



## Curriculum - Coverage and Outcomes - Knowledge and Skills

### Key Stage 2

| Term               | Autumn 1                                                                                                                                                                                                                 | Autumn 2                                                                                                                                                                                                                             | Spring 1                                                                                                                                                                                         | Spring 2                                                                                                                            | Summer 1                                                                                                                                                           | Summer 2                                                                                                                                                 |
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| Class              |                                                                                                                                                                                                                          |                                                                                                                                                                                                                                      |                                                                                                                                                                                                  |                                                                                                                                     |                                                                                                                                                                    |                                                                                                                                                          |
| POD                | Unit:<br>Being Me in My World                                                                                                                                                                                            | Unit:<br>Celebrating<br>Difference                                                                                                                                                                                                   | Unit:<br>Dreams and Goals                                                                                                                                                                        | Unit:<br>Healthy Me                                                                                                                 | Unit:<br>Relationships                                                                                                                                             | Unit:<br>Changing me                                                                                                                                     |
| Focus:             | Being part of a class team,<br>Being a school citizen,<br>Rights, responsibilities and democracy (school council),<br>Rewards and consequences,<br>Group decision-making,<br>Having a voice,<br>What motivates behaviour | Challenging assumptions,<br>Judging by appearance,<br>Accepting self and others,<br>Understanding influences,<br>Understanding bullying,<br>Problem-solving,<br>Identifying how special and unique everyone is,<br>First impressions | Hopes and dreams,<br>Overcoming disappointment,<br>Creating new, realistic dreams,<br>Achieving goals,<br>Working in a group,<br>Celebrating contributions,<br>Resilience,<br>Positive attitudes | Healthier friendships,<br>Group dynamics,<br>Smoking,<br>Alcohol,<br>Assertiveness,<br>Peer pressure,<br>Celebrating inner strength | Jealousy,<br>Love and loss,<br>Memories of loved ones,<br>Getting on and falling out,<br>Girlfriends and boyfriends,<br>Showing appreciation to people and animals | Being unique,<br>Having a baby,<br>Girls and puberty,<br>Confidence in change,<br>Accepting change,<br>Preparing for transition,<br>Environmental change |
| Knowledge outcomes | Knowledge:<br>I can describe rights, responsibilities, democracy and what it                                                                                                                                             | Knowledge:<br>I can identify assumptions, bullying                                                                                                                                                                                   | Knowledge:<br>I can explain how goals, resilience and positive attitudes                                                                                                                         | Knowledge:<br>I can recognise risks linked to smoking,                                                                              | Knowledge:<br>I can describe feelings linked to                                                                                                                    | Knowledge:<br>I can identify changes linked to growing up,                                                                                               |

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|                 | <p>means to belong to my class community.</p> <p>Apply:</p> <p>I can take part in group decisions and share my ideas respectfully.</p> <p>Evaluate:</p> <p>I can reflect on how my behaviour and choices affect others in my class.</p>                                                                                                                                                                                                                                                  | <p>behaviours and what makes people unique.</p> <p>Apply:</p> <p>I can use problem-solving skills to challenge unfair judgements.</p> <p>Evaluate:</p> <p>I can consider how first impressions and outside influences affect relationships.</p>                                                                                                                                                                                                                                      | <p>help people succeed.</p> <p>Apply:</p> <p>I can set a realistic goal and work with others to achieve it.</p> <p>Evaluate:</p> <p>I can reflect on my contributions and how I respond to setbacks.</p>                                                                                                                                                                                                                  | <p>alcohol and peer pressure.</p> <p>Apply:</p> <p>I can respond assertively in challenging situations.</p> <p>Evaluate:</p> <p>I can judge how friendships and groups influence healthy choices.</p>                                                                                                                                                                                                                                                    | <p>jealousy, loss and appreciation.</p> <p>Apply:</p> <p>I can use strategies to build and maintain positive relationships.</p> <p>Evaluate:</p> <p>I can reflect on how emotions affect relationships.</p>                                                                                                                                                                                                                               | <p>puberty and transition.</p> <p>Apply:</p> <p>I can use strategies to manage change confidently.</p> <p>Evaluate:</p> <p>I can reflect on how I respond to changes in my life.</p>                                                                                                                                                                                                                                                                                              |
