.
- To know some of the people who protect our human rights such as police, judges and politicians.
- To know that reusing items is of benefit to the environment.
- To understand that councillors have to balance looking after local residents and the needs of the council.
- To know that there are a number of groups which make up the local community.
- To understand the UN Convention on the Rights of the Child.
- To understand the role of charities in the community.

Economic Wellbeing

- To know that money can be lost in a variety of ways.
- To understand the importance of tracking money.
- To know that budgeting money is important.
- To know that many people will have more than one job or career in their lifetimes.
- Exploring ways to overcome stereotypes in the workplace.



3

Autumn 1

Family and relationships

Key knowledge:

- To know how to keep a healthy friendship and how to resolve conflict
- To know that violence is never the right way to solve a friendship problem.
- To know that trust is being able to rely on someone and it is an important part of relationships.
- To know the signs of a good listener.
- To understand that there are similarities and differences between people.

Key vocabulary:

- bullying, communicate, empathy, open questions, similar, solve, stereotype, sympathy, trust

Unit Coverage:

Week 1 - Diversity
Week 2 - Lesson 1- How are the characteristics of a healthy family?
Week 3 - Lesson 2 - How can we overcome conflict in friendships?
Week 4 - Lesson 5 - Why trust is an important part of positive relationships?
Week 5 - Lesson 7/8 - How can we recognise stereotypes in everyday life?
Week 6 - Assessment

Autumn 2

Relationships - Anti-Bullying

Key knowledge:

- To know that bullying can be physical or verbal.
- To know that bullying is repeated, not a one-off event (Anti-Bullying Week)
- to understand how to maintain a healthy lifestyle

Spring 1

Health and Wellbeing

Key knowledge:

- To understand ways to prevent tooth decay.
- 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.
- To understand the importance of belonging.
- To understand what being lonely means and that it is not the same as being alone.
- To understand what a problem or barrier is and that these can be overcome.

Key vocabulary:

- alone, balance, barriers, belonging, identity, lonely, resilience

Unit Coverage:

Week 1 - Diversity
Week 2 - Lesson 1/6 - What keeps me physically strong and healthy?
Week 3 - Lesson 2 - Why is relaxation important?
Week 4 - Lesson 3/4 - What are my superpowers?
Week 5 - Lesson 5 - How can I overcome barriers?
Week 6 - Assessment

Spring 2

Safety and Changing Body

Key knowledge:

- 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.

Key vocabulary:

- allergic, anaphylaxis, bullying, casualty, choice, cyberbullying, decision, distraction, fake, influence,

Summer 1

Citizenship

Key knowledge:

- 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.
- To understand some of the consequences of breaking rules.
- To understand the role of charities in the community.

Key vocabulary:

- charity, community, consequence, council, councillor, law, recycling, rights, United Nations (UN)

Unit Coverage:

Week 1 - Diversity
Week 2 - Lesson 1/2 - What are our rights as a child?
Week 3 - Lesson 3 - How does recycling help our environment?
Week 4 - Lesson 5 - How do charities help others and how can I support them?
Week 5 - Lesson 6/7 - How does democracy work in our local area?
Week 6 - Assessment

Summer 2

Economic Wellbeing

Key knowledge:

- To know that coins and notes have different values.

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	<p>Key vocabulary:</p> <ul style="list-style-type: none"> bullying, intentional, imbalance of power, hurt, communicate, empathy, open questions, similar, solve, stereotype, sympathy, trust, healthy eating, positive choices, routines, sleep, rest, dental care <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 3 - What is the difference between conflict and bullying? (Anti-Bullying)</p> <p>Week 3 - Lesson 3 - What is the impact of bullying? (Anti-bullying)</p> <p>Week 4 - Lesson 4 - How can we communicate effectively? (Anti-Bullying)</p> <p>Week 5 - Lesson 7 - How can we prevent bullying at our school? (Anti-Bullying)</p> <p>Week 6 - Assessment</p>	<p>injuries</p> <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 1/2 - First Aid - What role can I take in case of an emergency?</p> <p>Week 3 - Lesson 6 - What choices do I have and what choices are made by others?</p> <p>Week 4 - Lesson 7 - Who and what can influence my decisions?</p> <p>Week 5 - Lesson 8 - How can I keep myself safe when I am out and about?</p> <p>Week 6 - Assessment</p>	<ul style="list-style-type: none"> To know some of the ways children may receive money. To know that it is wrong to steal money. To know that banks are places where we can store our money. To know some jobs in school. To know that different jobs need different skills. <p>Key vocabulary:</p> <ul style="list-style-type: none"> budget, expense, feeling, qualification, stereotype <p>Unit Coverage:</p> <p>Week 1 - Diversity</p> <p>Week 2 - Lesson 1 - What are the different ways of paying?</p> <p>Week 3 - Lesson 2 - What is a budget and how might I create one?</p> <p>Week 4 - Lesson 3 - How can spending impact how we feel?</p> <p>Week 5 - Lesson 4 - How can ethics influence our spending decisions?</p> <p>Week 6 - Lesson 5/6 - What kind of career might we choose in the future?</p> <p>Week 7 - Assessment</p>
4	<p><u>Autumn 1</u></p> <p><u>Family and relationships</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> To understand how to maintain a positive relationship To know the characteristics of a positive relationship To know how to have a caring relationship and show empathy To understand the impact of negative relationships and what to do in this situation To know who to ask for help <p>Key vocabulary:</p> <ul style="list-style-type: none"> act of kindness, authority, boundaries, bystander, permission 	<p><u>Spring 1</u></p> <p><u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> To know key facts about dental health. To know that visualisation means creating an image in our heads. To know that different job roles need different skills and so some roles may suit me more than others. To know that it is normal to experience a range of emotions. To know that mental health refers to our emotional wellbeing, rather than physical. To understand that mistakes can help us to learn. To know who can help if we are worried about our 	<p><u>Summer 1</u></p> <p><u>Citizenship</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> To know that human rights are specific rights that apply to all people. To know some of the people who protect our human rights such as police, judges and politicians. To know that reusing items is of benefit to the environment. To understand that councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups

