

| Term | Themes |
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| Autumn 1 | Caring Friendships and Respectful Relationships |
| Autumn 2 | Families and people who care for me |
| Spring 1 | Being Safe |
| Spring 2 | Mental Wellbeing |
| Summer 1 | Physical health and fitness Healthy Eating |
| Summer 2 | Health and Prevention Basic First Aid Drugs, alcohol and tobacco |

*Online Relationships & Internet Safety and harms covered through Mr Andrews Curriculum.

*Changing Adolescent body to be covered by Y5 and 6 through science.

Autumn 1: Caring Friendships and Respectful Relationships

Rights Respecting Articles: 12, 13, 14, 15, 19, 30, 31

| KSI | LKS2 | UKS2 |
|--|--|---|
| <i>Who are my friends?</i> | <i>How have my relationships changed as I have grown up?</i> | <i>What are the important relationships in my life now?</i> |
| <i>How do my friends make me feel?</i> | <i>Why do friendships change?</i> | <i>Can some relationships be harmful? What should I do?</i> |
| <i>What makes a good friend?</i> | <i>How can I be a good friend?</i> | <i>What is love? How can we show love to others?</i> |
| <i>How are my friends different to me?</i> | <i>Why can it be fun to have a friend who is different to me?</i> | <i>What do the words lesbian and gay mean? Is this an insult?</i> |
| <i>How can I make my friend happy?</i> | <i>What are some of the bad ways people can behave to one another?</i> | <i>Are boys and girls expected to behave differently in relationships? Why?</i> |
| <i>How might friends be unkind? What can I do?</i> | <i>How can I make up with my friend when we have fallen out?</i> | <i>What is respect? How can I respect myself and others?</i> |

Autumn 2: Families and people who care for me

Rights Respecting Articles: 5, 9, 18, 19, 20, 21, 24, 25, 26, 37, 39

| KSI | LKS2 | UKS2 |
|--|---|--|
| Who is in my family? Who looks after me? | Who is in my family? Who looks after me? | What are the different kinds of families and partnerships? |
| What does my family do for me? | What does my family give me? | Why are families important for having babies and bringing them up? Does this always look the same? |
| How are other families similar or different to mine? | What do families look like? | Can people of the same sex love one another? Is this ok? |
| Who do I look after? | What makes me feel secure? | Can anyone get married? Is this important to a family? |
| What is marriage? | Is marriage important? | What should I do if my family or friends don't see things the way I do? |
| Who can help me if I feel unsafe? | What is love? How can we show love to our families? | What do I do if my family are making me feel unsafe? |

Spring 1: Being Safe

Rights Respecting Articles: 3, 4, 5, 6, 19, 21, 24, 25, 27, 32, 33, 34, 35

| KSI | LKS2 | UKS2 |
|---|--|---|
| <i>What are boundaries and why are they important?</i> | <i>What are my boundaries?</i> | <i>What are my boundaries?</i> |
| <i>What is the difference between a secret and a nice surprise?</i> | <i>When is it good or bad to keep secrets?</i> | <i>Should I keep a secret?</i> |
| <i>Which parts of my body are private?</i> | <i>What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?</i> | <i>What is the difference between safe and unsafe physical contact?</i> |
| <i>When is it OK to let someone touch me?</i> | <i>How can I say no if I don't like something someone does to me?</i> | <i>What do I do if an adult makes me feel unsafe or uncomfortable?</i> |
| <i>Who is responsible for keeping me safe?</i> | <i>Who can I talk to if I feel anxious or unhappy?</i> | <i>Who can I talk to if I want help or advice?</i> |
| <i>How can I realise I need help and how do I ask?</i> | <i>Where can I find out information or support?</i> | <i>How can I find reliable information about these things safely on the internet?</i> |

Spring 2: Mental Wellbeing

Rights Respecting Article: 13, 14, 15, 18, 23, 24, 27, 29, 31

| KSI | LKS2 | UKS2 |
|--|---|---|
| <i>What makes me feel good?</i> | <i>What different emotions can I feel?</i> | <i>What range of emotions do I feel?</i> |
| <i>What makes me feel bad?</i> | <i>What affects how I am feeling?</i> | <i>What is bullying? How could this affect someone's mental health?</i> |
| <i>How do I know how other people are feeling?</i> | <i>What does it mean to be lonely? What can I do?</i> | <i>What is loneliness? How can this affect people?</i> |
| <i>What should I do if I feel bad?</i> | <i>Why do my feelings change?</i> | <i>How can I cope with different feelings and mood swings?</i> |
| <i>How can I help my friends if they feel bad?</i> | <i>How can I cope with strong feelings?</i> | <i>What is self-care? How can I help myself feel good?</i> |
| <i>Who could help me to feel good?</i> | <i>Who can I speak to about my own or a friend's mental health?</i> | <i>Where can I find help and support for mental health?</i> |

Summer 1: Physical health and fitness
Healthy Eating

Rights Respecting Article: 24, 25, 26, 27

| KSI | LKS2 | UKS2 |
|--|---|---|
| What does it mean to be healthy? | How does an active and healthy lifestyle help me? | How does an active and healthy lifestyle help me physically and mentally? |
| What is exercise? What exercise do I do? | What is exercise? What do I already do and how can we be more active? | What is exercise? What do I already do and how can we be more active? |
| What is healthy eating? | What makes a healthy diet? | What makes a healthy diet? Should I worry about calories? |
| How can I create a healthy meal? | How can I create a healthy meal? | How can I make sure I have a balanced diet? |
| How could I be more active? | What might happen if I am not active and healthy? | What might happen if I am not active and healthy? |
| Who should help me stay healthy? | How can I get advice and support to be healthy? | How and when should I seek advice if I'm worried about my health? |

