





Year 1

Year 1			
Term	Topic	Knowledge/Skills (Lesson sequence)	
Autumn 1	No Outsiders I like the way I am	I know ways we are different/I know how to make my class welcoming	different, differences, fit in, change, skin
	Healthy and Happy Friendships Making friends and getting along (Discovery Ed)	Friends – To know what makes a good friend and how to form friendships Kindness – To know about kind and unkind behaviours and how the actions of others can impact on people’s feelings Getting along, sharing and turn taking – to know that although we might not be friends with everyone, we can still work together and be kind to one another	friend, friendly, kind, unkind, welcoming, happy, sad, share
	E-Safety (Teacher Planned)	To know about different ways to learn and play; recognising the importance of knowing what to take a break from time online or TV	
	Healthy Lifestyles (Y&T) Sleeping Well	To know how important it is to get good quality sleep. To know how to develop a routine before bedtime.	Sleep, routine, bedtime
Autumn 2	No Outsiders To join in	To know we are all different/To know we can play together/To know I can join in	Volcano, similar, different, welcome, spaceship, left behind
	Similarities and Differences Recognising strengths and respecting differences (Discovery Ed)	I am special – to recognise similarities and differences between one another, but also celebrate the unique strengths that everyone has. Who I am makes me unique – To know the importance of respecting others’ differences We don’t all feel the same way – To know that people may have different reactions and feelings towards the same thing	similarity, difference, special, unique, strengths, abilities
	E-Safety (Project Evolve) Online Relationships	To use the internet with adult support to communicate with people I know (e.g. video call apps or services).	Internet, communicate, technology, voice call, keyboard, emojis
	British Values - Rule of Law (Teacher Led)	To know what rules are, why they are needed, and why different rules are need for different situation	Rules, British Values, different, situations
Spring 1	No Outsiders To find ways to play together	To know we might like different things/To find ways you can join my game/To make sure no one is left out	Different, favourite, argue, solving, challenges,
	Caring and Responsibility Our Special People (Discovery Ed)	My special people – To know who my special people are and why they are special How our special people care for us – To know how special people care for us and keep us safe Keeping safe - To know how we can use rules set out by special people to keep ourselves and others safe in a variety of settings	special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe

	E-Safety (Project Evolve) Online Relationships	To give examples of when I should ask permission to do something online and explain why this is important.	Permission, online, technology,
	Dental (Teacher Planned)	To know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	teeth, dentist, dental health, toothbrush, toothpaste
Spring 2	No Outsiders Proud to be me	To know we are all different/To know I am different/To know how I am different/To like the way I am	Different, notice, proud,
	Families and Committed Relationships The importance of family (Discovery Ed)	My family - To know what a family is and why families are important Our families – To know the differences and similarities between families Superhero families! – To know why families are special	family, important, differences, similarities, happy, special, superhero
	E-Safety (Project Evolve) Online Relationships	To explain why it is important to be considerate and kind to people online and to respect their choices.	Considerate, respect, choices, offline, online
	Healthy Lifestyles (Y&T) Sun Safety	To know how to protect themselves when it is sunny. To understand what happens if they don't protect themselves in the sun.	Safety, sun, protect, sunscreen,
Summer 1	No Outsiders I share the world with lots of people	To know I live in the world and that the world is full of different people	Sari, different
	Healthy Bodies and Minds Amazing bodies (Discovery Ed)	My amazing body To know the different parts of our bodies and what they can do. To know how to keep our bodies healthy Private body parts – To know the correct names for our genitalia (introducing correct terminology) Looking after our bodies – To know how to keep our bodies healthy	body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy choices
	E-Safety (Project Evolve) Self-Image and Identity	To know if something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust and how they can help.	Sad, worried, uncomfortable, frightened, trust, trusted, sad, embarrassed, upset, mixed emotions, online
	Economic wellbeing: Money (Teacher Planned)	To know what money is; forms than money comes in; that money comes from different sources	money, cash, cheque, coins
Summer 2	No Outsiders To work together	To know I can ask for help with my ideas/To know how to ask for help/To be able to work with different people	flats, garden, donating, encourage
	Coping with Change Growing and changing (Discovery Ed)	1. Animal babies – To know how animals grow from babies to adults, just like humans do 2. How have we changed? – To understand the concept of growing up and how we are becoming more independent in caring for ourselves 3. A future me – To know how you will grow and change in the future	growing, adults, babies, change, older, growing up, jobs, future
	E-Safety (Project Evolve) Online Bullying	To describe how to behave online in ways that do not upset others and can give examples.	Online, offline, upset, happy, satisfied, proud, behaviours, post, positive
	Economic wellbeing: Money (Teacher Planned)	To know that people make different choices about how to save and spend money	bank, money, save, spend