| Skills outcomes | <p>I can listen to and respect the views of others during discussions.</p> <p>I can work collaboratively as part of a team.</p> <p>I can contribute ideas appropriately in group decision-making.</p> <p>I can explain my opinions confidently and respectfully.</p> <p>I can make responsible choices and consider possible consequences.</p> <p>I can reflect on my behaviour and identify ways to improve.</p> <p>I can take an active role within my class and school community.</p> | <p>I can recognise and challenge unfair assumptions and stereotypes.</p> <p>I can demonstrate empathy towards others.</p> <p>I can use problem-solving strategies to resolve disagreements.</p> <p>I can recognise bullying behaviours and seek support when needed.</p> <p>I can communicate respectfully with people who are different from me.</p> <p>I can identify positive qualities in myself and others.</p> <p>I can reflect on how my actions influence relationships.</p> | <p>I can set realistic and achievable goals.</p> <p>I can break larger goals into manageable steps.</p> <p>I can persevere when tasks become challenging.</p> <p>I can work cooperatively with others towards shared goals.</p> <p>I can celebrate my own achievements and the achievements of others.</p> <p>I can learn from mistakes and setbacks.</p> <p>I can identify strategies that help me remain motivated.</p> | <p>I can make informed choices about my health and wellbeing.</p> <p>I can recognise and respond to peer pressure appropriately.</p> <p>I can communicate assertively in difficult situations.</p> <p>I can identify positive and negative influences on my choices.</p> <p>I can develop and maintain healthy friendships.</p> <p>I can seek support from trusted adults when needed.</p> <p>I can demonstrate confidence in making safe decisions.</p> | <p>I can identify and express my feelings appropriately.</p> <p>I can manage disagreements respectfully.</p> <p>I can show appreciation and gratitude to others.</p> <p>I can demonstrate empathy towards people experiencing difficult emotions.</p> <p>I can maintain positive friendships and relationships.</p> <p>I can resolve conflicts using effective communication.</p> <p>I can recognise how my behaviour affects others.</p> | <p>I can talk about change using appropriate vocabulary.</p> <p>I can identify strategies that help me manage change positively.</p> <p>I can ask questions appropriately when I need information or support.</p> <p>I can recognise my own strengths during times of change.</p> <p>I can demonstrate confidence when facing new situations.</p> <p>I can prepare for transitions and future changes.</p> <p>I can reflect positively on my personal growth and development.</p> |

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| Class 1            | <b>Unit:<br/>Being Me in My World</b>                                                                                                                                                                                                                                                          | <b>Unit:<br/>Celebrating<br/>Difference</b>                                                                                                                                                                                                                                                        | <b>Unit:<br/>Dreams and Goals</b>                                                                                                                                                                                                                                                         | <b>Unit:<br/>Healthy Me</b>                                                                                                                                                                                                                                                                                   | <b>Unit:<br/>Relationships</b>                                                                                                                                                                                                                                                      | <b>Unit:<br/>Changing me</b>                                                                                                                                                                                                                                                                  |
| Focus              | Planning for the forthcoming year,<br>Being a citizen,<br>Rights and responsibilities,<br>Rewards and consequences,<br>How behaviour affects groups,<br>Democracy, having a voice, participating                                                                                               | Cultural differences and how they can cause conflict,<br>Racism,<br>Rumours and name-calling,<br>Types of bullying,<br>Material wealth and happiness,<br>Enjoying and respecting other cultures                                                                                                    | Future dreams,<br>The importance of money,<br>Jobs and careers,<br>Dream job and how to get there,<br>Goals in different cultures,<br>Supporting others (charity),<br>Motivation                                                                                                          | Smoking, including vaping,<br>Alcohol,<br>Alcohol and anti-social behaviour,<br>Emergency aid,<br>Body image,<br>Relationships with food,<br>Healthy choices,<br>Motivation and behaviour                                                                                                                     | Self-recognition and self-worth,<br>Building self-esteem,<br>Safer online communities,<br>Rights and responsibilities online,<br>Online gaming and gambling,<br>Reducing screen time,<br>Dangers of online grooming,<br>SMARRT internet safety rules                                | Self- and body image,<br>Influence of online and media on body image,<br>Puberty for girls,<br>Puberty for boys,<br>Conception (including IVF),<br>Growing responsibility,<br>Coping with change,<br>Preparing for transition                                                                 |
