



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 – How are families different or the same? What makes a ‘family’ a family?</p> <p>What makes my family special? How are families the same? How are some families different? Do all families have the same family members? What are the good things about having a family? How can we support our family members? How do family members care for each other? Which family members can we go to for help? Who can I tell if I feel unsafe in my family?</p> <p>Know that families are unique and are not all the same. Know that families do not always all live together. Know that some families have the same members as mine. Know that families often look after and support each other. Know I can help my family members if they are feeling worried or sad. Know that I can speak to an adult in school if I am worried about my family. Know I can go to family members for help and support.</p> <p>Respectful Relationships – Personal boundaries and safe spaces, the impact of hurtful behaviour.</p> <p>What are my personal boundaries? What information is appropriate to share with others? What should I not share with strangers or online? Why is bullying unacceptable? How does bullying affect people?</p>	<p>Similarities, differences, support, care, family members, unsafe.</p> <p>Personal information, strangers, bullying, physical contact, boundaries, personal space, safe an unsafe touch, permission, support.</p>		

		<p>Who can I tell if I see bullying or hurtful behaviour? Where am I comfortable to be touched by others? Does this change depending on the person? Why should I ask permission before touching those around me?</p> <p>Know what information is appropriate to share with others and what information should not be shared. Know what information I should not share online or with strangers. E.g. school name, phone number, full name, address, photos. Know that bullying is when someone is harmed physically or verbally multiple times over a long period of time, and understand this is an ongoing problem not a one-off incident. Know that bullying can happen online, this is called cyber bullying. Know how bullying makes others feel and know it is not acceptable to bully anyone. Know I can tell a staff member or a trusted adult if I see bullying or hurtful behaviour. Know the underpants rule. Know that I can say no if someone tries to touch me and I do not feel comfortable. Know that I may feel comfortable with some people and not with others. Know that I should ask for permission before touching someone else, as they may not feel comfortable. Know that it is okay to ask for a cuddle sometimes. Know that it is okay to feel no to physical touch.</p>			
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		<p>Respecting ourselves and Those Around Us – Respectful behaviour recognition, self-respect, courtesy and being polite.</p> <p>Which groups do I belong to?</p> <p>What are 'respectful behaviours'?</p> <p>Why should I behave respectfully towards others?</p> <p>What does it mean if someone is being responsible?</p> <p>What does it mean to treat others politely?</p> <p>How does it make me feel when someone is not polite to me?</p> <p>What is self-respect and why is it important?</p> <p>What is 'courtesy'?</p> <p>What are the ways in which people show courtesy in our society?</p> <p>Do all cultures show courtesy in the same way?</p> <p>Know ways to show respect towards others.</p> <p>Know that I can show respect by taking it in turns when talking to others.</p> <p>Know that when I show others respect they will show respect to me in return.</p> <p>Know that responsible means.</p> <p>I know if someone is being responsible it means they are looking after themselves, the things around them and the people around them.</p> <p>Know what polite means.</p> <p>Know that being polite means showing behaviour that is respectful to others.</p> <p>Know that I can be polite by saying please and thank you, turn-taking and listening to others.</p> <p>Know that when someone is not polite towards you it can often make you feel annoyed or frustrated.</p> <p>Know what self-respect is.</p> <p>Know that self-respect is important because it helps us to do the</p>	<p>Respect, responsibility, politeness, self-respect, courtesy, society, culture</p>		
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		<p>right thing and feel proud of ourselves and our actions. Know that courtesy means showing politeness towards others. Know how people in our society show courtesy and give some examples. Know that not all cultures may show courtesy in the same way.</p>			
<p>Spring Term</p> 	<p>Living in a Wider World</p>	<p>Belonging to a Community – The purpose of rules, why they are important and what are our rights and responsibilities?</p> <p>Why do we need rules?</p> <p>Why do we need laws in our country? Why do we need to follow the law? What happens when people break the law? What are human rights? How do human rights protect people? What are my rights and responsibilities in my country? How does every right have a responsibility?</p> <p>Know that laws are and give an example of a law. Know that laws are like rules that we all have to follow. Know that we need laws to keep people safe. Know that we need to follow the law to keep ourselves and others around us safe. Understand that it is fair that we all follow the same laws and rules. Know that there are consequences when people break the law. Know that police ensure that people are following the law. Know some of my rights and responsibilities in my country. Know that I have a responsibility to exercise and use my rights.</p>	<p>Laws, consequences, human rights, responsibilities, protection.</p>		