Year 2

Term	Topic	Knowledge/Skills (Lesson sequence)	
Autumn 1	No Outsiders To welcome different people	To know we are all different/To name ways we are different/To have friends who are different and to not leave people out	Different, leave out, body language,
	Healthy and Happy Friendships What makes a happy friendship? (Discovery Ed)	What makes a happy friendship? - To know the qualities of happy friendships Personal boundaries – To know personal boundaries, how to recognise safe and unsafe situations and how to respond to unwanted touch Worries – To know that they can speak to someone they trust if they feel worried or unsafe.	happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust
	E-Safety (Project Evolve) Self-Image and Identity	To explain how other people may look and act differently online and offline.	Change, appearance, online, offline, actual, different, difference
	Keeping Safe (Teacher Planned)	To know about what to do if there is an accident and someone is hurt To know how to get help in an emergency	
Autumn 2	No Outsiders To have self-confidence	To know we are all different/To know that sometimes it's hard to be different/To know what self-confidence means and to know how to help someone feel confident	confident, self-confident, different,
	Similarities & Differences Strengths, abilities and stereotypes (Discovery Ed)	My strengths and abilities – To know what is meant by strength and abilities. To identify some of own and others' strengths and abilities Stereotypes – To know about simple gender stereotypes and why these are unhelpful and unfair for everyone Whose job? – To know about simple gender stereotypes in relation to work and how to challenge them	strengths, abilities, gender, stereotype, qualities
	E-Safety (Project Evolve) Online Relationships	To explain who I should ask before sharing things about myself or others online.	Consent, permission, support
	Shared Responsibilities Needs of living things (Teacher Planned)	To know how people and other living things have different needs: about the responsibilities of caring for them.	Caring, different needs, help, support
Spring 1	No Outsiders To understand what diversity is	To understand what diversity means and know how my school is diverse	Diversity, diverse, transport, celebrations, jobs, families, homes, religions
	Caring and Responsibility Special people in our communities (Discovery Ed)	Community helpers - To know their own role within a community and how they can support others When we need help – To know how to stay safe in my community when we might need to ask for help from trusted adults Our communities and groups – To know we have more in common with our communities than differences	community, kindness, understanding, help, community helpers, trusted adult, signs, difference, similarity, respect
	E-Safety (Project Evolve) Online Relationships	To explain how it may make others feel if I do not ask their permission or ignore their answers before sharing something about them online.	Permission, ignore, sharing, online
	Strangers (Teacher Planned)	To know how to respond safely to adults they don't know	Safe, unsafe, strangers
S D	No Outsiders	To know what a friend is/To know how to be a good friend	Friend, different

