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|  | Autumn Term | | | Spring Term | | | Summer Term | | |
|  | **Rights and Responsibilities** | **Valuing difference** | **Keeping Safe** | **Healthy Lifestyles** | **Growing and Changing** | **Money** | **Feelings and emotions** | **Healthy Relationships**  **SWAP WITH GROWN AND CHANGING?** | **Environment** |
| Year 1  Year A | Group and class rules; everybody is unique in some ways and the same in others  L1 L2 L8 L9 | Respecting similarities and differences in others; sharing views and ideas ; bullying  R5 R8 | Keeping safe around household products; how to ask for help if worried about something  H11 H13 H14 H15 | What helps keep bodies healthy; hygiene routines  H1 H6 H7 | Recognising what they are good at; setting goals. Change and loss and how it feels; **talking about my body – how we are all different** (*own plans)*  H3 H5 | Where money comes from; how to use money -saving and spending money; how it feels to have money  L6 L7 | Recognising feelings in self and others; sharing feelings  R1 R2 R4 R12  **MENTAL HEALTH LESSON 1** | Secrets and keeping safe; special people in their lives  R3 R9 | Looking after the local environment  (*CROSS YEAR-GROUP PROJECT WITH YEAR 2)*  L5 |
| Year 2  Year B | Group and class rules; respecting their own and others’ needs; groups and communities they belong to; people who work in the community; getting help in an emergency  L1 L2 L3 L4 L10 | Respecting similarities and differences in others; sharing views and ideas ; bullying  R5 R8 | Keeping safe in different situations; how to ask for help if they are worried about something; privacy in different contexts  H12 H13 H14 H16 | Healthy choices; different feelings; managing feelings  H2 H4  **MENTAL HEALTH**  **LESSON 2 or 3** | Recognising what they are good at; setting goals.  Growing; changing and being more independent; **correct names for body parts (including external genitalia), differences between boys and girls**  H3 H8 H9 H10 | Where money comes from; saving and spending money; making choices; keeping track of money spent/saved  L6 L7 | Behaviour; bodies and feelings can be hurt  R2 R4 R11 R12 | Listening to others and playing cooperatively; appropriate and inappropriate touch; teasing and bullying  R6 R7 R10 R13 R14 | Looking after the local environment  *(CROSS YEAR-GROUP PROJECT WITH YEAR 1)*  L5 |
| Year 3  Year A | Group and class rules;  discuss and debate health and wellbeing issues. Being a part of the community and who works in the community  L1 L9 L10 | Recognising and responding to bullying  R14 R18 | School rules on health and safety; basic emergency aid; people who help them stay healthy and safe  H15 H23 | What makes a balanced diet; opportunities for making own choices with food; what influences their food choices; habits  H3 H16 | Recognising what they are good at; setting goals. Describing feelings; conflicting feelings and how to manage feelings  **Re-cap of parts of body (real names), Changes that happen in life (loss, separation, divorce, bereavement), human life cycle**  H5 H6 H7 H18 **MENTAL HEALTH LESSON 4** | Needs and wants;  Enterprise; what it means; developing skills in enterprise  *(CROSS YEAR-GROUP PROJECT WITH YEAR 6)*  L16 | Keeping something confidential or secret; when to break a confidence; recognise and manage dares  R9 R15 | Positive; healthy relationships and friendships; maintaining friendship; actions affect ourselves and others; working collaboratively  R2 R4 R7 R11 | Responsibilities; rights and duties  L7 |
| Year 4  Year B | Group and class rules; discuss and debate health and wellbeing issues.  Appreciating difference and diversity in the UK and around the world  L1 L11 L12 L15 | Listen and respond effectively to people; share points of view;  bullying - link to school TOGETHER value  R10 | How to keep safe in local area and online; people who help them stay healthy and safe  H21 H22 H25 | What makes a balanced lifestyle and making choices; drugs common to everyday life; hygiene and germs  H1 H2 H17 H12 | Recognising what they are good at; setting goals.  Changes that happen in life and feelings associated with change  **Basic changes in puberty (Y3 lesson H18)**  H5 H8 H18 | Role of money; managing money (saving and budgeting); what is meant by interest and loan  L13 L14 | Keeping something secret; Recognising feelings in others; responding to how others are feeling  **MENTAL HEALTH LESSON 5**  R9 R1 | Acceptable and unacceptable physical contact; solving disputes and conflicts amongst peers  R8 R12 | Sustainability of the environment across the world  L15 |
