

**Personal, Social, Health, Economic Education  
(Including Relationships & Health Education curriculum and Protective Behaviours)**

2024-2025	LB1 6 weeks June - July	LB2 4.5 weeks Aug-Sept	LB3 5 weeks Oct - Nov	LB4 5 weeks Nov - Dec	LB5 4 weeks Jan	LB6 5 weeks Feb - Mar	LB7 4 weeks Mar - Apr	LB8 4 weeks Apr - May
<b>Assembly Focus</b>	<ul style="list-style-type: none"> <li>Sun Safety</li> <li>Changes / Transition</li> <li>First Aid</li> <li>Recognising Feelings</li> <li>Cultural Diversity</li> </ul>	<ul style="list-style-type: none"> <li>New Responsibilities</li> <li>Water Safety (Parks Trust)</li> </ul>	<ul style="list-style-type: none"> <li>Personal Safety (NSPCC)</li> <li>Positive Mental Health</li> <li>Bonfire / Firework Safety</li> <li>Remembrance</li> </ul>	<ul style="list-style-type: none"> <li>Anti-Bullying</li> <li>Road Safety</li> <li>Inclusion / Disability Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Chinese New Year</li> <li>Story Telling Week</li> <li>Household Safety</li> </ul>	<ul style="list-style-type: none"> <li>Online Safety</li> <li>People Who Help Us</li> <li>Inspirational People</li> </ul>	<ul style="list-style-type: none"> <li>Hygiene</li> <li>Healthy Lifestyle</li> <li>Science Week</li> </ul>	<ul style="list-style-type: none"> <li>Diversity</li> <li>The World Around Us (Earth Day)</li> <li>Mental Health and Well-Being</li> <li>Personal Achievements and Aspirations</li> </ul>
<b>Y3</b>	<p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p> <p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about the benefits of sun exposure and the risks of over exposure; how to keep safe from sun damage and sun/heat stroke. <b>EL / A</b></li> <li>Learn about what is meant by first aid; basic techniques for dealing with common injuries. <b>A / CD</b></li> <li>Know how to respond and react in an emergency; how to identify situations that may require the emergency services; know how to contact them and know what to say. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing. <b>EL</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Recognise reasons for laws and rules and the consequences for not adhering to them. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Recognise that feelings can change over time and range in intensity (Zones of regulation). <b>CD / A</b></li> <li>Learn about everyday things that can affect feelings and the importance of expressing feelings. <b>CD</b></li> <li>Know that mental health, like physical life, is part of daily life; the importance of taking care of mental health. <b>CD</b></li> <li>Learn about strategies and behaviours that support mental health, including how good quality sleep, physical exercise and other factors can support mental health and wellbeing. <b>CD / A</b></li> <li>Learn about firework safety. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. <b>A (NSPCC)</b></li> <li>Know about seeking and giving permission (consent) in different situations. <b>CD</b></li> <li>Know where to get advice and report concerns if worried about their own or someone else's safety. <b>CD (NSPCC)</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know the reasons for following and complying with regulations and restrictions, including age restrictions. <b>CD</b></li> <li>Learn about hazards, including fire risks, that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe. <b>A / CD</b></li> <li>Know the strategies for keeping safe in the local environment or unfamiliar places (rail, water, road). <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know the importance of seeking support if feeling lonely or excluded. <b>CD</b></li> <li>Know that healthy friendships help people feel included; recognise when others feel lonely or excluded and strategies for how to include them. <b>EL / A</b></li> <li>Know how to respond safely and appropriately to adults they may encounter whom they do not know (stranger danger). <b>CD</b></li> <li>Recognise and model respectful behaviour online. <b>EL</b></li> <li>Recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should be treated politely and with respect from others. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Know about the different ways to pay for things and the choices people have about this. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know how to make informed decisions about health. <b>CD</b></li> <li>Learn about the elements of a balanced, healthy lifestyle. <b>EL</b></li> <li>Know how regular (daily/weekly) exercise benefits mental and physical health. <b>CD</b></li> <li>Know how and when to seek support, including which adults to speak to in and outside of school, if they are worried about their health. <b>CD</b></li> <li>Know how to maintain good oral hygiene; why regular visits to the dentist are essential; the impact of lifestyle choices on dental care. <b>A / EL</b></li> <li>Learn about the benefits of the internet. <b>CD</b></li> <li>Learn about the importance of keeping personal information private; strategies for keeping safe online; what to do if frightened or worried by something seen or read online and how to report concerns. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise that there are different types of relationships. <b>CD</b></li> <li>Know that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart. <b>CD</b></li> <li>Know that a feature of positive family life is caring relationships; about the different ways in which people care for one another. <b>EL</b></li> <li>Learn about why someone may behave differently online, including pretending to be someone they are not. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Learn about the different groups that make up their community and what living in a community means. <b>EL</b></li> <li>Know the value of different contributions that people and groups make to the community. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about personal identity and what contributes to who we are. <b>EL</b></li> <li>Recognise their individuality and personal qualities. <b>EL</b></li> <li>Know strategies to manage transitions between classrooms and key stages and new schools. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. <b>EL</b></li> <li>Know that there is a broad range/careers that people can have; that people often have more than one career/type of job during their life. <b>CD</b></li> </ul>			

