

Autumn 1

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<p><u>Myself and my relationships - being and belonging</u></p> <p><u>Discussion 1</u> What have I learnt to do, what would I like to learn next?</p> <p><u>Discussion 2</u> How can I play and work well with others?</p> <p><u>Discussion 3</u> How can I show that I am listening to an adult?</p> <p><u>Discussion 4</u> What can help me follow instructions?</p> <p>Discussion 5 How am I special and what is special</p>	<p><u>Myself and my relationships - being and belonging</u></p> <p><u>Discussion 1</u> How can I make a new friend?</p> <p><u>Discussion 2</u> Do I understand how to feel safe?</p> <p><u>Discussion 3</u> Who can help me at home and at school?</p> <p><u>Discussion 4</u> What helps me manage a new situation?</p> <p><u>Discussion 5</u> How do I feel when I am doing something new?</p> <p><u>Discussion 6</u></p>	<p><u>Citizenship Rules, Rights and responsibilities.</u></p> <p><u>Discussion 1</u> How do rules and conversations help me to feel happy and safe?</p> <p><u>Discussion 2</u> Can I listen to others, share my views and take turns?</p> <p><u>Discussion 3</u> Who looks after me and what is their responsibilities?</p> <p><u>Discussion 4</u> How do I take part in marking rules?</p> <p><u>Discussion 5</u> Can I take part in discussions</p>	<p><u>Myself and my relationships - being and belonging</u></p> <p><u>Discussion 1</u> What is my role in helping the school be a happy place where we can learn?</p> <p><u>Discussion 2</u> What does being new feel like? How can I make adults and children feel welcome in school?</p> <p><u>Discussion 3</u> Who helps me manage new situations and learn something new?</p> <p>Discussion 4</p>	<p><u>Citizenship Rules, Rights and responsibilities.</u></p> <p><u>Discussion 1</u> What does it mean to be treated and treat others with respect?</p> <p><u>Discussion 2</u> Who are those with authority in our school and communities and how do we show respect?</p> <p><u>Discussion 3</u> Why do we need rules and conventions at home and at school?</p> <p><u>Discussion 4</u> What do we mean by rights and responsibilities? What are my rights and responsibilities</p>	<p><u>Myself and my relationships - being and belonging</u></p> <p><u>Discussion 1</u> Who can help in and out of school?</p> <p><u>Discussion 2</u> How do we help people feel welcome and valued in our school?</p> <p><u>Discussion 3</u> What helps me to be resilient in a range of situations?</p> <p><u>Discussion 4</u> Are there more ways I can get help now? Where can I go to for support?</p>	<p><u>Citizenship Rules, Rights and responsibilities.</u></p> <p><u>Discussion 1</u> Who can help in and out of school?</p> <p><u>Discussion 2</u> What are the conventions of courtesy and manners and how do these vary?</p> <p><u>Discussion 3</u> How does my behaviour online affect others and how can I show respect?</p> <p><u>Discussion 4</u> What are the basic adult and children's right? Why do we have laws in this country?</p> <p><u>Discussion 5</u> What do councillors, MPs,</p>

<p>about other members of my class?</p> <p>Discussion6 What can I do in our classroom to help everyone feel safer and happier?</p>	<p>Do I understand simple ways to help my school feel safe?</p>	<p>and decisions in class?</p> <p><u>Discussion 6</u> Bei</p>	<p>Who are the different people in my network who I can ask for help?</p> <p>Discussion 5 How can I help children and adults feel welcome in school?</p> <p>Discussion 6 What does it feel like to be new or to start something new.</p>	<p>at home and school?</p> <p>Discussion 5 How can we make democratic decisions in school?</p> <p>Discussion 6 What is a representative and how do we select them?</p>	<p><u>Discussion 5</u> How can I take responsibility for building relationships in school and how does this benefit us all?</p>	<p>Parliament and councils do?</p> <p><u>Discussion 6</u> How do I take part in a debate, respectfully listening to other peoples view?</p>
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Autumn 2

