

Y	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Healthy Me (1)	Spring 2 Healthy Me (2)	Summer 1 Relationships	Summer 2 Dreams and goals
R	<ul style="list-style-type: none"> Understand the rules - Ready, Respect, Safe Recognise different feelings and emotions Know some of the 5W2W and how to use them 	<ul style="list-style-type: none"> Understand that they are unique Celebrate Difference Understand what bullying is and what to do if they are being bullied 	<ul style="list-style-type: none"> Understand that there are things that help you stay healthy <ul style="list-style-type: none"> Food Sleep Exercise 	<ul style="list-style-type: none"> Understand that there are things that help you stay healthy <ul style="list-style-type: none"> Hygiene Medicines and substances 	<ul style="list-style-type: none"> Understand why relationships are important Know some qualities of a good friend Know how to be a safe pedestrian 	<ul style="list-style-type: none"> Recognise how their bodies and responsibilities change as they grow up Know some jobs they might like to do as they get older
1	<ul style="list-style-type: none"> Ready, Respect, Safe 5W2W – Recognise emotions, begin to use the 5W2W to support wellbeing Rights and responsibilities Choices and consequences Own safety and class safety Democracy within the school 	<ul style="list-style-type: none"> Similarities and differences make us unique and special What bullying is and isn't When and who to ask for help Friendship 	<ul style="list-style-type: none"> Life cycles Changes Naming parts of the body 	<ul style="list-style-type: none"> Healthy choices Hygiene – germs and keeping clean Road and sun safety Drugs and medicines 	<ul style="list-style-type: none"> Own significant relationships including school community Touch 	<ul style="list-style-type: none"> Financial education – saving and spending money Setting goals Facing obstacles
2	<ul style="list-style-type: none"> Ready, Respect, Safe 5W2W – use 5W2W in daily life, brain Rights and Responsibilities Choices and consequences Democracy and the school council 	<ul style="list-style-type: none"> Gender stereotypes Bullying How to support class members and where to get help 	<ul style="list-style-type: none"> Changes Naming parts of the body Inappropriate touch and assertiveness Sleep 	<ul style="list-style-type: none"> Healthy food Feeling relaxed Drugs and medicines Call for help in an emergency 	<ul style="list-style-type: none"> Family relationships and different families Friendships and conflict resolution Secrets Physical contact Being assertive 	<ul style="list-style-type: none"> Financial education – looking after money Setting realistic goals Perseverance

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3	<ul style="list-style-type: none"> Ready, Respect, Safe 5W2W – Plan 5W2W throughout a day Rules, rights and responsibilities Democracy in school and local community 	<ul style="list-style-type: none"> Families and differences between them Bullying and being a witness Problem solving techniques in bullying situations 	<ul style="list-style-type: none"> Babies and parenting Body changes while growing up Stereotypes in family roles Personal hygiene Dental health 	<ul style="list-style-type: none"> Calories, fat and sugar – impact on health Drugs Strategies to stay safe Sun safety First aid – bleeding 	<ul style="list-style-type: none"> Family relationships and roles in the home Conflict resolution Mental health 	<ul style="list-style-type: none"> Financial education – keeping track of money, spending and saving Identify dreams and ambitions Face learning challenges Evaluate my learning process
4	<ul style="list-style-type: none"> Ready, Respect, Safe 5W2W – help others who are feeling low School community Democracy – school council and local community 	<ul style="list-style-type: none"> Appearances and first impressions Bullying – online Being unique and special 	<ul style="list-style-type: none"> Puberty and menstruation Active lifestyle Research an illness 	<ul style="list-style-type: none"> Friendship groups Smoking and alcohol Peer pressure First aid – head injury 	<ul style="list-style-type: none"> Emotional impact of friendships and relationships Coping with changes Negotiation and compromise Consent 	<ul style="list-style-type: none"> Mental health and illness Hopes and dreams Setting new plans/targets
5	<ul style="list-style-type: none"> Ready, Respect, Safe 5W2W – plan 5W2W across school Rights and responsibilities - United Nation’s Convention on the Rights of the Child Democracy – national government 	<ul style="list-style-type: none"> Culture and cultural differences Racism Bullying – direct and indirect 	<ul style="list-style-type: none"> Appearance ideals and the media Puberty – physical and emotional changes Genetic inheritance Being a teenager 	<ul style="list-style-type: none"> Smoking and how it affects lungs, liver and heart Alcohol misuse First aid – recovery position, choking 	<ul style="list-style-type: none"> Resilience Dementia 	<ul style="list-style-type: none"> Peer mediation Mental health Financial education - dreams and goals that may need money Jobs and careers
					<ul style="list-style-type: none"> Dragon’s Den – profit and loss, advertising, planning spending 	
6	<ul style="list-style-type: none"> Ready, Respect, Safe 5W2W – brain and emotions Being a global citizen Democracy - international 	<ul style="list-style-type: none"> Differences and similarities Power in relationships Bullying Disabilities 	<ul style="list-style-type: none"> Self-esteem and individuality Puberty – looking after ourselves mentally and physically 	<ul style="list-style-type: none"> Taking responsibility for their own physical and emotional health Drugs Exploitation 	<ul style="list-style-type: none"> Sleep Grief cycle Positive communication Financial education – interest, taxes 	<ul style="list-style-type: none"> Mental health and the media Impact of mental health Transition to Year 7