

## YEAR 1 LEARNING OBJECTIVES

### AUTUMN TERM

1	2 MENTAL WELLBEING	3 MENTAL WELLBEING	4 MENTAL WELLBEING	5 HEALTHY EATING	6 HEALTHY EATING
To set a goal	To identify a range of emotions	To understand and recognise positive and difficult emotions.	To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively.	To understand the importance of food.	To discuss a variety of food.
Year 1 to follow the 'Zones of Regulation' planning from Robson House					

7 HEALTH & PREVENTION	8	9 RESPECTFUL RELATIONSHIPS	10 HEALTH & PREVENTION	11 HEALTH & PREVENTION	12 HEALTH & PREVENTION
VACCINATION LESSON Pupils learn about how germs are spread, how we can prevent them spreading and people who help us stay healthy and well.	To understand why voting is important.	To be able to identify different behaviours which might be bullying.	To understand some basic hygiene principles.	To understand how to keep teeth healthy.	To understand how teeth change as we grow up.

### SPRING TERM

1 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 RESPECTFUL RELATIONSHIPS	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 BEING SAFE
To sort wants and needs.	To explore boy and girl needs and wants.	To celebrate being me. Difference and similarities.	To teach children about personal information.	To understand personal information.	To identify places and people who make me feel safe.

7 BEING SAFE	8 BEING SAFE	9 MENTAL WELLBEING	10 DRUGS, ALCOHOL & TOBACCO	11 DRUGS, ALCOHOL & TOBACCO
To explain what a safe and inviting classroom looks like.	To identify how to keep safe at home.	To learn about the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep.	To learn about what can go into our bodies and how it can make people feel.	To learn about what can go into our bodies and how it can make people feel.

### SUMMER TERM

1. CARING FRIENDSHIPS	2 CARING FRIENDSHIPS	3 RESPECTFUL RELATIONSHIPS	4. CARING FRIENDSHIPS	5 CARING FRIENDSHIPS	6 RESPECTFUL RELATIONSHIPS
To identify the qualities of a good friend.	To explain the importance of compliments.	To recognise positive qualities in themselves.	To recognise achievements.	To identify the qualities of a good friend.	To identify what to say to a new friend.
7 BEING SAFE	9 GROWTH & DEVELOPMENT	10 GROWTH & DEVELOPMENT	12 RESPECTFUL RELATIONSHIPS	11 FAMILIES & PEOPLE WHO CARE FOR ME	13 CARING FRIENDSHIPS
To understand 'bad' secrets.	To know they are growing and changing.	To know that everyone grows and changes and babies become children and then adults.	To understand that there are lots of different toys and that can be enjoyed by everyone, whether they are a boy or girl.	To know there are different types of family and that all families have a special role in children's lives.	To recap what a good friend is.

### Colour codes

Safeguarding	Mental Health	RSE
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## YEAR 2 LEARNING OBJECTIVES

### AUTUMN TERM

1	2 MENTAL WELLBEING	3 MENTAL WELLBEING	4 MENTAL WELLBEING	5 HEALTHY EATING	6 HEALTHY EATING
To set a goal	To recognise and describe different feelings in themselves and others.	Learn that feelings change and that not everyone experiences the same feeling in the same situation.	Learn about 'big' feelings and how to manage them.	To be able to recognise and name the 5 groups from the Eatwell plate.	To understand the benefits of eating at least 5 portions of fruit and vegetables.
Year 2 to follow the 'Zones of Regulation' planning from Robson House					

DRUGS, ALCOHOL & TOBACCO	DRUGS, ALCOHOL & TOBACCO	DRUGS, ALCOHOL & TOBACCO		11 CARING FRIENDSHIPS	12 CARING FRIENDSHIPS
To learn why medicines are taken.	To learn where medicines come from.	To learn how to stay safe around medicines.	To understand how the UK parliament is formed.	To identify what bullying is and how it makes people feel.	To explain how to resolve conflict.