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<p><u>Myself and my relationships</u> Friends and family <u>Discussion 1</u> Who are my special people and why are they special to me? Who is my family and how do we care for each other? How might I and others feel when things change?</p> <p><u>Discussion 2</u> What is a friend and how can I be a good one? How do I make new friends? Do I know what might cause different emotions in myself and other people?</p> <p><u>Myself and my relationships</u> My Emotions <u>Discussion 3</u></p>	<p><u>Myself and my relationships</u> Friends and family and <u>anti-bullying</u></p> <p><u>Discussion 1</u> Can I describe what a good friend is and does and how does it feel? What skills do I need to choose, make and develop friendships? Why might friends fall out with friends?</p> <p><u>Discussion 2</u> Why is truth telling important? Do I understand some of the reasons that people bully?</p>	<p><u>Myself and my relationships</u> My emotions and <u>anti-bullying</u></p> <p><u>Discussion 1</u> What am I good at and what is special about me? How can I stand up for myself?</p> <p><u>Discussion 2</u> Can I name some different feelings? Can I describe situations in which I feel happy, sad cross, ect? How might people feel if they are being bullied?</p> <p><u>Discussion 3</u> How do my feelings and actions affect</p>	<p><u>Myself and my relationships</u> Friends and family</p> <p><u>Discussion 1</u> What is a healthy friendship and how does trust play a part? What skills do I need for choosing, making and developing friendships and how effective are they?</p> <p><u>Discussion 2</u> How can I help resolve a disagreement positively by listening and compromising? Can I empathise with other people in a disagreement?</p>	<p><u>Myself and my relationships</u> My emotions and <u>anti-bullying</u></p> <p><u>Discussion 1</u> Why is it important to accept and be proud of who we are? What does the word unique mean and what am I proud of?</p> <p><u>Discussion 2</u> Why mental health is as important as physical health? How might bullying affect people for a long time?</p> <p><u>Discussion 3</u> How do my actions and</p>	<p><u>Myself and my relationships</u> Friends and family</p> <p><u>Discussion 1</u> What are the characteristics of a healthy friend on and offline? How do they benefit me?</p> <p><u>Discussion 2</u> How do trust and loyalty feature in my relationships on and offline? How can I check that my friends give consent on and offline?</p> <p><u>Discussion 3</u> Can I always balance the needs of families and friends and how do I manage</p>	<p><u>Myself and my relationships</u> My emotions and <u>anti-bullying</u></p> <p><u>Discussion 1</u> How can we make mental wellbeing a normal part of daily life? How common is mental health and what self-care techniques can I use? How might bullying affect people's mental health and behaviours?</p> <p><u>Discussion 2</u> How do I manage strong emotions? How do I recognise how other people feel and respond to them?</p> <p><u>Discussion 3</u> What does it mean to have a strong sense of identity and self-respect?</p>

<p>How can I respect my own needs and others needs? Can I recognise emotions in other people and how they might be feeling?</p> <p><u>Discussion 4</u> How can I make up with friends when I have fallen out with them? What are some simple ways to help myself feel better?</p> <p><u>Discussion 5</u> How does what I do affect others? Can I recognise and talk about my own feelings?</p>	<p><u>Discussion 3</u> How might friendships go wrong, and how does it feel? How can I mend friendships that have become difficult? Can you describe what bullying is?</p> <p><u>Discussion 4</u> What is my personal space and how do we care for it?</p> <p><u>Discussion 5</u> Who is my family and how do we care for each other? Who are my special people, why are they special and how do they support me? Do I know what to do if I think someone is being bullied?</p>	<p>others? How do I manage my feelings and associated behaviours? Why is bullying never acceptable or respectful?</p> <p><u>Discussion 4</u> What are different ways to relax and how do I feel relaxed? Who do I share my feelings with? Who can I talk to if I have worries about friendship difficulties or bullying?</p> <p><u>Discussion 5</u> How do people help me build positive and safe relationships? What does my school do to stop bullying?</p>	<p><u>Discussion 3</u> How can I check with my friends that their personal boundaries have not been crossed?</p> <p><u>Discussion 4</u> How do families members help each other to feel safe and secure even when things are tough? Who is in my network of special people and how do we affect and support each other?</p> <p><u>Discussion 5</u> How are falling out and bullying different? How do people use power when they bully others?</p> <p><u>Discussion 6</u> What are the key</p>	<p>feeling affect others? How can I care for other people's feelings? How can I support people who are being bullied by being assertive?</p> <p><u>Discussion 4</u> What is overreacting? How do I show understanding to myself and others?</p> <p><u>Discussion 5</u> Who are the different people in my network who I can ask for help? How can I talk about the way I feel? (Zones of regulation) How does my school prevent bullying and</p>	<p>this? How do people in my family continue to support each other as things change?</p> <p><u>Discussion 4</u> Can I explain the differences between friendship difficulties and bullying? Can I explain the characteristics and different forms of bullying?</p> <p><u>Discussion 5</u> How do people use social media and technology to bully others and how can I prevent and manage this? What do all bullies have in common?</p> <p><u>Discussion 6</u></p>	<p>How do I boost my self-respect?</p> <p><u>Discussion 4</u> How can I judge if my own feelings are and behaviours are appropriate and proportionate?</p> <p><u>Discussion 5</u> What is loneliness and how can we manage feelings of isolation? How and from whom do I get support when things are difficult?</p> <p><u>Discussion 6</u> How does prejudice sometimes lead to people bullying others? Can I response assertively to online bullying and offline bullying?</p> <p><u>Discussion 7</u> Why and how might peers become colluders and supporters of bullying situations?</p>
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			<p>characteristics of different types of bullies? How can a lack of respect and empathy towards others lead to bullying?</p>	<p>support people involved?</p> <p><u>Discussion 6</u> How can I communicate my emotions? How do I care for other people's feelings.? Simple ways I can manage emotions</p> <p><u>Discussion 7</u> What is the difference between direct and indirect bullying? What are bystanders and followers and how might they feel?</p>	<p>Might different groups be bullied in different ways? How can peoples personal circumstances affect their experiences?</p>	<p>How can I prevent bullying in school and the wider community?</p>
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Spring 1

