

Personal Development SRE/HE Curriculum 2026 update



This document outlines the following:

Sex, Relationship, and Health Education Policy
PHSCE Curriculum Overview
PHSCE Curriculum Strands
PHSCE Curriculum Map

ASPIRE Federation
Kingswood Primary School
Leeds & Broomfield CE Primary School
Platts Heath Primary School
Ulcombe CE Primary School

PSHE Policy, May 2026

At our two Church of England schools this policy will be delivered through strong links made to our Christian values:

Leeds & Broomfield Church of England Primary School

At Leeds & Broomfield we build strong foundations for all; to learn, flourish and fill their hearts with God's love. Everyone is important, valued and needed to make L&B grow. We give a quality all round nurturing education which develops the whole child; If the rain came we would not fall.

*"As many hands build a house, so many hearts make a school."
(Matthew Ch 7 24-27)*

RESPECT RESILIENCE EMPATHY CURIOSITY HONESTY

Our school Christian Values support the development of the children and all within the school and local community, giving the children and staff a positive outward looking view. The pupils and staff support and help each other and the local community enabling all to flourish.

We have explored the story of Matthew (Ch 7 24-27) showing curiosity, and the children felt empathy for the builder of the house on the sand, but said they must be resilient to try again. Jesus was honest with his followers and people followed and trusted him. The story continues showing how Jesus respected all and everyone who wanted to listen and learn could – no one was turned away. This high level of inclusion and respect is what makes Leeds and Broomfield a great school community to be part of 'many hearts make a school'.

Ulcombe Church of England Primary School

*"One body, many members, learning together surrounded by God's inclusive love."
(Corinthians 12:12-14)*

TRUST RESPECT HOPE ENDURANCE

Ulcombe Church of England School is a nurturing, inclusive learning space, where our uniqueness inspires trust and welcomes diversity. Our children all flourish (for however long they are with us), in an environment where learning through making choices is not only embraced but discussed and, when needed, forgiven. This allows our learners to become positive role models in *their* wider communities. The whole school community works together in unity to ensure that our practice fully reflects the passage of 1 Corinthians 12:12-14. The children and adults feel included and appreciated as one body with diverse cultures learning, working and flourishing together to accept everyone and nurture their aspirations for the future.

Relationship Education and Health Education Programme Overview

ASPIRE's Relationship Education and Health Education Programme will help prepare pupils for the opportunities, experiences and responsibilities of adult life in different contexts by focusing on relationship education, leading a healthy lifestyle and promoting on-line safety and education. The scheme will also promote SMSC, mental and physical development of pupils, whilst embedding core values during their time at school and within society.

Definition of Relationship Education

Relationship Education and Health Education is compulsory for all pupils receiving primary education.

The scheme will present knowledge that will enable pupils to make informed decisions when faced with challenges of creating a successful and happy adult life, and aims to support them in developing the capacity to make positive decisions about their health and relationships, as well as their wellbeing in order to build their self-efficacy. Its aim is to teach pupils to put their knowledge into practice whereby they can develop their capacity to make sound decisions when faced with challenges, complex contexts and risks in their life. The programme of Relationship Education and Health Education will be embedded within the curriculum areas/subjects to support young people to develop their resilience, knowing when and how to ask for help, as well as where to access support. This will focus on a complementary programme of study, where cross-linking themes are woven in a carefully sequenced way within specific subject areas of study; these are outlined below. Planning will ensure the scheme covers real life scenarios and contexts, rather than the delivery of stand-alone topics that are disjointed and segregated from real world situations. A pupil being able to apply their knowledge to their own life experiences is fundamental to the programme's success.

Coverage

The coverage of each area will be tailored and appropriate to the specific key stage of the pupils within each school. Teachers will deliver specific content that meets the need of the child and school context, to ensure support, development and effective coverage of both Relationship and Health Education is delivered. The content of the scheme will be sensitive and age appropriate, and will be accessible to all pupils across the federation; including those with SEND.

Church of England Schools

Both Church Schools within the federation will follow the guidance and scheme of the Diocese. The good understanding of pupils' faiths and backgrounds the schools have, as well as a positive relationship between each school and their local faith communities has constructively supported the design of the programme of study. The Relationship and Health Education curriculum will also reflect the law (including the Equality Act 2010), as it applies to relationships, enabling young people to clearly understand what the law allows and does not allow, and the wider implications of decisions they may make.

Areas of Study

The Relationship Education and Health Education Programme of Study will focus on the following overarching areas:

- Relationship Education
- Health Education
- Mental and Physical Development
- Spiritual, Moral, Social, Cultural (SMSC)
- Internet Safety
- Equality and Diversity

The above areas will be taught across the PE, PSHE, ICT, Topic, Assembly/Worship areas of the daily curriculum and will be monitored and evaluated by Learning Walks, Pupil Voice and Work Scrutiny to gather evidence and establish continual, informed Actions of Development.

Kapow Curriculum plan designs these to be delivered in the following areas of study:

- Personal.
- Social.
- Health.
- Economic.
- Relationships.
- Citizenship.
- Sex education (optional).

Relationship Education

In an ever-changing world, pupils need to understand from an early age how to interact and access the world around them safely and positively. By the end of primary school, pupils will have the knowledge of the following themes:

Families and people who care for me, Caring Friendships, Respectful Relationships, Online Relationships and Being Safe.

Sex Education

As above, ASPIRE schools have opted out of teaching sex education.

Health Education – physical and mental wellbeing

We as educators also need to ensure pupils start to know how to lead a healthy lifestyle, both physically and mentally so that this can then be developed further when pupils go on to secondary school. By the end of primary, pupils will have covered the following themes:

Internet Safety and Harms, Mental Wellbeing, Physical Health and Fitness, Healthy Eating, Drugs, alcohol and Tobacco, Health and Prevention and Changing Adolescent body.

Why is it compulsory?

As outlined above, Relationship Education and Health Education is compulsory for all pupils receiving primary education. All pupils receiving a primary education have the right to access knowledge and support on areas that will enable them to be well-rounded individuals; giving them the tools to make informed and sound decisions as they journey through primary into secondary education and beyond. Developing this knowledge, and the ability to apply it, is fundamental in giving them the opportunities to live a happy, safe and successful adult life.

Relationship Education and Health Education is the foundation of a pupil's learning, which needs to start early on at primary school level. Here, we will create the fundamental building blocks and characteristics of positive relationships, particularly referencing family relationships, relationships with other children and with adults. Our school values are taught early on so that positive relationships start with taking turns, treating others with kindness, consideration and respect, and the importance of honesty and truthfulness. Pupils will establish personal space and boundaries with friends and others, whilst understanding safe relationships; areas which are key to understanding other subjects that will be developed upon in secondary school.

The Right to Withdraw

Relationship and Health Education, as stated above, is compulsory in all Primary Schools. Sex Education is not compulsory in Primary Schools, therefore The ASPIRE Federation will only deliver the Relationship and Health Education part of the curriculum, outlined by the DfE. Due to the Federation omitting Sex Education across the four schools, there will not be an option for parents to withdraw their child from any part of the curriculum.

Aims of Scheme

ASPIRE's programme of study, through the tailored needs of each school's pupils, demographic and community within which it is placed, has been designed to deliver a seamless and balanced curriculum which builds on each pupil's knowledge throughout their primary journey. This is achieved through everyday scenarios and experiences in order to equip them with a 'natural' resilience to challenges they may be faced now and in the future. Our aim is to ensure that every child's Relationship and Health Education knowledge is continuously developed; whereby teaching them how and when to apply it, and resulting in opportunities to live a happy, safe and successful adult life.

Update areas and added content for September 2026:

Our curriculum safeguards children with age-appropriate skills and knowledge, by giving them the tools to recognise risk and manage safe decisions, both now and in the future. It is our role to help them navigate a world where social norms, online behaviours and pressures are constantly shifting. Much has changed since the 2019 framework and so changes need to ensure curriculum is kept up-to-date for the ever changing world in which we live.

Updated Areas:

- Compulsory Vs Optional
- Greater Transparency for parents and carers
- Clear boundaries and primary context
- Specific Vocabulary and Puberty Guidance
- Online Safety in today's context
- Personal Safety and First Aid
- Families and Representations

Areas explained:

Compulsary/Optional:

Relationship and Health education remains compulsory, while sex education stays optional - ASPIRE have still opted **not** to teach sex education. Guidance also states that gender identity does not need to be taught and that teaching must focus on biological facts.

Greater Transparency for parents and carers:

Parents and Carer will be able to view content and what is being taught and the materials used in class.

The link for information, guidance and FAQ is below:

<https://www.kapowprimary.com/subjects/rse-pshe/curriculum/rse-pshe-parent-information/>

To view Curriculum content, progression of knowledge and skills the link is below:

<https://www.kapowprimary.com/subject-curriculum/rse-pshe/?sc-version=upcoming&curriculum-type=standard&curriculum-tab=psk>

Clear Boundaries and Primary Content:

- Set and Respect personal boundaries
- Recognise unsafe online or offline relationships
- Seek help when something feels wrong

Specific Vocabulary and Puberty Guidance:

Vocabulary must be taught explicitly, where children learn the correct names for body parts - penis, vulva, vagina, testicles, nipples and scrotum. These will be taught within the context of privacy, boundaries and respect.