	To think about what makes a good friend		
	Families and committed relationships The diversity of families (Discovery Ed)	Who is in a family? To know who the people in a family are A happy family – To know the features of health, happy family relationships and how to get help if anyone feels unhappy or unsafe Families of all kinds – To know about family diversity and difference	family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions
	E-Safety (Project Evolve) Online Reputation	To explain how information put online about someone can last for a long time.	online
	Being Safe (Y&T) Relationships – Keeping Safe	To recognise when a situation is safe or unsafe./To describe some ways that they can keep safe./To describe how to get help	Support network, safe, unsafe
Summer 1	No Outsiders To communicate in different ways	To know there are different ways to communicate/ To learn to use Makaton	Makaton, sign language, communicate
	Healthy Bodies, healthy minds Staying safe and healthy (Discovery Ed)	Healthy feelings – To understand emotional health and wellbeing Staying safe at home – To know about medicines and household substances Feeling poorly – To know ways in which people feel when they are poorly in different ways, and what can help	healthy, feelings, emotions medicine unwell, dose, safe, helpful, harmful, instructions, health, body, mind
	E-Safety (Project Evolve) Online Bullying	To explain what bullying is, how people may bully others and how bullying can make someone feel.	Bullying, online, offline, feelings
	Shared Responsibilities Environment	To know about things they can do to help look after their environment	Environment, protection
Summer 2	No Outsiders To know I belong	To know who I am/To know there are special things about me/To know I am different/To know I belong	Different, belong, similar, community, diversity, strength
	Coping with Change Growing up and setting goals (Discovery Ed)	When I am older – To know how much you have grown already and understanding how your bodies and needs change as you get older Looking at the changes ahead – To reflect on how your likes and dislikes have changed as you've got older and consider how these may continue to change Goals – To look ahead to your future, setting goals or milestones and identifying ways to achieve the.	growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future
	E-Safety (Project Evolve) Managing Online Information	To explain why some information I find online may not be real or true.	Real, true, incorrect, wrong, false, information, online
	Economic wellbeing: Money (Teacher Planned)	To know about the difference between needs and wants that sometimes people may not always be able to have the things they want To know that money needs to be looked after and the different ways of doing this	Needs, wants, money, bank, savings


Year 3



Term	Topic	Knowledge/Skills (Lesson sequence)	
Autumn 1	No Outsiders To understand what discrimination means	To know how someone can feel like an outsider/to know how to make sure there are no outsiders at my school	Outsider, included, excluded, Christians
	Health and Happy Friendships Being a good friend (Discovery Ed)	1. What makes a good friend? – To know what makes a good friend 2. Personal space – To know the importance of personal space, how to identify if personal space is being invaded and ways to ask for help if someone is feeling unsafe 3. Resilience – To know ways to develop resilience in yourselves and others	friend, respect, values, touch, private, privacy, resilience, encouragement
	E-Safety (Project Evolve) Self-Image and Identity	To explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar; social media) and why.	Identity, image, avatar, social media
	Additional Lesson as Required		
Autumn 2	No Outsiders To understand what a bystander is	To know everyone has differences/To know what unique means/To know how people can feel hurt/To know what a bystander is/To know what to do if I see someone being unkind	Difference, unique, hurt, bystander
	Similarities and Differences Valuing and respecting one another (Discovery Ed)	1. Different but equal – To know ways to value and show respect for others' differences 2. Our school community – To know the different people who make up a school community, what they share and ways in which they link together 1.3. Valuing one another and considering people's feelings	different, equal, respect, community, values, diversity, customs, respect, feelings, values
	E-Safety (Project Evolve) Online Relationships	To explain what is meant by 'trusting someone online', why this is different from 'liking someone online', and why it is important to be careful about who to trust online including what information and content they are trusted with.	Trust, content
	Shared Responsibilities Needs of living things (Teacher Planned)	To know ways of carrying out shared responsibility for protecting the environment in school and at home; how everyday choices can affect the environment	Environment, protect, reduce, reuse, recycle, choice
Spring 1	No Outsiders To be welcoming	To know the behaviour that makes someone feel like an outsider/To know how to make someone feel welcome	Outsider, behaviour, welcome
	Caring and Responsibility Responsibility and boundaries	1. Being responsible – To know the responsibilities we have for ourselves and others 2. Responsibility and personal space – To know and respect boundaries round physical touch and being responsible towards others 3. Caring and empathy – To know the importance of empathy in offering understanding and giving care	responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding
	E-Safety (Project Evolve) Online Relationships	To explain how someone's feelings can be hurt by what is said or written online.	Feelings, hurt, unkind, online
	Ourselves, growing and changing Perseverance and Self Esteem (Teacher Planned)	To know about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking	Setbacks, failure, growth mindset, positivity, mistakes, unhelpful
S	No Outsiders	To know what a stereotype is/To know how stereotypes effect people/To know everyone is different	Stereotype, effect, different,


