

Year 1		
Autumn	Spring	Summer
<p>Healthy and happy friendships: Pupils will learn:</p> <ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. - How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. <p>Similarities and differences: Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when others are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences - The importance of self-respect and how this links to their own happiness. - The importance of permission seeking and giving in relationships with friends, peers and adults. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. 	<p>Caring and responsibility: Pupils will learn:</p> <ul style="list-style-type: none"> - That families are important for children growing up because they can give love, security and stability • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. - Where to get advice (e.g. family, school and/or other sources) - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own or others' feelings. - How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know. <p>Families and committed relationships: Pupils will learn:</p> <ul style="list-style-type: none"> - That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. - That others' families, either in school or in the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care. 	<p>Healthy bodies, healthy minds: Pupils will learn:</p> <ul style="list-style-type: none"> - The characteristics and mental and physical benefits of an active lifestyle. - About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other, contact • How to report concerns or abuse, and the vocabulary and confidence needed to do so. - What constitutes a healthy diet <p>Coping with change: Pupils will learn:</p> <ul style="list-style-type: none"> - That families are important for children growing up because they can give love, security and stability. - The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. - The importance of self-respect and how this links to their own happiness.

Year 2		
Autumn	Spring	Summer
<p>Healthy and happy friendships: Pupils will learn:</p> <ul style="list-style-type: none"> - The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. - What sorts of boundaries are appropriate in friendships with peers and others • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. - How to recognise who to trust and who not to trust and how to judge when a friendship is making them feel unhappy or uncomfortable. - Managing conflict situations and how to seek help or advice from others, if needed. - How to ask for advice or help for themselves or others and to keep trying until they are heard - Where to get advice e.g. family, school and/or other sources. <p>Similarities and differences: Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when others are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences • The importance of self-respect and how this links to their own happiness. • That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations • How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - What a stereotype is, and how stereotypes can be unfair, negative or destructive. 	<p>Caring and responsibility: Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when they are very different from them. - That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. - How to ask for help for themselves or others, and to keep trying until they are heard • Where to get advice (e.g. family, school and/or other sources) - The importance of respecting others, even when they are very different from them or make different choices of have different preferences or beliefs. • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. <p>Families and committed relationships: Pupils will learn:</p> <ul style="list-style-type: none"> - That others' families, either in school or in the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care. • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. - How to recognise and report feelings of being unsafe or feeling bad about any adult. 	<p>Healthy bodies, healthy minds: Pupils will learn:</p> <ul style="list-style-type: none"> - That mental wellbeing is a normal part of daily life, in the same way as physical health. - That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests - Where are how to seek support including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions - It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. <p>Coping with change: Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. - The importance of self-respect and how this links to their own happiness.

Year 3		
Autumn	Spring	Summer
<p>Healthy and happy friendships: Pupils will learn:</p> <ul style="list-style-type: none"> - The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. - What sorts of boundaries are appropriate in friendships with peers and others - About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. - The importance of permission seeking and giving in relationships with friends, peers and adults - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. - That mental wellbeing is a normal part of daily life, in the same way as physical health - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. <p>Similarities and differences: Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when others are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences - The importance of self-respect and how this links to their own happiness. - What a stereotype is, and how stereotypes can be unfair, negative or destructive. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	<p>Caring and responsibility: Pupils will learn:</p> <ul style="list-style-type: none"> - Practical steps they can take in a range of different contexts to improve or support respectful relationships - That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. - What sort of boundaries are appropriate in friendships with peers and others (including in a digital context) - That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical and other contact. - How to ask for advice or help for themselves or others, and to keep trying until they are heard - How to report concerns or abuse, and the vocabulary needed to do so. - The importance of permission seeking and giving in relationships with friends, peers and adults. - That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. - Practical steps they can take in a range of different contexts to improve or support respectful relationships. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. <p>Families and committed relationships: Pupils will learn:</p> <ul style="list-style-type: none"> - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. - That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. - Practical steps they can take in a range of different contexts to improve or support respectful relationships - How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. - That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. 	<p>Healthy bodies, healthy minds: Pupils will learn:</p> <ul style="list-style-type: none"> - Simple self-care techniques, including the importance of rest. - The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. - What constitutes a healthy diet (including understanding calories and other nutritional content). - The characteristics of a poor diet and risks associated with unhealthy eating (including for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). - About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • About personal hygiene and germs including bacteria, viruses and how they are spread and treated, and the importance of handwashing <p>Coping with change: Pupils will learn:</p> <ul style="list-style-type: none"> - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. - Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests - That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.