ASPIRE uses Kapow scheme of work, where the curriculum is tailored and adapted for mixed age classes.

In Term 2, ASPIRE will continue to send out the Year Group specific Vocabulary ahead of Term 3, when the Health and Changing Body is taught, so parents and carers can communicate this to children ahead of the lesson if they wish.

Menstruation should be taught before pupils are likely to experience it, using terminology like 'period pads' and 'menstrual products', rather than outdated terms. Guidance states pupils are taught this from Year 4, however ASPIRE schools will tailor delivery based on context and cohort each year.

Online Safety in today's Context - areas updated:

There is an added flexibility for primary schools to address sexual imagery/pornography in late primary (Years 5–6) if it is an issue. *Parents and Carers will be notified if this content needs to be addressed.*

- Age limits for social media
- Risk around image-sharing and online pressure
- Privacy and location settings
- Online gaming safety
- Critical thinking about online wellbeing

Personal Safety and First Aid:

Added emphasis on personal safety in the following areas:

- Rail and Water Safety
- Peer influence and pressure
- Updated first aid guidance - with emphasis on reporting incidents rather than filming them

Families and Representations

ASPIRE's curriculum, through Kapow, reflects the diversity of family life - same-sex parents to kinship carers; with the aim that all children should feel respected and recognised. ASPIRE will take careful consideration in the use of content (images, videos and stories) within each school's context to respect and represent our diverse families.

The PHSCE curriculum Overview

The PHSCE curriculum covers three main areas:

Living in the Wider World

Family, Friendships and Relationships

Health and Wellbeing

Within these three areas, the curriculum strands that ensure **SRE&MH, British Values, SMSC** are embedded.

There will be opportunities to plan for these areas of PHSCE within PE, Topic, Assemblies, Focus Days and stand-alone discussion time.

The PHSCE Curriculum Strands that crossover the three main areas above are as follows:

Living in the Wider World

Identity, society and equality

Careers, financial capability and economic wellbeing

Environment

Family, Friendships and Relationships

Sex and Relationship education

(Sex Education is not compulsory for Primary Schools, therefore at ASPIRE we will only be delivering the Relationship & Health Education programme)

Health and Wellbeing

Physical Health and Wellbeing

Mental health and emotional wellbeing

Keeping safe and managing risk

Drug, alcohol and tobacco education

Skills/Areas of Study – by KS/Year groups

Mixed-age group classes are supported by specific mixed-age planning, where a 2-year cycle ensures curriculum coverage and year group specific content is taught alongside as stand-alone lessons. All lessons are mapped to the Government Framework for PHSE/HRE/SRE. Each school tailors planning to deliver mixed-age appropriate schemes to align with their cohorts each year. Themes taught in KS1 will cover the 'What', 'Where' and 'When' and KS2 will develop learning across those themes regarding the 'How' and 'Why'.

Progression of Knowledge and Skills will be taught as follows:

My Healthy Self, Connecting with Others, The Online World, Citizenship, Staying Safe, Growing Up, Health Protection, First Aid

Progression of Knowledge and Skills	Theme: My Healthy Self
Year 1&2	
Skills	Knowledge
Recognising and talking about emotions Beginning to recognise and name a wider range of emotions and feelings in themselves (including the six basic emotions). Beginning to recognise how others are feeling by examining facial expressions and body language cues.* Beginning to express why they are feeling a certain way, e.g. in response to a particular emotion or situation. Beginning to describe how strong their feelings are using simple scales and language. Talking about whether something made them feel 'a little bit' or 'very' upset, excited, angry, etc. Support with mental wellbeing Beginning to notice when they or others might need help with their feelings from a trusted adult. Identifying a trusted adult (e.g. teacher, TA, parents) to talk to if needed. Self-care Talking about things that help them feel calm or happy (e.g. playing, hugging a loved one, quiet time, etc). Noticing when they or others feel sad, worried, left out or lonely. Talking about how they feel when they have had enough sleep or not enough sleep. Bullying and mental health Talking about how someone might feel when someone else is repeatedly unkind to them.* Being active	Recognising and talking about emotionsTo know that basic emotions (happiness, sadness, anger, fear, surprise, disgust) are the body's natural response. To know that feelings are the words used to describe emotions. To recognise and name the following emotions and associated feelings: Happiness (excited, calm), Sadness (lonely, upset), Fear (worried, scared), Anger (cross, annoyed), Disgust (uncomfortable), Surprise (amazed, shocked) To know that it is okay and normal to experience both positive and negative feelings in response to different situations To know feelings can change and vary in intensity and may seem small, medium or big, depending on the situation. Support with mental wellbeing To know that talking to a trusted adult can help when they feel upset or worried. Self-careTo know that resting and doing things they enjoy can help them feel better. To know that talking to someone can help when they feel sad or left out. To know that sleep helps their body and brain rest and grow. To know that a good bedtime routine (e.g. bath, story, quiet time) helps them fall asleep more easily and sleep better. Bullying and mental health To know that repeatedly feeling hurt by others can affect how someone feels for the rest of the day or longer.* Being active

Recognising when they are active and how it makes them feel. Independently choosing active play or movement during the school day. Recognising opportunities that they have to be active outside of school. Beginning to join in with movement breaks or suggest when they need one. Dental health Explaining why it is important to brush their teeth regularly. Demonstrating how to correctly brush teeth using an electric and manual toothbrush. Healthy diet Sorting foods into basic groups (e.g. fruit, vegetables, sugary snacks, drinks). Making simple healthy food choices (e.g. choosing water instead of juice, fruit instead of sweets, etc).	To know that being active doesn't just happen during PE lessons and that they can move and be active at other times, both in and out of school, every day. To know that moving their body every day helps them feel good and keeps them healthy. To know that running, jumping and playing help their body grow strong. To know that feeling tired can make it harder to run, play and have fun. Dental health To know that they should brush their teeth twice a day, in the morning and at night. To know that they need to brush every tooth and all of the surfaces. To know that sugary food and drink can damage teeth and should be limited. To know that they need to visit the dentist for check-ups, even if their teeth do not hurt. Healthy diet To know that some food and drink are best for everyday and others only sometimes. To know that eating fruit and vegetables helps them stay strong and not get ill. To know that drinking water helps them feel awake and keeps their body working properly. To know that healthy foods help them grow, run, play and learn. To know that enjoying different foods and eating well is part of being healthy.
Year 3&4	
Skills	Knowledge
Recognising and talking about emotions Using more nuanced language to discuss their own and others' emotions and feelings.* Recognising changes in their body that happen with different emotions (e.g. heart racing when scared).* Noticing and describing when others might be feeling strong feelings using body language, voice and actions.* Support with mental wellbeing Recognising when they or someone else might be struggling with feelings and knowing that this is common a experience. Noticing when they might need extra help with their feelings (e.g. around change, loss or bereavement). Identifying who they would speak to for support about their feelings in different situations and when to do this.	Recognising and talking about emotions To know that many different feeling words can be used to identify and describe their emotions. To recognise and name the following emotions and associated feelings: Happiness (confident, hopeful, proud), Sadness (disappointed), Fear (nervous), Anger (frustrated, jealous, guilty), Disgust (embarrassed), Surprise (curious). To know that their feelings and behavioural responses to a situation (e.g. bereavement, change) may differ from those of others. To know that feelings can feel stronger or weaker depending on the situation. To know that emotions and feelings can affect thoughts, decisions and behaviour.* To know that recognising and talking about feelings and emotions early can

Self-care

Describing various personal ways they look after their feelings and mood (e.g. resting, playing, talking, spending time with others) and explaining why these can be helpful.

Reflecting on how helping others makes themselves and others feel.

Recognising habits that are conducive to a good night's sleep.

Bullying and mental health

Describing how bullying could negatively affect someone's feelings and how they view themselves.

Reflecting on how people who are bullied might think and feel.

Being active

Identifying different ways they are regularly active during the school day and outside of school.

Recognising when they have been inactive for too long and choosing to move or be active.

Describing how different activities make their body feel (e.g. out of breath, sweaty, energised, tired).

Recognising and explaining some of the benefits of being physically active.

Dental health

Not taught in our RSE/PSHE scheme in this phase because the following statements are covered in the Science National curriculum for Lower key stage 2.

Identifying the different types of teeth in humans and their simple functions.

Finding out what damages teeth and how to look after them.

Healthy diet

Planning a healthy lunchbox or snack.

Describing the role of different food groups and what makes for a healthy, balanced diet.

Recognising natural and processed foods and what makes them different.

help us stay in control of our behaviour.*

Support with mental wellbeing

To know that taking care of their own feelings is part of staying healthy.

To know that many people can struggle with their feelings and some of the signs might be seeming sad, crying, being unusually quiet, getting angry more easily or finding it hard to concentrate.

To know that trusted adults (including teachers and other school staff) are there to help with problems, whether big or small.

To know that seeking help early can make a significant difference for someone struggling with their feelings or mood.