| Knowledge outcomes | <b>Knowledge outcomes:</b><br><b>Knowledge:</b><br>I can explain citizenship, rights, responsibilities and democracy.<br><b>Apply:</b><br>I can take part in decision-making and contribute to my community.<br><b>Evaluate:</b><br>I can review how behaviour affects groups and communities. | <b>Knowledge outcomes:</b><br><b>Knowledge:</b><br>I can describe cultural diversity, racism and bullying.<br><b>Apply:</b><br>I can show respect for different cultures, beliefs and viewpoints.<br><b>Evaluate:</b><br>I can assess how stereotypes and prejudice affect people and communities. | <b>Knowledge outcomes:</b><br><b>Knowledge:</b><br>I can explain how aspirations, careers and motivation are connected.<br><b>Apply:</b><br>I can create a plan to help me achieve a future goal.<br><b>Evaluate:</b><br>I can consider how my goals contribute to success and wellbeing. | <b>Knowledge outcomes:</b><br><b>Knowledge:</b><br>I can identify health risks linked to smoking, vaping and alcohol.<br><b>Apply:</b><br>I can make informed choices that support a healthy lifestyle.<br><b>Evaluate:</b><br>I can assess how body image and wellbeing are influenced by different factors. | <b>Knowledge outcomes:</b><br><b>Knowledge:</b><br>I can recognise online risks, rights and responsibilities.<br><b>Apply:</b><br>I can follow internet safety rules when I am online.<br><b>Evaluate:</b><br>I can judge how online behaviour affects wellbeing and relationships. | <b>Knowledge outcomes:</b><br><b>Knowledge:</b><br>I can describe puberty, conception and influences on body image.<br><b>Apply:</b><br>I can use reliable information to manage changes positively.<br><b>Evaluate:</b><br>I can reflect on how media and online content influence my views. |
| Skills outcomes    | <b>Skills outcomes:</b><br>I can contribute positively to discussions and group activities.                                                                                                                                                                                                    | <b>Skills outcomes:</b><br>I can show respect for people from different                                                                                                                                                                                                                            | <b>Skills outcomes:</b><br>I can identify my strengths, interests and aspirations.                                                                                                                                                                                                        | <b>Skills outcomes:</b><br>I can make informed choices about my health and wellbeing.                                                                                                                                                                                                                         | <b>Skills outcomes:</b><br>I can build and maintain positive relationships.                                                                                                                                                                                                         | <b>Skills outcomes:</b><br>I can talk confidently about changes that happen as I grow.                                                                                                                                                                                                        |

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|                    | <p>I can listen to and respect the viewpoints of others.</p> <p>I can take responsibility for my actions and behaviour.</p> <p>I can work cooperatively with others to make decisions.</p> <p>I can explain my ideas and opinions clearly.</p> <p>I can participate actively in my class and school community.</p> <p>I can reflect on how my actions affect others.</p> | <p>backgrounds and cultures.</p> <p>I can challenge unfair behaviour appropriately.</p> <p>I can demonstrate empathy towards others.</p> <p>I can recognise and respond to bullying behaviours.</p> <p>I can communicate respectfully when discussing differences.</p> <p>I can value diversity within my community.</p> <p>I can reflect on how my attitudes affect others.</p> | <p>I can set realistic goals for myself.</p> <p>I can plan steps to help me achieve a goal.</p> <p>I can stay motivated when working towards a challenge.</p> <p>I can work collaboratively to achieve shared goals.</p> <p>I can support and encourage others.</p> <p>I can reflect on my progress and achievements.</p> | <p>I can recognise situations that may put my health at risk.</p> <p>I can resist pressure that may lead to unhealthy choices.</p> <p>I can seek help and support when needed.</p> <p>I can make decisions that support a healthy lifestyle.</p> <p>I can identify influences on my health-related choices.</p> <p>I can take responsibility for my own wellbeing.</p> | <p>I can communicate safely and responsibly online.</p> <p>I can recognise and respond to online risks.</p> <p>I can use strategies to stay safe in digital environments.</p> <p>I can manage my online behaviour responsibly.</p> <p>I can seek support if I feel unsafe online.</p> <p>I can reflect on how technology affects my relationships and wellbeing.</p> | <p>I can use reliable information to understand physical and emotional changes.</p> <p>I can ask appropriate questions when I need support or information.</p> <p>I can manage change in a positive way.</p> <p>I can recognise influences on my self-image and confidence.</p> <p>I can prepare for new responsibilities and transitions.</p> <p>I can reflect on my personal growth and development.</p> |
| Class 2            | <b>Unit:<br/>Being Me in My World</b>                                                                                                                                                                                                                                                                                                                                    | <b>Unit:<br/>Celebrating Difference</b>                                                                                                                                                                                                                                                                                                                                          | <b>Unit:<br/>Dreams and Goals</b>                                                                                                                                                                                                                                                                                         | <b>Unit:<br/>Healthy Me</b>                                                                                                                                                                                                                                                                                                                                            | <b>Unit:<br/>Relationships</b>                                                                                                                                                                                                                                                                                                                                       | <b>Unit:<br/>Changing me</b>                                                                                                                                                                                                                                                                                                                                                                               |