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<p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1- How are the characteristics of a healthy family? Week 3 - Lesson 2 - How can we overcome conflict in friendships? Week 4 - Lesson 5 - Why trust is an important part of positive relationships? Week 5 - Lesson 7/8 - How can we recognise stereotypes in everyday life? Week 6 - Assessment</p> <p>Autumn 2 Relationships - Anti-Bullying</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To understand the different roles related to bullying including the victim, bully and bystander. ● To understand the different types of bullying and how to get help if they are worried about bullying (Anti-Bullying Week) ● To understand what we need to do to keep ourselves healthy ● to understand procedures and rules that keep us safe <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● act of kindness, authority, bereavement, boundaries, bystander, permission, balanced lifestyles, choices, health, wellbeing, balanced diet, choices, food, influences, risk, danger, hazard, responsibility, safety, bacteria, viruses, hygiene routines. <p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1- How are the characteristics of a healthy family? Week 3 - Lesson 2 - How can we overcome conflict in friendships? Week 4 - Lesson 5 - Why trust is an important part of positive relationships? Week 5 - Lesson 7/8 - How can we recognise stereotypes in everyday life?</p>	<p>own or other people's mental health.</p> <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● fluoride, healthy, mental health, negative emotions, positive emotions, relaxation, resilience, skill, visualise <p>Unit Coverage: (Dental care to be covered as starters throughout the unit) Week 1 - Diversity Week 2 - Lesson 1 - How can visualisation help me to relax? Week 3 - Lesson 2 - Why should we celebrate mistakes? Week 4 - Lesson 3 - What are my strengths? Week 5 - Lesson 5/6 - How can I be responsible for my own happiness? Week 6 - Assessment</p> <p>Spring 2 Safety and Changing Body</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To understand that there are risks to sharing things online. ● To know the difference between private and public. ● To understand the risks associated with smoking tobacco. ● To understand the physical changes to both male and female bodies as people grow from children to adults. ● To know that asthma is a condition that causes the airways to narrow. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● age restriction, asthma, breasts, genitals, law, penis, private, protect, puberty, public, testicles/testes, tobacco <p>Unit Coverage:</p>	<p>that make up the local community.</p> <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● authority, cabinet, community, council, council officer, diversity, environment, human rights, local government, protect, reuse, United Nations/UN, volunteer <p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1 - What are human rights? Week 3 - Lesson 2 - How does reusing benefit our environment? Week 4 - Lesson 3/4 - What is the role of different groups within our community? Week 5 - Lesson 5 - What is the role of local government? Week 6 - Assessment</p> <p>Summer 2 Economic Wellbeing</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To know that money can be lost in a variety of ways. ● To understand the importance of tracking money. ● To know that many people will have more than one job or career in their lifetimes. ● Exploring ways to overcome stereotypes in the workplace. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● bank balance, bank statement, career, debit card <p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1 - What kinds of things could impact my spending choices? Week 3 - Lesson 2 - Why is it important to keep track of my money and spending?</p>
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	Week 6 - Assessment	Week 1 - Diversity Week 2 - Lesson 3 - First Aid - How can I help someone during an asthma attack? Week 3 - Lesson 4 - What is privacy and how can it keep me safe? Week 4 - Lesson 6/7 - What changes as we grow older? Week 5 - Lesson 8 - How is smoking harmful? Week 6 - Assessment	Week 4 - Lesson 3 - How can we look after our money? Week 5 - Lesson 4 - What could influence our career choices? Week 6 - Lesson 5 - Is a career for life? Week 7 - Assessment
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Upper KS2 End Points

Relationships

- To know that a conflict is a disagreement or argument and can occur in friendships.
- To understand the concepts of negotiation and compromise.
- To understand what respect is.
- 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
- To understand that everyone deserves respect but respect can be lost.
- To understand that stereotypes can lead to bullying and discrimination

Health and Wellbeing

- To understand that vaccinations can give us protection against disease.
- To know that changes in the body could be possible signs of illness.
- 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.
- 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.