Self-care

To know that sleep, hobbies, exercise and time with others can all help them to look after their feelings.

To know some simple ways that they can help others each day.

To know that children of their age should get between 9 – 12 hours of sleep every night.

To know that poor sleep can affect concentration and mood, making people feel grumpy, worried or upset more easily.

To know that everyone feels lonely sometimes and talking about it helps.

Bullying and mental health

To know that when someone is bullied repeatedly, they may start to believe the negative things said about them.

Being active

To know some simple healthy choices they can make to incorporate physical activity into their normal day (e.g. walking or cycling to school, taking the stairs, carrying your own bag).

To know about opportunities in their community to be physically active.

To know that some activities make their heart beat faster, their body warmer and their breathing heavier — and that this means their body is working hard and getting stronger.

To know that physical activity strengthens their heart, lungs, muscles and bones.

To know that being active helps with coordination, balance and energy levels.

To know that sitting still for long periods (e.g. lots of screen time with no breaks) is not good for their bodies and can cause low energy.

Dental health - N/A**Healthy diet**

To know that a balanced diet includes a variety of food groups.

To know that different food groups do different jobs in the body.

To know that too much sugar, salt, or fat can cause health problems over time and that these are commonly found in processed food.

To know that they should aim to eat at least five portions of fruit or vegetables a day to get the vitamins and minerals they need.

To know that they should aim to drink 1.5 litres (6–8 glasses) of water a day

	to stay hydrated. To know that nutrients are the helpful parts in food that the body needs to grow, stay healthy and have energy. To know that processed foods are foods that have been changed or added to – like turning potatoes into crisps or fruit into fruit-flavoured sweets. To know that natural or less processed foods usually have more nutrients.
Year 5&6	
Skills	Knowledge
Recognising and talking about emotions Communicating how they are feeling and why, in a clear and respectful way.* Describing their thoughts and responses to a situation and considering possible alternative ways to respond. Reflecting on whether their feelings and behavioural response were appropriate for a particular situation.* Considering how their behavioural response to a situation might be different in different places. Support with mental wellbeing Recognising signs that someone might be experiencing mental health problems. Identifying how different professionals and services can offer support around mental health (e.g. teachers, school counsellors, doctors, helplines, etc). Self-care Reflecting on the benefits of positive emotional health and what this entails for them. Reflecting on which self-care strategies work best for them in different situations and identifying, where possible, why they work. Identifying ways they can actively help or support others at school or in the community. Creating an evening routine that is conducive to a good night's sleep. Bullying and mental health Explaining how and why bullying, including online (cyberbullying), can negatively impact mental wellbeing in the short and long term. Considering how those who are bullied would think and feel and demonstrating empathy towards them. Being active Reflecting on how active they are each day and planning ways to move more during the week. Reflecting on how their sleep habits and other lifestyle choices (e.g. hobbies, screen time) might affect their activity levels.	Recognising and talking about emotions To know the difference between emotions and feelings and that while emotions happen automatically in their bodies, they can choose how to interpret and respond to them. To recognise describe the following emotions and associated feelings: Happiness (content, grateful, optimistic). Sadness (pessimistic, vulnerable, grief, excluded, betrayed), Fear (insecure, anxious, stressed, pressured, overwhelmed), Anger (betrayed), Disgust (humiliated, ashamed), Surprise (startled). To know that it is important to speak openly about emotions and their associated feelings. To know that it is important to regulate responses to emotions so they do not control feelings and actions.* To know that reflecting on their emotions, feelings and behaviour helps them understand themselves and others better and reframe any negative thoughts and feelings. Support with mental wellbeing To know that mental health affects how people feel, think, behave and cope with life. To know that just like physical health, everyone has mental health and that it can change over time. To know that many people experience mental ill health and that support is available. To know some signs that someone might need support with their mental health (e.g. acting differently, feeling down, withdrawing from others, getting upset easily, losing interest in things they usually enjoy, etc). To know that different professionals support mental health in different ways, such as listening, giving advice, offering therapy or helping them access other support. To know that there are free, confidential services they can contact (e.g. Childline) if they are worried, upset or need someone to talk to. Self-care To know the importance of making time to prioritise their own emotional

Recognising the difference between light, moderate and vigorous activity and giving examples of each.

Recognising and explaining the benefits of regular physical activity on both mental and physical health.

Dental health

Explaining different ways to keep teeth and gums healthy, including brushing, flossing, eating/drinking less sugar and having regular dental check-ups.

Healthy diet

Evaluating food choices and what can influence these.

Reading basic traffic light food labels to compare sugar, salt or fat content.

Explaining some of the risks of an unhealthy diet (e.g. obesity, tooth decay, low mood, tiredness).

Beginning to question how healthy and nutritious some food really is by looking at ingredients or labels, not just packaging or advertising.

Explaining what a healthy relationship with food entails, e.g. balance, variety and enjoyment without guilt.

health.

To know that spending time outdoors can help people feel calm, focused and more connected to the world around them.

To know that friendships support mental health by helping people feel accepted, understood and less alone.

To know that helping others can improve their own wellbeing by releasing feel-good chemicals in the brain, building connection and giving them a sense of purpose.

To know that sleep and rest support mental wellbeing by helping the brain recover, reducing stress and improving mood and focus.

To know that lack of sleep can reduce energy levels, leading to a more inactive lifestyle and poorer general wellbeing.

To know that some activities and habits can have a negative impact on emotional wellbeing (e.g. excessive screen time, staying inside for long periods, extended inactivity or insufficient time with friends and family).

Bullying and mental health

To know that people who are bullied may need support to feel better and rebuild their confidence.

To know that bullying is proven to have a negative impact on mental health now and in the future.

Being active

To know that people get older, they can stay active in different ways (e.g. walking to work, going to the gym, dancing, gardening) to support health and wellbeing.

To know that being active improves physical health by strengthening the body, improving fitness and helping them stay at a healthy weight.

To know that physical activity helps mental wellbeing by boosting mood and reducing stress.

To know that moderate activity means moving enough to raise your heart rate and feel a bit out of breath (e.g. brisk walking, cycling, playground games).

To know that vigorous activity (e.g. running, swimming, team sports, dancing) makes people breathe harder and sweat more.

To know that children their age should get at least one hour of moderate to vigorous activity every day.

To know that not being active can lead to long-term health problems, including obesity and poor mental wellbeing.

Dental health

To know that flossing or using interdental brushes helps remove food and plaque from between the teeth where a toothbrush cannot reach.

To know that most toothpastes in the UK contain fluoride, which helps to protect teeth by strengthening enamel and repairing early signs of tooth decay.

To know that visiting the dentist every six months helps spot problems early before they become serious or painful.

	To know some of the problems that can arise from poor dental health (e.g. tooth decay, fillings, extractions or bad breath). To know that having sugary snacks or drinks between meals increases the risk of tooth decay. Healthy diet To know that sugary or fatty foods can be part of a healthy diet if eaten in moderation, alongside plenty of nutritious foods. To know that eating well supports both physical and mental health, including energy levels, mood and concentration. To know that poor nutrition can lead to tiredness, illness, low mood or long-term health problems. To know that nutritional labels show calories, fat, sugar and salt, which help people make informed choices. To know that calories are a measure of energy in food. To know that feeling tired can lead to unhealthy eating, such as choosing more sugary or high-fat foods for energy. To know that obesity means carrying too much body fat, which can lead to health problems such as tiredness, joint pain and risk of illness. To know that others may try to influence their food choices (e.g. through packaging, advertising or online messaging) but they should try to make informed choices based on what their bodies need.
	Theme: Connecting with Others
Year 1&2	
Skills	Knowledge
The role of family Talking about how families are special. Identifying different ways family members help each other. Recognising when someone in a family might need support. Exploring why spending time with family is important to them. Diversity in family structures Describing who is in their family, including the people they live with. Discussing how families are all unique and giving some examples from their own wider family group. Family support Identifying some appropriate and inappropriate responses to common family disagreements.	The role of family To know how some families show love and care to each other (e.g. giving hugs, saying kind words, spending time together or caring for each other when they are ill). To know that spending time with family is important because it helps people build strong relationships and feel loved and supported. To know that all families have arguments sometimes. Diversity in family structures To know that families can include different members (e.g. siblings, single/multiple parents, same-sex parents, adoptive, LAC, step-parents). To know that family members might live together or apart but still care for each other. To know basic terms related to family relationships, such as mum, dad, brother, sister, grandparents, aunt, uncle, cousin, step-parent, or carer.

Healthy friendships

Discussing what makes a good friend (e.g. kind, sharing).

Discussing why friendships are important to them.

Identifying and reflecting on simple ways they can make friends with others.

Friendship challenges

Beginning to express disagreement calmly (e.g. "I don't agree" or "Can I have a turn too?").

Solving some minor disagreements with peers, using compromise, turn taking or asking for help from an adult.

Recognising and admitting when they or others have behaved in a way that was unkind.

Respecting each other

Using simple, polite phrases in everyday situations.

Showing respectful behaviour towards others by listening, sharing and taking turns.

