

PSHE OVERVIEW FOUNDATION – YEAR 6

Relationships Education: • FP Families & People who care for me • CF Caring Friendships • RR Respectful Relationships • OR Online Relationships • BS Being Safe

Health Education: • MW Mental Wellbeing • IS Internet Safety & Harms • PHF Physical Health & Fitness • HE Healthy Eating • DAT Drugs, Alcohol & Tobacco • HP Health & Prevention • BFA Basic First Aid • CAB Changing Adolescent Body

Units/Themes	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Beginning and Belonging MMR1 BBF</p> <ul style="list-style-type: none"> • How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to make the classroom a safe and happy place? • How can I play and work well with others? • How can I respect the needs of others? • How does my behaviour make other people feel? 	<p>Beginning and Belonging MMR4 BB12</p> <ul style="list-style-type: none"> • Do I understand simple ways to help my school feel like a safe, happy place? RR • How can I get to know the people in my class? CF • How do I feel when I am doing something new? MW • How can I help someone feel welcome in class? MW • What helps me manage in new situations? MW • Who can help me at home and at school? BS 	<p>Rights, Rules and Responsibilities Cit5 RR12</p> <ul style="list-style-type: none"> • How do rules and conventions help me to feel happy & safe? (RR) • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? RR • Can I take part in discussions and decisions in class? 	<p>Beginning and Belonging MMR9 BB34</p> <ul style="list-style-type: none"> • What is my role in helping my school be a place where we can learn happily and safely? RR • How can we build relationships in our class and how does this benefit me? CF • What does it feel like to be new or to start something new? MW • How can I help children and adults feel welcome in school? RR • What helps me manage a new situation or learn something new? MW • Who are the different people in my network who I can ask for help? BS 	<p>Rights, Rules and Responsibilities Cit8 RR34</p> <ul style="list-style-type: none"> • What does it mean to be treated and to treat others with respect? RR • Who are those in positions of authority within our school and communities and how can we show respect? RR • Why do we need rules and conventions at home and at school? RR • What part can I play in making and changing rules? • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • How do we make democratic decisions in school? • What is a representative and how do we elect them? 	<p>Beginning and Belonging MMR14 BB56</p> <ul style="list-style-type: none"> • What are my responsibilities for helping others in school feel happy and safe? RR • How can I take responsibility for building relationships in my school and how does this benefit us all? CF • How might different people feel when starting something new and how can I help? MW • How do we help people feel welcome and valued in and out of school? CF • What helps me to be resilient in a range of new situations? MW • Are there more ways I can get help now and how do I seek support? BS 	<p>Rights, Rules and Responsibilities Cit11 RR56</p> <ul style="list-style-type: none"> • What are the conventions of courtesy & manners and how do these vary? RR • How does my behaviour online affect others and how can I show respect? IS/RR • Why is it important to keep my personal information private, especially online? IS • How can I contribute to making and changing rules in school? • How else can I make a difference in school? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • How do I take part in debate, respectfully listening to other people's views? RR

<p>Autumn 2</p>	<p>Family and Friends (incl. anti-bullying) MMR2 FFF</p> <ul style="list-style-type: none"> • Who are my special people and why are they special to me? • Who is my family and how do we care for each other? • What is a friend? • How can I be a good friend? • How do I make new friends? • How can I make up with friends when I have fallen out with them? • How does what I do affect others? • Do I know what to do if someone is unkind to me? <p>My Emotions MMR3 MEF</p> <ul style="list-style-type: none"> • Can I recognise and show my emotions? • Can I recognise emotions in other people and say how they are feeling? • Do I know what causes different emotions in 	<p>Family and Friends MMR6 FF12</p> <ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? CF • Why is telling the truth important? CF • What skills do I need to choose, make and develop friendships? CF • How might friendships go wrong, and how does it feel? CF • How can I try to mend friendships if they have become difficult? CF • What is my personal space and how do I talk to people about it? BS • Who is in my family and how do we care for each other? FP • Who are my special people, why are they special and how do they support me? CF <p>Anti-bullying MMR7 AB12</p> <ul style="list-style-type: none"> • Why might people fall out with their friends? CF <p>Can I describe what bullying is? RR</p> <ul style="list-style-type: none"> • Do I understand some of the reasons 	<p>My