		<p>Keeping Safe and Online Relationships – Safety in the community and unfamiliar place and emergencies. First Aid.</p> <p>How can I keep myself safe in the local area?</p> <p>How can I use the internet positively? How can information be changed online? Is everything that I read and see online a fact? How can I know the difference between something that is true or has been changed online? What is a ‘hazard’? How can I spot hazards in my home and at school? How can I be safe when crossing the road? What is the Green Cross Code? What risks are there in the kitchen and home? Why should I follow safety rules? How do the adults around me keep me safe? How can stay safe in unfamiliar places? What should I do if I am bitten or stung by an insect? Who should I call for help? What number should I call for an emergency?</p> <p>Know I can use the internet positively by being safe on the internet and following our school e-safety rules. Know that not everything we see online is the truth and information can often be changed online so it is not always trustworthy. Know what true means. Start to understand why images are changed online.</p>	<p>Safety, information, facts, truth, hazards, Green Cross Code, risks, danger, emergency, stings, bites, allergic reaction, breathing, rash, throat, sign, symptom.</p>		
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		<p>Money and Work – Jobs and skills, stereotypes and jobs, personal goals.</p> <p>What could I achieve when I am older?</p> <p>What are the types of jobs that people do?</p> <p>Does everyone do a job for money?</p>	<p>Jobs, professions, charities, stereotypes, skills, interest, teamwork, workplace, progress.</p>		

		<p>Why is it important that people work for charities? What role do charities play in our country? What is a 'stereotype'? Which jobs are linked to gender stereotypes? How can I challenge stereotypes when I am older? What job do I want to do when I am older? What skills will I need to do the job that I would like? Why is teamwork important in the workplace? How might my interests lead me into a job when I am older? What goals can I set myself to learn and improve?</p> <p>Know that there a lot of different jobs that people work for money. Know that not everyone works for money. Know that it is important that people work for charities so that they can continue to raise money for those in need. Know that charities help those in need. Know that a stereotype is believing something about a whole group of people without knowing them all personally. Know that some jobs are linked to gender stereotypes but this does not mean that only one gender can have these jobs. Give an example of a job linked to a gender stereotype. Know that you can challenge stereotypes by going for a job that you want, even if it is not stereotyped to your gender. Have an idea of what job they would like to do when they are older. Know that teamwork is important in the workplace so that everyone can work together as a team to create a positive place to work. Know that my interests and hobbies now may influence my choice of career when I am older. Know that I can set myself goals to make progress and improve</p>			
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		in the areas I choose.			
<p>Summer Term</p> 	<p>Health and Wellbeing</p>	<p>Physical Health and Mental Well Being – Emotions and expressing them effectively, health choices and habits. Positive and negative emotions.</p> <p>How can I be mentally and physically fit? How can my daily life choices affect my health? Which choices are unhealthy? How is my mood affected by negative choices? How do negative food choices affect my physical health? Who can help me to make healthy choices? What things in the world around me affect my choices? What is a ‘habit’? How can I stop or change ‘bad habits’? How will too much fat and sugar in my diet change my mental and physical health? What is a healthy balanced diet? What does this look like? How does regular exercise help me to be physically and mentally strong? How can I talk about my feelings? Who can I talk to about my feelings?</p> <p>Know that choices I make every day can affect my health. Know that some food choices are unhealthy and should not be eaten all the time. Know that making negative choices can affect my mood in a negative way. Know that choosing unhealthy foods a lot of the time can affect my physical health by making it harder for my body to exercise and making me feel tired.</p>	<p>Physical health, mental health, habit, balanced diet, exercise, feelings.</p>		

		<p>Know that adults in school and at home can help me to make healthy food and exercise choices.</p> <p>Know that adverts and posters affect my choices.</p> <p>Know that a habit is something we do regularly or often, which is often hard to stop.</p> <p>Know that having too much sugar will make me feel tired and could affect my body and ability to exercise.</p> <p>Know what the eat well plate looks like and why it is important to balance our diets.</p> <p>Know that exercise makes me healthy and strong by working my muscles and pumping blood around my body.</p> <p>Know I can talk about my feelings by speaking to a trusted adult or writing down my worries.</p>			
		<p>Growing and Changing – How their bodies will change over time and how this may impact upon their emotions.</p> <p>How will my emotions change as my body changes?</p> <p>How am I individual and unique?</p> <p>What contributions can I make to the class?</p> <p>How can I contribute at home?</p> <p>How do my interests shape me as a person?</p> <p>What is 'self-worth'?</p> <p>What challenges my self-worth?</p> <p>How can I bounce back from the problems that I face?</p> <p>Know and explain a way that I am individual and technique.</p> <p>Know that I can put my hand up to suggest my ideas and opinions in class.</p>	<p>Interests, self-worth, growing, changing, stages, lifetime, problems, penis, testicles, vagina, vulva.</p>		

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		<p>Know that I can help at home by asking an adult what jobs I can be responsible for and taking care of my own belongings.</p> <p>Know that my interests impact on my personality and who I am as a person.</p> <p>Know that self-worth means knowing I am good enough.</p> <p>Know that things I do or negative behaviour may impact my self-worth.</p> <p>Know that I can bounce back from the problems I face by trying my best to solve problems in a sensible way.</p>			
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