Practising using quiet voices and calm bodies in shared spaces (e.g. classroom, library, hall).

Understanding boundaries

Asking permission before touching or using someone else's belongings.

Expressing their own boundaries using simple language (e.g. "I don't like that").*

Respecting when others say no or need space.

Respectful conflict

Expressing basic feelings (e.g. "I feel sad") and needs politely (e.g. "Please stop").

Using polite words to ask for help or solve small problems.

Beginning to use calming strategies with adult support.

Self-respect and self-esteem

Talking about things they are good at and enjoy.

Recognise and name their own feelings and achievements.

Beginning to set simple personal goals, e.g. "I want to learn to tie my shoelaces".

Practising positive self-talk with adult support, e.g. "I can do it if I keep trying".

Valuing diversity

Identifying and discussing people's similarities and differences (e.g. family, culture, traditions, physically, personality and beliefs).

Recognising unkind behaviour and considering how it may affect someone's feelings or sense of belonging.

Bullying

Recognising bullying behaviour in simple scenarios, including online.

Talking about how someone might feel when someone else is repeatedly unkind to them.*

Relationship support (repeated in Staying safe)**Family support**

To know home should feel like a 'safe space' and if it does not, they should speak to a trusted adult at school.

Healthy friendships

To know that friends are people who like to spend time together and who are kind and helpful to one another.

To know that having friends can help you feel happy and stop you feeling lonely.

To know that loneliness means feeling alone, not just being alone.

To know that friends will not always agree on everything.

Friendship challenges

To know that it is okay to feel upset but it is not okay to act in unkind ways or to hurt others.

To know that sometimes they may need to pause and think before reacting.

To know that saying sorry can help make things better when something goes wrong.

Respecting each other

To know that being polite is a way of treating others with kindness.

To know that they share spaces with other people and need to be kind and consider the other people around them.

To know that everyone has different likes, dislikes and feelings.

To understand that something they enjoy might not be enjoyable for someone else.

Understanding boundaries

To know that they can talk to a trusted adult if someone crosses a boundary.

To know that everyone has the right to say no, even to people they know.

Respectful conflict

To know that everyone has feelings and kind words can help solve problems.

To know that they might feel cross, upset or disappointed when things do not go their way.

To know that they can say what they want, need or do not like in a kind way.

Self-respect and self-esteem

To know that everyone is unique and important.*

To know that everyone has different strengths or things they are good at.

To know that they can feel proud of themselves for trying their best.

Valuing diversity

To know that people in a community can be different from each other and this makes the community interesting and special.

To know that it is unfair to treat someone differently just because they are different from you.

To know that it is important to treat everyone with kindness and respect.

To know that differences between people are something to celebrate.

Bullying

Using roleplay to ask for help with clear, simple phrases, such as “I need help” or “something’s wrong”. Naming some trusted adults at home and school.	To know that bullying is when someone is hurtful or unkind to someone else, on purpose and more than once (‘Several Times On Purpose’). To know that they should tell a trusted adult if they or someone they know are being bullied (‘Start Telling Other People’). Relationship support* (repeated in Staying safe) To know that it is never their fault if someone does something that makes them feel uncomfortable or unsafe, whoever this is. To know that they should always seek help if: Someone is unkind, hurts them or someone else, including online. They feel scared, worried or confused, including online. Someone asks them to keep a secret that makes them uncomfortable, including online.
Year 3&4- Skills	Knowledge
The role of family Describing different ways families can spend time together. Describing ways family members can support each other (listening, helping around the home , looking after when ill, etc). Identifying some common challenges that families might face (e.g. parental separation, moving home, bereavement etc).* Diversity in family structures Recognising different family members and family set-ups in their own and others’ families. Family support Identifying some of the challenges that families might face.* Healthy friendships Identifying characteristics they look for in a friend and why. Considering practical ways they can be a good friend to others. Beginning to recognise unhealthy or unhappy friendships. Friendship challenges Using respectful language when disagreeing or solving problems with others. Taking ownership for their actions and explaining how they have acted impulsively or unkindly. Analysing situations and discussing appropriate and inappropriate responses. Handling minor disagreements independently and fairly, using learned techniques like negotiation and compromise. Respecting each other Using manners when: Getting someone’s attention. Eating meals together. Moving around the school or the classroom. Speaking to new people. Considering how words, tone and body language can show respect or disrespect, and recognising how this influences the way others perceive them. Identifying respectful and disrespectful behaviours in a range of	The role of family To know that family members often share responsibilities to keep the household running smoothly (e.g. doing chores/jobs, helping with younger siblings, or supporting with schoolwork). To know that every family faces challenges.* To know that families should make them feel loved, safe and supported.* Diversity in family structures To know that different families might show love in different ways and spend time together in different ways. To know that even though families may look very different, they usually have love and care for each other at the core of them. To know that there are lots of different family types, that families come in many forms and deserve to be treated with kindness. Family support To know that every family faces challenges at some point and that there is always help available to children if they need it.* To know that families should make them feel loved, safe and supported.* To know that within families, just like in all relationships, violence is not an acceptable way to deal with problems. Healthy friendships To know that they do not have to be friends with everyone; and others do not have to be friends with them; but everyone has the right to be treated with respect and kindness. To know that healthy friendships should help them feel included, valued and supported, especially during difficult times. To know that most friendships have ups and downs. To know that many people experience feelings of loneliness at times. To know that they should trust people who are kind, honest and respect their boundaries, as this shows they are a good friend. Friendship challenges To know that apologising and discussing feelings can help solve problems and maintain good relationships.

scenarios.

Recognising when their own behaviour might affect others (e.g. running indoors, shouting, playing music).

Exploring how to share spaces fairly and respectfully in real-life situations (e.g. on a bus, in the cinema).

Understanding boundaries

Communicating personal boundaries clearly (e.g. “I’m not comfortable with that”).

Listening and responding respectfully when someone makes a request or expresses a boundary.

Recognising when someone’s behaviour makes them feel uncomfortable and taking appropriate action (e.g. telling a trusted adult).

Respectful conflict

Practising saying no or expressing disagreement respectfully.

Communicating simple boundaries clearly (e.g. “I don’t want to play that game”).

Using strategies to manage frustration or disappointment (e.g. walking away, positive self-talk).

Self-respect and self-esteem

Identifying their own characteristics, strengths, skills and interests.

Reflecting on personal achievements and progress.

Setting and working towards personal goals with more independence.

Beginning to challenge negative self-talk and compare themselves less to others.

Valuing diversity

Recognising and describing examples of unfair treatment, disrespect or exclusion based on difference (e.g. racial discrimination, gender stereotypes).

Describing examples of unfair treatment or exclusion based on visible or invisible differences and explaining how those who experience it might feel.

Bullying

Identifying examples of different types of bullying in various contexts, including online.

Explaining how bullying can affect someone’s feelings and mental wellbeing, and developing empathy towards those who are targeted.

Rehearsing what to do or say when they see bullying happening.

Relationship support* (repeated in Staying safe)

Practising how they would ask for help and say ‘no’ in certain situations.*

Naming a range of trusted adults in different settings (e.g. home, school) and identifying other adults who can help in a public space (e.g. police officers, shop staff, security guards).*

To know that respectful disagreement is a normal part of healthy relationships.

To know that compromise and fairness are vital to any friendship.

Respecting each other

To know that respect means treating others as you would like to be treated: with kindness and fairness.

To know that everyone has the right to be treated with respect.

To know that good manners are a way of showing respect to other people.

To know that different people may have different needs and preferences in the same space.

Understanding boundaries

To know that respecting boundaries helps keep relationships safe and healthy.

To know that physical, emotional and digital boundaries are all important.

To know that some secrets are safe (e.g. surprise party), but others may be unsafe if they make someone feel worried, scared or uncomfortable.

Respectful conflict

To know that being assertive means speaking up calmly and politely without being unkind.

To know that being kind does not mean always agreeing or giving in.

To know that they cannot always have what they want and that others may want different things, so it is often important to find a compromise.

To know that disappointment and frustration are normal feelings and will pass.

Self-respect and self-esteem

To know that self-respect means valuing yourself and treating yourself with kindness.

To know that trying new things, learning from mistakes and achieving goals can build confidence.

To know that others may have different strengths and interests.

Valuing diversity

To know that diversity means people have different backgrounds, cultures, religions and beliefs.

To know that a stereotype is an unfair assumption about a group of people, without considering them as individuals.

To know that people should be treated as an individual and with respect.

Bullying

To know there are different types of bullying including physical, verbal and online (cyberbullying).

To know that there may be times when they see or become aware of bullying happening to others, either in person or online.

To know that bullying may target someone’s appearance, beliefs or abilities.

To know who they should tell about bullying, whether it is happening to them or others.

Relationship support* (repeated in Staying safe)

To know that they can speak to more than one trusted adult if the first person does not help or take action straightaway.

