



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 – Making friends and loneliness.</p> <p>What makes a good friend? How can I be a good friend? Why is it important to be kind and honest? How can I play well with my friends? How can I solve an argument with my friends? Who can help me when I am lonely or am having problems with my friends?</p> <p>Know what it takes to be a good friend. Know what honest means. Know that honesty is important in a friendship. Know what kind means. Know that kindness is an important part of friendship. Know how to play well with friends. Know what an argument is. Begin to understand that others have different views to me. Know what lonely means. Know who I can speak to for help and support.</p>	<p>Honesty, loneliness, friendship, problems, co-operation.</p>		

		<p>Respectful Relationships – Secrets, peer pressure and recognising hurtful behaviour.</p> <p>When am I being helped or hurt?</p> <p>How can I recognise hurtful behaviour? What can I do if I see hurtful behaviour? What can I do if someone is upsetting me in person or online? What is the difference between a surprise and a secret? What can I do if I am uncomfortable or worried? How can I say no if someone is pressuring me to do something that I don't want to? What words can I use to ask for help? Who can I ask for help?</p> <p>Know what hurtful behaviour might look like. Know when my body is hurt. Know when my feelings have been hurt. Know that I should always tell someone if I am upset. Know who can help me if I am hurt. Know who I can tell if I see someone being hurt. Know who I can tell if I'm being upset online. Know what a surprise is. Know what a secret is. Know that some secrets can be harmful. Know how I can calm myself if I am upset. Know what I can do to help myself if I am worried. Know what pressure is. Know what pressure feels like. Know that it's okay to say no. Know different words to show that I need help.</p>	<p>Hurtful behaviour, upset, surprises, secrets, pressure, worries, support.</p>		
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<p>Spring Term</p>	<p>Living in a Wider World</p>	<p>Belonging to a Community – Being part of a group, responsibilities, similarities and differences in the community.</p> <p>Which groups do I belong to? What groups am I a part of? What role do I play in my groups? What are ‘responsibilities’? What responsibilities do I have in school? How does my school help me to feel included? How do I feel included in my local area?</p> <p>Begin to understand what groups exist around me. Begin to understand what groups I fit into.</p>	<p>Groups, community, roles, responsibilities, included, helpful.</p>		

		<p>Begin to understand different roles. Begin to understand which roles apply to me. Know what responsibilities are. Know which responsibilities apply to me in school. Know what inclusion is. Know the different ways my school helps me to feel included. Know how I feel included within my local area.</p>			
		<p>Keeping Safe and Online Relationships – Safety on the streets (crossing the road)</p> <p>Why do we need to protect ourselves online? What are the different ways of accessing the internet? What devices do I have at home? Why do we need the internet? Is information always true on the internet? Are people always who they say they are on the internet? Who can I ask for help if I am worried about something on the internet? How can I tell if something is safe in my local area? How can I keep myself safe in familiar and unfamiliar places? Who is there to keep me safe in school and at home? How can I use household appliances safely? What can I do if I see an accident?</p> <p>Know what the internet is and what is included in it. Know the different ways I can get onto the internet. Know the devices I have at home. Begin to understand the importance of the internet. Begin to understand that information on the internet may not always be true. Know that people are not always who they say they are on the internet.</p>	<p>Protect, access, devices, help, familiar, unfamiliar, responsibility, accidents.</p>		

		<p>Know the people I can tell if I am worried about something on the internet.</p> <p>Know methods how to keep myself safe in familiar and unfamiliar places.</p> <p>Begin to understand what a safe environment looks like.</p> <p>Know who will keep me safe at school.</p> <p>Know who will keep me safe at home.</p> <p>Know what safe use means.</p> <p>Know how to safely use household appliances.</p> <p>Know who to call if I see an accident.</p> <p>Know what an accident is.</p> <p>Know what an emergency is.</p> <p>Know how to call 999 in an emergency.</p>			
		<p>Money and Work – Looking after money.</p> <p>Why do we need money?</p> <p>What types of money do we have in our country?</p> <p>How can we pay for things at the shop?</p> <p>How can I save my money?</p> <p>Where should I keep my money?</p> <p>Why do people get paid for the jobs that they do?</p> <p>What is a 'need' and a 'want'?</p> <p>How do adults decide what is a 'need' or a 'want'?</p> <p>Know what money is.</p> <p>Know the different types of money in our country.</p> <p>Know the different payment methods available.</p>	<p>Money, payments, value, saving, needs, wants, priority.</p>		

		<p>Know what saving money means. Know how to be sensible with my money. Know the different ways to keep money safe. To understand why people get paid for doing their job. To understand the difference between 'needing' and 'wanting' something. Begin to understand how adults decipher between a want and a need.</p>			
<p>Summer Term</p> 	<p>Health and Wellbeing</p>	<p>Physical Health and Mental Well Being – The importance of sleep, managing feelings and asking for help. Worries and positive emotions.</p> <p>How can I take care of my mental and physical health? How can I keep my body healthy? How can I make myself happy and mentally healthy? Why is sleep important? How does sleep help me to grow? How do medicines keep me healthy? Why is it important to look after my teeth? How can I look after my teeth? Why do I need check-ups at the dentist? Who can help me if I am unwell? How can I express and describe my feelings? How can I calm myself if I am upset or worried? How can I change my mood? Which feelings are big feelings? How can I manage them?</p> <p>Know what healthy means. To understand what a healthy body looks and feels like. Know what types of food I should put into my body.</p>	<p>Physical health, mental health, dental hygiene, medicine, mood, feelings.</p>		

		<p>Know that I should keep my body clean. Know what mental health is. Know different ways to keep my brain healthy and happy. To understand why sleep is important. Know that sleep helps my brain work better. Know that I should have the right amount of sleep. Know what medicine is. Know that medicines usually come from a parent or doctor for a specific illness. To understand dental hygiene. Know that we should brush our teeth twice a day. Know that certain food types can cause damage to your teeth. Know what a dentist is. To understand that dentists help to keep your teeth and gums healthy. Know different services that can help them if they are feeling unwell. To understand different feelings and emotions. Know different ways to communicate how I'm feeling. Know self-soothing strategies for different situations. Begin to understand 'big' feelings. Know when I need help from others. Know when I can help myself.</p>			
		<p>Growing and Changing – How their bodies will change in future, naming sexual organs.</p> <p>How will I change over time? How will I grow and change as I get older? How will my body change as I grow up? What are the names of the parts of my body?</p>	<p>Growing, changing, stages, lifetime, penis, testicles, vagina</p>		

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		<p>How can I prepare myself for moving to my new class?</p> <p>Know the different changes my body will go through. Know the process of ageing. Know the difference between adults and children. Know the names of different parts of my body. To understand changes that happen whilst I'm at school. To notice different changes that happen around me. Begin to understand the importance of having an open mind.</p>			
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