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<b>Y4</b>	<p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p> <p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about the benefits of sun exposure and the risks of over exposure; how to keep safe from sun damage and sun/heat stroke. <b>EL / A</b></li> <li>Know how and when to seek support, including which adults to speak to in and outside of school, if they are worried about their health. <b>CD</b></li> <li>Learn about what is meant by first aid; basic techniques for dealing with common injuries. <b>A / CD</b></li> <li>Know how to respond and react in an emergency; how to identify situations that may require the emergency services; know how to contact them and know what to say. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know what constitutes a positive, healthy friendship; that the same principles apply to online friendships as to face-to-face friendships. <b>EL</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Learn about the relationship between rights and responsibilities. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Develop a varied vocabulary to use when talking about feelings; about how to express feelings in different ways (Zones of regulation). <b>EL / A</b></li> <li>Learn about firework safety. <b>A / CD</b></li> <li>Be able to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. <b>EL</b></li> <li>Learn about how to manage setbacks including how to reframe unhelpful thinking. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships. <b>A (NSPCC)</b></li> <li>Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. <b>A</b></li> <li>Learn about seeking and giving permission (consent) in different situations. <b>CD</b></li> <li>Learn about keeping something confidential or secret when it should (e.g. a birthday surprise) or should not be agreed to and when it is right to break a confidence or share a secret. <b>CD</b></li> <li>Recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this. <b>CD</b></li> <li>Know where to get advice and report concerns if worried about their own or someone else's safety. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know about the reasons for following and complying with regulations and restrictions, including age restrictions; how they promote personal safety and wellbeing with reference to social media, films and online gaming. <b>CD</b></li> <li>Learn about hazards, including fire risks, that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe. <b>A / CD</b></li> <li>Know strategies for keeping safe in the local environment or unfamiliar places (rail, water, road). <b>A</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise what it means to "know" someone online and how this differs from knowing someone face to face; risks to communicating online with others not known face to face. <b>CD</b></li> <li>Recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. <b>CD</b></li> <li>Recognise different types of bullying, including cyber bullying, the impact of bullying, responsibilities of bystanders and how to get help. <b>A</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Recognise that people have different attitudes about spending and saving money and what influences people's decisions. <b>EL</b></li> <li>Understand that people's spending decisions can affect others and the environment (fair trade, single use plastics or giving to charity). <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection. <b>EL</b></li> <li>Know how to maintain good oral hygiene; why regular visits to the dentist are essential; the impact of lifestyle choices on dental care. <b>A / EL</b></li> <li>Learn about choices that support a healthy lifestyle and recognise what might influence these. <b>CD</b></li> <li>Recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle. <b>CD</b></li> <li>Learn about the benefits of the internet; the importance of balancing time online with other activities. <b>CD</b></li> <li>Learn about the importance of keeping personal information private; strategies for keeping safe online; what to do if frightened or worried by something seen or read online and how to report concerns. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about respecting the differences and similarities between people and recognising what they have in common with others. <b>CD</b></li> <li>Be able to listen to and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Understand ways of carrying out shared responsibilities for protecting the environment; how everyday choices can affect the environment. <b>EL</b></li> <li>Learn about diversity and the benefits of living in a diverse community. <b>EL</b></li> <li>Know what might influence people's decisions about a job or career (personal interests, family connections, strengths etc). <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement (Mental Health Lead). <b>CD</b></li> <li>Learn about the physical and emotional changes that happen when approaching and during puberty (menstruation, key facts about the menstrual and menstrual wellbeing, erections and nocturnal emissions). <b>EL</b></li> <li>Know where to get more information, help and advice about growing and changing, especially about puberty. <b>CD</b></li> <li>Know strategies to manage transitions between classrooms and key stages and new schools. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about marriage and civil partnership and recognise it as a legal declaration of commitment made by two adults who love and care for each other which is intended to be lifelong. <b>CD</b></li> <li>Recognise and respect that there are different types of family structure (birth parents together, separated parents, single parents, same sex parents, step parents, blended families, foster parents); that families of all types can give family members love, security and stability. <b>CD</b></li> </ul>			

