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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.
Autumn Term 	**Relationships**	**Families, Friendships and People Who Care for Me – Peer Pressure and influential friendships.** Why does my own voice matter? What are the qualities of a healthy relationship? How can peer pressure impact upon my decisions? How can I listen to my own voice and not those around me? How can I say no in a calm and respectful way? How do I know who is influencing me in a good or bad way? Understand what makes a healthy relationship. Know the dangers and consequences of peer pressure. Understand the importance of making my own decisions. Know how to say no in a calm and respectful voice. Understand who are good influences on my life. Understand that I am valued and my opinion matters. Know I can speak to someone if I am worried about a relationship.	Peer pressure, healthy relationships, decision making, respectful behaviour, disagreements, negotiating.		
		Respectful Relationships – Managing consent in different situations. When should I say no? What are the characteristics of a healthy friendship? What are the characteristics of an unhealthy friendship? What should I do if someone pressures me to do something dangerous? What can I do as a bystander to a dangerous situation?	Healthy/ unhealthy friendships, peer pressure, risks, danger, bystander, challenge, dare, consent, unease, unsafe, support, advice.		

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		How can I cope with peer pressure? What is the difference between a 'challenge' and a 'dare'? What is 'consent'? Why is it important? How can I get support when I need it? How is consent affected by changes in situations? What should I do if asked to do something that makes me feel uncomfortable? Know what friendship is and how friends should be treated and treat others. Know what a healthy friendship looks like. Know what can happen in an unhealthy friendship. Know how to say no to something that is potentially dangerous (E.g. walk away and speak to a trusted adult). Know the roles and responsibilities of a bystander in a dangerous situation (E.g. filming, encouraging). Know I can speak to someone if I am worried about a friendship. Know different methods of coping with peer pressure (E.g. speaking with a trusted adult). Know the difference between and challenge and a dare. Know what 'consent' is. Know that consent is important. Know what to do if I was asked to do something that make me feel uncomfortable.		

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		Respecting ourselves and Those Around Us - Opinions and points of view and topical issues. How can I share my thoughts respectfully? How can I be a positive role model through my behaviour? How can I sort disagreements respectfully? How can I consider the points of view of others? How can I share a difference of opinion without being disrespectful? How can I be independent in resolving disagreements? Know the qualities of a role model. Understand how a role model can influence other people in a positive way. Know the appropriate ways to sort a disagreement. Know that sometimes disagreements can be sorted by myself and some disagreements will need an adult to sort. Know that having a different opinion is ok. Know how to speak to other people calmly during a disagreement.			
Spring Term	**Living in a Wider World**	**Belonging to a Community – Diversity, discrimination and stereotypes.** Why should we challenge discrimination and stereotypes? What does 'prejudice' mean?	Discrimination, stereotypes, prejudice, attitudes, opinions, challenge, question.		

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 St John Ambulance		What is 'discrimination'? How is prejudice different to discrimination? How do stereotypes influence our attitudes and opinions? How can I challenge stereotypes effectively? Know what prejudice means. Know what discrimination means? Know that stereotypes can influence our attitudes and opinions. Know the dangers of stereotyping. Know the laws associated with prejudice and discrimination. Know how to challenge stereotypes effectively			
		Keeping Safe and Online Relationships – Keeping personal information safe, regulations & choices, false advertisements & social media. Managing time online. First Aid. How does the media influence my decisions? What is a 'drug'? Which 'drugs' are common in everyday life? What are the effects of taking drugs? What are their side effects? What are 'illegal' drugs? What are the laws linked to drug taking? Why do people choose to take drugs? Do medicines prescribed by a doctor have side effects? What is a 'habit'? Are habits always negative? How can I ask for help or advice? What organisations are available to help people who are taking drugs? How can I protect my personal information online?	Drugs, side-effect, illegal, habits, side-effects, medicine, organisations, help, advice, images, restrictions, choking, signs, symptoms, airway, back blows, throat, blocked, bleeding, cough, emergency.		

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		When could my personal information be misused? What should I do if someone asks for images of myself? What could happen if I share images or information with someone online? What sort of images would it never be appropriate to send? What should I do if I see an image that upsets or embarrasses me? How do age restrictions help us to make safe decisions? What should I do if I see someone choking? Who should I call for help? What number should I call for an emergency? Know what a drug is. Know which drugs can be harmful and helpful. Know which drugs are common in everyday life. Know the effects and taking drugs and the side effects of different drugs (sleeping, heart rate increase etc.). Know which drugs are illegal and why. Know which drugs are legal and why. Know that it is illegal to distribute drugs. Know the legal consequences of taking or supplying drugs. Understand some reasons as to why people take drugs. Know that drugs prescribed by a doctor has side effects. Know what a habit is. Know that not all habits are negative. Know who to call for help or advice about drugs. Know how to protect my personal information online. Understand the dangers of my personal information being shared online. Know the dangers of sharing images or personal information online. Know what to do if asked to share personal information or images online.			

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		Know the difference between appropriate and inappropriate images to share online. Know who to speak to if I see an image that upsets or embarrasses me. Understand why there are age restrictions on social media sites. Know how to make a clear and efficient call to emergency services. Know the concepts of basic first aid (E.g. dealing with common injuries, including head injuries). Know what choking is. Know that choking means that the airway is blocked. Know the dangers of choking. Know when someone is choking. Know medical advice is required for someone who is choking. I know there are variances when supporting a toddler, child, adult and the elderly who is choking. I know how to treat a casualty that has an airway obstruction and is choking. I know that I should call 999 in an emergency.			
		Money and Work – Attitudes towards money, influences upon choices, financial risks. Why should I be careful with my money?	Career, money, critical consumer, wellbeing, borrowing, debts, gambling, support.		