| Focus              | <p>Identifying goals for the year,</p> <p>Global citizenship,</p> <p>Children's universal rights,</p> <p>Feeling welcome and valued,</p> <p>Choices, consequences and rewards,</p> <p>Group dynamics,</p> <p>Democracy, having a voice,</p> <p>Anti-social behaviour,</p> <p>Role- Modelling</p>                                                                         | <p>Perceptions of normality,</p> <p>Understanding disability,</p> <p>Power struggles,</p> <p>Understanding bullying,</p> <p>Inclusion/ exclusion,</p> <p>Differences as conflict, difference as celebration,</p> <p>Empathy</p>                                                                                                                                                  | <p>Personal learning goals, in and out of school,</p> <p>Success criteria,</p> <p>Emotions in success,</p> <p>Making a difference in the world,</p> <p>Motivation,</p> <p>Recognising achievements,</p> <p>Compliments</p>                                                                                                | <p>Taking personal responsibility,</p> <p>How substances affect the body,</p> <p>Exploitation, including 'county lines' and gang culture,</p> <p>Emotional and mental health,</p> <p>Managing stress</p>                                                                                                                                                               | <p>Mental health,</p> <p>Identifying mental health worries and sources of support,</p> <p>Love and loss,</p> <p>Managing feelings,</p> <p>Power and control,</p> <p>Assertiveness,</p> <p>Technology safety,</p> <p>Take responsibility with technology use</p>                                                                                                      | <p>Self-image,</p> <p>Body image,</p> <p>Puberty and feelings,</p> <p>Conception to birth,</p> <p>Reflections about change,</p> <p>Physical attraction,</p> <p>Respect and consent,</p> <p>Boyfriends/ girlfriends,</p> <p>Sexting,</p> <p>Transition</p>                                                                                                                                                  |
| Knowledge outcomes | <p>Knowledge outcomes:</p> <p>Knowledge: I can explain global</p>                                                                                                                                                                                                                                                                                                        | <p>Knowledge outcomes:</p> <p>Knowledge: I can understand</p>                                                                                                                                                                                                                                                                                                                    | <p>Knowledge outcomes:</p>                                                                                                                                                                                                                                                                                                | <p>Knowledge outcomes:</p>                                                                                                                                                                                                                                                                                                                                             | <p>Knowledge outcomes:</p>                                                                                                                                                                                                                                                                                                                                           | <p>Knowledge outcomes:</p>                                                                                                                                                                                                                                                                                                                                                                                 |

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|                 | <p>citizenship, rights and democratic participation.</p> <p>Apply: I can model positive behaviour within groups.</p> <p>Evaluate: I can assess the consequences of my choices and actions.</p>                                                                                                                                                                                                                                                                             | <p>disability, inclusion and empathy.</p> <p>Apply: I can demonstrate inclusive behaviour towards others.</p> <p>Evaluate: I can analyse how differences can lead to either conflict or celebration.</p>                                                                                                                                                                                                                                                               | <p>Knowledge: I can identify success criteria and factors that motivate people.</p> <p>Apply: I can set and work towards my learning goals.</p> <p>Evaluate: I can reflect on my achievements and progress.</p>                                                                                                                                                                                                                          | <p>Knowledge: I can explain the effects of substances, exploitation and stress.</p> <p>Apply: I can use strategies to support my emotional wellbeing.</p> <p>Evaluate: I can assess risks to my health, safety and wellbeing.</p>                                                                                                                                                                                                                   | <p>Knowledge: I can recognise mental health concerns and sources of support.</p> <p>Apply: I can use assertiveness skills and behave responsibly when using technology.</p> <p>Evaluate: I can assess what makes relationships healthy or unhealthy.</p>                                                                                                                                                                                                                             | <p>Knowledge: I can describe puberty, consent, attraction and reproduction.</p> <p>Apply: I can show respect and make informed decisions.</p> <p>Evaluate: I can reflect on my values and responsibilities in relationships.</p>                                                                                                                                                                                                                                       |
