

Autumn Term	Spring Term	Summer Term		
<p style="text-align: center;">Continuous daily work on mental wellbeing focusing on:</p> <ul style="list-style-type: none"> • Knowing that mental wellbeing is a normal part of daily life, in the same way as physical health. • That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations. • How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. <ul style="list-style-type: none"> • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. <ul style="list-style-type: none"> • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). <ul style="list-style-type: none"> • Bullying (including cyberbullying) and how it has a negative and often lasting impact on mental wellbeing. <ul style="list-style-type: none"> • The fact it is important for children to discuss their feelings with an adult and seek support. <p>That it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p>				
Autumn Term 1	Spring Term 1	Summer Term 1		
<p style="text-align: center;">Week 1: No Outsiders (one book for each 1st week of a term)</p> <ul style="list-style-type: none"> *Pupils learn about valuing the similarities and differences between themselves and others and their families *Pupils learn about what is meant by community and how to develop respectful relationships within the community. *Pupils learn about belonging to groups 				
<p>Weeks 2-7: All About Me</p> <ul style="list-style-type: none"> *Focus on neurodiversity *Super powers *To identify themselves in positive terms. *To understand the important of self-respect *To describe their identity in relation to common factors. *To identify those in their lives who can help and support them. 	<p style="text-align: center;">Week 2: Focus on bullying/anti-bullying</p> <ul style="list-style-type: none"> *Follow up from anti-bullying work from autumn term 2 <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="779 1011 1458 1289" style="width: 50%; vertical-align: top;"> <p style="text-align: center;">Week 3-6: Keeping Safe and Managing Risk</p> <ul style="list-style-type: none"> *Road Safety *Water Safety <p>*How they can help and support the community by learning basic first aid.</p> </td> <td data-bbox="1458 1011 2130 1289" style="width: 50%; vertical-align: top;"> <p>Weeks 3-6: Health and Self Care: Drug, alcohol and tobacco education: Tobacco is a drug. Pupils learn:</p> <ul style="list-style-type: none"> *The definition of a drug and that drugs (including medicines) can be harmful to people *That medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. </td> </tr> </table>		<p style="text-align: center;">Week 3-6: Keeping Safe and Managing Risk</p> <ul style="list-style-type: none"> *Road Safety *Water Safety <p>*How they can help and support the community by learning basic first aid.</p>	<p>Weeks 3-6: Health and Self Care: Drug, alcohol and tobacco education: Tobacco is a drug. Pupils learn:</p> <ul style="list-style-type: none"> *The definition of a drug and that drugs (including medicines) can be harmful to people *That medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use.
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Autumn Term 2	Spring Term 2	Summer Term 2		
<p style="text-align: center;">Week 1: No Outsiders (one book for each 1st week of a term)</p> <ul style="list-style-type: none"> *Pupils learn about valuing the similarities and differences between themselves and others and their families 				

*Pupils learn about what is meant by community and how to develop respectful relationships within the community.

*Pupils learn about belonging to groups

Weeks 2-7: Bullying and Anti-bullying

*To identify respectful relationships.

*That the same principles apply to online relationships as to face-to-face relationships

*To recognise bullying and how it can make people feel

*About different types of bullying (including online) and how to respond to incidents of bullying

*About what to do if they witness bullying

Week 2: Focus on bullying/anti-bullying

Weeks 3-6: Physical Health

*The characteristics and mental and physical benefits of an active lifestyle.

*The importance of building regular exercise into daily and weekly routines and how to achieve this.

*The risks associated with an inactive lifestyle (including obesity).

*How and when to seek support including which adults to speak to in school if they are worried about their health.

Weeks 3-6: Relationships and Sex Education

*That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

*How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

*How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

*The importance of permission-seeking and giving in relationships with friends, peers and adults.

*About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

*That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

*How to ask for advice or help for themselves or others, and to keep trying until they are heard.

*How to report concerns or abuse, and the vocabulary and confidence needed to do so.

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Autumn Term I	Spring Term I	Summer Term I
<p align="center">Week 1: No Outsiders (one book for each 1st week of a term)</p> <p align="center">*Pupils learn about valuing the similarities and differences between themselves and others and their families</p> <p align="center">*Pupils learn about what is meant by community and how to develop respectful relationships within the community.</p> <p align="center">*Pupils learn about belonging to groups</p>		
<p>Weeks 2-7: Mental health and emotional wellbeing: Strengths and challenges. Pupils learn:</p> <ul style="list-style-type: none"> *About celebrating achievements and setting personal goals *About dealing with put-downs *About positive ways to deal with set-backs *How to support others through caring and respectful relationships: *how important friendships are in making us feel happy and secure, and how people choose and make friends. *the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. *that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. 	<p align="center">Week 2: Focus on bullying/anti-bullying</p> <ul style="list-style-type: none"> *Follow up from autumn term 2 *Recap different types of bullying *Identify who pupils can seek support from *Identify ways to prevent bullying. <hr/> <p align="center">Week 3-6: Keeping Safe and Managing Risk</p> <ul style="list-style-type: none"> *Staying safe when out playing with friends *Recap road safety *Playing out safely – no railways, electricity sub stations etc 	
<p align="center">Weeks 3-6: Health and Self Care: Drug, alcohol and tobacco education: Tobacco is a drug. Pupils learn:</p> <ul style="list-style-type: none"> *About the effects and risks of smoking tobacco and second-hand smoke *About the help available for people to remain smoke free or stop smoking 		

<p>* that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>		
<p style="text-align: center;">Autumn Term 2</p>	<p style="text-align: center;">Spring Term 2</p>	<p style="text-align: center;">Summer Term 2</p>
<p>Week 1: No Outsiders (one book for each 1st week of a term)</p> <p>*Pupils learn about valuing the similarities and differences between themselves and others and their families</p> <p>*Pupils learn about what is meant by community and how to develop respectful relationships within the community.</p> <p>*Pupils learn about belonging to groups</p>		
<p>Weeks 2-7: Bullying and Anti-bullying</p> <p>*Focus on behaviour online</p>	<p>Week 2: Focus on bullying/anti-bullying</p> <p>*Recap different types of bullying</p> <p>*Identify who pupils can seek support from</p> <p>*Identify ways to prevent bullying.</p>	
	<p style="text-align: center;">Weeks 3-6: Physical Health</p> <p>*The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>*The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>*About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing</p>	<p style="text-align: center;">Weeks 3-6: Relationships and Sex Education</p> <p>*Looking at what happens in puberty for boys and girls</p>