Emotions MMR5 ME12</p> <ul style="list-style-type: none"> • What am I good at and what is special about me? RR • How can I stand up for myself? RR • Can I name some different feelings? MW • Can I describe situations in which I might feel happy, sad, cross etc? MW • How do my feelings and actions affect others? MW • How do I manage some of my emotions and associated behaviours? MW • What are the different ways people might relax and what helps me to feel relaxed? MW • Who do I share my feelings with? MW <p>Anti-bullying MMR7 AB12</p> <ul style="list-style-type: none"> • Why might people fall out with their friends? CF • Can I describe what bullying is? RR • Do I understand some of the reasons people bully others? RR • Why is bullying never acceptable or respectful? RR • How might people feel if they are being bullied? MW 	<p>Family and Friends MMR11 FF34</p> <ul style="list-style-type: none"> • How do good friends behave on and offline and how do I feel as a result? OR • What is a healthy friendship and how does trust play an essential part? CF • What skills do I need for choosing, making and developing friendships and how effective are they? CF • How can I help to resolve disagreements positively by listening and compromising? CF • Can I empathise with other people in a disagreement? CF • How can I check with my friends that their personal boundaries have not been crossed? BS • How do my family members help each other to feel safe and secure even when things are tough? FP • Who is in my network of special people now and how do we affect and 	<p>My Emotions MMR10 ME34</p> <ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? RR • What does the word ‘unique’ mean and what do I feel proud of about myself? RR • Why is mental wellbeing as important as physical wellbeing? MW • How can I communicate my emotions? MW • Can I recognise some simple ways to manage difficult emotions? MW • What does it mean when someone says I am “over reacting” and how do I show understanding towards myself and others? MW • How do my actions and feelings affect the way I and others feel? MW • How do I care for other people’s feelings? MW • Who can I talk to about the way I feel? MW • How can I disagree without being disagreeable? RR 	<p>Family and Friends MMR16 FF56</p> <ul style="list-style-type: none"> • What are the characteristics of healthy friendships on and offline and how do they benefit me? CF • How do trust and loyalty feature in my relationships on and offline? CF • What are the benefits and risks of making new friends, including those I only know online? OR • Can I always balance the needs of family & friends & how do I manage this? FP • Can I communicate, empathise & compromise when resolving friendship issues? CF • How can I check that my friends give consent on and offline? BS • How do people in my family continue to support each other as things change? FP • Who are in my networks, on & offline, and how have these, changed and how do we support each other? OR <p>Anti-bullying MMR17 AB56</p>	<p>My Emotions MMR15 ME56</p> <p>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? MW</p> <ul style="list-style-type: none"> • What does it mean to have a ‘strong sense of identity’ & ‘self-respect’? RR • What can I do to boost my self-respect? RR • How do I manage strong emotions? MW • How can I judge if my own feelings and behaviours are appropriate & proportionate? MW • How do I recognise how other people feel and respond to them? • What is loneliness and how can we manage feelings of isolation? MW • How common is mental ill health and what self-care techniques can I use? MW • How and from whom do I get support when things are difficult? MW <p>Anti-bullying MMR17 AB56</p> <ul style="list-style-type: none"> • Can I explain the differences between
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	<p>myself and other people?</p> <ul style="list-style-type: none"> • How do I and others feel when things change? • Do I know simple ways to make myself feel better? • How can I help to make other people feel better? 	<p>people bully others? RR</p> <ul style="list-style-type: none"> • Why is bullying never acceptable or respectful? RR • How might people feel if they are being bullied? MW • Who can I talk to if I have worries about friendship difficulties or bullying? RR • How can I be assertive? RR • Do I know what to do if I think someone is being bullied? RR • How do people help me to build positive and safe relationships? CF • What does my school do to stop bullying? RR 	<ul style="list-style-type: none"> • Who can I talk to if I have worries about friendship difficulties or bullying? RR • How can I be assertive? RR • Do I know what to do if I think someone is being bullied? RR • How do people help me to build positive and safe relationships? CF • What does my school do to stop bullying? RR 	<p>support each other? FP</p> <p>Anti-bullying MMR12 AB34</p> <ul style="list-style-type: none"> • How are falling out and bullying different? CF • How do people use power when they bully others? RR • What are the key characteristics of different types of