

Cycle A

	<u>Autumn 1</u> Health and Wellbeing	<u>Autumn 2</u> Families and relationships	<u>Spring 1</u> My changing body	<u>Spring 2</u> Personal safety	<u>Summer 1</u> Our community	<u>Summer 2</u> Economic well being
<u>1</u>	Whole school healthy me day WC 09/09/24	I am learning to understand that friendships have ups and downs and that problems can be resolved	Yr 4 - To recognise the physical differences between children and adults. (puberty) Yr 3 - To understand how my body might change as I grow and develop	I am learning to understand the importance of being kind online and what this looks like	I am learning to understand the environmental benefits of recycling	I am learning to begin to recognise how ethics can influence our spending decisions
<u>2</u>	I am learning to understand the benefits of healthy eating and dental health	Whole school healthy me day WC 11/11/24	I am learning to celebrate everyone's physical uniqueness.	Whole school healthy me day WC 03/03/25	Whole school healthy me day WC 09/06/25	I am learning to understand how to put together a budget
<u>3</u>	I am learning to understand the different aspects of my identity	I am learning to understand the impact of bullying and the responsibility of bystanders to help	I am learning to understand how to keep my body clean and hygienic	I am learning to understand that cyberbullying involves being unkind online	I am learning to understand the groups which make up the community	I am learning to recognise that money has an impact on how we feel
<u>4</u>	I am learning to identify my own strengths and begin to see how they can affect others	I am learning to recognise that stereotypes are in present in everyday life	I am learning to understand the difference between secrets and surprises	I am learning to understand the benefits and risks of sharing material online	I am learning to understand how democracy works in the local area	I am learning to recognise there is a range of jobs available and discuss which my own future job choice
<u>5</u>	I am learning to develop a growth mindset and understand that mistakes are useful	I am learning to understand that families are varied, in this country and across the world.	I am learning to develop understanding of privacy	I am learning to understand how to be safe near or on the roads.	I am learning to understand why we have rules and the consequences of breaking rules at school and home	I am learning to understand that stereotypes exist in the workplace but these should not limit people's career aspirations
<u>6</u>	I am learning to recognise when to give consent	I am learning to explore how we can help following a bereavement	Whole school healthy me day WC 10/02/25	I am learning to understand the role that I can take during an emergency situation	I am learning to begin to understand the UN convention rights of the child	Whole school healthy me day WC 14/07/25

Cycle B

	<u>Autumn 1</u> Health and Wellbeing	<u>Autumn 2</u> Families and relationships	<u>Spring 1</u> My changing body	<u>Spring 2</u> Personal safety	<u>Summer 1</u> Our community	<u>Summer 2</u> Economic well being
<u>1</u>	Whole school healthy me day TBC	I am learning to understand that my behaviour can have an impact on others	Yr 4 - To recognise the physical differences between children and adults. (puberty) Yr 3 - To understand how my body might change as I grow and develop	I am learning to understand what an email is and not all emails are genuine	I am learning to understand the environmental benefits of reusing	I am learning to begin to understand what makes something good value for money.
<u>2</u>	I am learning to understand a range of emotions	Whole school healthy me day TBC	I am learning to recognise that change is part of growing up	Whole school healthy me day TBC	Whole school healthy me day TBC	I am learning to understand the importance of keeping track of money
<u>3</u>	I am learning to understand what mental health is and who can help when needed.	I am learning to understand how to listen and communicate effectively	I am learning to develop an understanding of the concept of consent and our own bodies.	I am learning to understand that age restrictions are designed to protect us	I am learning to understand the contribution groups make to a community	I am learning to understand ways money can be lost and how this makes people feel
<u>4</u>	I am learning to discuss how to break down barriers into smaller, achievable goals.	I am learning to recognise that stereotypes exist based on a number of factors (age/disability)	I am learning to celebrate everyone's physical uniqueness.	I am learning to understand the risks of smoking and the benefits of being a non smoker	I am learning to understand the value of diversity in a community	I am learning to consider positive and negative factors that can influence people's career choices
<u>5</u>	I am learning to understand what relaxation feels like and what techniques can be used.	I am learning to understand the differences between people and respect these differences	I am learning to celebrate my own physical uniqueness	I am learning to understand how to help someone with asthma.	I am learning to understand the human rights convention	I am learning to understand that many people will have more than one job or career
<u>6</u>	I am learning to understand and plan for a healthy lifestyle (diet, rest, exercise)	I am learning to develop understanding of courtesy and manners in a range of situations	Whole school healthy me day TBC	I am learning to understand safety on or near roads.	I am learning to understand that charities care for others and how we can support them.	Whole school healthy me day TBC