	To recognise a stereotype		
	Families and committed relationships Different types of committed relationships (Discovery Ed)	1. Commitment and marriage – To know what commitment means and its importance, and the different ways that people show commitment to one another 2. All change! – To know changes that can affect families, and how we cope with these 3. Family changes: when parents separate – To know what happens when parents separate	commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce
	E-Safety (Project Evolve) Online Reputation	To give examples of what anyone may or may not be willing to share about themselves online. I can explain the need to be careful before sharing anything personal.	Sharing, personal, willing, safety
	Healthy Lifestyles (Y&T) Health – Sun Safety	To explain the benefits and dangers of the sun and to know how to protect themselves from the harmful rays of sun	Protect, harmful, benefits
Summer 1	No Outsiders To recognise and help an outsider	To know why it's hard to be different/To know how to help someone to be strong	Different, outsider, strong
	Healthy Bodies, healthy minds Sleep, food and hygiene (Discover Ed)	1. The power of sleep – To know the importance of good quality sleep 2. Making healthy food choices – To know what makes a healthy diet 3. Germs! – To understand the need for personal hygiene to protect against germs that can makes unhealthy or unwell	health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap
	E-Safety (Project Evolve) Online Bullying	To describe appropriate ways to behave towards other people online and why this is important.	Appropriate, behaviour online, kindness
	Additional Lesson as Required		
Summer 2	No Outsiders To consider living in Britain today	To know what Britain is/To know where I live/To know lots of different people live in Britain today/To know why some people are scared of difference	Britain, scared, difference, British Values.
	Coping with Change Coping with feelings when things change (Discovery Ed)	1. New changes – To think about changes you have or may experience 2. Feeling sad and showing empathy – To know ways to show sympathy to others and how to cope with sad events 3. Happiness – To know about ways to help yourselves feel happier and more positive if they are experiencing challenges	changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions
	E-Safety (Project Evolve) Managing Inline Information	To explain the difference between a 'belief', an 'opinion' and a 'fact. and can give examples of how and where they might be shared online, e.g. in videos, memes, posts, news stories etc.	Belief, opinion, fact, shared, online
	Additional Lesson as Required		

