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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 3** | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Content** | Setting personal goals  Self-identity and worth  Positivity in challenges  Rules, rights and responsibilities  Rewards and consequences  Responsible choices  Seeing things from others’ perspectives  *Books: Lesson 3 - We are all born free by ISBN 978-1-84507-650* | 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 | 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  *Books: Lesson 2 - Me…. Jane by Patrick McDonnell* | Exercise  Fitness challenges  Food labelling and healthy swaps Attitudes towards drugs  Keeping safe and why it’s important online and off line scenarios  Respect for myself and others  Healthy and safe choices | 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 | How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenging my ideas  Preparing for transition |
| **Year 4** | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Content** | Being part of a class team  Being a school citizen  Rights, responsibilities and democracy (school council)  Rewards and consequences  Group decision-making  Having a voice  What motivates behaviour | Challenging assumptions  Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem-solving  Identifying how special and unique everyone is  First impressions | Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes  *Books: Lesson 1 - Salt in his Shoes by Deloris and Roslyn M Jordan.* | Healthier friendships  Group dynamics  Smoking Alcohol  Assertiveness  Peer pressure  Celebrating inner strength | Jealousy  Love and loss Memories of loved ones  Getting on and Falling Out  Showing appreciation to people and animals  *Books: Lesson 2 - Can you hear the sea by Richard Palmer and Badger’s parting Gifts by Susan Varley and Goodbye Mousie by Robie H Harris* | Being unique  Confidence in change  Accepting change  Preparing for transition  Environmental change |
| **Year 5** | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Content** | Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences  How behaviour affects groups  Democracy, having a voice, participating | Cultural differences and how they can cause conflict  Racism Rumours and name-calling  Types of bullying  Material wealth and happiness  Enjoying and respecting other’s cultures | Future dreams  The importance of money  Jobs and careers  Dream job and how to get there Goals in different cultures  Supporting others (charity)  Motivation | Smoking, including vaping  Alcohol  Alcohol and anti-social behaviour Emergency aid  Body image  Relationships with food  Healthy choices Motivation and behaviour | 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 SMARRT internet safety rule  *Books: Lesson 2 - Can you hear the sea? By Richard Palmer* | 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 |
| **Year 6** | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **Content** | Identifying goals for the year 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 | Perceptions of normality  Understanding disability  Power struggles  Understanding bullying Inclusion/exclusion  Differences as conflict, difference as celebration Empathy | Personal learning goals, in and out of school  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments | Taking personal responsibility  How substances affect the body Exploitation, including ‘county lines’ and gang culture  Emotional and mental health  Managing stress | Mental health  Identifying mental health worries and sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology use | Self-image Body image  Puberty and feelings  Conception to birth Reflections about change  Physical attraction  Respect and consent Boyfriends/girlfriends  Sexting Transition |