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<p><u>Citizenship Identities and Diversity</u> <u>Discussion 1</u> Who are the people in my class and how are we similar</p>	<p><u>Citizenship Diversity and communities.</u> <u>Discussion 1</u> What makes me 'me' and you 'you'?</p>	<p><u>Citizenship - working together.</u> <u>Discussion 1</u> What am I and other people good at? What new skills</p>	<p><u>Citizenship Diversity and communities.</u> <u>Discussion 1</u> What have we got in common and how are we different?</p>	<p><u>Citizenship - working together.</u> <u>Discussion 1</u> What am I good at? What new skills would I</p>	<p><u>Citizenship Diversity and communities.</u> <u>Discussion 1</u> How do other peoples perceptions, views and</p>	<p><u>Citizenship - working together.</u> <u>Discussion 1</u> What are my strengths and skills and how are they seen by others? What helps me</p>

<p>and different from each other?</p> <p><u>Discussion 2</u> What are some similarities and difference in the way people live their lives? What is it like in other countries?</p> <p><u>Discussion 3</u> How do we celebrate what we believe in and how is this different for different people?</p> <p><u>Discussion 4</u> Who are the people that help look after me and my school? Where do I live and what different features are in my neighbourhood?</p> <p><u>Discussion 5</u></p>	<p><u>Discussion 2</u> Do all boys and girls like the same thing?</p> <p><u>Discussion 3</u> What is my family like and how are other families different?</p> <p><u>Discussion 4</u> Which different groups do we belong to?</p> <p><u>Discussion 5</u> What is a stereotype and can I give an example?</p> <p><u>Discussion 6</u> What does 'my community' mean and how does it feel to be apart of it?</p>	<p>would I like to develop?</p> <p><u>Discussion 2</u> How can I listen to other people? How can I work well in a group? Why is it important to take turns?</p> <p><u>Discussion 3</u> How can I negotiate to sort out a disagreement? How are my skills useful in a group? What is useful evaluation?</p> <p><u>Discussion 4</u> Where does money come from and where does it go? How might I get money and what can I do with it?</p> <p><u>Discussion 5</u></p>	<p><u>Discussion 2</u> How might others expectations of girls and boys affect people's feelings and choices?</p> <p><u>Discussion 3</u> How are our families the same and how are they different? Do people that live in my locality have different cultures, traditions and beliefs?</p> <p><u>Discussion 4</u> How does valuing diversity benefit everyone?</p> <p><u>Discussion 5</u> Why are stereotypes unfair and how can I challenge them?</p>	<p>like to develop?</p> <p><u>Discussion 2</u> How can I listen to others? How can I ask open ended questions?</p> <p><u>Discussion 3</u> How can I share my views and opinions effectively? How can different people contribute to a group task?</p> <p><u>Discussion 4</u> What different ways are there to earn and spend money? What do saving, spending and budgeting mean?</p> <p><u>Discussion 5</u> How can I decide what to spend my money</p>	<p>stereotypes influence my sense of identity?</p> <p>What are people different identities locally and in the UK?</p> <p><u>Discussion 2</u> How do views on gender affect my identity, friendships, behaviour and choices? Hoe can I show respect to those with different lifestyle choices, beliefs and traditions?</p> <p><u>Discussion 3</u> What are the negative effects of stereotypes?</p> <p><u>Discussion 4</u> What wider community and groups am I</p>	<p>learn new skills effectively?</p> <p><u>Discussion 2</u> What would I like to improve and how can I do this? How can my skills and strengths be used in future employment? What different ways are there to earn money?</p> <p><u>Discussion 3</u> What are some jobs that people do? Why don't people get all the money they earn?</p> <p><u>Discussion 4</u> How can I afford the things I want and need? How can I make sure I get value for money?</p> <p><u>Discussion 5</u> What do councillors, MPs, Parliament and councils do?</p> <p><u>Discussion 6</u> How is money used to benefit the community or wider world? What is poverty? How can I</p>
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<p>Who are the people who live and work in my neighbourhood, including those who help me?</p>		<p>How do I pay for things? what does it mean to have more or less money than you need?</p> <p><u>Discussion 6</u> How do I feel about money? How does money affect me and my families choices?</p>		<p>on and choose the best way to pay? What might my family need to spend money on?</p> <p><u>Discussion 6</u> What is the value of money? How do my feelings on money change?</p>	<p>part of and how do they benefit me?</p> <p><u>Discussion 5</u> What are voluntary organisations and how do they make a difference?</p>	<p>persevere and help others to do so?</p>
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Spring 2