To know that they should seek help if: Someone touches them or speaks to them in a way that feels wrong, including online. They feel pressured to do something unsafe or that they don’t want to do, including online. They see or

	hear something that worries them, even if it's not about them, including online.
Year 5&6 - Skills	Knowledge
The role of family Discussing how the time spent with family may change as they get older and how these relationships might evolve. Reflecting on how they support their families, how their families support them and why this is important to their family. Exploring different ways parents or carers might protect and show care for their children. Explaining why families are important and identifying the key features of positive family life (e.g. love, stability, care, protection, mutual respect). Diversity in family structures Analysing how different contexts can influence family roles and relationships. Recognising and respecting different types of families. Family support Recognising when a family relationship seems unsafe or unhealthy. Healthy friendships Considering the importance of friendships and the different ways friendships can enhance our lives. Suggesting ways people can make new friends throughout their lives. Recognising that friendships will change and evolve over time. Describing some signs of unhealthy or unhappy friendships. Friendship challenges Resolving conflict using calm, assertive communication (e.g. "I feel... when you..." statements). Self-identifying when they need to adjust their behaviour. Handling conflicts using a range of techniques such as negotiation, compromise and communicating their feelings. Reflecting on conflicts or impulsive behaviour, recognising areas for improvement and working to avoid similar situations in the future. Respecting each other Using courtesy and manners in a variety of situations, such as: Being late. Forgetting something. Admitting a mistake. Challenging something respectfully. In a new or unfamiliar environment. Considering how to apply respectful behaviour across different settings (e.g. school, public places, online). Practising adapting communication to show respect in formal and informal situations, with both peers and adults. Recognising situations where their personal preferences may conflict with others' needs and to respond appropriately (e.g. not playing music aloud on transport, being aware of body space). Understanding boundaries Setting and maintaining clear personal boundaries in different situations (e.g. with friends, online, during disagreements). Assertively challenging behaviour when it crosses a boundary, while	The role of family To know that 'commitment' means promising to be with someone through good and bad times. To know that marriage and civil partnerships are a legal commitment between two people based on love and care. To know that parents/carers are there to guide children and protect them and this might mean them setting boundaries or rules. To know that families should support and protect the physical and mental health of all members and provide love and security to children.* Diversity in family structures To know that family functions (e.g. support and caregiving) may be shared differently in different families. To know that the central function of any family is to provide stability and safety to its members, especially children. Family support To know they can speak to someone at school or Childline if a family relationship is making them feel unsafe. To know that families should support and protect the physical safety and mental health of all members.* Healthy friendships To know that close friendships are important for people's happiness and mental health. To know that signs of unhealthy friendships might be: One-sidedness. Frequent criticism. Controlling behaviours. Constant conflict. Unreliable or untrustworthy actions. To know that how people deal with fallouts and disagreements can affect how strong their friendships become. To know that people who pressure, lie, or break promises may not be trustworthy. To know that it is ok to end a friendship if it is unhealthy or makes them unhappy. Friendship challenges To know that some techniques can actually work to calm our body's natural emotional response (e.g. slowing breathing, grounding techniques). To know that it is important to regulate our responses to emotions so they do not control our feelings and actions.* To know that if conflict exists, using violence or aggression is not acceptable and will make things worse. Respecting each other

staying respectful and safe.

Respectful conflict Recognising when to stand up for themselves and when to compromise.

Discussing real-life examples of balancing their own needs with others.

Practising discussing disagreements without blaming others or over-reacting.

Self- respect and self- esteem Recognising and celebrating their own identity and what makes them unique.

Reflecting on personal values and how these should influence their behaviour and choices.

Setting personal goals and planning how to work towards them.*

Practising self-care strategies that support emotional wellbeing.

Valuing diversity Noticing where stereotypes might appear such as in books, games, adverts or everyday language.

Considering how people are shown respect or disrespect in real-life situations, such as in the news or sport.

Practising ways to safely speak out against unfairness or exclusion, using respectful language.

Bullying Analysing bullying scenarios and describing the different roles people play, including bystanders and upstanders.

Demonstrating safe and effective ways to respond to bullying, both in person and online.

Relationship support* (repeated in Staying safe) Practising accessing help independently (e.g. with trusted adults, professionals or via Childline).*

Recognising scenarios in which they should seek help from a trusted adult and those which can be safely dealt with themselves.*

Explaining how they would report a concern confidently and clearly, in person or using school systems (e.g. talking to a trusted adult, using a worry box).*

To know that respect can also mean recognising someone's role or responsibility, e.g. showing respect to teachers, leaders or people in public service.

To know that people should try to balance their own needs and wants with the needs and rights of those around them to be respectful.

To know that people have a responsibility to each other to behave appropriately and fairly.

Understanding boundaries

To know that healthy relationships involve mutual trust, respect and consent.

To know that it is okay to say no, to change a decision, or to change a boundary, even if permission was previously given.

To know that crossing someone's boundary, even as a joke, can harm trust and damage relationships.

To know that they should always speak to a trusted adult if someone repeatedly ignores their boundaries or makes them feel unsafe.

Respectful conflict

To know how to express needs and boundaries respectfully and confidently.

To know the difference between being assertive, passive, aggressive and controlling (coercive).

To know that they can be kind and respectful to others without ignoring their own needs.

Self- respect and self- esteem

To know that behaving in a way that aligns with our values contributes to self-respect.*

To know that self-respect supports good mental health and happiness and aids personal growth

To know that identity includes values, beliefs, likes, dislikes and cultural background.

To know that developing interests and achieving goals helps build self-esteem.

Valuing diversity

To know that discrimination is when someone is treated unfairly or differently because of who they are, such as their race, gender, religion or disability.

To know that stereotypes can be harmful because they limit what people believe they can do or become.

Bullying

To know that a bystander is someone who sees or knows that bullying is happening but does not take part or take action.

To know that an upstander is someone who witnesses bullying and chooses to take safe and appropriate action.

To know that bullying can seriously affect the mental health of those involved and can have a long-term impact.

To know how to get help from trusted adults, school procedures or external

	support services (e.g. Childline) Relationship support* (repeated in Staying safe) To know that they should always seek help if: They experience or witness violence, threats or harm, either in person or online. Someone tries to hurt them or others physically or emotionally, including online. Someone touches them or talks to them in an unsafe or inappropriate way, including online. They feel unsafe but are not sure why, or are unsure who to trust, including online. They are worried about someone else being hurt or treated badly, including online.
	Theme - The Online World
Year 1&2 - Skills	Knowledge
Being online Recognising some occasions when they are online in their everyday life. Online relationships Identifying activities that can be done online with others and those that are done in person. Recognising that polite behaviour in person is the same as polite behaviour online. Risks and harms Recognising that screen time can distract people from doing something important. Responsible and safe use Asking a trusted adult to check something unfamiliar that appears online (e.g adverts or cookies pop-ups). Checking with a trusted adult before they use new apps or websites. Beginning to identify when someone has shared too much information about themselves online. Reporting online Recognising when something online makes them feel scared, worried, uncomfortable or unsafe.	Being online To know that using a digital device (e.g. TV, tablet, mobile phone, games console, smart speaker) often involves being online. Online relationships To know that polite online behaviour includes listening, taking turns, considering others and using kind words – just as it does in person. Risks and harms To know that too much screen time can interfere with other healthy habits. To know that people choose what they share online and that not everything shared online is real or true. To know that some online is not intended or suitable for children. Responsible and safe use To know that information shared online might be seen by a lot of people. To know it is unsafe to share some information online. To know that people can search online for information or answers to questions. To know that no-one should share photos or videos of someone else online without permission. Reporting online To know who trusted adults are and how to report concerns about online content or behaviour.
Year 3&4 - Skills	Knowledge
Being online Identifying what the internet can be used for. Online relationships Identifying the benefits and challenges of online and in-person	Being online To recognise that many everyday activities involve being online, even when it is not obvious. Online relationships

communication. Communicating respectfully and appropriately in an online environment. Recognising that disrespectful online communication can have a negative impact on others. Risks and harms Recognising that excessive screen time can affect people's mood or stop them from doing other things they enjoy. Identifying some types of online bullying behaviour. Responsible and safe use Choosing whether to accept a friend request in an online game. Recognising that some online features are not suitable for all ages. Questioning whether online information, including from search engines, is accurate. Comparing information from several online sources to help decide which is most reliable. Reporting online Role-playing how to report concerns about bullying, upsetting content or contact from strangers online to a trusted adult.	To know that the same respectful behaviours apply online as in person. To know that online communication can make misunderstandings more likely. Risks and harms To know they should only communicate online with others they know, not with strangers. To know that bullying can happen online. To know that some information online may be inaccurate or misleading. Responsible and safe use To know that once something is shared online, even privately, they no longer have control over who sees it. To know that even when they are speaking to friends online, they should not share private information. To know that some apps and websites have age restrictions which are there to keep children safe. Reporting online To know how to take a screenshot or screen-grab to save online information as evidence.
Year 5&6 - Skills	Knowledge
Being online Recognising that online experiences can have both positive and negative effects. Online relationships Identifying the benefits of in-person relationships on their wellbeing. Recognising the effect of online interactions on personal wellbeing. Risks and harms Recognising that changes in mood or self-esteem may be linked to time spent online. Recognising that online content (including influencers, advertising and scams) can affect people's thoughts, choices and behaviour. Recognising a wide range of bullying and harassment behaviours online and their impact. Responsible and safe use Choosing whether to accept or decline an online request (from a company or individual), based on the information being requested. Recognising that some apps and websites have age restrictions because of their content or features. Evaluating information they see online, including the difference between fact and opinion. Reporting online Recognising the types of online behaviour that may make them feel uncomfortable (e.g. harassment, pressure, cheating or offensive language).	Being online To know that specific online activities are designed for different purposes (e.g communication, entertainment or learning). Online relationships To know that in-person interactions can offer advantages that online interactions may not have. Risks and harms To know that influencers and adverts may be paid, sponsored or rewarded to promote products or ideas, even if it is not obvious. To know that online content is often edited and carefully chosen. To know that personal data includes information about a person, including their online behaviour and interests. To know that apps, websites and games can collect personal data, including location information. Responsible and safe use To know that there are steps they can take if they recognise they are being negatively influenced online (e.g. unfollowing, blocking, fact-checking or reporting). Reporting online To know how to report concerns on different online platforms. To know that reporting online concerns to a trusted adult is always important.