Safety and the Changing Body

- 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.
- To understand the risks associated with drinking alcohol.
- To understand how a baby is conceived and develops.
- To know how to conduct a primary survey (using DRSABC).

Citizenship

- 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.

Economic Wellbeing

- To understand that there are certain rules to follow to keep money safe in bank accounts.
- To know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money.
- To understand that different jobs have different routes into them.
- To understand that people change jobs for a number of reasons.
- To know that banks and organisations such as Citizens' Advice can help with money-related problems.

5	<p><u>Autumn 1</u> <u>Family and relationships</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know and understand what a positive relationship looks like. • To know who to trust and how to build trust. • To know how contribute positively to a friendship • To know the importance of communication and the positive impact it can have <p>Key vocabulary:</p> <ul style="list-style-type: none"> • attributes, bullying, bystander, cyberbullying, 	<p><u>Spring 1</u> <u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand the risks of sun exposure. • To know that relaxation stretches can help us to relax and de-stress. • To know that calories are the unit that we use to measure the amount of energy certain foods give us. • To know that what we do before bed can affect our sleep quality. • To understand what can cause stress. To understand that failure is an important part of 	<p><u>Summer 1</u> <u>Citizenship</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know what happens when someone breaks the law. • To understand the waste hierarchy. • To know that parliament is made up of the House of Commons, the House of Lords and the Monarch. • To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.
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	<p>marriage, secret, wedding</p> <p>Autumn 2 Relationships - Anti-Bullying Health and Wellbeing</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand what might lead to someone bullying others. To know what action a bystander can take when they see bullying. (Anti-Bullying Week) • To understand that positive attributes are the good qualities that someone has. • to understand the positive and negatives choices that impact my health and wellbeing <p>Key vocabulary:</p> <ul style="list-style-type: none"> • attributes, bullying, bystander, cyberbullying, marriage, secret, wedding, advice, support, asking for help Risk, danger, hazard, responsibility, safety, online, safety, rules, bacteria, viruses, hygiene routines, risk, danger, hazard, responsibility, balanced lifestyles, choices, health, wellbeing 	<p>success.</p> <p>Key vocabulary:</p> <ul style="list-style-type: none"> • fail, goal, protect, relaxation, responsibility, steps <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1/2 - How can yoga help me to relax and why is sleep important? Week 3 - Lesson 3/4 - How can I maintain a positive growth mindset? Week 4 - Lesson 5 - How can I regulate and manage my emotions? Week 5 - Lesson 5/6 - How can I stay healthy and safe in the sun? Week 6 - Assessment</p> <p>Spring 2 Safety and Changing Body</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know the steps to take before sending a message online (using the THINK mnemonic). • To know some of the possible risks online. • To know some strategies I can use to overcome pressure from others and make my own decisions. • To understand the process of the menstrual cycle. • To know the names of the external sexual parts of the body and the internal reproductive organs. • To know that puberty happens at different ages for different people. • To know how to assess a casualty's condition. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • attraction, bladder, breasts, cervix, clitoris, decision, egg or ova, fallopian tube, friend, influence, menstruation/period, nipples, ovary/ovaries, private, puberty, pubic hair, scrotum, testicles/testes, vagina, vulva 	<ul style="list-style-type: none"> • 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>Key vocabulary:</p> <ul style="list-style-type: none"> • defendant, environment, freedom of expression, government, House of Commons, human rights, judge, jury, Member of Parliament (MP), parliament, pressure group, Prime Minister, trial <p>Unit Coverage:</p> <p>Week 1 - Diversity Week 2 - Lesson 1 - What are some of the consequences of breaking the law? Week 3 - Lesson 2 - What is the link between rights and responsibilities? Week 4 - Lesson 3 - How does reducing our use of materials and energy help the environment? Week 5 - Lesson 5/6 - How does parliament work and what is the role of pressure groups? Week 6 - Assessment</p> <p>Summer 2 Economic Wellbeing</p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know that when money is borrowed it needs to be paid back, usually with interest. • To know that it is important to prioritise spending. • To know that income is the amount of money received and expenditure is the amount of money spent. • To know some ways that people lose money. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • discrimination, expenditure, giving back, income, interest, repayment <p>Unit Coverage:</p> <p>Week 1 - Diversity</p>
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		<p>Unit Coverage: (Starters - First Aid - Head Injuries) How can I help someone in an emergency?) Week 1 - Diversity Week 2 - Lesson 6 - First Aid - How can I help someone with a head injury? Week 3 - Lesson 3/5 - What physical changes happen as I grow older? Week 4 - Lesson 4 - What is the menstrual cycle? Week 5 - Lesson 7 - How can I make positive choices? Week 6 - Assessment</p>	<p>Week 2 - Lesson 1 - What is borrowing? Week 3 - Lesson 2 - What is income and expenditure? Week 4 - Lesson 3 - What are some of the risks associated with money? Week 5 - Lesson 4 - How can we prioritise our spending? Week 6 - Lesson 5 - How could stereotypes impact our aspirations? Week 7 - Assessment</p>
6	<p><u>Autumn 1</u> <u>Safety</u> <u>Family and relationships</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To know the dangers and hazards in water • To know how to respond in a water safety emergency • To know that a conflict is a disagreement or argument and can occur in friendships. • To understand the concepts of negotiation and compromise. • To understand what respect is. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • authority, conflict, earn, expectation, grief, grieving, resolve, respect, stereotype <p><u>Autumn 2</u> <u>Relationships - Anti-Bullying</u> <u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand that everyone deserves respect but respect can be lost. • To understand that stereotypes can lead to bullying and discrimination (Anti-Bullying Week) 	<p><u>Spring 1</u> <u>Health and Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • To understand that vaccinations can give us protection against disease. • To know that changes in the body could be possible signs of illness. • 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. • 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. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • antibodies, growth mindset, habit, qualities, responsibility, skill, vaccination <p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1/2 - What are my goals and how can I work towards them? Week 3 - Lesson 3/6 How can I have more</p>	<p><u>Summer 1</u> <u>Citizenship</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> • 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. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • authority, conflict, earn, expectation, grief, grieving, protected characteristics, resolve, respect, stereotype <p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1 - How do human rights protect people? Week 3 - Lesson 2 - What are some</p>

