



Term	Key Topics	Sub topic / Sub Questions / Knowledge	Subject Specific Vocabulary	Linked Visits in / Visits out	Assessment will be based on a formative approach of children being able to answer the key questions using the knowledge acquired over the half term through a quiz-based approach.
<p>Autumn Term</p> 	<p>Relationships</p>	<p>Families, Friendships and People Who Care for Me –Positive Relationships with Family and Friends</p> <p>What is a positive relationship? What makes a relationship ‘positive’? What makes a relationship ‘negative’? When should I choose to leave a friendship? How can I do this? How can I make strong friendships with the people around me? Who can I tell if I am worried about a friendship; both online and in real life?</p> <p>Know that a relationship is a connection between people. Know that a positive relationship makes everyone involved feel happy, equally valued and confident in being themselves. Know the key features of a negative relationship are controlling behaviours, mistrust, disrespect and poor communication. Understand that some friendships are not positive. Know how to spot a negative friendship and how to leave that friendship. Know how to build strong friendships with close people by sharing interests and having mutual and reciprocated positive interactions. Know they can speak to a trusted adult in school, parent or a close friend if they are worried about something. Know it is always better to let someone know and not hide their worries.</p>	<p>Positive relationships, negative relationships, arguments, disagreements, choices.</p>		



		<p>Respectful Relationships – Responding to negative or hurtful behaviour</p> <p>How can I manage negative behaviour?</p> <p>What is the difference between teasing and bullying? When does hurtful behaviour become bullying? How should I respond if I witness bullying? Who can help me if I feel that I am being bullied? When is it ok to share a secret? Who can I tell if I am uncomfortable about keeping a secret?</p> <p>Know that teasing can be done in a playful manner but if that teasing is meant to hurt and is done over and over, it can become bullying.</p> <p>Know that it is extremely important to tell a trusted adult, either in school or outside of school, or a close friend if they witness bullying of any kind.</p> <p>Know that all of the above mentioned can help if they feel they are being bullied.</p> <p>Know that it is always ok to share a secret with any of the above mentioned if you feel you or someone else is unsafe or being bullied.</p>	<p>Negative behaviour, teasing, bullying, bystanders, witness, secrets, uncomfortable, anxiousness, support.</p>		
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		<p>Respecting ourselves and Those Around Us – Respecting similarities and differences and the importance of sensitivity.</p> <p>How can I be respectful? How are people different? What are the differences in gender, race and faith? How can I be respectful towards others who are different? How can I speak respectfully about differences? What do I have in common with others? What values do I share with my friends? How can I include my friends and those around me?</p> <p>Know that we are all different in many ways. Know the different genders are: Male, Female, Non-binary Know that the six main faiths and religions are: Christianity, Sikhism, Hinduism, Judaism, Islam, Buddhism and that there are strands within these religions too. Know that the world population can be divided into different races. Know that it is important to treat others as equals irrespective of their: gender, race, or faith. Treat people as you would like to be treated. Know it is important to understand others 'differences and then it is easier to show respect. To understand we may have more in common with some people than others. Know that all of our interests have the same importance to each one of us for various reasons, therefore each needs to be respected by others. Know that being, respectful, open and honest and showing kindness to others will bring you closer to them.</p>	<p>Respect, differences, similarities, gender, race, faith, values, inclusion.</p>		
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<p>Spring Term</p> 	<p>Living in a Wider World</p>	<p>Belonging to a Community –What is a community and what are our roles within it?</p> <p>What makes a ‘community’? What is a ‘community’? What is good about being part of a community? What are the different groups that make my community? Which groups do I belong to? How does volunteer work help our local community? What are the charities in our local area? What is ‘compassion’? Why is it important to show compassion towards others in need? How can we help those in need? What does ‘vulnerable’ mean?</p> <p>Know that a community is a group of people living in the same place/area or belonging to the same club/group. Know that in a community people look out for each other and there is always someone to share things with and spend time with. Know that different community groups can be: family, class, school, a club I am part of, a church. Know which groups they are part of. Know that volunteers help the community by: giving their time to help people in lots of different ways. Know that some of the charities in Bolton upon Dearne are: Mind over Matter, Crisis Skylight South Yorkshire, Barnados, Barnsley Animal Rescue, Salvation Army. Know that compassion is concern and care for the suffering or misfortune of others.</p>	<p>Community, groups, volunteer, charity, belonging, compassion, vulnerable.</p>		
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		<p>Keeping Safe and Online Relationships – Dangers in the home (medicines, cleaning products) First Aid (Asthma and calling 999)</p> <p>How can I react in difficult situations?</p> <p>What is a 'digital footprint'?</p> <p>How can organisations use your personal information (cookies)?</p> <p>What are adverts?</p> <p>How do adverts influence our decision making?</p> <p>What is the difference between an informative advert and an advert designed to influence me?</p> <p>How do adverts impact upon how I spend my money?</p> <p>Why is it important to store medicines safely?</p> <p>Why should I be careful when taking medicine?</p> <p>Why should cleaning products be stored safely in the home?</p> <p>Which cleaning products are harmful to my health?</p> <p>What is 'asthma'?</p> <p>What should I do if I see someone that cannot breathe?</p> <p>Who should I call for help?</p> <p>What number should I call for an emergency?</p> <p>Know that a digital footprint is data that is left behind when users have been online.</p>	<p>Digital footprint, cookies, advertisements, information, influence, money, medicine, products, harmful, asthma attack, inhaler, trigger, pollen, pet hair, aerosols, thrusts, emergency.</p>		