	Theme - Citizenship
Year 1&2 - Skills	Knowledge
Developing confidence and responsibility and making the most of their abilities Giving reasons for their opinions. Describing some different jobs. Preparing to play an active role as citizens Explaining why babies and young children need help from adults to meet their needs. Explaining why voting is a fair way to decide something that affects many people. Identifying some groups they belong to. Describing some of the ways they and others help the school and local environment. Explaining why rules are important. Sharing their opinion and trying to persuade others.	Developing confidence and responsibility and making the most of their abilities To know it is important to listen carefully to others' ideas. Preparing to play an active role as citizens To know that babies and young children need help to eat, sleep, get dressed and stay clean. To know that different pets need looking after in different ways. To know that voting allows everyone to have a say, even though some people may not get the outcome they want. To know that different coins and notes are worth different amounts. To know that everybody has a responsibility to care for the school and local environment. To know that many people earn money by having a job but income can also come from other sources.
Year 3&4 - Skills	Knowledge
Developing confidence and responsibility and making the most of their abilities Recognising a wider range of jobs available. Identifying their personal strengths and skills and considering how these relate to jobs. Explaining some common gender stereotypes, why they are unhelpful and how to challenge them. Explaining the pros and cons of changing careers. Preparing to play an active role as citizens Identifying things that can and cannot be recycled. Explaining how reducing, reusing and recycling resources can help the environment. Describing the local council's role in looking after the local area. Recognising the ways in which people's rights can support and protect them.	Developing confidence and responsibility and making the most of their abilities To know that sometimes people assume something about someone because they are a boy or a girl and that this is called stereotyping. To know that stereotypes can restrict people's sense of what they can do or become. To know that getting value for money involves considering the cost, usefulness and quality of items. To know that budgeting involves planning how to spend and save available money. Preparing to play an active role as citizens To know that rights are basic freedoms that belong to every person in the world. To know that 'reduce' means using less, 'reuse' means using things again and 'recycle' means turning old materials into new ones. To know that reducing waste is better than reusing and reusing is better than recycling. To know that different people (e.g. adults, police, politicians) work to protect people's rights. To know that responsibilities are things people need to do to look after themselves, other people and places.

	To know that the local council is responsible for deciding how money is best spent in the local community.
Year 5&6 - Skills	knowledge
Developing confidence and responsibility and making the most of their abilities Explaining the issues and causes they care about. Classifying spending decisions as needs or wants. Explaining how to safeguard their money online and offline. Explaining the risks of gambling. Recognising common stereotypes related to different jobs. Preparing to play an active role as citizens Explaining what happens when someone breaks the law. Explaining why prejudice and discrimination are wrong and the effect they can have on people and the community. Recognising that the rights and responsibilities of different groups may not always align. Explaining how some people have contributed to their community and beyond. Role-playing a local council surgery. Explaining how they can influence what happens in Parliament.	Developing confidence and responsibility and making the most of their abilities To understand that borrowing money may require paying more than the original amount due to interest. To understand that gambling involves risking money with a significant chance of losing it. Preparing to play an active role as citizens To know that prejudice is making unfair assumptions about someone based on certain information. To know that discrimination is treating someone differently or unfairly because of certain characteristics, such as age, gender or religion. To know that there are laws to protect people's rights and ensure they are treated fairly and kept safe. To know that there are consequences if laws are broken. To know that setting up community groups is one way people can contribute to their community. To know that pressure groups work together to try to persuade the Government or public to listen to their ideas and make changes. To know that local councillors speak with residents to help decide how money should be spent in the best interests of the community. To know that elections allow people to vote for a Member of Parliament to represent them in Parliament. To know that people pay taxes to fund Government and local spending.
	Theme - Staying Safe
Year 1&2 - Skills	Knowledge
Recognising unsafe personal situationsIdentifying when touch is okay (e.g. a hug from a parent) and when it is not (e.g. someone touching private parts or not stopping when asked). Discussing what types of touch they do and do not like from friends and family members. Relationship support (Repeated in Connecting with others) Using roleplay to ask for help with clear, simple phrases, such as "I need help" or "something's wrong". Naming some trusted adults at home and school. Road and rail safety Identifying safe places to walk on the pavement.	Recognising unsafe personal situationsTo understand that their body is special and it belongs to them.* To know the correct names for private body parts, including the penis, testicles, vulva and vagina. To know that underwear covers the parts of their body that are private and no one has the right to see or touch them without their permission. To know that a stranger is anybody that they do not know. To know that their body can give warning signs when something does not feel right or feels unsafe (e.g. heart beating faster, tummy feeling funny, feeling frozen or shaky, wanting to cry). Relationship support (Repeated in Connecting with others)

Explaining how to safely cross a road with an adult and identifying other simple actions they can take to stay safe near and on roads. Water safety Identifying different types of water environments (e.g. the sea, a swimming pool, lake or river) and understanding some potential dangers associated with each. Hazards at home and away Recognising when something may be dangerous in the home. Naming some items that they should not touch at home without an adult present (e.g. tools, sharp knives, laundry pods, matches, a kettle, an oven) and explaining why. Following simple safety rules in different settings. Calling the emergency services (Developed further in Health protection and First aid units) Identifying some emergency situations.* Drugs, alcohol, tobacco and vaping Naming things that are safe or unsafe to put in or on the body (e.g. food vs cleaning products).	To know that it is never their fault if someone does something that makes them feel uncomfortable or unsafe, whoever this is. To know that they should always seek help if: Someone is unkind, hurts them or someone else, including online. They feel scared, worried or confused, including online. Someone asks them to keep a secret that makes them uncomfortable, including online. Road and rail safety To know the 'Stop, Look and Listen' rule for crossing a road. To know that a helmet should be worn when biking or scooting. To know some basic risks around roads (e.g. crossing without looking, running out into the road, or not being seen by drivers). Water safety To know that they should never enter the water without an adult supervising. To know that if they fall into water or become tired when swimming, they should try and stay calm, float on their back and shout for help. Hazards at home and away To know that some things in the home can be harmful. Calling the emergency services (Developed further in Health protection and First aid units) To know that 999 is the number to dial in an emergency. To know the emergency services are the police, fire and ambulance services.* Drugs, alcohol, tobacco and vaping To know that some things people put in or on their bodies can help them (e.g. medicine) and some can be harmful. To know that they should never touch or taste something if they do not know what it is. To know that household cleaning products can contain chemicals that are harmful to the body and should not be touched without an adult's permission. To know that if things are not used as intended, they can become harmful, especially to children (e.g. someone else's medicine, cleaning products, etc).
Year 3&4 - Skills	Knowledge
Recognising unsafe personal situations Recognising that different relationships have different personal boundaries (e.g. friend vs teacher vs family member). Noticing when someone's behaviour is too familiar or inappropriate for the context (e.g. touching, asking private questions, asking to keep secrets). Identifying early warning signs and recognising their own feelings that a situation or person might not be safe when looking at examples, stories or a role-play.	Recognising unsafe personal situations To know that their body belongs to them and that they can say no to any touch or behaviour that makes them feel uncomfortable, even from someone they know. To know the correct terms for private body parts, including the scrotum and nipples. To know signs that an adult may be unsafe (e.g. they are ignoring 'no', they are asking you to keep secrets, offering gifts when it is not a special

Relationship support (Repeated in Connecting with others)

Practising how they would ask for help and say 'no' in certain situations. Naming a range of trusted adults in different settings (e.g. home, school) and identifying other adults who can help in a public space (e.g. police officers, shop staff, security guards).

Road and rail safety

Explaining how to safely cross roads using a variety of crossing types. Identifying various risks on roads and ways to make them safer.

Water safety

Identifying potential hazards in different types of water environments (e.g. strong currents, dirty water, unknown depths, steep or vertical banks, cold temperatures).

Explaining some water safety signs and their meaning.

Hazards at home and away

Recognising and explaining potential hazards at home, including fire and electrical risks, and identifying these in different scenarios.

Recognising common warning signs in various environments and on household products or equipment, and explaining what they mean.