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<p><u>Healthy and Safer Lifestyles.</u> <u>My body and growing.</u></p> <p><u>Discussion 1</u> How can I look after my body and keep it clean?</p> <p><u>Discussion 2</u> How am I learning to take care of myself and what do I still need help with?</p> <p><u>Discussion 3</u> How has my body changed as it has grown?</p> <p><u>Discussion 4</u> What can my body do?</p> <p><u>Discussion 5</u> What are some of the differences and</p>	<p><u>Healthy and Safer Lifestyles.</u> <u>Relationships and sex education.</u></p> <p><u>Discussion 1</u> What are the names of the main body parts?</p> <p><u>Discussion 2</u> When am I in charge of my actions and my body?</p> <p><u>Discussion 3</u> How can I keep my body clean?</p> <p><u>Discussion 4</u> How can I avoid spreading common illness and disease?</p> <p><u>Discussion 5</u> Which substances might enter our bodies, how do</p>	<p><u>Healthy and Safer Lifestyles.</u> <u>Relationships and sex education.</u></p> <p><u>Discussion 1</u> What do babies and children need from their families?</p> <p><u>Discussion 2</u> Which stable, caring relationships are at the heart of the families I know ?</p> <p><u>Discussion 3</u> What are my responsibilities now I am growing?</p> <p><u>Discussion 4</u> How have I changed since I was a baby?</p>	<p><u>Healthy and Safer Lifestyles.</u> <u>Relationships and sex education.</u></p> <p><u>Discussion 1</u> How are male and female bodies different and what are the different parts called?</p> <p><u>Discussion 2</u> When do we talk about our bodies. How they change, who we talk to?</p> <p><u>Discussion 3</u> Why is it important to keep clean? What can I do for myself to stay clean and how will this</p>	<p><u>Healthy and Safer Lifestyles.</u> <u>Relationships and sex education.</u></p> <p><u>Discussion 1</u> What does it mean to grow up?</p> <p><u>Discussion 2</u> What am I responsible for now and how will this change?</p> <p><u>Discussion 3</u> How do different caring, stable, adult relationships for children to grow up in?</p> <p><u>Discussion 4</u> Where did I begin?</p> <p><u>Discussion 5</u></p>	<p><u>Healthy and Safer Lifestyles.</u> <u>Relationships and sex education.</u></p> <p><u>Discussion 1</u> What are male and female parts called and what is their function?</p> <p><u>Discussion 2</u> How can we talk about our bodies confidently and appropriately?</p> <p><u>Discussion 3</u> What happens to different bodies at puberty?</p> <p><u>Discussion 4</u></p>	<p><u>Healthy and Safer Lifestyles.</u> <u>Relationships and sex education.</u></p> <p><u>Discussion 1</u> What affect may puberty have on peoples feelings and emotions?</p> <p><u>Discussion 2</u> How may words or actions affect how others feel, and what are my responsibilities?</p> <p><u>Discussion 3</u> What should adults think about before they have children?</p> <p><u>Discussion 4</u> Why might people get married or become civil partners?</p> <p><u>Discussion 5</u> What are different families like?</p> <p><u>Discussion 6</u></p>

