

KS 1 & 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Self-awareness	Self-care, Support & Safety	Managing Feelings	Changing & Growing	Healthy Lifestyles	The World I Live In
<u>Age 5–6</u> Paragon 2	<u>Who is special to us?</u> Pupils learn about family members and school staff who care for them.	<u>Who can we trust?</u> Explore who we can trust and what makes something mine or yours	<u>How do I feel?</u> Help pupils identify feelings and how to express them	<u>What is safe touch?</u> Introduce pupils to safe touch (e.g. during care routines or play).	<u>How do we keep well?</u> Pupils learn about keeping well and what to do if hurt/unwell.	<u>Who is in our school?</u> Pupils learn about similarities and differences in the school community.
<u>Age 6–7</u> Bridgewater 1	<u>What can we do?</u> Rehearse learning skills including working with others and celebrating strengths.	<u>Who looks after us?</u> Revisit people who look after us and the role they play in our lives.	<u>How can we manage our feelings?</u> Introduce pupils to self-regulation strategies to manage their feelings	<u>How do we grow?</u> Pupils learn how people change from a baby to an adult as they grow.	<u>What do we eat?</u> Introduce pupils to food choices and healthy food..	<u>What is a community?</u> Pupils learn about being part of a community, in school and beyond.
<u>Age 7–8</u> Gladstone 1	<u>How do we treat others?</u> Pupils explore kind and unkind behaviors among peers, and how to get help.	<u>What is being online?</u> Introduce pupils to uses of the internet in daily life.	<u>What are difficult feelings?</u> Pupils begin to explore difficult or unpleasant feelings and how to cope.	<u>When can we touch?</u> Pupils revisit touch, and differences between safe and unsafe touch.	<u>How can we be active?</u> Pupils explore a range of ways to be active and how it helps our bodies.	<u>What are online rules?</u> Pupils learn about rules and how these protect children online
<u>Age 8–9</u>	<u>How can we be friends?</u> Pupils build skills for making	<u>How can we be safe?</u> Pupils explore how to be	<u>What are these feelings?</u> Revisit skills to identify more	<u>How are relationships different?</u>	<u>How can we look after our bodies?</u> Pupils build skills around hygiene	<u>How can we help?</u> Pupils explore ways to take

	friends and managing disagreements.	safe in the school and wider environment.	complex feelings as pupils get older.	Pupils explore differences in their relationships with friends, family and others.	routines, including sleep, dental health, personal hygiene.	care of plants, pets and the environment
<u>Age 9–10</u> Gladstone 2	<u>Who do I care about?</u> Pupils revisit and reflect on their closest relationships, with friends and family.	<u>What is private?</u> Pupils explore public and private and who to trust with private things.	<u>How do we express emotions?</u> Help pupils express a wider range of complex or difficult feelings.	<u>How am I changing?</u> Pupils learn about the physical changes of puberty and how to manage these.	<u>Why should we be healthy?</u> Pupils explore the reasons for healthy eating and being active	<u>How can we earn money?</u> Pupils explore money, how it can be earned and spent, and jobs people do.
Age 10–11	<u>What have we achieved?</u> An opportunity to celebrate successes and skills learnt as pupils move towards the end of the primary phase.	<u>How can we be safe?</u> Pupils explore risks online and how to stay safe when looking at online content.	<u>What is mental health?</u> Moving beyond feelings to help pupils understand the concept of mental health	<u>How do I feel about others?</u> Pupils learn about the emotional changes of puberty and about love, romance and marriage.	<u>What can I do to be well?</u> Pupils build skills to look after their own health and wellbeing	<u>How can we talk online?</u> Pupils explore safe ways to communicate with others online.

KS3 & KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Self-awareness	Self-care, Support & Safety	Managing Feelings	Changing & Growing	Healthy Lifestyles	The World I Live In
<u>Year 7</u>	<u>How do we learn?</u> Introduce pupils to skills for learning and how to get help from adults in school.	<u>What's public and private in school, and who helps us?</u> Pupils learn how to navigate public and private spaces, and what to do if feeling unwell in school.	<u>What is mental wellbeing?</u> Pupils learn about strong feelings and how they can affect wellbeing.	<u>Who are our friends?</u> Pupils explore what makes a healthy friendship and how to make friends	<u>What is body image?</u> Pupils explore what affects body image as people grow older.	<u>How can we care for our environment?</u> Pupils explore why and how to protect the planet.
<u>Year 8</u> Wedgwood 1 and Minton 2	<u>What makes us special?</u> Pupils celebrate everyone's uniqueness and identify their personal strengths.	<u>What is safe online contact?</u> Pupils learn ways to safely communicate with others online, including what information to keep private	<u>How do I feel about myself?</u> Pupils learn skills to maintain self-esteem and respond to unkind comments.	<u>What is puberty?</u> Pupils learn how to help manage the changes of puberty.	<u>How can we keep healthy?</u> Pupils learn how to stay healthy, including safe use of medicines.	<u>How can we buy things online?</u> Pupils explore money and safe ways to spend online.
<u>Year 9</u> Regency 1	<u>What is pressure?</u> Pupils explore when people might be under pressure and how to	<u>What is gambling?</u> Pupils explore the risks related to gambling money	<u>How do I feel about others?</u> Pupils explore what romantic feelings are and situations involving attraction.	<u>What is a healthy relationship?</u> Pupils learn about healthy and unhealthy relationship behaviors.	<u>What is a healthy lifestyle?</u> Pupils rehearse skills for staying active and preparing healthy meals.	<u>What is equality?</u> Pupils learn about people's rights and responsibilities in an equal, diverse society.

	respond or get support					
<u>Year 10</u> Aynsley 2	<u>What is prejudice?</u> Pupils consider the protected characteristics and how to treat others fairly.	<u>What is personal space?</u> Pupils learn how to assert their own and respect others' personal space and privacy.	<u>How can I keep mentally well?</u> Pupils revisit skills for emotional regulation and learn about mental health concerns.	<u>What is sexual intimacy?</u> Pupils learn about sexually intimate relationships, including consent and contraception.	<u>What can harm our bodies?</u> Pupils recap the use of medicines and learn about harmful and illegal drugs.	<u>What risks are there online?</u> Pupils learn how to manage online harms, including AI and sharing images.
<u>Year 11</u>	<u>How can we respond to pressure?</u> Pupils revisit peer pressure, rehearsing skills to respond.	<u>How can I manage risk?</u> Pupils learn how to respond in risky and emergency situations, including with first aid, and for medical concerns.	<u>What are romantic relationships like?</u> Pupils explore what might shape our expectations of romantic relationships.	<u>What makes a parent?</u> Pupils learn about committed relationships, including marriage and parenthood.	<u>Is it hard to stay healthy?</u> Pupils consider challenges and build skills to maintain a healthy lifestyle with more independence.	<u>What is it adulthood like?</u> Pupils practice skills for managing money and for participating in work.
	<u>What are we proud of?</u> Pupils reflect on what they are proud of in school and rehearse skills for learning.		<u>How can I manage my feelings towards others?</u> Pupils explore strong feelings they may have in relationships and how to manage these.	<u>How can we look after our sexual health?</u> Pupils learn about what can affect fertility and how to look after sexual health.	<u>What are the laws about drugs?</u> Pupils revisit illegal drugs, the harms they can cause and laws related to them.	<u>How can I live independently?</u> Pupils learn about adult life, independent living and the online world.