| Skills outcomes | <ul style="list-style-type: none"> <li>• I can contribute positively to group discussions and activities.</li> <li>• I can make responsible choices and consider consequences.</li> <li>• I can work collaboratively with others.</li> <li>• I can express my views respectfully.</li> <li>• I can take an active role in my school community.</li> <li>• I can model positive behaviour for others.</li> <li>• I can reflect on how my actions affect a group.</li> </ul> | <ul style="list-style-type: none"> <li>• I can show empathy towards others.</li> <li>• I can recognise and challenge exclusion.</li> <li>• I can communicate respectfully with people who are different from me.</li> <li>• I can demonstrate inclusive behaviour.</li> <li>• I can respond appropriately to bullying behaviours.</li> <li>• I can value diversity within my community.</li> <li>• I can reflect on the impact of my attitudes and actions.</li> </ul> | <ul style="list-style-type: none"> <li>• I can set realistic learning goals.</li> <li>• I can identify steps needed to achieve success.</li> <li>• I can stay motivated when facing challenges.</li> <li>• I can recognise and celebrate achievements.</li> <li>• I can give and receive positive feedback.</li> <li>• I can work cooperatively towards shared goals.</li> <li>• I can reflect on my progress and next steps.</li> </ul> | <ul style="list-style-type: none"> <li>• I can make informed choices about my health and wellbeing.</li> <li>• I can recognise risks to my safety.</li> <li>• I can manage stress using positive strategies.</li> <li>• I can seek support when needed.</li> <li>• I can identify unhealthy influences and pressures.</li> <li>• I can take responsibility for my own wellbeing.</li> <li>• I can make decisions that help keep me safe.</li> </ul> | <ul style="list-style-type: none"> <li>• I can identify and express my feelings appropriately.</li> <li>• I can communicate assertively and respectfully.</li> <li>• I can recognise when to seek support for myself or others.</li> <li>• I can build and maintain healthy relationships.</li> <li>• I can use technology safely and responsibly.</li> <li>• I can manage conflict in a positive way.</li> <li>• I can recognise how my behaviour affects relationships.</li> </ul> | <ul style="list-style-type: none"> <li>• I can talk confidently about changes that happen as I grow.</li> <li>• I can show respect for myself and others.</li> <li>• I can make informed and responsible decisions.</li> <li>• I can ask for help and information when needed.</li> <li>• I can manage change positively.</li> <li>• I can prepare for transition and new responsibilities.</li> <li>• I can reflect on my personal growth and development.</li> </ul> |

## Key Stage 3

| Term               | Autumn 1                                                                                                                                                                                                                                     | Autumn 2                                                                                                                                                                                                                            | Spring 1                                                                                                                                                                                                                                                       | Spring 2                                                                                                                                                                                                                                                               | Summer 1                                                                                                                                                                                                                                                               | Summer 2                                                                                                                                                                                                                                                                                                      |
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| Class              |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                               |
| Class 3            | <b>Unit:<br/>Being Me in My World</b>                                                                                                                                                                                                        | <b>Unit:<br/>Celebrating Difference</b>                                                                                                                                                                                             | <b>Unit:<br/>Dreams and Goals</b>                                                                                                                                                                                                                              | <b>Unit:<br/>Healthy Me</b>                                                                                                                                                                                                                                            | <b>Unit:<br/>Relationships</b>                                                                                                                                                                                                                                         | <b>Unit:<br/>Changing me</b>                                                                                                                                                                                                                                                                                  |
| Focus              | <p>Unique me,<br/>Differences &amp; conflict<br/>My influences,<br/>Getaway emotions,<br/>Belonging to a peer group,<br/>Peer pressure,<br/>Peer on peer abuse,<br/>Online safety,<br/>Sexting,<br/>Consequences,<br/>Online legislation</p> | <p>Bullying, Prejudice &amp; discrimination (positive and negative),<br/>Equality act, Bystanders,<br/>Stereotyping, Challenging influences, Negative behaviour and attitudes,<br/>Assertiveness</p>                                | <p>Celebrating success,<br/>Identifying goals,<br/>Employment,<br/>Learning from mistakes,<br/>Overcoming challenges,<br/>Planning skills,<br/>Safe &amp; unsafe choices,<br/>Substances,<br/>Gangs,<br/>Knives,<br/>Exploitation,<br/>Emergency first aid</p> | <p>Stress and anxiety,<br/>Managing mental health,<br/>Physical activity and mental health,<br/>Effects of substances,<br/>Legal consequences,<br/>Nutrition,<br/>Sleep,<br/>Vaccination and immunisation,<br/>Importance of information on making healthy choices</p> | <p>Characteristics of healthy relationships,<br/>Consent,<br/>Relationships and change,<br/>Emotions within friendships,<br/>Peer on peer abuse,<br/>Rights and responsibilities,<br/>Being discerning,<br/>Assertiveness,<br/>Sexting</p>                             | <p>Puberty changes,<br/>Reproduction facts, FGM,<br/>Breast flattening/ ironing,<br/>Responsibilities of parenthood,<br/>IVF,<br/>Types of committed relationships,<br/>Media and self-esteem,<br/>Self-image,<br/>Brain changes in puberty,<br/>Factors affecting moods,<br/>Sources of help and support</p> |