<p>similarities between our bodies?</p>	<p>they get there and what do they do? What are medicines and why and when do people use them?</p> <p><u>Discussion 6</u> Why and when do people have injections from a doctor or nurse? Who is in charge of the medicine I take?</p> <p><u>Discussion 7</u> What different things can help me feel better if I am poorly? How can I keep safe with medicines at home and at school?</p>	<p><u>Discussion 5</u> Whats growing in that bump?</p>	<p>change in the future?</p> <p><u>Healthy and Safer Lifestyles. Drugs Education</u></p> <p><u>Discussion 4</u> How do different illnesses and disease spread and how can I prevent this?</p> <p><u>Discussion 5</u> What medical and legal drugs do I know about and what are their effects? Who uses and misuses legal drugs?</p> <p><u>Discussion 6</u> Why do people need medicine and who prescribes it? What are immunisations and have I had any?</p> <p><u>Discussion 7</u></p>	<p>What are the main stages of a human life cycle?</p>	<p>How can I keep my growing and changing body clean? How can I reduce the spread of virus and bacteria?</p> <p><u>Discussion 5</u> What do I know about alcohol and, smoking, solvents and illegal drugs and why do people use them? How do drugs affect the way the brain works?</p> <p><u>Discussion 6</u> How do medicines help people with different illnesses? What immunisations have I had or may have in the future? How do they keep me healthy?</p>	<p>What are different ways babies are conceived and born?</p>
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			What are the safety rules for storing medicine and other risky substances? What should I do if I find something risky like a syringe?		<u>Discussion 7</u> What is drug misuse? What are the laws around drugs? When and how should I check information about drugs?	
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Summer 1

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<p><u>Healthy and safer lifestyles</u> <u>Keeping safe</u> <u>Discussion 1</u> What are some situations where I need to think about how to keep myself safe? Do I understand simple safety rules for when I am at home, school and when I am out and about?</p> <p><u>Discussion 2</u> What are the clues my body gives me when I am unsafe? Can I say no when I feel unsafe or unsure about something?</p> <p><u>Discussion 3</u> Can I ask for help and tell people who care</p>	<p><u>Healthy and safer lifestyles</u> <u>Personal safety</u> <u>Discussion 1</u> Which school and classroom rules are for helping people feel safe?</p> <p><u>Discussion 2</u> Who could I talk to if I have a worry or need to ask for help?</p> <p><u>Discussion 3</u> What are my early warning signs?</p> <p><u>Discussion 4</u> What could I do if a friend or someone in my family isn't kind to me?</p> <p><u>Discussion 5</u></p>	<p><u>Healthy and safer lifestyles</u> <u>Managing safety and risk</u> <u>Discussion 1</u> What is my name, address and phone number and why might I need to give them?</p> <p><u>Discussion 2</u> What is an emergency and who can help me?</p> <p><u>Discussion 3</u> What are the benefits and risks of the sun and how can I stay safer?</p> <p><u>Discussion 4</u></p>	<p><u>Healthy and safer lifestyles</u> <u>Personal safety</u> <u>Discussion 1</u> Can I recognise when my early warning signs are telling me I don't feel safe?</p> <p><u>Discussion 2</u> Who is on my network of support and how can I ask them for help? What could I do if I feel worried about a friend or family relationship?</p> <p><u>Discussion 3</u> What physical contact do I feel comfortable with and what could I do if</p>	<p><u>Healthy and safer lifestyles</u> <u>Managing safety and risk</u> <u>Discussion 1</u> When might I meet adults I don't know and how do I respond safely?</p> <p><u>Discussion 2</u> What accident could I take in an accident or emergency and how can I call the emergency services?</p> <p><u>Discussion 3</u> How is fire risky and how can I reduce risks?</p> <p><u>Discussion 4</u></p>	<p><u>Healthy and safer lifestyles</u> <u>Personal safety</u> <u>Discussion 1</u> Can I use my early warning signs to judge how safe I am feeling?</p> <p><u>Discussion 2</u> How can I seek help and advice for someone on my network of support and when should I review my network?</p> <p><u>Discussion 3</u> How can I report concerns of abuse or neglect? Can I identify appropriate,</p>	<p><u>Healthy and safer lifestyles</u> <u>Managing safety and risk</u> <u>Discussion 1</u> When am I responsible for my own safety as I get older and how can I keep other safe?</p> <p><u>Discussion 2</u> How can I safely get the attention of a known or unknow adult in an emergency?</p> <p><u>Discussion 3</u> Can I carry out basic first aid in common situations, including head injuries?</p> <p><u>Discussion 4</u> How can being outside support my wellbeing and how do I keep myself safe in the sun?</p> <p><u>Discussion 5</u></p>