bullying? RR • How can lack of respect and empathy towards others lead to bullying? RR • What is the difference between direct and indirect forms of bullying? RR • What are bystanders and followers and how might they feel? MW • Do I understand that bullying might affect how people feel for a long time? MW • How can I support people I know who are being bullied by being assertive? RR • How does my school prevent bullying and support people involved? RR 	<p>Anti-bullying MMR12 AB34</p> <ul style="list-style-type: none"> • How are falling out and bullying different? CF • How do people use power when they bully others? RR • What are the key characteristics of different types of bullying? RR • How can lack of respect and empathy towards others lead to bullying? RR • What is the difference between direct and indirect forms of bullying? RR • What are bystanders and followers and how might they feel? MW • Do I understand that bullying might affect how people feel for a long time? MW • How can I support people I know who are being bullied by being assertive? RR • How does my school prevent bullying and support people involved? RR 	<ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? CF • Can I define the characteristics and different forms of bullying? RR • How do people use technology & social media to bully others and how can I help others to prevent and manage this? RR • What do all types of bullying have in common? RR • Might different groups experience bullying in different ways? MW • How can people's personal circumstances affect their experiences? MW • How does prejudice sometimes lead people to bully others? CF • Can I respond assertively to bullying, online and offline? RR • How might bullying affect people's mental wellbeing and behaviour? MW • How and why might peers become colluders or supporters in bullying situations? RR • Can I identify ways of preventing bullying in 	<p>friendship difficulties and bullying? CF</p> <ul style="list-style-type: none"> • Can I define the characteristics and different forms of bullying? RR • How do people use technology & social media to bully others and how can I help others to prevent and manage this? RR • What do all types of bullying have in common? RR • Might different groups experience bullying in different ways? MW • How can people's personal circumstances affect their experiences? MW • How does prejudice sometimes lead people to bully others? CF • Can I respond assertively to bullying, online and offline? RR • How might bullying affect people's mental wellbeing and behaviour? MW • How and why might peers become colluders or supporters in bullying situations? RR • Can I identify ways of preventing bullying in school and the wider community? RR
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						school and the wider community? RR	
Spring 1	<p>Identities & Diversity Cit1 IDF</p> <ul style="list-style-type: none"> • Who are the people in my class and how are we similar to and different from each other? • Who are the different people who make up a family? • What things are especially important to my family and me? • What are some of the similarities and differences in the way people including families live their lives? • How can we value different types of people including what they believe in and how they live their lives? • How do we celebrate what we believe in and how is this different for different people? <p>Me and My World Cit2 MWF</p> <ul style="list-style-type: none"> • Who are the people who help 	<p>Diversity and Communities Cit4 DC12</p> <ul style="list-style-type: none"> • What makes me 'me', what makes you 'you'? RR • Do all boys and all girls like the same things? RR • What is my family like and how are other families different? FP • What different groups do we belong to? RR • What is a stereotype and can I give some examples? RR • Who helps people in my locality and what help do they need? MW • What does 'my community' mean and how does it feel to be part of it? MW • How do people find out about what is happening in my community? MW • How do we care for animals and plants? • How can I help look after my school? 	<p>Working Together Cit3 WT12</p> <ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? RR • How can I work well in a group? RR • Why is it important to take turns? RR • How can I negotiate to sort out disagreements? CF • How are my skills useful in a group? • What is a useful evaluation? RR <p>Financial Capability EW1 FC12</p> <ul style="list-style-type: none"> • Where does money come from and where does it go when we 'use' it? • How might I get money and what can I do with it? • How do we pay for things? • What does it mean to have more or less money than you need? • How do I feel about money? • How do my choices affect me, my family, others? • What is a charity? 	