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	<ul style="list-style-type: none"> ● To understand responsibility and independence with regards to my health and safety ● To understand that vaccinations can give us protection against disease. ● To know that changes in the body could be possible signs of illness. ● To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● authority, conflict, earn, expectation, grief, grieving, resolve, respect, stereotype, independence, increased responsibility, resisting pressure, rights to protect their body and speaking out, who is responsible for their health and safety, reproduction, basic first aid 	<p>responsibility over my own health and wellbeing? Week 4 - Lesson 5 - Why is resilience important? Week 5 - Lesson 4/7/8 - What habits could impact my health and how can I seek support? Week 6 - Assessment</p> <p><u>Spring 2</u> <u>Safety and Changing Body</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● 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. ● To understand the risks associated with drinking alcohol. ● To understand how a baby is conceived and develops. ● To know how to conduct a primary survey (using DRSABC). <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● cyberbullying, egg or ova, fallopian tube, fertilisation, internet trolling, menstruation/period, ovary/ovaries, pregnant, puberty, pubic hair, <p>Unit Coverage: (Week 1 - Diversity Week 2 - Lesson 7/8 - First Aid - How can I help someone who is choking or unresponsive? Week 3 - Lesson 1 - What are the risks associated with alcohol? Week 4 - Lesson 4 - What are the physical and emotional changes of puberty? Week 5 - Lesson 2/3 - How can I become a discerning consumer of information online? Week 6 - Assessment</p>	<p>environmental issues relating to food and food production? Week 4 - Lesson 3 - How can I show empathy for others? Week 5 - Lesson - What is national democracy? Week 6 - Assessment</p> <p><u>Summer 2</u> <u>Economic Wellbeing</u></p> <p>Key knowledge:</p> <ul style="list-style-type: none"> ● To understand that there are certain rules to follow to keep money safe in bank accounts. ● To know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money. ● To understand that different jobs have different routes into them. ● To understand that people change jobs for a number of reasons. ● To know that banks and organisations such as Citizens' Advice can help with money-related problems. <p>Key vocabulary:</p> <ul style="list-style-type: none"> ● gambling, growth mindset, PIN, qualities, responsibility, skill <p>Unit Coverage: Week 1 - Diversity Week 2 - Lesson 1 - What are some of the attitudes and feelings associated with money? Week 3 - Lesson 2 - What are the benefits of saving in a bank? Week 4 - Lesson 3 - What are the risks associated with gambling? Week 5 - Lesson 4 - What job or career might we choose? Week 6 - Lesson 5 - What are some of the routes into careers? Week 7 - Assessment</p>
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