| Knowledge outcomes | <p>Knowledge: I can understand peer influence, online safety and legal responsibilities.</p> <p>Apply: I can use strategies to resist unsafe pressures.</p> <p>Evaluate: I can judge the consequences of my choices online and offline.</p>  | <p>Knowledge: I can explain prejudice, discrimination, equality and stereotyping.</p> <p>Apply: I can challenge discriminatory behaviour appropriately.</p> <p>Evaluate: I can assess how effective assertive responses can be.</p> | <p>Knowledge: I can recognise factors that influence success and risk.</p> <p>Apply: I can develop plans to achieve my goals safely.</p> <p>Evaluate: I can reflect on what I have learned from mistakes and challenges.</p>                                   | <p>Knowledge: I can explain the links between physical and mental health.</p> <p>Apply: I can make healthy choices about nutrition, sleep and physical activity.</p> <p>Evaluate: I can assess the reliability of health information.</p>                              | <p>Knowledge: I can describe the characteristics of healthy relationships and consent.</p> <p>Apply: I can communicate respectfully and use assertiveness skills.</p> <p>Evaluate: I can assess the impact of peer pressure and online behaviour on relationships.</p> | <p>Knowledge: I can understand puberty, reproduction, self-image and support services.</p> <p>Apply: I can access appropriate help and support when needed.</p> <p>Evaluate: I can reflect on factors that affect wellbeing during times of change.</p>                                                       |

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| Skills outcomes | <ul style="list-style-type: none"> <li>• I can recognise influences on my choices and behaviour.</li> <li>• I can manage peer pressure in different situations.</li> <li>• I can identify and express emotions appropriately.</li> <li>• I can make safe choices online and offline.</li> <li>• I can recognise risky situations and seek support.</li> <li>• I can contribute positively to a peer group.</li> <li>• I can reflect on the consequences of my actions.</li> </ul> | <ul style="list-style-type: none"> <li>• I can challenge stereotypes and prejudice respectfully.</li> <li>• I can demonstrate assertiveness when needed.</li> <li>• I can recognise discriminatory behaviour.</li> <li>• I can show respect for equality and diversity.</li> <li>• I can support others who experience bullying.</li> <li>• I can consider different perspectives.</li> <li>• I can reflect on how my actions affect others.</li> </ul> | <ul style="list-style-type: none"> <li>• I can set realistic goals and plan steps to achieve them.</li> <li>• I can identify risks and make safer choices.</li> <li>• I can learn from mistakes and setbacks.</li> <li>• I can demonstrate resilience when facing challenges.</li> <li>• I can recognise my achievements and strengths.</li> <li>• I can use planning and organisation skills effectively.</li> <li>• I can make informed decisions about my future.</li> </ul> | <ul style="list-style-type: none"> <li>• I can recognise the links between physical and mental health.</li> <li>• I can use strategies to manage stress and anxiety.</li> <li>• I can make informed choices about healthy lifestyles.</li> <li>• I can assess health information for reliability.</li> <li>• I can develop healthy habits relating to sleep, nutrition and activity.</li> <li>• I can identify sources of support for health concerns.</li> <li>• I can take responsibility for my wellbeing.</li> </ul> | <ul style="list-style-type: none"> <li>• I can communicate respectfully in relationships.</li> <li>• I can use assertiveness skills appropriately.</li> <li>• I can recognise characteristics of healthy relationships.</li> <li>• I can manage friendships and relationship changes positively.</li> <li>• I can behave responsibly when using technology.</li> <li>• I can understand and respect personal boundaries.</li> <li>• I can seek support when relationship issues arise.</li> </ul> | <ul style="list-style-type: none"> <li>• I can talk confidently about physical and emotional changes.</li> <li>• I can recognise factors that influence self-esteem and self-image.</li> <li>• I can access help and support when needed.</li> <li>• I can manage changes associated with puberty positively.</li> <li>• I can show respect for different relationships and life choices.</li> <li>• I can identify strategies that support emotional wellbeing.</li> <li>• I can reflect on my personal growth and development.</li> </ul> |
| Class 4         | <b>Unit:<br/>Being Me in My World</b>                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Unit:<br/>Celebrating Difference</b>                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Unit:<br/>Dreams and Goals</b>                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Unit:<br/>Healthy Me</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Unit:<br/>Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Unit:<br/>Changing me</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Focus           | Self-identity, Influences, Family and identity, Stereotypes, Personal beliefs and judgements, Managing expectations, First impressions, Respect for the beliefs of others, Marriage, Protected characteristics, Active listening                                                                                                                                                                                                                                                  | Positive change made by others, How positive behaviours affects feelings of wellbeing, Social injustice, Inequality, Community cohesion and support, Multi-culturalism, Diversity, race and religion, Stereotypes, Prejudice, LGBT+ bullying, Peer on peer abuse hate crime, Fear & emotions, Stand up to bullying, The golden rule,                                                                                                                    | Long-term goals, Skills, Qualifications, Careers, Money and happiness, Ethics and mental wellbeing, Budgeting, Variation in income, Positive and negative impact of money, Online safety and legal responsibilities, Gambling issues                                                                                                                                                                                                                                            | Long-term physical health, Responsibility for own health, Dental health, Stress triggers and help tips, Substances and mood, Legislation associated with substances, Exploitation and substances, County lines, Medicine, Vaccinations, Immunisation                                                                                                                                                                                                                                                                     | Positive relationship with self, Social media and relationship with self, Negative self-talk, Managing a range of relationships, Peer on peer abuse, Personal space, Online etiquette, Online privacy, Bullying and personal safety, Social media issues and the law, Coercion, Unhealthy balance of power in relationships, Sources of support                                                                                                                                                   | Types of close intimate relationships, Physical attraction, Love, Legal status of relationships, Behaviours in healthy and unhealthy romantic relationships, Pornography, Sexuality, Alcohol and risky behaviour                                                                                                                                                                                                                                                                                                                            |