Calling the emergency services (Developed further in Health protection and First aid units)

Identifying different ways of getting help in an emergency, including phoning 999.

Drugs, alcohol, tobacco and vaping Recognising when a substance is meant to help (e.g. medicine) and when it could harm the body (e.g. cigarettes/vapes, cleaning products, alcohol).

occasion, asking you for help instead of another adult).

To know that feeling and being unsafe can happen even with someone they know.

To know that when an adult they do not know approaches them, they can respond politely but move away from the situation to make a trusted adult aware.

To know that they should not share personal information with people they do not know and trust, including online.

Relationship support (Repeated in Connecting with others)

To know that they can speak to more than one trusted adult if the first person does not help or take action straightaway.

To know that they should seek help if: Someone touches them or speaks to them in a way that feels wrong, including online. They feel pressured to do something unsafe or that they don't want to do, including online. They see or hear something that worries them, even if it's not about them, including online.

Road and rail safety

To know some common road-crossing types.

To know some common safety issues when walking, riding a bike or scooting. (e.g. cars coming out of driveways).

Water safety

To know that swimming in open water is usually more dangerous than swimming in a swimming pool.

To know that if someone else is in trouble in the water they should throw in something that floats.

Hazards at home and away

To know that thinking ahead and considering potential risks can help prevent accidents.

To know that fire can spread quickly and should never be played with.

To know that appliances and household products should only be used for the purpose they are designed for.

Calling the emergency services (Developed further in Health protection and First aid units)

To know that an operator will ask which emergency service is needed, what happened and where.

Drugs, alcohol, tobacco and vaping

To know that alcohol and smoking/ vaping are legal for adults but illegal for children.

To know that alcohol and smoking/vaping both have harmful effects on the body.

To know that medicines should only be used as directed by a trusted adult or health professional or they can be harmful.

Year 5&6 - Skills	Knowledge
Recognising unsafe personal situations Recognising when boundaries are being pushed or crossed in peer or adult relationships (e.g. pressuring, secrecy, comments) including online. Recognising their own feelings and early warning signs in a scenario that a relationship or situation may be unsafe and explain what action they could take to stay safe and seek help. Practising how to ask for, give or refuse permission or consent in a range of situations. Relationship support (Repeated in Connecting with others) Practising accessing help independently (e.g. with trusted adults, professionals or via Childline). Recognising scenarios in which they should seek help from a trusted adult and those which can be safely dealt with themselves. Explaining how they would report a concern confidently and clearly, in person or using school systems (e.g. talking to a trusted adult, using a worry box).* Road and rail safety Identifying safe places to cross a road and describing different strategies to cross safely. Explaining how to safely cross a railway line, at identified crossing points. Identifying various risks on railways and ways to make them safer. Water safety Identifying further hazards and potential risks in different water sites and scenarios and what they can do to manage or reduce these risks. Hazards at home and away Explaining how to prevent or reduce fire risks in everyday settings and understanding firework safety. Recognising potential hazards away from home (e.g. on public transport, at different times of the day, in unfamiliar places). Assessing whether a situation is hazardous and explaining why. Considering how to respond to hazards in a range of situations, including those involving peers. Calling the emergency services (Developed further in Health protection and First aid units) Identify situations where calling 999 is appropriate vs not. Recognising other ways of getting help when it is needed, but is not an emergency. Explaining why filming an incident is not usually the right course of action in an emergency. Drugs, alcohol, tobacco and vaping Explaining what drugs are, the laws around some substances and giving	Recognising unsafe personal situations To know that pressure from peers or adults to keep secrets, send images, or say yes to something uncomfortable is a warning sign. To know that someone asking them to keep conversations or photos private, especially online, may be unsafe. To know that friendly behaviour (e.g. compliments, flattery, gifts) can sometimes be used to trick or manipulate people. To know that not everyone online is who they say they are. To know that the absence of permission or consent means that a situation is likely to be unsafe. Relationship support (Repeated in Connecting with others) To know that they should always seek help if: They experience or witness violence, threats or harm, either in person or online. Someone tries to hurt them or others physically or emotionally, including online. Someone touches them or talks to them in an unsafe or inappropriate way, including online. They feel unsafe but are not sure why, or are unsure who to trust, including online. They are worried about someone else being hurt or treated badly, including online. Road and rail safety To know some common safety issues when crossing the road or around railways. To know that trains move faster than they appear and cannot stop quickly so it is dangerous to walk on or near railway lines. To know that distractions such as friends, phones and headphones can make it harder to stay safe near the roads and railway. Water safety To know what beach safety flags tell us about the conditions. To know the water safety code (Stop and think, Stay together, call 999, float). Hazards at home and away To know strategies for advocating for safe behaviour and resisting peer-pressure if others make unsafe choices. To know that hazards can be physical (e.g. fire, machinery), chemical (e.g. substances) or behavioural (e.g. dares, peer pressure, online risks). To know that some environments carry higher risk and require greater caution. Calling the emergency services (Developed further in Health protection and First aid units) To know the day-to-day roles of the emergency services, including the coastguards, search-and-rescue, air ambulance and mountain rescue. To know that filming or sharing videos of emergencies can be unhelpful,

examples of legal and illegal types (e.g. medicines, alcohol, cannabis, tobacco). Recognising when a situation might involve peer pressure to try harmful substances (e.g. tobacco, alcohol or cannabis). Explaining the risks and consequences of using harmful substances and practising how to say 'no'.	harmful or illegal and that calling emergency services is the correct action. Drugs, alcohol, tobacco and vaping To know that drugs are substances that change how the body or mind works. To know that some drugs (e.g. medicines) can help people when used properly and given by a trusted adult or doctor. To know that some drugs are illegal (e.g. cannabis) and dangerous because they can harm physical and mental health. To know that legal drugs and products like tobacco, alcohol, caffeine, energy drinks and medicines can still be harmful if misused, especially for children. To know that many legal drugs (e.g. caffeine and nicotine) are addictive, meaning it is not easy to stop using them.
	Theme - Growing Up
Year 1&2 - Skills	Knowledge
Changing bodies Identifying simple physical changes in themselves and others (e.g. growing taller, losing teeth) and discussing how they are growing and changing. Describing things they can do now which they could not do as a baby or toddler (e.g. feeding themselves, dressing themselves, etc). Expressing personal boundaries using simple language (e.g. "Don't touch me there").	Changing bodies To know that bodies have similarities and differences (e.g. height, hair colour, skin colour, or other physical features) and this makes each person unique. To know that bodies are different and unique and that it is not kind or respectful to comment on someone else's body. To know that humans grow and change as they get older, from babies to children to teenagers to adults. To know that growing up means becoming more independent in looking after ourselves. To understand that their body is special and belongs to them.* To know that some parts of the body are private and that they should always respect their own and others' privacy. To know the correct names for private body parts* (e.g. penis, vulva, vagina, testicles, scrotum and nipples). To know that they should always talk to a trusted adult if someone says or does something they are not comfortable with. To know that physical changes to the body are a normal part of growing up and becoming an adult.
Year 3&4 - Skills	Knowledge
Changing bodies Describing some physical changes in adolescence and beginning to be aware of the changes puberty brings. Describing some emotional changes that happen during adolescence.	Changing bodies To know that unkind or negative comments about someone's body can affect how they feel about themselves and that it is important to treat all bodies with respect.

Communicating personal boundaries clearly (e.g. “I’m not comfortable with that”).	To know that their bodies will change as they grow into adults and these changes happen at different times and rates for everyone, which is completely normal. To know that as their bodies change during puberty, their emotions and feelings may also change and that this can sometimes feel difficult to manage (e.g. experiencing mood swings). To know that one of the physical changes that happens to female bodies when they go through puberty is starting their period (menstrual cycle). To know that during a period a small amount of blood leaves the body from the vagina each month. To know that periods can start unexpectedly and that there are ways to manage them, such as wearing pad or period pants and asking a trusted adult for help. To know that some people experience discomfort or pain during their period and that this is common. To know the correct names for the external parts of the body that may change in adolescence (e.g. breasts, armpits, Adam’s apple, pubic hair). To know that they should talk to a trusted adult if they have any worries or concerns, including around body changes and growing up.
Year 5&6 - Skills	Knowledge
Changing bodies Describing in greater detail the physical changes that occur during puberty, including those specific to boys and girls in adolescence. Describing in greater detail the emotional changes that occur during adolescence as a result of puberty (e.g. developing attraction and experiencing changing moods or feelings). Describing the stages of the menstrual cycle. Challenging behaviour that crosses personal boundaries, while staying respectful	Changing bodies To know that everyone’s body changes during puberty in different ways and at different times and that making comments about these changes can be unkind and harmful. To know the correct scientific names for the external and internal reproductive organs (e.g. uterus, fallopian tubes, ovaries, testicles). To know that the stage in which an individual changes from a child to an adult is called ‘puberty’ and this happens over a period of time as more hormones are released into the body. To know that puberty is the process of preparing the male and female body for reproduction, as part of the human life cycle. To know that many people find the changes during puberty difficult to deal with and should be supported and treated with kindness. To know that good personal hygiene is important during puberty and into adulthood to stay clean, healthy and comfortable. To know how to manage hygiene during a period, including how often to change sanitary products, how to dispose of them safely and how to keep the body clean and comfortable. To know they can seek support from a trusted adult when they have questions or concerns about their changing body, relationships or growing up.