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		What role will money play in my life? How important is it to have money? When is something a good value for money or not? What is a 'critical consumer' and how can I be one? How can money impact upon my emotional wellbeing and health? What are the risks of borrowing money? What are the positive and negative results of gambling with money? How can I get help if I am worried about gambling? I understand the importance of money and how it will play an important role in my life. I know that I will need to earn money in order to have a house, pay for bills etc. I know I will need to work in order to earn money. I know what benefits are and why people receive them. I know how money can help me in the future. I know that money can have a negative impact on people's lives. I know that things have different values. I know why some things cost more money. I understand the importance of thinking carefully before buying something or investing money. I know that not everything is worth the cost. I know that money can cause stress. I know the dangers and consequences of borrowing money. I know who I can speak to if I am worried about money. I know the age restrictions on gambling. I know that gambling can make money. I know that gambling can lose money. I know that gambling is addictive.			

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		I know the dangers of gambling online. I know where I can get support if I am worried about gambling.			
Summer Term 	**Health and Wellbeing**	**Physical Health and Mental Well Being –** **Mental health and influential factors, coping with change, loss and bereavement. Stress, anxiety & isolation.** How can I manage my mental health? Why is it important that I look after myself both physically and mentally? What is mental ill-health? Who can be affected by mental ill-health? Where can I go for support if I am experienced mental ill-health? How is my mental wellbeing affected by feeling lonely or bullying? What strategies can I use to manage negative emotions? When might I experience conflicting emotions? When might I experience mixed emotions? How does my body feel and look when this happens? How do my emotions affect my behaviour? Who can help or support me with my mental wellbeing? When should I ask for help or support? Who are the trusted adults around me? How can I cope with grief? How am I affected by loss or change?	Mental health, mental ill-health, loneliness, isolation, bullying, trust, grief, loss, change.		

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		How does my time online affect my mental wellbeing and physical health? What good habits can I get into to manage my time online; particularly at night? Who should I tell if I have seen something upsetting online? Know that exercise is important for my physical and mental health. Know that sleep is important for my physical and mental health. Know that eating healthily is important for my physical and mental health. Know that healthy relationships are important for my mental health. Know that talking to someone about worries is important for my mental health. Know relaxing is important for my mental health. Know that computer games can have a negative impact on my physical and mental health. Know that being ill is not always because of a physical illness. Know that ill-health can be due to mental health issues. Know that anyone can suffer mental ill-health. Know how my mental wellbeing is being affected by feeling lonely or bullying. Know that it is important to talk to someone if I am experiencing loneliness or bullying. Know methods that can help manage negative emotions. Know what conflicting emotions are. Know that I will experience conflicting emotions. Know what mixed emotions are. Know that my body will look and feel different when experiencing mixed emotions. Know that emotions change the way people behave.			

		Know that people experience different emotions to what I do. Know people manage their emotions in different ways. Know who can help or support me with my mental wellbeing. Know when it is appropriate to ask for help or support with my mental wellbeing. Know who the trusted adults are in my life. Know what grief is. Know that I will experience grief at some point in my life. Know that people are affected in different ways by loss or change. Know that being online too late can affect my mental health. Know what good habits can help me manage my time online. Know who I can speak to if I see something upsetting online.			
		Growing and Changing – Human reproduction and birth. How are human lives created? How will my independence develop as I grow and change? What will it feel like to be more independent? How will I be affected by going to Secondary School? How will my relationships change as I go to Secondary School? How can I practise new routines before going to Secondary School to prepare myself? What is 'commitment'? What is 'love'? What might it feel like to be in love? What is 'sexual intercourse'? What is 'consent' and why is it important? What is 'conception'? How does pregnancy occur?	Penis, testicles, vagina, breasts, anus, uterus, ovaries, puberty, periods, menstrual cycle, sanitary towels, tampons, deodorant, perspiration, pubic hair, conception, sperm, ovum, glans, urethra, bladder, sperm duct, ejaculation, pregnancy, wet dreams, transition, routines, commitment, love, consent, contraception, parent, birth, sexual intercourse.		

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		What is needed from a man and a woman to make a baby? Where does a baby grow? How can pregnancies be prevented? What is contraception? What are the responsibilities of being a parent or carer? How does a baby change a person's life? Know that my body will change. Know that my body will grow. Know that I will become more independent as I grow and change. Know what it means to be more independent. Understand that I will feel different when I become more independent. Know that I will experience different feelings about moving to secondary school. Know that my relationships will change when I move to secondary school. Know that I will feel differently about other people when I move to secondary school. Know ways in which I can practise new routines in preparation for secondary school. Know what my routine will look like when I move to secondary school. Know the expectations will be different at secondary school Know that there will be older children at secondary school. Know what commitment is. Know what love is. Know what it might feel like to be in love. Know that I can love people in different ways (E.g. family, partner). Know what sexual intercourse is.			

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		Know that sexual intercourse can take place between a man and a woman, a woman and a woman and a man and a man. Know that both people must give consent before having sexual intercourse. Know what conception is. Know how a baby is made. Know that sperm from a male and an egg from a female is needed to make a baby. Know where a baby grows. Know how pregnancies can be provided. Know what contraception is. Know what the responsibilities of being a parent or carer is. Know the laws when having a baby. Know that having a baby will change a person's life.			