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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 5** | **Valuing Differences**Respect & BullyingListening to others; Raise concerns and challenge; Importance of friendships; Positive friendships and wellbeing; Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination | **Healthy Lifestyles** Mental Wellbeing Taking care of mental health; Managing challenges; Seeking support for themselves and others; What positively and negatively affects health and wellbeing; Making informed choices; That mental health is part of daily life: The importance of taking care of mental health; Strategies and behaviours that support mental health Keeping ActiveBenefits of a balanced diet; Different influences on food; Skills to make choices; Balancing Internet use; How physical activity affects wellbeing | **Environment** CareersCareer types; Challenging career stereotypes; Different rights, responsibilities and duties**Money**Importance of finance in people’s lives | **Growing & Changing**Recognising what they are good at; setting goals; aspirations**Keeping Safe**Emergencies & First AidKeeping personal information private; Keeping safe online; First aid and techniques for basic injuries | **Rights & Responsibilities** Rules and laws; Respecting and resolving differences  | **Feelings & Emotions**Responding to feelings of others; Seeking support if feeling lonely; Healthy relationships make people feel included; Impact of bullying, including online; Consequences of hurtful behaviour  |
| **Healthy Relationships** Staying SafePrivacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety; Actions have consequences; Working collaboratively; Negotiation and compromise; A positive, healthy relationship; Recognize different types of relationships; Responding safely to adults whom they do not know | **Health & Wellbeing**PubertyHow puberty changes can affect our emotions and feelings and ways to manage this; questions about puberty and change, including periods and wet dreams (if not covered in Year 4) |
| **Year 6** | **Valuing Differences**Managing ChangeDeveloping friendship skills; Changing and ending friendships; Managing change, loss, bereavement; Sources of support | **Healthy Lifestyles**Health & HygieneMaking informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunization Mental Health Strategies to respond to feelings; recognize warning signs and mental health and wellbeing and how to seek support  | **Environment**Personal IdentityWhat contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities; Diversity within a society | **Feelings & Emotions**Strategies for recognizing and managing peer influences; how relationships change over time**Healthy Relationships**Friendships and Staying SafeOpportunities to connect online; The nature of online-only friendships; Reporting harmful content and contact; Staying safe online  | **Rights & Responsibilities**Media Literacy How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling  | **Growing & Changing** Puberty & ReproductionGrowing up and developing independence; Managing the changes of puberty; Menstrual wellbeing; How a baby is made Non-StatutoryRSE**Keeping Safe**SubstancesDrugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws |
| **Year 7** | **Valuing Differences**Friendships & DiversityRespectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice-based bullying and discrimination, including online | **Healthy Lifestyles**Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services | **Environment**Careers Developing enterprise skills; the world of work and young people’s employment rights | **Growing & Changing**SubstancesSocial norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use**Keeping Safe**How to identify risk and manage personal safety in situations | **Rights & Responsibilities** Challenging career stereotypes and raising aspirations**Money**Economic WellbeingEvaluating value for money; Debt, fraud and personal values around finance; Financial exploitation  | **Healthy Relationships**RelationshipsHealthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent RSE |
| **Growing & Changing**PubertyDevelop further knowledge around the emotional & physical changes during puberty Conception & ReproductionExplore how puberty enables reproduction RSE |
| **Year 8** | **Valuing Differences** Friendships & Managing InfluencesManaging social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance abuse**Feelings & Emotions**Tackling racism and religious discrimination; Promoting human rights | **Healthy Lifestyles** Mental Health & Wellbeing Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others**Young Leaders’ Award** | **Environment / Money**Careers / Tenner ChallengeLife and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence | **Keeping Safe**First Aid & Keeping SafeFirst aid including CPR and defibrillator use; Personal safety including travel safety  | **Rights & Responsibilities**Moving Forward Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change | **Healthy Relationships**Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender identity and sexual orientation; Consent in intimate situations; Contraception and sexual health (links to Health & Wellbeing)RSE |