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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 1Year 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 ; bullyingR5 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 2Year 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 ; bullyingR5 R8 | Keeping safe in different situations; how to ask for help if they are worried about something; privacy in different contextsH12 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 3Year 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 dutiesL7  |
| Year 4Year 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 valueR10 | 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 loanL13 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 5Year 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 , bullyingR10 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 othersH13 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 6Year 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; taxL13, 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