



	Autumn	Spring	Summer
Health and Wellbeing			
To recognise opportunities to make their own choices about food/ a balanced diet.			
To understand that bacteria and viruses can affect health and following simple routines can reduce their spread.			
To learn about change, including transitions, loss, separation, divorce and bereavement.			
To understand school rules about health and safety, basic emergency aid procedures and where and how to get help.			
To learn about taking care of their body and the right to protect their body from inappropriate and unwanted contact.			
To begin to understand some changes during puberty and names of external genitalia.			
To differentiate between the terms 'risk', 'danger' and 'hazard'.			
To recognise when and how to ask for help and use basic techniques for resisting pressure.			
To learn about people who are responsible for helping them stay healthy and safe and ways that they can support these people.			
Relationships			
To be able to recognise and respond appropriately to a wider range of feelings in others.			
To understand the concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break confidence' or 'share a secret'.			
To learn to recognise and manage 'dares'.			
To recognise what constitutes a positive, healthy relationship.			
To learn that their actions affect themselves and others.			
To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours.			
To be able to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and try to see, respect and if necessary, constructively challenge, their points of view.			
To recognise what constitutes a positive, healthy relationship and to develop the skills to maintain these relationships.			
To work collaboratively towards shared goals.			
To develop strategies to solve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.			
To be aware of different types of relationships, including those between friends and families, civil partnerships and marriage.			
To recognise and challenge stereotypes.			
To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours and how to respond to them and			



ask for help.			
Living in the Wider World			
To learn why and how rules and laws that protect themselves and others are made and enforced. To understand that everyone has human rights.			
To know that universal human rights are there to protect everyone and have primacy over both national law and family and community practices.			
That there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.			
To appreciate the range of national, regional, religious and ethnic identities in the UK.			
To research, discuss and debate topical issues, problems and events concerning the environment and offer their recommendations.			
To recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing.			
To think about the lives of people living in other places, and people with different values and customs.			
To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax'.			
To recognise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities.			
To learn how to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.			
To explore and critique how the media present information.			
To learn what being part of a community means, and about the varied institutions that support communities locally and nationally.			
To learn that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment.			
To learn about enterprise and the skills that makes someone 'enterprising'.			