<p>Diversity and Communities Cit7 DC34</p> <ul style="list-style-type: none"> • What have we got in common and how are we different? RR • How might others' expectations of girls and boys affect people's feelings and choices? RR • How are our families the same and how are they different? FP • Do people who live in my locality have different traditions, cultures and beliefs? RR • How does valuing diversity benefit everyone? RR • Why are stereotypes unfair and how can I challenge them? RR • How do people in my locality benefit from being part of different groups? MW • What are the roles of people who support others with different needs in my community? MW • How does the media work in my community? MW 	<p>Working Together Cit6 WT34</p> <ul style="list-style-type: none"> • What am I good at and what are others good at? • What new skills would I like or need to develop? • How well can I listen to other people? RR • How do I ask open questions? RR • How can I share my views and opinions effectively? RR • How can different people contribute to a group task? • How can I persevere and overcome obstacles to my learning? CF • How can I work well in a group? CF • What is useful evaluation? • How do I give constructive feedback and receive it from others? RR <p>Financial Capability EW2 FC34</p> <ul style="list-style-type: none"> • What different ways are there to earn and spend money? • What do saving, spending and budgeting mean to me? 	<p>Diversity and Communities Cit10 DC56</p> <ul style="list-style-type: none"> • How do other people's perceptions, views and stereotypes influence my sense of identity? RR • How do views of gender affect my identity, friendships, behaviour & choices? RR • What are people's different identities, locally and in the UK? FP • How can I show respect to those with different lifestyles, beliefs & traditions? RR • What are the negative effects of stereotyping? RR • Which wider communities & groups am I part of & how does this benefit me? MW • What are voluntary organisations and how do they make a difference? MW • What is the role of the media and how does it influence me and my community? • Who cares for the wider environment and 	<p>Working Together Cit9 WT56</p> <ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? • How can I be a good listener to other people? CF • How can I share my views effectively and negotiate with others to reach agreement? RR • How can I persevere and help others to do so? CF • How can I give, receive and act on sensitive and constructive feedback? RR <p>Financial Capability EW3 FC56</p> <ul style="list-style-type: none"> • What different ways are there to gain money? • What sort of things do adults need to pay for? • How can I afford the things I want or need?

	<p>to look after me and my school</p> <ul style="list-style-type: none"> • How can I help to look after my school? • How can I help to care for my things at home? • Where do I live and what are the different places and features in my neighbourhood? • Who are the people who live and work in my neighbourhood including people who help me? • How can we look after the local neighbourhood and keep it special for everybody? • What do animals and plants need to live and how can I help to take care of them? • What is money and why do we need it? • How do we save money? 			<ul style="list-style-type: none"> • How can we care for the local environment and what are the benefits? • What do animals need, and what are our responsibilities? 	<ul style="list-style-type: none"> • How can I decide what to spend my money on and choose the best way to pay? • What might my family have to spend money on? • What is 'value for money'? • How do my feelings about money change? • How do my choices affect my family, the community, the world and me? 	<p>what is my contribution?</p>	<ul style="list-style-type: none"> • How can I make sure I get 'value for money'? • Why don't people get all the money they earn? • How is money used to benefit the community or the wider world? • What is poverty?
Spring 2	<p>My Body and Growing Up HSL1 BGF KSF</p> <ul style="list-style-type: none"> • What does my body look like? 	<p>Sex & Relationships Education HSL6 SR1</p> <ul style="list-style-type: none"> • What are the names of the main parts of the body? BS • What can my 	<p>Sex & Relationships Education HSL10 SR2</p> <ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) 	<p>Sex & Relationships Education HSL13 SR3</p> <ul style="list-style-type: none"> • How are male and female bodies different and what 	<p>Sex & Relationships Education HSL17 SR4</p> <ul style="list-style-type: none"> • What are the main stages of the human life cycle? Science 	<p>Sex & Relationships Education HSL20 SR5</p> <ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? BS 	<p>Sex & Relationships Education HSL24 SR6</p> <ul style="list-style-type: none"> • What are different ways babies are conceived and born? (Sex Education)