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<b>Y5</b>	<p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p> <p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about the benefits of sun exposure and the risks of over exposure; how to keep safe from sun damage and sun/heat stroke. <b>EL / A</b></li> <li>Know how and when to seek support, including which adults to speak to in and outside of school, if they are worried about their health. <b>CD</b></li> <li>Know what is meant by first aid; basic techniques for dealing with common injuries. <b>A / CD</b></li> <li>Know how to respond and react in an emergency; how to identify situations that may require the emergency services; know how to contact them and know what to say. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about the importance of showing respect to others, including those in positions of authority. <b>CD</b></li> <li>Know what a stereotype is and how they can be unfair, negative or destructive. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. <b>EL / A</b></li> <li>Learn about firework safety. <b>A / CD</b></li> <li>Recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. <b>CD</b></li> <li>Recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. <b>A</b></li> <li>Learn about seeking and giving permission (consent) in different situations. <b>CD</b></li> <li>Know where to get advice and report concerns if worried about their own or someone else's safety. <b>CD</b></li> <li>Know how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about the new opportunities and responsibilities, that increasing independent may bring. <b>CD</b></li> <li>Know how to predict, assess and manage risk in different situations. <b>CD</b></li> <li>Learn about the importance of taking medicines correctly and using household products safely. <b>CD</b></li> <li>Know safe use of digital devices when out and about. <b>A</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn about the impact of bullying, including online and offline, and the consequences of hurtful behaviour. <b>EL / A</b></li> <li>Learn strategies to respond to hurtful behaviour experienced or witnessed offline and online; how to report concerns and get support. <b>EL</b></li> <li>Know about discrimination; what it means and how to challenge it. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Recognise that there are human rights that are there to protect everyone. <b>EL</b></li> <li>Know that some jobs are paid more than others and money is one factor which may influence a person's job or career choice. <b>CD</b></li> <li>Know some of the skills that will help them in their future careers, e.g. teamwork, communication, negotiation. <b>A</b></li> <li>Recognise that people make spending decisions based on priorities, needs and wants. <b>CD</b></li> <li>Learn about different ways to keep track of money. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know the wider importance of personal hygiene and how to maintain it.</li> <li>Know how to maintain good oral hygiene; why regular visits to the dentist are essential; the impact of lifestyle choices on dental care. <b>A / EL</b></li> <li>Know how to recognise that habits can have positive and negative effects on a healthy lifestyle. <b>CD</b></li> <li>Learn about what good physical health means; how to recognise early signs of physical illness. <b>CD</b></li> <li>Know what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods. <b>EL</b></li> <li>Learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn. <b>CD</b></li> <li>Know how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed. <b>CD</b></li> <li>Know the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. <b>CD</b></li> <li>Learn about the importance of keeping personal information private; strategies for keeping safe online; what to do if frightened or worried by something seen or read online and how to report concerns. <b>A / CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know how friendships can change over time, about making new friends and the benefits of having different types of friends. <b>CD</b></li> <li>Know that friendships have ups and downs; strategies to resolve disputes and reconciled differences positively and safely. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Identify the external genitalia and internal reproductive organs (in males and females) and how the process of puberty relates to human reproduction. <b>EL</b></li> <li>Know how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. <b>EL</b></li> <li>Learn strategies to manage transitions between classrooms and key stages and new schools. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different. <b>CD</b></li> <li>Recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty. <b>CD</b></li> <li>Recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice. <b>CD</b></li> </ul>			

