



	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 3</b>	<p><b>Being Me in My World</b></p> <p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p><b>Celebrating Difference</b></p> <p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p><b>Dreams and Goals</b></p> <p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p><b>Healthy Me</b></p> <p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices</p>	<p><b>Relationships</b></p> <p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p>	<p><b>Healthy Me</b></p> <p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p>
<b>Year 4</b>	<p><b>Being Me in My World</b></p> <p>Being part of a class team</p>	<p><b>Celebrating Difference</b></p> <p>Challenging assumptions</p>	<p><b>Dreams and Goals</b></p> <p>Hopes and dreams Overcoming disappointment</p>	<p><b>Healthy Me</b></p> <p>Healthier friendships Group dynamics Smoking</p>	<p><b>Relationships</b></p> <p>Jealousy Love and loss</p>	<p><b>Changing Me</b></p> <p>Being unique Having a baby</p>

	<p>Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour</p>	<p>Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>
<b>Year 5</b>	<p><b>Being Me in My World</b> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p><b>Celebrating Difference</b> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures</p>	<p><b>Dreams and Goals</b> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p><b>Healthy Me</b> Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p><b>Relationships</b> Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules</p>	<p><b>Changing Me</b> Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition</p>
<b>Year 6</b>	<p><b>Being Me in My World</b> Identifying goals for the year</p>	<p><b>Celebrating Difference</b> Perceptions of normality</p>	<p><b>Dreams and Goals</b> Personal learning goals, in and out of school</p>	<p><b>Healthy Me</b> Taking personal responsibility</p>	<p><b>Relationships</b> Mental health</p>	<p><b>Changing Me</b> Self-image Body image Puberty and feelings</p>

	<p>Global citizenship  Children's universal rights  Feeling welcome and valued  Choices, consequences and rewards  Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling</p>	<p>Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict, difference as celebration  Empathy</p>	<p>Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments</p>	<p>How substances affect the body  Exploitation, including 'county lines' and gang culture  Emotional and mental health  Managing stress</p>	<p>Identifying mental health worries and sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology use</p>	<p>Conception to birth (including IVF)  Reflections about change  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition</p>
--	---	--	---	--	---	---