<ul style="list-style-type: none"> • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up? 	<p>amazing body do? • When am I in charge of my actions and my body? BS • How can I keep my body clean? HP • How can I avoid spreading common illnesses and diseases? HP</p> <p>Drug Education HSL8 DE12</p> <ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? DAT • What are medicines and why and when do some people use them? DAT • When and why do people have an injection from a doctor or a nurse? HP • Who is in charge of what medicine I take? DAT • What different things can help me feel better if I feel poorly? DAT • How can I keep safe with medicines and substances at home and at school? DAT • What is persuasion and how does it feel to be persuaded? MW 	<ul style="list-style-type: none"> • How have I changed since I was a baby? (Statutory NC Science Y2) • What’s growing in that bump? (NC Science) • What do babies and children need from their families? FP • Which stable, caring relationships are at the heart of families I know? FP • What are my responsibilities now I’m growing up? CAB <p>Drug Education HSL8 DE12</p> <ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? DAT • What are medicines and why and when do some people use them? DAT • When and why do people have an injection from a doctor or a nurse? HP • Who is in charge of what medicine I take? DAT • What different things can help me feel better if I feel poorly? DAT • How can I keep safe with medicines and substances at home and at school? DAT • What is persuasion and how does it feel to be persuaded? MW 	<p>are the different parts called? BS</p> <ul style="list-style-type: none"> • When do we talk about our bodies, how they change, and who do we talk to? BS • What can my body do and how is it special? • Why is it important to keep myself clean? HP • What can I do for myself to stay clean and how will this change in the future? HP • How do different illnesses and diseases spread and what can I do to prevent this? HP <p>• <i>Male and female bodies</i></p> <p>• <i>Talking about bodies</i></p> <p>• <i>Valuing the body’s uniqueness & capabilities</i></p> <p>• <i>Responsibilities for hygiene</i></p> <p>• <i>Preventing spread of illnesses</i></p> <p>Drug Education HSL15 DE34</p> <ul style="list-style-type: none"> • What medical & legal drugs do I know about, and what are their effects? DAT 	<ul style="list-style-type: none"> • How did I begin? Sex Education • What does it mean to be ‘grown up’? CAB • What am I responsible for now and how will this change? CAB • How do different caring, stable, adult relationships create a secure environment for children to grow up? FP • <i>Stages of human life cycle</i> • <i>Seed+egg</i> • <i>Being grown up</i> • <i>My responsibilities</i> • <i>Families’ responsibilities</i> • <i>Caring families</i> <p>Drug Education HSL15 DE34</p> <ul style="list-style-type: none"> • What medical & legal drugs do I know about, and what are their effects? DAT • Who uses and misuses legal drugs? DAT • Why do some people need medicine and who prescribes it? DAT • What are immunisations and have I had any? HP • What are the safety rules for storing 	<ul style="list-style-type: none"> • How can I talk about bodies confidently and appropriately? BS • What happens to different bodies at puberty? CAB • What might influence my view of my body? <ul style="list-style-type: none"> • How can I keep my growing and changing body clean? HP • How can I reduce the spread of viruses and bacteria? HP <p>Drug Education HSL22 DE56</p> <ul style="list-style-type: none"> • What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? DAT • How does drug use affect the way a body or brain works? DAT • How do medicines help people with different illnesses? DAT • What immunisations have I had or may I have in future and how do they keep me healthy? HP • What is drug misuse? DAT • What are some of the laws about drugs? DAT • How can I assess risk, recognise peer influence & respond assertively? (RR) 	<ul style="list-style-type: none"> • What effect might puberty have on people’s feelings and emotions? CAB • How can my words or actions affect how others feel, and what are my responsibilities? MW • What should adults think about before they have children? FP • Why might people get married or become civil partners? FP • What are different families like? FP <p>Drug Education HSL22 DE56</p> <ul style="list-style-type: none"> • What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? DAT • How does drug use affect the way a body or brain works? DAT • How do medicines help people with different illnesses? DAT • What immunisations have I had or may I have in future and how do they keep me healthy? HP • What is drug misuse? DAT • What are some of the laws about drugs? DAT • How can I assess risk, recognise peer
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				<ul style="list-style-type: none"> • Who uses and misuses legal drugs? DAT • Why do some people need medicine and who prescribes it? DAT • What are immunisations and have I had any? HP • What are the safety rules for storing medicine and other risky substances? DAT • What should I do if I find something risky, like a syringe? DAT • What do I understand about how friends and the media persuade and influence me? CF 	<p>medicine and other risky substances? DAT</p> <ul style="list-style-type: none"> • What should I do if I find something risky, like a syringe? DAT • What do I understand about how friends and the media persuade and influence me? CF 	<ul style="list-style-type: none"> • When and how should I check information about drugs? DAT 	<p>influence & respond assertively? (RR)</p> <ul style="list-style-type: none"> • When and how should I check information about drugs? DAT