Year 4

Term	Topic	Knowledge/Skills (Lesson sequence)	
Autumn 1	No Outsiders To help someone accept differences	To know we are different/To give ways we are different/To know why some people are afraid of differences/To help people accept differences	Acceptance, language, choice, difference
	Health and Happy Friendships Solving friendship difficulties	Qualities of a good friend – To know the qualities of a good friend and the values we all look for in a friend Solving friendship difficulties – To know the skills needed to solve difficulties in friendships positively Personal boundaries and permission – to know the importance of personal boundaries and what they should do if someone does not respect their privacy/personal space	friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission
	E-Safety (Project Evolve) Self-image and Identity	To explain that others online can pretend to be someone else, including my friends, and can suggest reasons why they might do this.	Pretend, online, offline
	Dental (Teacher Planned)	To know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health (add in flossing) (Revisited from year 1)	Dentist, dental care, teeth, brush, correctly, toothpaste, toothbrush
Autumn 2	No Outsiders To choose when to be assertive	To know what assertive means/To know why being assertive is sometimes hard	assertive
	Similarities & Differences Identity and diversity	Being British – To know about British identities and how stereotyping about identity can be unhelpful and inaccurate Making a judgement – To know how people make judgements based on appearance A different point of view – To know how we manage different points of view	diversity, stereotypes, judge, judgement, point-of-view, opinion, disagree, agree
	E-Safety (Project Evolve) Online Relationships	To give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours.	Respectful, healthy, unhealthy, online, behaviours
	Additional Lesson as Required		
Spring 1	No Outsiders To be proud of who I am	To know why sometimes people don't speak up/To know everyone in my school should be proud of who they are	Speak up, proud, difficulties
	Caring and Responsibility Our rights: our responsibilities	Our rights, our responsibilities – To know our rights, what they are and how they help us to be cared for and respected. To know that rights come with responsibilities The UN Convention on the Rights of the Child – To know about the United Nations Conventions on the Rights of the Child and explore how these rights enable them to be safe and stay cared for Family roles and responsibilities – To know the different responsibilities people may have with their family	rights, responsibilities, respect, opportunities, entitled, agreement, rights, convention, United Nations, roles, responsibilities
	E-Safety (Project Evolve) Online Reputation	To explain ways that some of the information about anyone online could have been created, copied or shared by others.	Created, copied, shared
	Additional Lesson as Required		
Spring 2	No Outsiders To find common ground	To know that there more things that we have in common than divide us	In common, divide, alone, loneliness, common ground
	Families and committed relationships Families and other relationships	Different relationships: boundaries and behaviour – To know different types of relationships and appropriate boundaries and behaviour within them Belonging – To know about belonging within a group, team and family Caring families – To know how families and those around us show how they care	relationships, appropriate, behaviour, belonging, membership, together, family


	E-Safety (Project Evolve) Online Bullying	To explain why people need to think carefully about how content they post might affect others, their feelings and how it may affect how others feel about them (their reputation).	Content, affect, feelings, reputation
	Additional Lesson as Required		
Summer 1	No Outsiders To look after my mental health	To know what mental health is/To know what situations can affect my mental health/To have strategies to look after my mental health	Mental health, situations, affect, strategies, sadness
	Healthy Bodies, healthy minds Influences and personal choices	Healthy influences – To understand things that might influence our choices around healthy eating and other behaviours Making healthy choices – To know different healthy choices we can make and some potential consequences for our bodies and minds of making unhealthy choices Dealing with feelings – To understand our choices around emotional wellbeing and mental health	Influence, pressure, persuade, healthy choices, consequence, responsibility, feelings emotions
	E-Safety (Project Evolve) Managing Online Information	To analyse information to make a judgement about probable accuracy and I understand why it is important to make my own decisions regarding content and that my decisions are respected by others.	Analyse, judgement, accuracy, content, respect
	Keeping Safe Emergencies (Teacher Planned)	To know how to respond and react in an emergency situation; how to identify situations that may require the emergency services and to know how to contact them and what to say.	
Summer 2	No Outsiders To show acceptance	To know there are different ways to dress/To know people can choose what they wear/To know different people in my community wear different things/To be accepting of differences	Different, differences, acceptance, choice
	Coping with Change Puberty and hygiene	What is puberty? – To know the basic physical and emotional changes they will start experience Understanding periods – To understand menstruation in a simple way (to enable boys and girls to understand) Keeping clean as we grow and change – To know there is an increasing need for hygiene as we enter puberty	puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health
	E-Safety (Project Evolve) Managing Online Information	To explain why lots of people sharing the same opinions or beliefs online do not make those opinions or beliefs true.	Opinions, beliefs, sharing, online
	Economic Wellbeing: Money (Teacher Planned)	To know that people's spending decisions can affect others and the environment (eg fair trade, buying single use plastics or giving to charity)	Spending, money, environment, trade