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				<b>Living In The Wider World</b> <ul style="list-style-type: none"><li>• Know how to assess the reliability of sources of information online and how to make safe, reliable choices from search results. <b>CD</b></li><li>• Know some of the different ways that information and data is shared online, including for commercial purposes. <b>CD</b></li><li>• Recognise things appropriate things that are appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. <b>EL</b></li><li>• Understand how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. <b>EL</b></li></ul>	
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<b>Assembly Focus</b>	<ul style="list-style-type: none"> <li>Sun Safety</li> <li>Changes / Transition</li> <li>First Aid</li> <li>Recognising Feelings</li> </ul>	<ul style="list-style-type: none"> <li>New Responsibilities</li> <li>Water Safety (Parks Trust)</li> </ul>	<ul style="list-style-type: none"> <li>Personal Safety (NSPCC)</li> <li>Positive Mental Health</li> <li>Bonfire / Firework Safety</li> <li>Remembrance</li> </ul>	<ul style="list-style-type: none"> <li>Anti-Bullying</li> <li>Road Safety</li> <li>Inclusion / Disability Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Chinese New Year</li> <li>Story Telling Week</li> <li>Household Safety</li> </ul>	<ul style="list-style-type: none"> <li>Online Safety</li> <li>People Who Help Us</li> <li>Inspirational People</li> </ul>	<ul style="list-style-type: none"> <li>Hygiene</li> <li>Healthy Lifestyle</li> <li>Science Week</li> </ul>	<ul style="list-style-type: none"> <li>Diversity</li> <li>The World Around Us (Earth Day)</li> <li>Mental Health and Well-Being</li> <li>Personal Achievements and Aspirations</li> </ul>
<b>Y6</b>	<p><i>Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i></p> <p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn about the benefits of sun exposure and the risks of over exposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer. <b>EL / A</b></li> <li>Learn what is meant by first aid; basic techniques for dealing with common injuries. <b>A / CD</b></li> <li>Know how to respond and react in an emergency; how to identify situations that may require the emergency services; know how to contact them and know what to say. <b>A / CD</b></li> </ul> <p>(Links to Science unit):</p> <ul style="list-style-type: none"> <li>Know about the risks and effects of legal drugs common to everyday life (cigarettes, vaping, alcohol &amp; medicines) and their importance on health; recognise that drug use can become a habit which can be difficult to break. <b>EL</b></li> <li>Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. <b>CD</b></li> <li>Understand why people choose to use or not use drugs, including nicotine, alcohol and medicines. <b>CD</b></li> <li>Understand that there are mixed messages in the media about drugs, alcohol and smoking/vaping. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. <b>EL / A</b></li> <li>Recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. <b>CD</b></li> <li>Recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult. <b>CD</b></li> <li>Know about firework safety. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. <b>A</b></li> <li>Learn about seeking and giving permission (consent) in different situations. <b>CD</b></li> <li>Know where to get advice and report concerns if worried about their own or someone else's safety. <b>CD</b></li> <li>Know what a stereotype is and how they can be unfair, negative or destructive. <b>CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Understand the importance of having compassion towards others; shared responsibilities we all have. <b>CD</b></li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learn strategies for recognising and managing peer influence and a desire for peer approval; recognise the effect of online actions on others. <b>CD</b></li> <li>Learn strategies to respond to hurtful behaviour experienced or witnessed offline and online (trolling, harassment or the deliberate excluding of others); how to report concerns and get support. <b>EL</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Know about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced. <b>CD</b></li> <li>Know about stereotypes in the workplace and a person's career aspirations should not be limited by them. <b>CD</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know how to maintain good oral hygiene; why regular visits to the dentist are essential; the impact of lifestyle choices on dental care. <b>A / EL</b></li> <li>Understand the risks associated with not eating a healthy diet, including obesity and tooth decay.</li> <li>Understand the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. <b>CD</b></li> <li>Know about the safe use of digital devices when out and about. <b>A</b></li> <li>Learn about the importance of keeping personal information private; strategies for keeping safe online; what to do if frightened or worried by something seen or read online and how to report concerns. <b>A / CD</b></li> </ul> <p><b>Living In The Wider World</b></p> <ul style="list-style-type: none"> <li>Identify the type of job that they may like to do when they are older. <b>EL</b></li> <li>Recognise a variety of routes into careers, e.g. college, apprenticeships, university. <b>CD</b></li> <li>Learn about risks associated with money and ways to keep money safe. <b>CD</b></li> <li>Learn about the risks involving gambling and their impact on health, wellbeing, future aspirations. <b>CD</b></li> <li>Identify the ways that money can impact on people's feelings and emotions. <b>CD</b></li> <li>Recognise things appropriate things that are appropriate to share and things that should not be shared on social media; rules surrounding distribution of images. <b>EL</b></li> <li>Understand how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation. <b>EL</b></li> </ul>	<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>Know about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement (Mental Health Lead). <b>CD</b></li> <li>Learn problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. <b>EL</b></li> <li>Learn strategies to manage transitions between classrooms and key stages and new schools. <b>CD</b></li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Know that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others. <b>CD</b></li> </ul>			

A = Assembly  
EL = Evidenced Lesson  
CD = Class Discussion

**Personal, Social, Health, Economic Education**  
**(Including Relationships & Health Education curriculum and Protective Behaviours)**

	<ul style="list-style-type: none"><li>• Learn about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns. <b>CD</b></li><li>• Know how and when to seek support, including which adults to speak to in and outside of school. <b>CD</b></li></ul>				
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