Summer 1	<p>Keeping Safe (incl. Drug Education) HSL 2</p> <ul style="list-style-type: none"> • What do I think I have to keep safe from? • How do I know if something is safe or unsafe? • Do I understand simple safety rules for when I am at home, at school and when I am out and about? • Can I say 'No!' if I feel unsure 	<p>Personal Safety HSL9 PS12</p> <ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? MW • Which school/classroom rules are about helping people to feel safe? BS • Can I name my own Early Warning Signs? BS • How do I know which adults and friends I can trust? CF 	<p>Managing Risk HSL4 MR12</p> <ul style="list-style-type: none"> • What are risky situations and how might I feel? MW • What is my name, address and phone number and when might I need to give them? BFA • What is an emergency and who can help? BFA • What makes a place or activity safe for me? MW • What are the benefits and risks for me when walking near the road, 	<p>Personal Safety HSL16 PS34</p> <ul style="list-style-type: none"> • How do I recognise my own feelings and communicate them to others? MW • Which school/classroom rules are about helping people to feel safe? RR • Can I recognise when my Early Warning Signs are telling me I don't feel safe? BS • What qualities do trusted adults and 	<p>Managing Risk HSL11 MR34</p> <ul style="list-style-type: none"> • How do I feel in risky situations and how might my body react? MW • Can I make decisions in risky situations and might my friends affect these decisions? • When might I meet adults I don't know & how can I respond safely? BS • What actions could I take in an emergency or 	<p>Personal Safety HSL23 PS56</p> <ul style="list-style-type: none"> • How do I recognise my own feelings and consider how my actions may affect the feelings of others? MW • Can I use my Early Warning Signs to judge how safe I am feeling? BS • How do I judge who is a trusted adult or trusted friend? CF • How can I seek help or advice from someone on my 	<p>Managing Risk HSL18 MSR56</p> <p>When might it be good for my mental health for me to take a risk? MW</p> <ul style="list-style-type: none"> • What are the possible benefits and consequences of taking physical, emotional and social risks? MW • When am I responsible for my own safety as I get older and how can I keep others safer? BS

	<p>about something and it does not feel safe or good?</p> <ul style="list-style-type: none"> • Can I ask for help and tell people who care for me if I am worried or upset? • Who are the people who help to keep me safe? • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these? 	<ul style="list-style-type: none"> • Who could I talk with if I have a worry or need to ask for help? BS • What could I do if a friend or someone in my family isn't kind to me? BS • Can I identify private body parts and say 'no' to unwanted touch? BS • What could I do if I feel worried about a secret? BS • What could I do if something worries or upsets me when I am online? BS 	<p>and how can I stay safer? MW</p> <ul style="list-style-type: none"> • What are the benefits and risks for me in the sun and how can I stay safer? HP • What do I enjoy when I'm near water and how can I stay safer? MW • What are the risks for me if I am lost and how can I get help? BS • How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA <p>Safety Contexts HSL5 SC12</p> <ul style="list-style-type: none"> • What are some examples of ways in which I use technology and the internet and what are the benefits? OR • What is meant by "identity" and how might someone's identity online be different from their identity in the physical world? OR • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR • What sort of information might I choose to put online and what do I need to consider before I do so? OR 	<p>trusted friends have? CF</p> <ul style="list-style-type: none"> • Who is on my network of support and how can I ask them for help? BS • What could I do if I feel worried about a friendship or family relationship? BS • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS • How can I decide if a secret is safe or unsafe? BS • How can I keep safe online? BS 	<p>accident and how can I call the emergency services? BFA</p> <ul style="list-style-type: none"> • What are the benefits of using the roads and being near water and how can I reduce the risks? MW • How is fire risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening at home and when I'm out? <p>Safety Contexts HSL12 SC34</p> <ul style="list-style-type: none"> • How might my use of technology change as I get older, and how can I make healthier and safer decisions? OR • How does my own and others' online identity affect my decisions about communicating online? OR • How might people with similar likes & interests get together online? OR • Can I explain the difference between "liking" and "trusting" someone online? OR 	<p>network of support and when should I review my