	To know some simple ways people can manage period pain (e.g. rest, heat, gentle movement or asking a trusted adult for help). To know that wet dreams and erections are natural physical changes that happen to most boys during puberty. To know that a wet dream occurs when a small amount of fluid, called semen, is released from the penis, usually during sleep. To know that an erection is when the penis becomes firmer or harder, that this is temporary and that it usually goes away on its own.
	Theme - Health Protection
Year 1&2 - Skills	Knowledge
Preventing illness Practising how to wash their hands properly using soap and water. Recognising when they need to wash their hands (e.g. after using the toilet, before eating, after sneezing). Dealing with common injuries Recognising the difference between a small injury (e.g. a graze) and something more serious (e.g. a break or head bump). Sun safety Choosing appropriate clothing and preparation for different weather conditions (e.g. a hat, sunglasses and sunscreen when hot). Support with physical health Telling an adult when they feel unwell, tired, or hurt. Beginning to describe common signs of illness (e.g. "My tummy hurts", "I feel dizzy"). Calling the emergency services (Builds on the learning from the Staying safe units) Identifying some emergency situations.	Preventing illness To know that germs can live on hands and surfaces even when they cannot be seen. To know that washing hands with soap and water helps remove germs that can make people ill. To know that people should cover their mouths when they cough or sneeze and put tissues in the bin. To know that people have check-ups with doctors, nurses and dentists to help them stay healthy. To know that sometimes people have injections or nasal sprays (vaccines) to help stop them getting poorly. To know that some people need to use medicine often, such as inhalers, to help keep them well. Dealing with common injuries To know that head bumps should always be told to an adult. To know that first aid is the immediate help given to someone who is hurt or unwell. To know that ice packs can help bruises or bumps. To know that it is important for broken skin to be cleaned to ensure germs cannot enter the body. To know that their role is to get help from a trusted adult, not to try to fix the injury themselves. Sun safety To know that wearing a hat and covering skin can help keep them safe in the sun. To know that they should drink water when it is hot to stay well. Support with physical health To know that they should tell a trusted adult if something hurts or feels wrong in their body. To know some common signs of illness, e.g. a tummy ache, feeling hot or cold, coughing or sneezing.

	To know that medicines, when used properly, can help people feel better. Calling the emergency services (Builds on the learning from the Staying safe units) To know that 999 is the number to dial in an emergency.
Year 3&4 - Skills	Knowledge
Preventing illness Explaining how germs and infection can spread from person to person. Explaining how personal hygiene routines and behaviours reduce the risk of spreading illness. Beginning to explore how decisions about health (like vaccination) are based on evidence and advice from medical professionals. Dealing with common injuries Recognising whether an injury needs a short rest, help from an adult, help from a first aider or the emergency services. Sun safetyApplying sunscreen with supervision. Describing ways they can protect themselves in the sun (e.g. slip, slop, slap). Support with physical health Describing physical health concerns clearly to an adult. Deciding when a health concern needs adult help (e.g. pain that will not go away, feeling dizzy or sick, visible injury) and when they can try a simple solution first (e.g. having a drink, resting, stretching). Beginning to judge when a physical concern may need help from a health professional. Calling the emergency services (Builds on the learning from the Staying safe units) Role-playing making a 999 call. Recognising what makes a call to 999 clear and efficient. Recognising which emergency service is needed in different scenarios.* Identifying different ways of getting help in an emergency, including phoning 999.	Preventing illness To know that germs can spread through touch, coughs, sneezes and shared objects. To know that handwashing, cleaning surfaces and covering coughs and sneezes help stop germs from spreading. To know that vaccines help the body build protection (immunity) against certain diseases without getting the illness first. To know that vaccines teach the body how to fight off germs. To know that vaccines have helped reduce or stop the spread of some serious diseases. To know that viruses and bacteria are both types of germs that can cause illness. Dealing with common injuries To know that if someone cannot breathe it is a medical emergency. To know that if someone is losing a lot of blood it is a medical emergency. To know that if someone is unable to respond to you it may be a medical emergency. To know that pressure can help stop bleeding. To know that back slaps can help dislodge an object that is causing someone to choke. To know that cold water can help with minor burns. To know that someone having an asthma attack or allergic reaction may struggle to breathe and they will need emergency help. Sun safety To know that sun exposure can lead to skin damage, such as sunburn, and can cause illness later in life, such as skin cancer. To know that sunscreen should go on all uncovered skin on sunny days, even in the UK. To know that sunscreen needs reapplying every two hours or after swimming. To know that sunscreen comes in different sun protection factors (SPFs) and that a higher SPF offers more protection against the sun. To know that they should aim to stay out of the sun in the hottest part of the day. Support with physical health To know that giving clear information (like where it hurts, what it feels like and when it started) helps adults understand how to help.

	To know that not all physical discomfort needs an adult straight away and that some small problems (e.g. feeling tired, being a bit chilly, needing the toilet) can be managed themselves. To know that some unexplained changes to the body can be a sign of illness, e.g. rashes, persistent coughing, a high temperature, weight loss, tiredness. To know that there are different types of medicines: some relieve symptoms (such as pain), some help people recover from illness and some prevent illness from developing. To know that getting help early can prevent a health issue from becoming worse. To know that antibiotics can treat some illnesses caused by bacteria but do not work against viruses. Calling the emergency services (Builds on the learning from the Staying safe units)To know that an operator will ask which emergency service is needed, what happened and where.* To know how to dial 999 on a locked mobile phone.
Year 5&6 do not progress with Health Protection but develop to First Aid	Theme - First Aid
Year 5&6 - Skills	Knowledge
Responding to medical emergencies Recognising when someone is unresponsive and not breathing normally. Remaining calm and assessing a situation before acting, including checking that it is safe to approach before providing help. Practising some first aid techniques (e.g. the recovery position) with guidance. Calling the emergency services Role-playing making a clear and effective 999 call. Identify situations where calling 999 is appropriate vs not. Recognising other ways of getting help when it is needed, but is not an emergency. Considering how to stay safe and help while waiting for the emergency services to arrive. Explaining why filming an incident is not usually the right course of action in an emergency.	Responding to medical emergencies To know that someone who may be seriously injured should never be moved unless there is immediate danger to them. To know that CPR (cardiopulmonary resuscitation) is an emergency procedure used when someone is not breathing or their heart has stopped. To know that CPR involves chest compressions and rescue breaths to help keep blood and oxygen circulating through the body. To know that the recovery position is used when someone is unresponsive but breathing normally. To know that a defibrillator is a device that can help someone if their heart stops functioning properly. To know that some defibrillators are found in public places and give clear instructions. To know that children should get help from a trusted adult rather than attempting to handle an emergency alone. To know that a mobile device can be used to share a precise location in an emergency. To know that in an emergency, getting help is more important than worrying about getting into trouble. Calling the emergency services To know the day-to-day roles of the emergency services, including the coastguards, search-and-rescue, air ambulance and mountain rescue.

	To know that hoax calling 999 is a criminal offence. To know that filming or sharing videos of emergencies can be unhelpful, harmful or illegal and that calling emergency services is the correct action. To know that pressing 55 when on the phone with an operator can let them know help is needed without speaking.
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Where classes are mixed Year Groups, areas do link nicely. For example; the content of Year 5 in a mixed Yr5/6 class will need to be taught to the whole class to ensure coverage. Mapping is carried out each Term 6 for the following September, as classes may change from year to year across the federation's schools - ensuring a revised curriculum coverage for each academic year. A year group will never be taught an older year groups vocabulary if inappropriate, however an older year group may have vocabulary consolidated and retaught from a younger year's curriculum.

The areas of study can be embedded into PE and Topic, as well as PHSCE discussions which cover the above themes/areas – as outlined in the curriculum Map below. The discussions can be followed by 'think and ink' activities, 'Thought Bubble Captures' or Artwork. These can be recorded any way the teacher wishes; display (could be a whole school display) or journal, but there is no expectation to evidence these discussions. The only expectation is that these discussions are generated on a weekly basis to cover the PHSCE/SRHE program of study, to ensure our pupils are ready to face an ever changing world.

Vocabulary is key to a child's understanding. Where this is related to 'The Changing Body', parents and carers will be sent out a vocabulary coverage list the term before, highlighting key words which will be taught, giving parents and carers the opportunity to have any conversations they wish to have prior to learning with their child/ren at home.

Whilst we plan each term week by week, some areas will take less discussion than others and can be covered in a couple of sessions, whereby you can move onto the next area sooner if needed. When this is the case, learning is consolidated at the end of the term, giving opportunities to deepen skills and knowledge, as well as giving children the opportunity to ask further questions to broaden understanding within a controlled, safe space.

Some SRE areas will need to be discussed with your Head of School, especially those teaching at our Church Schools. I have included them to give you the whole overview, but our policy states we will not be covering them all (Sexual Education).

Document History

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