Year 4:		
Autumn	Spring	Summer
<p>Healthy and happy friendships:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded - The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. - That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right - How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. - What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) - About the concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe - That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. - The importance of permission seeking and giving in relationships with friends, peers and adults. <p>Similarities and differences:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences - The importance of self-respect and how this links to their own happiness - What a stereotype is, and how stereotypes can be unfair, negative or destructive. - Practical steps they can take in a range of different contexts to improve or support respectful relationships. - The conventions of courtesy and manners. - That in school and in wider society they can expect to be treated with respect by others, and in turn they should show due respect for others, including those in positions of authority. 	<p>Caring and responsibility:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - That in school and in wider society they can expect to be treated with respect by others, and that in turn should show due respect to others, including those in positions of authority. - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members; the importance of spending time together, and sharing each other's lives - That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. - Practical steps they can take in a range of different contexts to improve or support respectful relationships. <p>Families and committed relationships:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of permission-seeking and giving in relationships with friends, peers and adults - What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) - How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. - That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. 	<p>Healthy bodies, healthy minds:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help of advice from others. - What constitutes a healthy diet (including calories and other nutritional content). - Why social media, some computer games and online gaming, for example, are age restricted. - About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. - The characteristics and mental and physical benefits of an active lifestyle. - The importance of building regular exercise into daily and weekly routines and how to achieve this, for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise - What constitutes a healthy diet. - That mental wellbeing is a normal part of daily life, in the same way as physical health - That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others feelings - The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests - Where and how to seek support (including recognising the triggers for seeking support) including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) <p>Coping with change:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - Key facts about puberty, the changing adolescent body and menstrual wellbeing. - The main changes which take place in males and females, and the implications for emotional and physical health. - Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. - About personal hygiene.

Year 5:		
Autumn	Spring	Summer
<p>Healthy and happy friendships:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - How important friendships are in making us feel happy and secure, and how people choose and make friends. - The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. - What a stereotype is, and how stereotypes can be unfair, negative or destructive. - How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. - That mental wellbeing is a normal part of daily life, in the same way as physical health - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. <p>Similarities and differences:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences - The importance of self-respect and how this links to their own happiness. - That people sometimes behave differently online, including by pretending to be someone they are not - The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. - How information and data is shared and used online. - That for most people the internet is an integral part of life and has many benefits. - How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private - Why social media, some computer games and online gaming, for example, are age restricted - That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. 	<p>Caring and responsibility:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - Practical steps they can take in a range of different contexts to improve or support respectful relationships. - That there is a normal range of emotions that all humans experience in relation to different experiences and situations - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness. - That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. <p>Families and committed relationships:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. - The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. - That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care - That families are important for children growing up because they can give love, security and stability - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. - That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. 	<p>Healthy bodies, healthy minds:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of self-respect and how this links to their own happiness. - That mental wellbeing is a normal part of daily life, in the same way as physical health. - The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking - About personal hygiene and germs including bacteria, viruses and how they are spread and treated, and the importance of handwashing. - The facts and science relating to allergies, immunisation and vaccination. <p>Coping with change:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. - About menstrual wellbeing including the key facts about the menstrual cycle. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. - That mental wellbeing is a normal part of daily life, in the same way as physical health.

Year 6:		
Autumn	Spring	Summer
<p>Healthy and happy friendships:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable. - How to manage conflict, and how to seek help or advice from others, if needed. - How to recognise and talk about their emotions, using a varied vocabulary when talking about their own and others' feelings. - How important friendships are in making us feel happy and secure, and how people choose and make friends - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded - That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. <p>Similarities and differences:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - That people sometimes behave differently online, including by pretending to be someone they are not - That the same principles apply to online relationships as face to face 	<p>Caring and responsibility:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of self-respect and how this links to their own happiness. - How to ask for advice or help for themselves or others, and to keep trying until they are heard. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations - Where and how to seek support, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing. <p>Families and committed relationships:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - About human reproduction: how babies are made. - Why deciding to start a family is such a big and important decision - How life-changing starting a family can be. - The costs associated with a new baby. - The importance of being ready to start a family in the future. - The legal age restrictions and why these are in place. 	<p>Healthy bodies, healthy minds:</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> - The importance of self-respect and how this links to their own happiness. - That people sometimes behave differently online, including by pretending to be someone they are not. - The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. - How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. - About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and other's mental and physical wellbeing. - How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. - Why social media, some computer games and online gaming, for example, are age restricted. - That for most people the internet is an integral part of life and has many benefits. - That the internet can also be a negative place where online abuse, trolling, bullying and harassment take place, which can have a negative impact on mental health. - Where and how to report concerns and get support with issues online. - That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate - Simple selfcare techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

relationships, including the importance of respect for others online including when we are anonymous.

- How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.
- How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- Why social media, some computer games and online gaming, for example, are age restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- Where and how to report concerns and get support with issues online.
- About different types of bullying (including cyber bullying), the impact of bullying, the responsibilities of bystanders (primarily to report bullying to an adult) and how to get help.
- Differently online, including by pretending to be someone they are not.