Year 5

Term	Topic	Knowledge/Skills (Lesson sequence)	
Autumn 1	No Outsiders To consider consequences	To know what a consequence is/To know that all actions have consequences/To know that I have a choice in behaviour I join in and behaviour I choose not to join in	Consequences, behaviour, racist, choice
	Health and Happy Friendships Changing friendships (Discovery Ed)	Identity - To know what we mean by identity and how we use it to define us Peer pressure – To know what peer pressure is and how to make informed choices to resist such pressures Emotional health and wellbeing – To know the importance of good emotional health and wellbeing	identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety
	E-Safety (Project Evolve) Online Relationships	To explain that there are some people I communicate with online who may want to do me or my friends harm. I can recognise that this is not my / our fault.	Online, relationships, harm, communicate, risk
	Economic wellbeing: Money (Teacher Planned)	To know about risks associated with money (e.g. money can be won, lost or stolen and ways of keeping money safe)	Money, debt, gamble, safe
Autumn 2	No Outsiders To justify my actions	To know sometimes that we have to make difficult decisions/To justify my actions	Justify, actions, Jewish, perspective, Nazi, Germany, Poland
	Similarities and Differences Celebrating strengths and setting goals (Discovery Ed)	Strengths and abilities – To know that we all have strengths and weaknesses and that we should celebrate our individual strengths and talent Setting goals – To enable you to articulate future goals and understand that in order to achieve these they must consider what it is they set out to achieve and what they may need to succeed Online safety – To know the benefits of the internet and develop awareness of ways in which pupils can assess and manage risks and ways to stay safe online	strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety
	E-Safety (Project Evolve) Online Relationships	To describe some of the ways people may be involved in online communities and describe how they might collaborate constructively with others and make positive contributions. (e.g. gaming communities or social media groups).	Communities, positive, contribution, collaborative
	Economic wellbeing: Aspirations, work and career (Teacher Planned)	To know that some jobs are paid more than other and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid	Pay, salary, factor, influence, wages, voluntary, paid, unpaid
Spring 1	No Outsiders To consider responses to racist behaviour	To understand what racism is/ To recognize racist behavior/To know what to do if I hear or see someone being racist	Racist, racism, definition, persuade, working together
	Caring and Responsibility Caring in the community (Discovery Ed)	Changing needs – To know care needs and how these change during our lives Feeling lonely – To know the impact of loneliness and isolation as we grow older Why volunteer? – To know how to get involved in the community and the benefits it can offer	care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement
	E-Safety (Project Evolve) Online Reputation	To describe ways that information about anyone online can be used by others to make judgments about an individual and why these may be incorrect	judgements
	Additional Lesson as Required		
Spring 2	No Outsiders To recognise when someone needs help	To know people have different life experience/ To empathise with others	Life experiences, empathise, themes, democracy, Freedom of speech, solutions

	<p>Families and committed relationships Healthy, committed relationships (Discovery Ed)</p>	<p>Values of healthy relationships – To know the values that make a relationship healthy and how to identify characteristics of a potentially unsafe relationship Diversity in relationships – To respect all relationships even when they look different to their own It's all about commitment – To know what commitment to a relationship means and the characteristics of a committed relationship</p>	relationships, healthy, diversity, commitment
	<p>E-Safety (Project Evolve) Privacy and Security</p>	To explain what a strong password is and demonstrate how to create one.	Password, strong, security, privacy
	<p>Healthy Lifestyles (Y&T) Sun Safety (Lesson 3)</p>	To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including cancer	Exposure, sun, sun screen, skin cancer, risk, reduce
Summer 1	<p>No Outsiders To explore friendships</p>	To know what friends are/To know how important friendship is/To know sometimes friendship can go wrong/To value people around me	Friendship, celebrating, achievements
	<p>Healthy Bodies, healthy minds Staying safe and healthy (Discovery Ed)</p>	<p>Valuing ourselves – To understand the importance of self-image and the importance of valuing our own bodies and minds in order to maintain positive mental health Alcohol, tobacco and drugs – To know about alcohol, tobacco and drugs Keeping well – To know ways of keeping our bodies well and free from disease through vaccination and immunisation</p>	self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic
	<p>E-Safety (Project Evolve) Health, wellbeing and Lifestyle</p>	To describe ways technology can affect health and well-being both positively (e.g. mindfulness apps) and negatively.	Well-being, technology, mindfulness, positive, negative
	<p>E-Safety (Project Evolve) Online Bullying</p>	To describe how what one person perceives as playful joking and teasing (including 'banter') might be experienced by others as bullying.	Banter, playful, perceive, bullying, experiences
Summer 2	<p>No Outsiders To exchange dialogue and express an opinion</p>	To know there are different ideas about equality around the world/To exchange dialogue to express my opinion	Equality, exchange, dialogue, opinions
	<p>Coping with Change Puberty and emotions (Discovery Ed)</p>	<p>Puberty – To know the different stages of puberty Puberty and emotions – To know the range of emotional changes we may experience during puberty Emotional changes: managing well – To know the emotions we experience during puberty and into early adulthood and ways to manage and support others in managing these</p>	hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control
	<p>E-Safety (Project Evolve) Managing Online Information</p>	To explain what is meant by the term 'stereotype', how 'stereotypes' are amplified and reinforced online, and why accepting 'stereotypes' may influence how people think about others.	Stereotype, amplified, influence
	<p>SRE (Y&T) Wet dreams and masturbation (Parents have the right to opt out of this lesson)</p>	To know what wet dreams are and suggest ways to manage wet dreams	Penis, masturbation, wet dreams, puberty, hormones, sexual feelings, vulva, clitoris, ejaculate, orgasm