### SPRING TERM

1 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 RESPECTFUL RELATIONSHIPS	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 CARING FRIENDSHIPS
To explore needs and wants.	To understand life in different countries.	To explore how life is different around the world.	To understand what personal information is.	To understand who to trust online.	To understand conflict.

7 CARING FRIENDSHIPS	8 CARING FRIENDSHIPS	9 BEING SAFE	10 BEING SAFE	11 RESPECTFUL RELATIONSHIPS
To explain what to do when conflict escalates.	To explain how to resolve conflict	To be able to identify and make safe risks and hazards in and around the home. To be able to make an emergency call to 999.	To be able to identify risks and hazards at school and know how to keep themselves safe.	To explore gender stereotypes in careers.

### SUMMER TERM

1. RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS/BEING SAFE	3 RESPECTFUL RELATIONSHIPS/ BEING SAFE	4 RESPECTFUL RELATIONSHIPS	5 GROWTH & DEVELOPMENT	6 GROWTH & DEVELOPMENT
To identify the qualities of a good friend.	To understand and learn the PANTS rules.	To understand that they have the right to say "no" to unwanted touch.	To introduce the concept of male and female and gender stereotypes. To identify differences between males and females.	To explore some of the differences between males and females. Understand that a male and female are needed to make a new life.	To name the body parts. To know the correct names for body parts, including reproductive/sex parts.
7 GROWTH & DEVELOPMENT	8 FAMILIES AND PEOPLE WHO CARE FOR ME	9 SEX EDUCATION/ FAMILIES AND PEOPLE WHO CARE FOR ME	10 RESPECTFUL RELATIONSHIPS	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To know about growing young to old. To know that all living things, including humans start life as babies.	To know that everyone needs to be cared for. To know how they can care for others.	To know about different types of families. To know their home life is special.	To understand pride.	To recognise how it feels to be proud of someone else.	To explain why you are proud of someone else.

To identify ways they are growing and changing.					
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Colour codes

Safeguarding	Mental Health	RSE
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**YEAR 3 LEARNING OBJECTIVES**

**AUTUMN TERM**

1	2 MENTAL WELLBEING	3 MENTAL WELLBEING	4 MENTAL WELLBEING	5 HEALTHY EATING	6 HEALTHY EATING
To set a goal	To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good.	Learn about ways of expressing feelings and emotions and why this is important.	Learn about managing feelings and emotions in different situations Learn about getting help, advice and support with feelings and emotions.	To understand what food groups make up meals.	To explain how food choices can contribute to tooth decay.
Year 3 to follow the 'Zones of Regulation' planning from Robson House					

7. BEING SAFE	8. BEING SAFE	9. BEING SAFE	10. RESPECTFUL RELATIONSHIPS	11. CARING RELATIONSHIPS	12. CARING RELATIONSHIPS
To explain how to keep safe when walking on roads.	To explain how to keep safe when walking on roads.	To learn how to be safe on dark roads.	ANTIBULLYING WEEK To develop an awareness and definition of bullying and unkindness.	To explore ways of resolving conflict.	To explore ways of resolving conflict.

**SPRING TERM**

1	2	3	4	5 ONLINE RELATIONSHIPS	6 ONLINE RELATIONSHIPS
To understand the rights of a child.	To understand the link between being paid to do a job and having money to spend.	To make consumer choices and explain their decisions.	To explain why democracy is important.	To understand how to stay safe online.	To understand how to stay online.

7. DRUGS, ALCOHOL & TOBACCO	8. DRUGS, ALCOHOL & TOBACCO	9. BASIC FIRST AID	10. HEALTH AND PREVENTION	11. RESPECTFUL RELATIONSHIPS
To learn the definition of a drug and that drugs (including medicines) can be harmful to people.	Learn about the effects and risks of smoking tobacco and second hand smoke.	Know what to do and how to call for help if you are faced with an emergency situation.	VACCINATION LESSON Pupils learn the definition of a vaccination, how the immune system functions and how they work to keep us healthy.	Pupils learn about what identity is and explore what makes everyone unique and special.