Summer 2: Health and Prevention
Basic First Aid
Drugs, alcohol and tobacco

Rights Respecting Article: 24, 25, 26, 27, 33

| KSI | LKS2 | UKS2 |
|---|-----------------------------------|---|
| How do I know I'm healthy? | How can I make sure I'm healthy? | How do I know I'm healthy? What can be a sign something is wrong? |
| How can we stay safe in the sun? | How can we stay safe in the sun? | What are the risks of being in the sun? How can we reduce this risk? |
| Why is sleep important? | How can sleep affect our health? | How can sleep affect our health, mood and ability to learn? |
| Why do we go to the dentist? | Why is oral hygiene so important? | Why is oral hygiene so important? How can we make sure we keep healthy? |
| What are medicines? | What are medicines? | What are legal and illegal substances? What are some risks of these? |
| Who should I call if I have an emergency? | What is basic first-aid? | What is basic first-aid? How can we deal with common injuries? |

| Early Years | | |
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| | Nursery | Reception |
| <p>Families and People who care for me</p> <p>Links to Understanding the World; specifically the aspect 'People and Communities'.</p> | <ul style="list-style-type: none"> Nursery: Autumn 1 (both cycles)- 'Who am I? Where do I live?' / 'Do you want to be friends?' (ALL) | <ul style="list-style-type: none"> Reception: Spring 1 - 'How can we celebrate?' church visit - wedding within Christianity and other religions (4) Reception: Autumn 2 - Introduction to Articles 9, 10 & 27 - home situations and arrangements (ALL) |
| <p>Caring Friendships</p> <p>Links to Personal, Social, Emotional Development, specifically 'Making Relationships'</p> | <ul style="list-style-type: none"> Nursery: Autumn 1 (Cycle 2) 'Do you want to be friends?' (ALL) Nursery: Spring 2 - Introduce Article 4, 19, 27; right to be safe. | <ul style="list-style-type: none"> Reception: Summer 1 - Articles 6, 11, 37, 40; recap the right to be safe. Reception: Summer 1 'Who's afraid of the Big Bad Wolf?' - stranger danger, who can I trust to talk to? (5) |
| <p>Respectful relationships</p> <p>Links to Personal, Social, Emotional Development, specifically 'Managing Feelings and Behaviour.'</p> | <ul style="list-style-type: none"> All EYFS Introduction to routines, behaviour expectations, consequences, e.g. hands up to speak, sitting appropriately, listening when others are speaking, kind hands etc (2, 3, 5, 8) All EYFS: Autumn 2 - 'Friendship Week' (6) | |
| <p>Online Relationships</p> | | <ul style="list-style-type: none"> Reception; 'Smartie the Penguin' linked with Safer Internet Day (3) |
| <p>Being Safe</p> <p>Links to Personal, Social, Emotional Development, specifically 'Making Relationships'.</p> | <p>Nursery: Spring 2 - Introduce Article 4, 19, 27; right to be safe.</p> <p>ALL EYFS: Introduce boundaries and personal space such as closing toilet doors, 1 toilet per child, asking to give hugs, who are your duty bearers?</p> | <ul style="list-style-type: none"> Reception: Summer 1 'Who's afraid of the Big Bad Wolf?' - Stranger danger, who can I trust to talk to? (5) Reception: Summer 1 - Articles 6, 11, 37, 40; recap the right to be safe |

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| <p>Mental Wellbeing <i>Links to Personal, Social, Emotional Development, specifically 'Managing Feelings and Behaviour'</i></p> | <p>We address wellbeing and emotional awareness through a range of stories e.g. Elmer, The Smartest Giant in Town, The Bad-Tempered Ladybird.</p> | <p>Reception: Espresso - 'Angry Arthur' - managing feelings/emotions (2, 3, 4, 6, 9)</p> |
| <p>Physical Health and Fitness <i>Links to Physical Development, specifically Health and Self-Care</i></p> | <p>Nursery: Spring 2 Cycle 1 - 'Why was the caterpillar so hungry?' ALL EYFS: 'Fitness Friday' (1, 2)</p> | <p>Reception; Summer 2 - 'How High Can I Jump?' Reception Summer 2 = Articles 15, 24, 27, 31 Right to leisure and to socialise. Reception: Annually - YogaBugs (1, 2)</p> |
| <p>Healthy Eating <i>Links to Physical Development, specifically Health and Self-Care</i></p> | <p>Nursery: Spring 2 Cycle 1 - 'Why was the caterpillar so hungry?'</p> | <p>Reception; Summer 2 - 'How High Can I Jump?' Reception Spring 2 - Articles 24, 27: Right to food and nutrition.</p> |
| <p>Health and Prevention <i>Links to Physical Development, specifically Health and Self-Care</i></p> | <ul style="list-style-type: none"> • Teeth cleaning (4) • Nursery - Summer 2 Cycle 1 'How many pebbles are on the beach?' (2) <p>ALL EYFS; toilet training, introduction to washing hands, tooth brushing, wiping nose and disposing of tissues. (5)</p> | |
| <p>Basic First Aid <i>Links to Understanding the World; specifically the aspect 'People and Communities'.</i></p> | | <p>Reception; Autumn 1; 'What is a Superhero?' (1) Reception - Introduce emergency services; who/how would you contact in an emergency? (1)</p> |