<p>for me when I feel unsafe, upset or worried? Who are the people that help keep me safe?</p> <p><u>Discussion 4</u> What goes on and into my body? Who might put it there? Why do people use medicine?</p> <p><u>Discussion 5</u> What are the Safety rules relating to medicine and who helps me with these?</p>	<p>Can I identify private body parts and say no to unwanted touch?</p> <p><u>Discussion 6</u> What can I do if I am worried about a secret?</p> <p><u>Discussion 7</u> What could I do if something worries or upsets me online?</p>	<p>What are the risks for me if I get lost and how can I get help?</p> <p><u>Discussion 5</u> How can I help to stop a simple accident from happening and how can I help if there is an accident?</p>	<p>physical contact is unwanted?</p> <p><u>Discussion 4</u> How do I decide if a secret is safe or unsafe?</p> <p><u>Discussion 5</u> How can I keep safe online?</p>	<p>How do I feel in risky situations and how does my body react?</p> <p><u>Discussion 5</u> What are the benefits of using water and the road and how can I reduce the risks?</p>	<p>inappropriate or unsafe physical contact?</p> <p><u>Discussion 4</u> How do I judge when it is not right to keep a secret and what action could you take?</p> <p><u>Discussion 5</u> How can I recognise risks online and report concerns?</p> <p><u>Discussion 6</u> What strategies can I use to access risks and help me feel safer when I am feeling unsafe?</p>	<p>What are the benefits of public transport and how can I stay safe near railways?</p> <p><u>Discussion 6</u> What are the benefits of walking and cycling on my own and how can I stay safer?</p>
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Summer 2

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<p><u>Healthy and safer lifestyles</u> Healthy lifestyle. <u>Discussion 1</u> What can I do to keep my body healthy?</p> <p><u>Discussion 2</u> Why are food and drink good for us?</p> <p><u>Discussion 3</u> How can I make healthier choices around food?</p>	<p><u>Healthy and safer lifestyles</u> Healthy lifestyle.</p> <p><u>Discussion 1</u> How can I stay as healthy as possible? What does it feel like to be healthy?</p> <p><u>Discussion 2</u> What does healthy eating mean and why is it important? What can help us eat healthy?</p> <p><u>Discussion 3</u> Why is it important to be active and what are the opportunities for physical activity?</p> <p>Discussion 4</p>	<p><u>Healthy and safer lifestyles</u> <u>Digital lifestyles.</u></p> <p><u>Discussion 1</u> What are the ways I use technology or the internet and what are the benefits? What sort of information might I put online and what do I need to consider?</p> <p><u>Discussion 2</u> What is meant by identity and how might someone's identity online be different to real life? What are some examples of online contact or contact that would make you feel upset,</p>	<p><u>Healthy and safer lifestyles</u> Managing safety and risk.</p> <p><u>Discussion 1</u> When might I meet an adult I don't know and how can I respond safely?</p> <p><u>Discussion 2</u> What action could I take in an emergency or accident and how can I call the emergency services?</p> <p><u>Discussion 3</u> Can I make decisions in risky situations and may my friends affect these decisions? .</p>	<p><u>Healthy and safer lifestyles</u> Digital lifestyles.</p> <p><u>Discussion 1</u> How might my use of technology change as I get older and how can I make safer and healthier decisions? How does mine and other online identity affect my decisions about communicating online?</p> <p><u>Discussion 2</u> Can I explain the difference between liking or trusting</p>	<p><u>Healthy and safer lifestyles</u> Healthy lifestyle.</p> <p><u>Discussion 1</u> How does physical activity help me and what are the risks of not engaging in it? What could characterise a healthy or unhealthy diet and what are the associated benefits and risks?</p> <p><u>Discussion 2</u> What are the different aspects of a healthy lifestyle and how could I</p>	<p><u>Healthy and safer lifestyles</u> <u>Digital lifestyles.</u></p> <p><u>Discussion 1</u> What are some examples of how I use the internet, the services it offers, and how do I make decisions?• What are the principles for my contact and conduct online including when I am anonymous?</p> <p><u>Discussion 2</u> How can I critically consider my online friendships, contacts and sources of information, and make positive contributions?</p> <p><u>Discussion 3</u> How can online content impact on me positively or negatively? What are my responsibilities for my own and others'</p>