**SUMMER TERM**

1 CARING RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 GROWTH & DEVELOPMENT	4 RESPECTFUL RELATIONSHIPS	5 RESPECTFUL RELATIONSHIPS/BEING SAFE	6 MENTAL WELLBEING
To identify the qualities of a good friend.	To know about stereotyping of males and females. To understand the link between gender stereotyping and discrimination.	To know the biological differences between males and females.	To explore family differences and challenge stereotyping. To understand that people sometimes have stereotypes about families.	To know you can say no to bad touch.	To identify positive thoughts.

<b>7 MENTAL WELLBEING</b>	<b>8 CARING RELATIONSHIPS</b>	<b>9 CARING RELATIONSHIPS</b>	<b>10 CARING RELATIONSHIPS</b>	<b>11 CARING RELATIONSHIPS</b>	<b>7 MENTAL WELLBEING</b>
To explore the concept of self-talk.	To explore healthy relationships.	To explore healthy relationships.	To explore healthy relationships.	To recap what a good friend is.	To explore the concept of self-talk.

Colour codes

<b>Safeguarding</b>	<b>Mental Health</b>	<b>RSE</b>
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## YEAR 4 LEARNING OBJECTIVES

### AUTUMN TERM

1	2 MENTAL WELLBEING	3 MENTAL WELLBEING	4 HEALTHY EATING	5 HEALTH & PREVENTION /DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal.	To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good.	Learn about ways of expressing feelings and emotions and why this is important.	To understand that food gives us energy. To understand the importance of nutrients.	Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use.	To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them.
Year 4 to follow the 'Zones of Regulation' planning from Robson House					

7 DRUGS, ALCOHOL & TOBACCO	8 DRUGS, ALCOHOL & TOBACCO	9 RESPECTFUL RELATIONSHIPS	10 HEALTH & PREVENTION	11 HEALTH & PREVENTION
To learn about the effects and risks of drinking alcohol.	To learn about different patterns of behaviour that are related to drug use.	To developing an awareness of the role of victims, bullies, and bystanders.	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection.	Learn that infection can spread through sneezing and coughing Understand that covering the mouth when sneezing can prevent the spread of infection.

### SPRING TERM

1	2	3 BASIC FIRST AID	4 BASIC FIRST AID	5 BASIC FIRST AID	6 BEING SAFE
To understand what we spend money on.	To understand ways to save and the benefits of saving.	Learn about and practise kindness and coping skills and why they are important in first aid.	Learn about kindness and helping others. Learn how to care for yourself and others Feel able to help someone who needs first aid (asthma attack).	Learn about kindness and helping others. Learn about coping skills. Learn how to care for yourself and others. Feel able to help someone who needs first aid (broken bone).	To explain how to keep safe around water.

7 BEING SAFE	8 ONLINE RELATIONSHIPS	9 ONLINE RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS/MENTAL WELLBEING	11 RESPECTFUL RELATIONSHIPS
To explain how to keep safe around water.	To understand that not everything online is trustworthy.	To make decisions on what they trust online using agreed criteria.	To understand how images are manipulated online.	To understand how stereotypes can label people.

### SUMMER TERM

1 RESPECTFUL RELATIONSHIPS	2 GROWTH & DEVELOPMENT	3 CHANGING ADOLESCENT BODY	4 CHANGING ADOLESCENT BODY	5 RESPECTFUL RELATIONSHIPS	6 RESPECTFUL RELATIONSHIPS
To identify the qualities of a good friend.	To understand the main stages of the human lifecycle. To understand the changes that humans go through at the different stages.	To know some of the basic facts about puberty. To know each person experiences puberty differently.	To understand the importance of personal hygiene at puberty. To know about different items that help keep us clean.	To recognise positive things about themselves. To challenge gender stereotyping.	To understand aspects of discrimination.

