

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 how to form and maintain positive relationships	I am learning to understand physical changes during puberty	I am learning to understand some issues related to online friendships	I am learning to understand what happens when the law is broken	I am learning to understand that a loan can be way to pay for things and needs to be repaid
<u>2</u>	I am learning to take responsibility for my own feelings and actions	Whole school healthy me day WC 11/11/24	I am learning to understand emotional changes during puberty	Whole school healthy me day WC 03/03/25	Whole school healthy me day WC 09/06/25	I am learning to understand income and expenditure and how to track money
<u>3</u>	I am learning to set short, medium and long term personal goals	I am learning to understand more about bullying and how to get help	I am learning to understand the menstrual cycle (<i>split into gender classes, all children to be taught objective</i>)	I am learning to understand how to stay safe online	I am learning to recognise prejudice and discrimination	I am learning to understand how to put together a weekly budget
<u>4</u>	I am learning to understand the purpose of failure	I am learning to understand the concept of marriage	YR5: I am learning the sexual organs of a man and women YR6: I am learning to understand the biology of conception (<i>sexual intercourse, contraception, infections</i>)	I am learning to understand how to help someone who is choking	I am learning to understand how reducing our use of materials and energy will help the environment	I am learning to understand some risks associated with money
<u>5</u>	I am learning to understand the benefits of good quality sleep	I am learning to recognise how attitudes to gender have changed over time	I am learning to understand the development of the baby during pregnancy	I am learning to begin to understand the risks of alcohol	I am learning to explore the links between rights and responsibilities	I am learning to understand the range of jobs people might do
<u>6</u>	I am learning to use my knowledge of food groups to plan healthy meals	I am learning to explore other people's attitudes and ideas to begin to challenge these	Whole school healthy me day WC 10/02/25	I am learning to understand the influence of drugs, alcohol and tobacco	I am learning to begin to understand how parliament works.	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 begin to understand family relationships and what to do if they make us feel unhappy	I am learning to understand physical changes during puberty	I am learning to explore the benefits and negative points of social media	I am learning to understand how to share care and concern for others	I am learning to understand attitudes and feelings around money
<u>2</u>	I am learning to understand and plan for a healthy lifestyle	Whole school healthy me day TBC	I am learning to understand emotional changes during puberty	Whole school healthy me day TBC	Whole school healthy me day TBC	I am learning to understand how to keep money in bank accounts safe
<u>3</u>	I am learning to understand the potential impact of technology on physical and mental health	I am learning to resolve disputes and conflict through negotiation and compromise	I am learning to understand the menstrual cycle (<i>split into gender classes, all children to be taught objective</i>)	I am learning to know I have a responsibility not to share my own or other people's photographs online	I am learning to understand diversity and the value different people bring to a community	I am learning to understand that stereotypes can exist in the workplace
<u>4</u>	I am learning to develop skills to respond to difficult situations	I am learning to begin to understand the process and emotions relating to grief	YR5: I am learning the sexual organs of a man and women YR6: I am learning to understand the biology of conception (<i>sexual intercourse, contraception, infections</i>)	I am learning to recognise that images in the media, including online do not always reflect reality	I am learning to some environmental issues relating to food and food production	I am learning to begin to understand the risks associated with gambling
<u>5</u>	I am learning to understand ways that we help prevent illness and benefits of immunisations	I am learning to explore the impact that stereotypes and how they can lead to discrimination	I am learning to understand the development of the baby during pregnancy	I am learning to understand how to help someone who is bleeding	I am learning to understand human rights	I am learning to understand the different routes available into careers
<u>6</u>	I am learning to use how habits can be good or bad for our health	I am learning to understand stereotypes and be able to share information on them	Whole school healthy me day TBC	I am learning to understand how to help someone who is unresponsive	I am learning to understand the right to education	Whole school healthy me day TBC

