

YEAR 1 LEARNING OBJECTIVES AUTUMN TERM

PURPLE indicates resources that have been added to the original Scheme of Work

1	2	3	4	5	6
To set a goal	To understand how to keep teeth healthy	To understand how teeth change as we grow up	To understand the importance of food	To discuss a variety of food	To understand some basic hygiene principles
7	8	9 ANTI- BULLYING WEEK	10 MENTAL HEALTH	11 MENTAL HEALTH	12 MENTAL HEALTH
To understand how some diseases are spread and how they can be controlled	To understand why voting is important.	To be able to identify different behaviours which might be bullying	To identify a range of emotions	To understand and recognise positive and difficult emotions.	To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively

SPRING TERM

1	2	3	4	5	6
To sort wants and needs	To explore boy and girl needs and wants	To celebrate being me Difference and similarities	To teach children about personal information	To understand personal information	To identify places and people who make me feel safe
7	8	9	10 DRUGWISE	11 DRUGWISE	
To explain what a safe and inviting classroom looks like.	To identify how to keep safe at home	To learn about the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep	To recognise that different things that go into bodies can make people feel good or not so good To be able to identify whether a substance might be harmful to take in To know how to ask for help if they are unsure whether something should go into the body	To know that substances can be absorbed through the skin To be able to recognise that different things that people put on to bodies can make them feel good or not so good To be able to state some basic safety rules for things that go on to the body	

SUMMER TERM

1	2	3	4	5	6
To identify the qualities of a good friend	To explain the importance of compliments	To recognise positive qualities in themselves.	To recognise achievements	To know how to keep safe in the sun	To identify the qualities of a good friend.

7	8	9 GROWTH & DEVELOPMENT	10 GROWTH & DEVELOPMENT	11 RELATIONSHIPS EDUCATION	12 RELATIONSHIPS EDUCATION
To identify what to say to a new friend.	To understand 'bad' secrets.	To know they are growing and changing	To know that everyone grows and changes and babies become children and then adults	To know there are different types of family and that all families have a special role in children's lives	To understand that there are lots of different toys and that can be enjoyed by everyone, whether they are a boy or girl

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To recap what a good friend is.

YEAR 2 LEARNING OBJECTIVES AUTUMN TERM

PURPLE indicates resources that have been added to the original Scheme of Work

1	2	3	4	5 DRUG WISE	6 DRUG WISE
To set a goal	To identify healthy snack options.	To be able to recognise and name and the 5 groups from the Eatwell plate	To understand the benefits of eating at least 5 portions of fruit and vegetables.	To learn why medicines are taken	To learn where medicines come from
7 DRUG WISE	8	9	10 ANTI BULLYING	11	12
To learn how to stay safe around medicines	To understand how the UK parliament is formed.	To identify what bullying is and how it makes people feel.	To understand conflict	To explain what to do when conflict escalates.	To explain how to resolve conflict

SPRING TERM

1	2	3	4	5	6 MENTAL HEALTH
To explore needs and wants	To understand life in different countries	To explore how life is different around the world	To understand what personal information is	To understand who to trust online	UPDATED RESOURCES To recognise and describe different feelings in themselves and others
7 MENTAL HEALTH	8 MENTAL HEALTH	9 BRITISH RED CROSS	10 BRITISH RED CROSS	11	12
UPDATED RESOURCES Learn that feelings change and that not everyone experiences the same feeling in the same situation	UPDATED RESOURCES Learn about 'big' feelings and how to manage them	To be able to identify and make safe risks and hazards in and around the home. To learn how to help someone without risk to themselves.	To be able to identify risks and hazards at school and know how to keep themselves safe.	To explore gender stereotypes in careers	To explore gender stereotypes in careers

SUMMER TERM

1	2	3	4 RELATIONSHIPS EDUCATION	5 GROWTH & DEVELOPMENT	6 GROWTH & DEVELOPMENT
To identify the qualities of a good friend	To understand and learn the PANTS rules	To understand that they have the right to say "no" to unwanted touch	To introduce the concept of male and female and gender stereotypes To identify differences between males and females	To explore some of the differences between males and females Understand that a male and female are needed to make a new life	To name the body parts To know the correct names for body parts, including reproductive/sex parts

7 GROWTH & DEVELOPMENT	8 RELATIONSHIPS EDUCATION	9 RELATIONSHIPS EDUCATION	10	11	12
<p>To know about growing young to old</p> <p>To know that all living things, including humans start life as babies</p> <p>To identify ways they are growing and changing</p>	<p>To know that everyone needs to be cared for</p> <p>To know how they can care for others</p>	<p>To know about different types of families</p> <p>To know their home life is special</p>	<p>To understand pride</p>	<p>To recognise how it feels to be proud of someone else.</p>	<p>To explain why you are proud of someone else</p>