Year 6

Term	Topic	Knowledge/Skills (Lesson sequence)	
Autumn 1	No Outsiders To consider responses to immigration	To know what immigration means/To know what empathy means/To empathise with a person in a different situation	Immigration, empathise, culture, compare, contrast, emotions
	Health and Happy Friendships Relationships and feelings (Discovery Ed)	Personal safety – To know the importance of recognising risky situations, how they make us feel and the skills needed to maintain personal safety Relationships and change – To know how relationships and friendships will change as they grow and the importance of how to keep relationships happy and healthy Wider emotions – To know how to recognise and name an increasing range of emotions and understand that everyone feels a range of emotions for a variety of reasons	personal safety, risk, consequences, friends, change, relationships, emotions, feelings
	E-Safety (Project Evolve) Online Relationships	To describe how to be kind and show respect for others online including the importance of respecting boundaries regarding what is shared about them online and how to support them if others do not.	Respect, boundaries, content, permission, kindness, share, support, consider
	Economic wellbeing: Money (Teacher Planned)	To know about the risks involved in gambling; different ways money can be won or lost through gambling related activities and their impact on health, wellbeing and future aspirations	Gambling, money, finances well being future, impact
Autumn 2	No Outsiders To consider language and freedom of speech	To know what freedom of speech means/To know how language can be used to persuade people/To know how important pupil voice is	Language, freedom of speech, persuade, pupil voice, diversity
	Similarities and Differences Respectful behaviour online and offline (Discovery Ed)	Identity online – To know that sometimes people’s identities online can be misleading and that communication online should follow the same principles of respect as any other method of communication with a friendship or relationship Online bullying – To know the risks around online bullying Identities and belonging – To know and respect people’s differences to celebrate our diversity, and to consider how people may feel if they don’t ‘fit in’.	online identity, communication, risk, online bullying, diversity, inclusive, differences
	E-Safety (Project Evolve) Online Reputation	To explain the ways in which anyone can develop a positive online reputation.	Reputation, positive, protect, online/offline, respect, future
	Keeping Safe (Teacher Planned)	To know that female genital mutilation (FGM) is against British Law, what to do and whom to tell if they think they or someone they know might be at risk	Female genital mutilation
Spring 1	No Outsiders To overcome fears about difference	To accept and work with people who are different to me/To explore differences without fear/To look for solutions to challenging situations	Fear, difference, challenge, overcome, solutions, acceptance
	Caring and Responsibility Responsible behaviour as we get older (Discovery Ed)	Taking care of myself – To know the importance of recognising our strengths and areas for development and caring for ourselves Looking after my money – To know ways of taking on more responsibility for our own money and finance Transition to secondary – To know the help and care offered during transition to secondary school	strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, Independence, networks
	E-Safety (Project Evolve) Managing Online Information	To define the terms ‘influence’, ‘manipulation’ and ‘persuasion’ and explain how someone might encounter these online (e.g. advertising and ‘ad targeting’ and targeting for fake news).	Influence, manipulation, persuasion, fake news, targeting