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|                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Organ and blood donation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Knowledge outcomes | <p>Knowledge: I can understand peer influence, online safety and legal responsibilities.</p> <p>Apply: I can use strategies to resist unsafe pressures.</p> <p>Evaluate: I can judge the consequences of my choices online and offline.</p>                                                                                                                                                                                                                                                                                                                                      | <p>Knowledge: I can explain prejudice, discrimination, equality and stereotyping.</p> <p>Apply: I can challenge discriminatory behaviour appropriately.</p> <p>Evaluate: I can assess how effective assertive responses can be.</p>                                                                                                                                                                                                                                                                                                        | <p>Knowledge: I can recognise factors that influence success and risk.</p> <p>Apply: I can develop plans to achieve my goals safely.</p> <p>Evaluate: I can reflect on what I have learned from mistakes and challenges.</p>                                                                                                                                                                                                                                                                                                                      | <p>Knowledge: I can explain the links between physical and mental health.</p> <p>Apply: I can make healthy choices about nutrition, sleep and physical activity.</p> <p>Evaluate: I can assess the reliability of health information.</p>                                                                                                                                                                                                                                                                                     | <p>Knowledge: I can describe the characteristics of healthy relationships and consent.</p> <p>Apply: I can communicate respectfully and use assertiveness skills.</p> <p>Evaluate: I can assess the impact of peer pressure and online behaviour on relationships.</p>                                                                                                                                                                                                                                           | <p>Knowledge: I can understand puberty, reproduction, self-image and support services.</p> <p>Apply: I can access appropriate help and support when needed.</p> <p>Evaluate: I can reflect on factors that affect wellbeing during times of change.</p>                                                                                                                                                                                                                                                                                                              |
| Skills outcomes    | <ul style="list-style-type: none"> <li>• I can recognise the factors that influence my identity and beliefs.</li> <li>• I can challenge stereotypes and assumptions respectfully.</li> <li>• I can listen actively to others and respect different viewpoints.</li> <li>• I can reflect on how family, culture and experiences shape who I am.</li> <li>• I can manage expectations and make independent decisions.</li> <li>• I can communicate my thoughts confidently and respectfully.</li> <li>• I can show respect for protected characteristics and diversity.</li> </ul> | <ul style="list-style-type: none"> <li>• I can recognise prejudice, discrimination and unfair treatment.</li> <li>• I can challenge bullying and negative behaviour appropriately.</li> <li>• I can demonstrate empathy towards others.</li> <li>• I can contribute positively to an inclusive community.</li> <li>• I can respect differences in culture, religion and identity.</li> <li>• I can stand up for others in a safe and respectful way.</li> <li>• I can reflect on how my actions affect the wellbeing of others.</li> </ul> | <ul style="list-style-type: none"> <li>• I can set realistic long-term goals.</li> <li>• I can identify the skills and qualifications needed for future aspirations.</li> <li>• I can make informed decisions about money and budgeting.</li> <li>• I can recognise risks associated with online activity and gambling.</li> <li>• I can weigh up positive and negative consequences of choices.</li> <li>• I can stay motivated when working towards goals.</li> <li>• I can reflect on how my decisions affect future opportunities.</li> </ul> | <ul style="list-style-type: none"> <li>• I can take responsibility for my physical and mental wellbeing.</li> <li>• I can identify factors that affect my health.</li> <li>• I can use strategies to manage stress effectively.</li> <li>• I can make informed choices about medicines and substances.</li> <li>• I can recognise risks related to exploitation and county lines.</li> <li>• I can access reliable health information and support.</li> <li>• I can develop healthy habits that promote wellbeing.</li> </ul> | <ul style="list-style-type: none"> <li>• I can build and maintain positive relationships.</li> <li>• I can manage conflict and disagreements respectfully.</li> <li>• I can communicate appropriately online and offline.</li> <li>• I can recognise unhealthy relationships and imbalances of power.</li> <li>• I can protect my privacy and personal safety online.</li> <li>• I can seek support when relationships become difficult.</li> <li>• I can reflect on how my behaviour affects others.</li> </ul> | <ul style="list-style-type: none"> <li>• I can recognise the characteristics of healthy and unhealthy intimate relationships.</li> <li>• I can make informed and responsible decisions.</li> <li>• I can respect personal boundaries and the choices of others.</li> <li>• I can identify influences on attraction, relationships and sexuality.</li> <li>• I can assess risks associated with alcohol and other behaviours.</li> <li>• I can access help and support when needed.</li> <li>• I can reflect on my values and future relationship choices.</li> </ul> |