7 RESPECTFUL RELATIONSHIPS	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11. ONLINE RELATIONSHIPS	12 ONLINE RELATIONSHIPS
Pupils learn about prejudice and how discrimination can affect people.	To understand rights in a friendship.	To understand responsibilities in a friendship.	To understand rights and responsibilities in a friendship.	To identify and resist pressurising and manipulative behaviour.	To understand how a child's online actions can affect others.

**Colour codes**

Safeguarding	Mental Health	RSE
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**YEAR 5 LEARNING OBJECTIVES**

**AUTUMN TERM**

1	2 MENTAL WELLBEING	3 HEALTHY EATING	4 HEALTHY EATING	5 HEALTHY EATING	
To set a goal.	Learn how to talk about mental health & wellbeing. Know who can help us and how to ask for help. Know the difference between a big and a small feeling. Learn how to be a good listener.	To review a day's menu and provide feedback on how it can be improved.	To explain the function of nutrients and fibre.	To explain the reasons it is important to keep hydrated.	
	Year 5 to follow the 'Zones of Regulation' planning from Robson House				

6 HEALTHY EATING	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 BASIC FIRST AID	12 BASIC FIRST AID
To explain that different types and portions of foods and drinks provide different amounts of energy.	To explore the concept of fairness and how people decide what is fair and unfair.	Anti-bullying Week	To explore how and why people are excluded.	Understand what first aid is Learn first aid skills. Feel able to help someone who needs first aid. How to help someone with a burn.	Understand what first aid is Learn first aid skills Feel able to help someone who needs first aid. Know how to make an emergency call. A How to help someone with head injury. OR B How to help someone who is bleeding a lot.

**SPRING TERM**

1	2	3 FAMILIES AND PEOPLE WHO CARE FOR ME	4 FAMILIES AND PEOPLE WHO CARE FOR ME	5 HEALTH & PREVENTION	6 HEALTH & PREVENTION
To understand deductions from payslips.	To understand budgeting.	To understand reasons for migration.	To explore migration.	VACCINATION LESSON Pupils learn about different sources of health information and how we can make informed decisions.	To understand that most common infections get better on their own through time, bed rest, liquid intake and healthy living. To understand that if antibiotics are taken, it is important to finish the course.



<b>7 ONLINE RELATIONSHIPS/ BEING SAFE</b>	<b>8 BEING SAFE</b>	<b>9</b>	<b>10.</b>	<b>11. RESPECTFUL RELATIONSHIPS</b>	<b>12. RESPECTFUL RELATIONSHIPS</b>
To understand content which may be appropriate or inappropriate to share online.	To identify appropriate people to turn to for help.	To understand how to keep safe when cycling.	To understand how to keep safe when cycling.	To understand gender stereotypes.	To understand gender stereotypes.

**SUMMER TERM**

<b>1 CARING RELATIONSHIPS</b>	<b>2 GROWTH &amp; DEVELOPMENT</b>	<b>3 CHANGING ADOLESCENT BODY</b>	<b>4 CHANGING ADOLESCENT BODY</b>	<b>5 CHANGING ADOLESCENT BODY</b>	<b>6 CHANGING ADOLESCENT BODY</b>
To identify the qualities of a good friend.	To think and talk about how they have grown and changed since they were babies.	To know about the physical changes that happen at puberty.	To understand what menstruation and wet dreams are. To know how to manage menstruation and wet dreams.	To know the importance of hygiene during puberty.	To know how and why emotions and relationships change during puberty. To know where to get help and support to manage changes during puberty.
<b>7 RESPECTFUL RELATIONSHIPS</b>	<b>8 MENTAL WELLBEING/ CARING RELATIONSHIPS</b>	<b>9 MENTAL WELLBEING/ CARING RELATIONSHIPS</b>	<b>10 MENTAL WELLBEING/ CARING RELATIONSHIPS</b>	<b>11 CARING RELATIONSHIPS</b>	.
To know how to deal with feelings in relationships	To develop a sense of belonging.	To develop a sense of belonging.	To develop a sense of belonging.	To recap the qualities of a good friend.	