network? BS</p> <ul style="list-style-type: none"> • How could I report concerns of abuse or neglect? BS • Can I identify appropriate & inappropriate or unsafe physical contact? BS • How do I judge when it is not right to keep a secret and what action could I take? BS • How can I recognise risks online and report concerns? OR • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe? BS 	<ul style="list-style-type: none"> • How can I safely get the attention of a known or unknown adult in an emergency? BS • Can I carry out basic first aid in common situations, including head injuries? BFA • What are the benefits of cycling and walking on my own and how can I stay safer? MW • How can being outside support my wellbeing & how do I keep myself safe in the sun? HP • What are the benefits of using public transport and how can I stay safe near railways? • How can I prevent accidents at school and at home, now that I can take more responsibility? <p>Safety Contexts HSL19 SC56</p>
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Summer 2	Healthy Lifestyles HSL3 HLF <ul style="list-style-type: none"> • What things can I do when I feel good and healthy? • What can't I do when I am feeling ill or not so healthy? 	Managing Change MMR8 MC12 <ul style="list-style-type: none"> • How are my achievements, skills and responsibilities changing and what else might change? • How might people feel during times of 	Healthy Lifestyles HSL7 HL12 <ul style="list-style-type: none"> • How can I stay as healthy as possible? HP • What does it feel like to be healthy? MW • What does healthy eating mean and why is it important? HE 	Managing Change MMR13 MC34 <ul style="list-style-type: none"> • What changes have I and my peers already experienced and what might happen in the future? • What helps me when I'm 	Healthy Lifestyles HSL14 HL <ul style="list-style-type: none"> • What does healthy eating and a balanced diet mean? HE • What is an active lifestyle and how does it help me to be healthier? PHF 	Managing Change MMR18 MC56 <ul style="list-style-type: none"> • What positive and negative changes might people experience? CAB • How do people's emotions evolve over time as they experience loss and change? MW 	Healthy Lifestyles HSL21 HL56 <ul style="list-style-type: none"> • How does physical activity help me & what might be the risks of not engaging in it? MW • What could characterise a balanced or unbalanced diet and

	<ul style="list-style-type: none"> • What can I do to help keep my body healthy? • Do I understand why food and drink are good for us? • Do I understand what exercise is and why it is good for us? • Do I understand why rest and sleep are good for us? 	<p>loss and change? MW</p> <ul style="list-style-type: none"> • How do friendships change? CF • What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW • How might people feel when they lose a special possession? • When can I make choices about changes? 	<ul style="list-style-type: none"> • Why is it important to be active & what are the opportunities for physical activity? PHF • What foods do I like and dislike and why? • What can help us eat healthily? HE • Why do we need food? • What healthy choices can I make? 	<p>experiencing strong emotions due to loss or change? MW</p> <ul style="list-style-type: none"> • What strategies help me to thrive when my friendships change? MW • How might I behave when I feel strong emotions linked to loss and change? MW • How might people feel when loved ones or pets die, or they are separated from them for other reasons? • What changes might people welcome and how can they plan for these? 	<ul style="list-style-type: none"> • What is mental wellbeing and how is it affected by my physical health? MW • How much sleep do I need & what happens if I don't have enough? HP • How do nutrition and physical activity work together? • How can I plan and prepare simple, healthy meals safely? HE • How can I look after my teeth and why is it important? HP • Who is responsible for my lifestyle choices and how are these choices influenced? 	<ul style="list-style-type: none"> • How can I manage the changing influences and pressures on my friendships and relationships? CF • What different strategies do people use to manage feelings linked to loss and change and how can I help? MW • How might people whose families change feel? • When might change lead to positive outcomes for people? • What positive and negative changes have I experienced and how have these experiences affected me? CAB • What strategies will help me to thrive when I move to my next school? MW 	<p>what are the associated benefits and risks? HE</p> <ul style="list-style-type: none"> • What are the different aspects of a healthy lifestyle and how could I become healthier? PHF/HP • What are the factors influencing me when I'm making lifestyle choices and how might these change over time? • What might be the signs of physical illness and how might I respond? HP • What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? IS • Why are online apps and games age restricted? IS
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