| Class 5            | <b>Unit:</b><br><b>Being Me in My World</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Unit:</b><br><b>Celebrating Difference</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Unit:</b><br><b>Dreams and Goals</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Unit:</b><br><b>Healthy Me</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Unit:</b><br><b>Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Unit:</b><br><b>Changing me</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| Focus              | Perceptions about intimate relationships,<br>Consent,<br>Sexual exploitation,<br>Peer approval,<br>Peer on peer abuse,<br>Grooming,<br>Radicalization,<br>County lines,<br>Risky experimentation,<br>Positive and negative self-identity,<br>Groups,<br>Influences,<br>Social media,<br>Abuse and coercion,<br>Coercive control | Protected characteristics,<br>Equality Act,<br>Phobic and racist language,<br>Legal consequences of bullying and hate crime,<br>Sexism,<br>Ageism,<br>Positive and negative language,<br>Banter,<br>Peer on peer abuse,<br>Bullying in the workplace,<br>Direct and indirect discrimination,<br>Harassment,<br>Victimisation,<br>Prejudice,<br>Discrimination and stereotyping | Personal strengths,<br>Health goals,<br>SMART planning,<br>The world of work,<br>Links between body image and mental health,<br>Non-financial dreams and goals,<br>Mental health and ill health,<br>Media manipulation,<br>Self-harm,<br>Self-esteem,<br>Stigma,<br>Anxiety disorders,<br>Eating disorders,<br>Depression | Misperceptions about young peoples' health choices,<br>Physical and psychological effects of drugs and alcohol,<br>Alcohol and the law,<br>Alcohol and drug poisoning,<br>Addiction,<br>Smoking,<br>Vaping,<br>Drug classification,<br>Supply and possession legislation,<br>Emergency situations,<br>First aid,<br>CPR,<br>Substances and safety,<br>Sources of advice and support | Healthy relationships,<br>Power and control in intimate relationships,<br>Risk in intimate relationships,<br>Importance of sexual consent,<br>Assertiveness skills,<br>Sex and the law,<br>Pornography and stereotypes,<br>Contraception choices,<br>Age of consent,<br>Family planning,<br>Consequences of unprotected sex,<br>STIs,<br>Support and advice services | Mental health stigma,<br>Triggers,<br>Support strategies,<br>Managing emotional changes,<br>Resilience and how to improve it,<br>Reflection on importance of sleep in relation to mental health,<br>Reflection on changes,<br>Benefits of relaxation |
| Knowledge outcomes | <p>Knowledge: I can understand consent, exploitation, radicalisation and coercive control.</p> <p>Apply: I can use strategies to manage risks in challenging situations.</p> <p>Evaluate: I can assess how peers, groups and media influence identity.</p>                                                                      | <p>Knowledge: I can explain discrimination, victimisation, harassment and equality law.</p> <p>Apply: I can challenge inappropriate language and behaviour.</p> <p>Evaluate: I can assess the impact of prejudice on individuals and society.</p>                                                                                                                              | <p>Knowledge: I can understand mental health, self-esteem and career planning.</p> <p>Apply: I can use SMART planning to achieve my goals.</p> <p>Evaluate: I can assess strategies that help maintain wellbeing and resilience.</p>                                                                                      | <p>Knowledge: I can explain the effects of drugs, alcohol, smoking and vaping.</p> <p>Apply: I can demonstrate safe decision-making and understand first aid and CPR principles.</p> <p>Evaluate: I can assess risks and identify appropriate sources of support.</p>                                                                                                               | <p>Knowledge: I can understand consent, contraception, STIs and relationship laws.</p> <p>Apply: I can use assertiveness skills and make informed relationship choices.</p> <p>Evaluate: I can assess the risks and responsibilities within intimate relationships.</p>                                                                                              | <p>Knowledge: I can understand mental health stigma, resilience and emotional change.</p> <p>Apply: I can use support strategies and relaxation techniques.</p> <p>Evaluate: I can reflect on my personal growth and wellbeing needs.</p>            |
| Skills outcomes    | <ul style="list-style-type: none"> <li>• I can recognise and manage risks in different situations.</li> <li>• I can identify unhealthy influences and pressures.</li> <li>• I can make safe and responsible decisions.</li> </ul>                                                                                               | <ul style="list-style-type: none"> <li>• I can challenge discrimination and prejudice appropriately.</li> <li>• I can use respectful and inclusive language.</li> <li>• I can recognise unfair treatment and</li> </ul>                                                                                                                                                        | <ul style="list-style-type: none"> <li>• I can identify my strengths and areas for development.</li> <li>• I can use SMART planning to achieve goals.</li> <li>• I can make informed</li> </ul>                                                                                                                           | <ul style="list-style-type: none"> <li>• I can make informed choices about substances and health.</li> <li>• I can assess risks in emergency situations.</li> <li>• I can apply basic first aid and CPR knowledge</li> </ul>                                                                                                                                                        | <ul style="list-style-type: none"> <li>• I can communicate assertively and respectfully in relationships.</li> <li>• I can recognise healthy and unhealthy relationship behaviours.</li> </ul>                                                                                                                                                                       | <ul style="list-style-type: none"> <li>• I can recognise factors that affect emotional wellbeing.</li> <li>• I can use strategies to build resilience.</li> <li>• I can manage emotional changes positively.</li> </ul>                              |

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|  | <ul style="list-style-type: none"> <li>• I can recognise signs of grooming, exploitation and coercion.</li> <li>• I can evaluate information from social media critically.</li> <li>• I can maintain a positive sense of self-identity.</li> <li>• I can seek support when faced with difficult situations.</li> </ul> | <p>stereotyping.</p> <ul style="list-style-type: none"> <li>• I can demonstrate respect for diversity and protected characteristics.</li> <li>• I can respond appropriately to bullying and harassment.</li> <li>• I can consider the impact of my words and actions on others.</li> <li>• I can promote equality within my community.</li> </ul> | <p>decisions about my future.</p> <ul style="list-style-type: none"> <li>• I can recognise how media can influence self-esteem and wellbeing.</li> <li>• I can apply strategies to improve resilience.</li> <li>• I can seek help for mental health concerns when needed.</li> <li>• I can reflect on my progress and achievements.</li> </ul> | <p>appropriately.</p> <ul style="list-style-type: none"> <li>• I can identify reliable sources of health information.</li> <li>• I can recognise the dangers of addiction and substance misuse.</li> <li>• I can take responsibility for my own health and safety.</li> <li>• I can access support when health concerns arise.</li> </ul> | <ul style="list-style-type: none"> <li>• I can understand the importance of consent and personal boundaries.</li> <li>• I can make informed choices about relationships.</li> <li>• I can identify risks associated with online and intimate relationships.</li> <li>• I can access advice and support when needed.</li> <li>• I can respect the rights and choices of others.</li> </ul> | <ul style="list-style-type: none"> <li>• I can use relaxation techniques to support wellbeing.</li> <li>• I can identify sources of support for mental health concerns.</li> <li>• I can develop healthy habits that support wellbeing.</li> <li>• I can reflect on my personal growth and future wellbeing needs.</li> </ul> |
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