		<p>Know that organisations can use your personal information to find out more about you, purchase things, use your details illegally.</p> <p>Know adverts are a way of selling or promoting a product, service or idea.</p> <p>Know that adverts can persuade you to buy something through eye-catching images, clever slogans and exaggeration.</p> <p>Know some adverts can have important messages and information but some are more to influence decisions.</p> <p>Know medicines can be harmful if taken by the wrong person or someone too young therefore should be kept away from children’s reach.</p> <p>Know that a specific dose should be given by an adult.</p> <p>Know the dangers also apply to household cleaning products.</p>			
		<p>Money and Work –Keeping money safe, using money wisely and decision making.</p> <p>What should I do with my money?</p> <p>What is a ‘budget’?</p> <p>Why is it important to budget?</p> <p>How should people spend their money based upon their needs?</p> <p>What are the different ways of paying for things?</p> <p>What are the positive ways that I can spend my money?</p> <p>What things is it wasteful to spend my money on?</p> <p>What things should I try not to buy? Which items have a negative impact upon the environment?</p> <p>Know that it is important to make sure you have enough money for essential living costs.</p>			

		<p>Know a budget is a way of organising your money to make sure you have enough for the things you need and maybe some spare, for things you like to do or to save.</p> <p>Know that you can pay for things by cash, by bank debit or credit card, by direct debit or by PayPal or apple pay.</p> <p>Know that it is important you spend your money on essentials first and then, if you have money spare, you can buy yourself treats or treat others too.</p> <p>Know saving money is always a great idea so you can afford things like cars, holidays, nice clothes etc.</p> <p>Know that spending money on non-essentials can sometimes be wasteful.</p> <p>Know not to buy lots of things you don't need.</p> <p>Know to recycle plastic, glass, paper, cardboard as this is better for the environment.</p>			
<p>Summer Term</p>  	<p>Health and Wellbeing</p>	<p>Physical Health and Mental Well Being – Oral hygiene, dental care and a balanced diet. Positive and negative emotions and how these impact upon their everyday lives. Isolation.</p> <p>How can I be more independent in my self-care?</p> <p>What is a 'healthy lifestyle'?</p> <p>What factors in my life impact upon my health?</p> <p>How can I maintain good physical and mental health?</p> <p>How does my body change when I am ill?</p> <p>How are my emotions affected when I am ill?</p> <p>What are the early signs of illness?</p> <p>Who can help me if I am ill? How will they help me?</p> <p>Why is oral hygiene important?</p> <p>Why is it important to brush my teeth twice a day and floss them?</p> <p>How can I make sure that I am brushing my teeth correctly?</p> <p>Why is it important to visit the dentist regularly?</p>	<p>Healthy lifestyle, physical health, mental health, oral hygiene, illness.</p>		

		<p>How do food and drinks damage my teeth?</p> <p>Know that to be healthy I have to have a balanced diet, do regular exercise, keep hydrated and get enough sleep. Know that physical health helps mental health. Know that when I'm ill I have to rest more and drink plenty of fluids. Know I may have to take medicines to make me better. Know that I may feel more emotional and tired when I'm ill. Know that my family, friends and people at school can help me when I'm feeling ill. Know how to recognise various signs of illness starting and to let someone know. Know that I need to keep my teeth healthy by: brushing them properly with a fluoride toothpaste at least twice a day, flossing them regularly, not eating or drinking too many sugary things, visiting the dentist every 6 months for check-ups. Know that sugary foods and drinks can cause decay in teeth.</p>			
		<p>Growing and Changing – Physical and emotional changes, external sexual organs, personal hygiene and puberty.</p> <p>How will I change in the years to come? What are 'genitalia'? How will my body change during puberty? How do boy's and girl's bodies change during puberty? Do some changes happen to boys and girls? Which changes are different for boys or girls? What is a period? What happens during the menstrual cycle? How might the menstrual cycle impact upon the emotions that a girl experiences?</p>	<p>Genitals, penis, testicles, vagina, vulva, breasts, anus, puberty, periods, menstrual cycle, deodorant, perspiration, body hair, personal hygiene.</p>		

		<p>Why is personal hygiene important? Why do I need to wash regularly? Why do I need to wear deodorant during puberty? Who can help me with the changes I am experiencing during puberty? Where can I get information about puberty?</p> <p>Know that genitalia are: The genitals (the penis for boys and the vulva for girls) Know that, during puberty, our bodies change in lots of ways.</p> <p>Know the physical changes that occur during puberty in boys are</p> <ol style="list-style-type: none">1 Broadening of chest and shoulders. Onset of puberty brings many physical changes in boys.2 Deepening of voice and appearance of facial hair. The voice gets deeper.3 Appearance of body hair and pubic hair.4 Increase in size of genitals. The penis and the testicles grow bigger in size. <p>Know the physical changes that occur during puberty in girls are</p> <ol style="list-style-type: none">1 Breasts start to grow2. Appearance of body hair and pubic hair.3 Widening of the hips.4. Starting Periods.5. Growth Spurts. <p>Know that boys and girl can have different mood changes during Puberty.</p>			
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