	<p>Which substances might enter our bodies, how do they get there and what do they do? What are medicines and why and when do some people use them?</p> <p><u>Discussion 5</u> When and why do people have an injection from a doctor or a nurse?</p> <p>Who is in charge of what medicine I take? What different things can help me feel better if I feel poorly?</p> <p>How can I keep safe with medicines and substances at home and at school?</p>	<p>worried or unsafe?</p> <p><u>Discussion 3</u> When might I need to report something and who can help me? What rules help keep us healthier and safer on technology? Who can help me if I have a concern or question about what I have experienced online?</p> <p><u>Discussion 4</u> How might people feel during times of loss and change? How might friendships change?</p> <p><u>Discussion 5</u> How are my achievements, challenges and responsibilities changing and what else might change?</p>	<p><u>Discussion 4</u> What are the benefits of being near roads and water and how can I keep myself safe?</p> <p><u>Discussion 5</u> How is fire risky and can I reduce fire risk?</p>	<p>someone online? When looking at online content what is the difference between opinion, fact and beliefs?</p> <p><u>Discussion 3</u> How might the things I see online affect the way I feel and how healthy I am and how can I get support if I need it?</p> <p><u>Discussion 4</u> How do I feel in risky situations and how does my body react?</p> <p><u>Discussion 5</u> Why are certain games, social media and website age restricted and how does peer influence play a part in</p>	<p>become healthier?</p> <p><u>Discussion 3</u> What are the signs of physical illness and how might I respond?</p> <p><u>Discussion 4</u> What are the benefits and risks of spending time online in terms of physical and mental health? Why are online games and apps age restricted?</p>	<p>mental and physical wellbeing online and how can I fulfil these?</p> <p><u>Discussion 4</u> What are some ways of reporting concerns and why is it important to persist in asking? Can I identify, flag and report inappropriate content?</p> <p><u>Discussion 5</u> When might change lead to positive outcomes for people? What positive and negative changes have I experienced and how have these experiences affected me?</p> <p><u>Discussion 6</u> What strategies will help me to thrive when I move to my next school?</p>
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		When can I make choices about changes?		my decision making? <u>Discussion 6</u> How might I feel when a pet or a loved one dies? How might I act when I feel strong emotions linked to loss or change?		
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British Values- What are they and where are they used?

Democracy- Seen through school council and eco council

Individual Liberty - looked at through history and the study of topic and geography

Mutual respect for others beliefs - Providing children with opportunities to share and discuss their beliefs and celebrate their languages in assembly.

Having access to a wide range of multi lingual books.

Rule of law - daily preparation through the curriculum to prepare children for daily life, how to become a well adjusted member of society modelled by staff daily and taught through PSHE.

In PE children are taught to follow rules and collaborate effectively.

Tolerance of different faiths and beliefs - Daily acts of worship, PSHE , RE, whole school assemblies

Set up of new PSHE curriculum

30- 45 if teaching every week, 1 hour if teaching fortnightly.

This curriculum is based upon discussion.

5 minutes Children sit in a circle and discuss something they are proud of- You could use the scripts provided. This will not always be linked to the discussion you will have but will get people to start talking

10 Minutes - Game of choice.

15 -20 Minutes - discussion time- children could write key information on post it note to stick on floor book, act out a situation (teacher could take photo), children could draw a picture to respond.

5 minutes- what have we learnt and self-assessment.