**Colour codes**

<b>Safeguarding</b>	<b>Mental Health</b>	<b>RSE</b>
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**YEAR 6 LEARNING OBJECTIVES**

**AUTUMN TERM**

1	2 MENTAL WELLBEING	3 PHYSICAL HEALTH AND FITNESS/HEALTHY EATING	4 PHYSICAL HEALTH AND FITNESS	5 DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal	To learn how to talk about mental health and wellbeing. To know who can help us and how to ask for help. To know the difference between a big and a small feeling. To learn how to be a good listener.  Year 6 to follow the 'Zones of Regulation' planning from Robson House	To recap how to keep ourselves healthy.	To explain some of the health benefits of being active.	To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs.	To learn about assessing the level of risk in different situations involving drug use.

6 DRUGS, ALCOHOL & TOBACCO	7 DRUGS, ALCOHOL & TOBACCO	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To learn about assessing the level of risk in different situations involving drug use.	To learn about ways to manage risk in situations involving drug use.	ANTI-BULLYING WEEK	To learn what is meant by privilege.	To understand what trust means when online.	13B To understand the concept of appearance ideals. ALTERNATIVE LESSON <b>13B My Hair My Crown</b> To learn to identify and critically evaluate current hair beauty stereotypes. Consider the effects of media and social media on their hair attitudes and beliefs. Consider the relationship between hair appearance pressures & bullying.

**SPRING TERM**

1	2	3 RESPECTFUL RELATIONSHIPS	4 RESPECTFUL RELATIONSHIPS	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To know there are a range of salaries for different jobs.	To understand 'value for money'.	To understand stereotypes associated with homelessness.	To understand hidden homelessness.	To learn about mental health; what it means and how we can take care of it.	To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times.

7 BEING SAFE	8 ONLINE RELATIONSHIPS	9 ONLINE RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS/MENTAL WELLBEING	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
Identify different tactics someone might use to manipulate another person online.	Explain what to do if someone tries to pressure or manipulate them.	To begin to identify risks and risky behaviour.	To begin to identify risks and risky behaviour.	To challenge gender stereotypes.	To challenge gender stereotypes.

**SUMMER TERM**

<b>1 RESPECTFUL RELATIONSHIPS</b>	<b>2 CHANGING ADOLESCENT BODY</b>	<b>3 RESPECTFUL RELATIONSHIPS</b>	<b>4 SEX EDUCATION</b>	<b>5 SEX EDUCATION</b>	<b>6 RESPECTFUL RELATIONSHIPS/BEING SAFE</b>
To identify the qualities of a good friend.	To remind pupils about the physical, emotional and social changes that take place during puberty. To dispel any myths about puberty.	To know what constitutes a positive healthy relationship. To know that relationships change over time.	To know the difference between an adult intimate/loving relationship and other types of relationships. To know how a baby is made (sexual intercourse).	To know how a baby is made and grows (conception and pregnancy). To know what conception and pregnancy are.	To understand the difference between a healthy and unhealthy relationship.
<b>7 RESPECTFUL RELATIONSHIPS/ ONLINE RELATIONSHIPS</b>	<b>8 MENTAL WELLBEING</b>	<b>9 MENTAL WELLBEING</b>	<b>10 MENTAL WELLBEING/ INTERNET SAFETY &amp; HARMS</b>	<b>11 MENTAL WELLBEING/ PHYSICAL HEALTH AND FITNESS</b>	
To explore ways to communicate in a relationship and know when it is appropriate to share personal information. To know some of the risks of meeting people online.	Be able to: identify the differences between primary and secondary school. Describe how it might feel to move to secondary school explain different ways of managing change.	To understand how to develop positive self-talk.	To learn how to manage screen time and maintain a healthy balance.	To learn the importance of good sleep.	

**Colour codes**

<b>Safeguarding</b>	<b>Mental Health</b>	<b>RSE</b>
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