YEAR 3 LEARNING OBJECTIVES AUTUMN TERM

PURPLE indicates resources that have been added to the original Scheme of Work

1	2	3	4 MENTAL HEALTH	5 MENTAL HEALTH	6 MENTAL HEALTH
To set a goal	To understand what food groups make up meals.	To explain how food choices can contribute to tooth decay	UPDATED RESOURCES To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good	UPDATED RESOURCES Learn about ways of expressing feelings and emotions and why this is important	UPDATED RESOURCES Learn about managing feelings and emotions in different situations Learn about getting help, advice and support with feelings and emotions
7	8 ANTI- BULLYING WEEK	9	10	11	
To explain why democracy is important	To developing an awareness and definition of bullying and unkindness.	Resolving conflict fairly	To explore conflict, develop strategies to resolve it and know where to go to for help	To understand what to do if a conflict escalates	

SPRING TERM

1	2	3	4	5	6
To understand the rights of a child	To understand the link between being paid to do a job and having money to spend	To make consumer choices and explain their decisions	To understand how to stay safe online	To understand how to stay safe online	To explain how to keep safe when walking on roads.
7	8 DRUGWISE	9 DRUGWISE	10		
To explain how to keep safe when walking on roads	To learn the definition of a drug and that drugs (including medicines) can be harmful to people	Learn about the effects and risks of smoking tobacco and secondhand smoke	To know that bacteria, viruses and fungi are three different types of microbe To understand that microbes are found everywhere		

SUMMER TERM

1	2 RELATIONSHIPS EDUCATION	3 GROWTH & DEVELOPMENT	4 RELATIONSHIPS EDUCATION	5	6
To identify the qualities of a good friend	To know about stereotyping of males and females To understand the link between gender stereotyping and discrimination	To know the biological differences between males and females	To explore family differences and challenge stereotyping To understand that people sometimes have stereotypes about families	To know you can say no to bad touch	To identify positive thoughts

7	8	9	10	11
To explore the concept of self-talk.	To explore healthy relationships.	To explore healthy relationships.	To explore healthy relationships.	To recap what a good friend is

YEAR 4 LEARNING OBJECTIVES AUTUMN TERM

PURPLE indicates resources that have been added to the original Scheme of Work

1	2	3	4 DRUGWISE	5 DRUGWISE	6 DRUG WISE
To set a goal	To understand that food gives us energy	To understand the importance of nutrients	Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use	To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them	To learn about the effects and risks of drinking alcohol
7 DRUG WISE	8	9 ANTI- BULLYING WEEK	10	11	
To learn about different patterns of behaviour that are related to drug use	To explain the importance of asking questions.	To developing an awareness of the role of victims, bullies and bystanders.	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection	Learn that infection can spread through sneezing and coughing Understand that covering the mouth when sneezing or coughing can prevent the spread of infection	

SPRING TERM

1	2	3 BRITISH RED CROSS	4 BRITISH RED CROSS	5 BRITISH RED CROSS	6
To understand what we spend money on	To understand ways to save and the benefits of saving	To learn what First Aid is and the difference between minor injuries and Emergencies	To be able to deliver an appropriate and safe first aid response when someone has a burn or a nose bleed (and other situations) and when to ask for help	To learn how to check if someone is breathing and how to help an unresponsive person who is breathing	To explain how to keep safe around water
7	8	9	10	11	12
To explain how to keep safe around water	To understand that not everything online is trustworthy	To make decisions on what they trust online using agreed criteria	To understand how images are manipulated online.	To understand how stereotypes can label people	To understand how stereotypes can label people

SUMMER TERM

1	2 GROWTH & DEVELOPMENT	3 HEALTH EDUCATION	4 HEALTH EDUCATION	5 RELATIONSHIPS EDUCATION	
To identify the qualities of a good friend	To understand the main stages of the human lifecycle	To know some of the basic facts about puberty To know each person experiences puberty differently	To understand the importance of personal hygiene at puberty	To recognise positive things about themselves To challenge gender stereotyping	To understand aspects of discrimination

	To understand the changes that humans go through at the different stages		To know about different items that help keep us clean		
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7	8	9	10	11
To understand rights in a friendship.	To understand responsibilities in a friendship	To understand rights and responsibilities in a friendship	To identify and resist pressurising and manipulative behaviour	To understand how a child's online actions can affect others

YEAR 5 LEARNING OBJECTIVES

PURPLE indicates resources that have been added to the original Scheme of Work

AUTUMN TERM

1	2	3	4	5	6
To set a goal	To review a day's menu and provide feedback on how it can be improved	To explain the function of nutrients and fibre	To explain the reasons it is important to keep hydrated.	To explain that different types and portions of foods and drinks provide different amounts of energy.	To identify and interpret information on food labels.