	Additional Lesson as Required		
Spring 2	No Outsiders To consider causes of racism	To know what prejudice is/To know what can happen if racism is not challenges/To know how to challenge racist behaviour	Challenge, racism, prejudice
	Families and committed relationships Starting a family (sex education) (Discovery Ed)	Starting a family – To know about human reproduction and other ways of starting a family The impact of having a baby – To know the significance of making the decision to start a family, and how life-changing having a baby can be When is it right? – To know that age restrictions for having sex are there to keep children safe	sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe
	E-Safety (Project Evolve) Health, wellbeing and lifestyle	To recognise and can discuss the pressures that technology can place on someone and how / when they could manage this.	Pressure, technology, safety, mental health, risk
	Ourselves, growing and changing (Teacher Planned)	To know about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement	Grief, bereavement, death
Summer 1	No Outsiders To show acceptance	To know what transgender means/ To show acceptance for differences	transgender
	Healthy Bodies, healthy minds Being the best me (Discovery Ed)	Being the best me – To know the importance of self-respect, and the impact it can have on our mental health and wellbeing Social media and our wellbeing – To know ways in which the internet and social media impact on our personal feeling of wellbeing Taking care of our mental health – To know ways to maintain good mental health and looks at aspects of mental ill health	self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental Ill-health, wellbeing, illness, symptoms, mind
	E-Safety (Project Evolve) Privacy and Security	To describe ways in which some online content targets people to gain money or information illegally; I can describe strategies to help me identify such content (e.g. scams, phishing).	Target, illegal, scams, phishing, strategies
	Families and close positive relationships (Teacher Planned)	To 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	Forced, arranged marriage, illegal
Summer 2	No Outsiders To consider democracy	To know what democracy is/To know that we live in a democracy/ To know how laws are made/To know how laws can change	Laws, democracy, change, human rights, reasoned argument
	Coping with Change Coping with emotional effects of life changes (Discovery Ed)	Body image – To know the role that media plays with body image Puberty and changing relationships – To know the impact that the changes that puberty brings can have on close relationships Moving on – To look back on your time in primary school in preparation for secondary school	body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect
	E-Safety (Project Evolve) Copyright and Ownership	To demonstrate the use of search tools to find and access online content which can be reused by others.	Copyright, ownership, content, copy, reuse, permission
	SRE (Y&T) Making babies – sexual intercourse (Parents have the right to opt out of this lesson)	To know that some people have help to become pregnant To explain why some people need assistance to have baby To explain the difference between identical and non-identical twins	Sexual intercourse, pregnancy, infections, legal age, penis, vagina, contraception, condom, pill, consent, ovary, ejaculate, sperm, egg, fertilisation, trimesters
	SRE (Y&T)	To know that some people have help to become pregnant To explain why some people need assistance to have baby	IVF In Vitro Fertilisation, ICSI Intra-cytoplasmic sperm injection, IUI Intrauterine insemination

<p>Making babies – assisted fertility and multiple births (Parents have the right to opt out of this lesson)</p>	<p>To explain the difference between identical and non-identical twins</p>	<p>GIFT Gamete infra-fallopian transfer IVM In vitrom maturation, surrogacy, fertility drugs, twins, triplets, identical</p>
<p>SRE (Y&T) Making babies – Pregnancy and Birth (Parents have the right to opt out of this lesson)</p>	<p>To know how long an average pregnancy lasts./ To explain why a pregnancy lasts approximately 40 weeks. To identify and explain why some things that should and should not be eaten in pregnancy. To describe how babies are born (delivered).</p>	<p>Vaginal birth, cervix, labour, dilation, contractions, vagina, placenta, caesarean</p>