| Year 5  Year A | Group and class rules; discuss and debate health and wellbeing issues.  Rules and laws; changing rules and laws; anti-social behaviour; respecting and resolving differences  L1 L2 L6 L8 | Listening to others; raise concerns and challenge , bullying  R10 R14 R18 | Strategies for managing personal safety in the local environment; online safety; including sharing images; mobile phone safety  Cycling?  H21 H22 H25 | What positively and negatively affects health and wellbeing; making informed choices; benefits of a balanced diet; different influences on food; skills to make choices  H1 H2 H3 | Recognising what they are good at; setting goals; aspirations. Intensity of feelings; managing complex feelings.  **Coping with change and transition; bereavement and grief**  **More in-depth detail about puberty and how feelings are affected by this; where to get help and support during puberty (Y4 lesson H18)**  **MENTAL HEALTH LESSON 6**  H5 H6 H7 H8 | Importance of finance in people’s lives; being a critical consumer; influences on spending; Fair Trade, how money helps others  H13 H14 | Confidentiality and when to break a confidence; managing dares  R9 | Actions have consequences of actions; working collaboratively; negotiation and compromise; giving feedback  R7 R11 R12 | Different rights; responsibilities and duties  L7 |
| Year 6  Year B | Group and class rules; discuss and debate health and wellbeing issues.  Human rights; the rights of child; cultural practices and British law.  Being part of a community; groups that support communities. Being critical of what is in the media and what they forward to others  L1 L3 L4 L5 L9 L10 | Listening to others; raise concerns and challenge.  What makes people the same or different; recognising and challenging stereotypes; discrimination and bullying  R10 R13 R16 R17 R14 R18 | Independence; increased responsibility; keeping safe; influences on behaviour; resisting pressure; rights to protect their body and speaking out (including against FGM); who is responsible for their health and safety; where to get help and advice  H9 H10 H11 H13 H14 H20 H23 | Images in the media and reality; how this can affect how people feel; risks and effects of drugs  H4 H17 | Recognising what they are good at; setting goals; aspirations.  **Changes at puberty *(recap Y4/5);* managing changes associated with pubertyhuman reproduction; roles and responsibilities of parents**  H5 H18 H19 | Enterprise; setting up an enterprise  *(CROSS YEAR-GROUP PROJECT WITH YEAR 3)*  *H16*  looking after money; interest; loan; debt management of money; tax  L13, L14 | Responding to feelings in others;  R1 | Different types of relationships; positive and healthy relationships; maintaining relationships; recognising when a relationship is unhealthy (including forced marriage); committed; loving relationships; marriage. Acceptable and unacceptable physical touch; personal boundaries and the right to privacy  R2 R4 R3 R5 R19 RR6 R20 R8 R21 | How resources are allocated; effect of this on individuals; communities and environment  L15 |

**Spring 2 – Growing & Changing elements to be taught in single-age groups each year due to developmental nature of the learning. This will be for 2 or 3 weeks every year in Spring 2. More in-depth breakdown of learning can be found within SRE policy.**

**MENTAL HEALTH specific teaching and learning lesson plans are integrated throughout the 2-year cycle**

Due to nature of some issues being discussed, Year A and Year B cycle are identical for certain topics as they need to be covered in every academic year (eg keeping safe).

Y6 will always include elements of transition to KS3 – Big School Theatre, specific programmes of study (Rise Above lesson plans), citizenship – Civic Award