7 MENTAL HEALTH DAY	8	9 ANTI-BULLYING	10 ANTI-BULLYING	11 BRITISH RED CROSS	12 BRITISH RED CROSS
Learn how to talk about mental health and wellbeing Know who can help us and how to ask for help Know the difference between a big and a small feeling Learn how to be a good listener	To explore the concept of fairness and how people decide what is fair and unfair.	Anti-bullying Week	To explore how and why people are excluded	To be able to recognise and respond calmly and appropriately to an emergency situation, including how to make a 999 call	To be able to assess the risks involved in giving first aid and consider the appropriate response to a variety of situations

SPRING TERM

1	2	3	4	5	6
To understand deductions from payslips	To understanding budgeting	To understand reasons for migration.	To explore migration.	To gain an understanding of immunity and vaccines and the importance of vaccination programmes in general.	To understand that most common infections get better on their own through time, bed rest, liquid intake and healthy living. To understand that if antibiotics are taken, it is important to finish the course.
7	8	9	10	11	12
To understand content which may be appropriate or inappropriate to share online	To identify appropriate people to turn to for help	To understand how to keep safe when cycling.	To understand how to keep safe when cycling.	To understand gender stereotypes.	To understand gender stereotypes.

SUMMER TERM

1	2 GROWTH & DEVELOPMENT	3 HEALTH EDUCATION	4 HEALTH EDUCATION	5 HEALTH EDUCATION	6 HEALTH EDUCATION
To identify the qualities of a good friend	To think and talk about how they have grown and changed since they were babies	To know about the physical changes that happen at puberty	To understand what menstruation and wet dreams are To know how to manage menstruation and wet dreams	To know the importance of hygiene during puberty	To know how and why emotions and relationships change during puberty To know where to get help and support to manage changes during puberty
7 RELATIONSHIPS EDUCATION	8 RELATIONSHIPS EDUCATION	9	10	11	
To know how to deal with feelings in relationships	To understand how adverts use gender and the impact of this	To develop a sense of belonging.	To develop a sense of belonging.	To develop a sense of belonging.	To recap the qualities of a good friend

YEAR 6 LEARNING OBJECTIVES

PURPLE indicates resources that have been added to the original Scheme of Work

AUTUMN TERM

1	2	3	4 DRUG WISE	5 DRUG WISE	6 DRUG WISE
To set a goal	To recap how to keep ourselves healthy	To explain some of the health benefits of being active.	To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs	To learn about assessing the level of risk in different situations involving drug use	To learn about ways to manage risk in situations involving drug use

7 WORLD MENTAL HEALTH DAY	8	9 ANTI-BULLYING	10 ANTI-BULLYING	11	12
<ul style="list-style-type: none"> To learn how to talk about mental health and wellbeing To know who can help us and how to ask for help To know the difference between a big and a small feeling To learn how to be a good listener 	To understand how a parliamentary debate takes place in the House of Commons.	To explore ways in which human beings are similar and different	Anti-bullying Week	To understand what trust means when online	To know what to do if they have any concerns about something they experience online

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To understand the concept of appearance ideals

SPRING TERM

1	2	3	4	5 MENTAL HEALTH	6 MENTAL HEALTH
To know there are a range of salaries for different jobs.	To understand 'value for money'.	To understand stereotypes associated with homelessness	To understand hidden homelessness	UPDATED To learn about mental health; what it means and how we can take care of it	UPDATED To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times

7	8	9	10	11	12
Identify different tactics someone might use to manipulate another person online	Explain what to do if someone tries to pressure or manipulate them	To begin to identify risks and risky behaviour	To begin to identify risks and risky behaviour	To challenge gender stereotypes	To challenge gender stereotypes

SUMMER TERM

1	2 HEALTH EDUCATION	3 RELATIONSHIPS EDUCATION	4 SEX EDUCATION	4 SEX EDUCATION	6 RELATIONSHIPS EDUCATION
To identify the qualities of a good friend	To remind pupils about the physical, emotional and social changes that take place during puberty To dispel any myths about puberty To explore some of the concerns people might have during puberty	To know what constitutes a positive healthy relationship To know that relationships change over time	To know the difference between an adult intimate/loving relationship and other types of relationships To know how a baby is made (sexual intercourse) To know what pregnancy means	know how a baby is made and grows (conception and pregnancy) To know what conception and pregnancy are	To understand the difference between a healthy and unhealthy relationship

7 RELATIONSHIPS EDUCATION	8 TRANSITION	9	10	11
To explore positive and negative ways to communicate in a relationship To know what is appropriate to share online including when it is appropriate to share personal/private information in a relationship To know how to keep relationships healthy and safe, including when communicating online To know some of the risks of meeting people online	Be able to: identify the differences between primary and secondary school describe how it might feel to move to secondary school explain different ways of managing change.	To understand how to develop positive self-talk	To learn how to manage screen time and maintain a healthy balance	To learn the importance of good sleep