

Health & Well-being	Theme 1	Comp Unit	NC Essential	Theme 2	Theme 3	NC Essential	Competency unit	Theme 4
Year 3	<ul style="list-style-type: none"> To understand that everyone has different strengths and weaknesses To know how to set realistic targets To understand how to break down the steps needed to achieve the goal To know why people work (economic well-being) 		Physical, emotional and mental <ul style="list-style-type: none"> To know and understand the difference between the terms physical, emotional and mental health To become more self-aware To understand why setting goals is important 	<ul style="list-style-type: none"> To know how to self-reflect on own mistakes and make amends To understand the terms 'resilience' and 'persistence' and why these character traits are important. 	<ul style="list-style-type: none"> To know how to keep safe and how and where to get help Healthy lifestyles (a balanced approach, physical exercise, lifestyle choices, sleep) <ul style="list-style-type: none"> To understand the meaning of the word healthy To know the recommended guidelines for physical activity and understand the reasons for these. To recognise the need to take responsibility for actions To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle To know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn 		Growing and changing (before puberty, visible changes) <ul style="list-style-type: none"> To understand that the rate at which we grow differs from person to person To show awareness of changes that take place as they grow To know and understand how to look after our teeth To understand what happens when we lose teeth as we grow up and why this happens 	<ul style="list-style-type: none"> To know where different foods come from To know about and understand the function of different food groups for a balanced diet Safety (substance related abuse: keeping safe, taking risks and taking drugs) <ul style="list-style-type: none"> To understand why it is important to focus on keeping healthy and take appropriate action by making healthy choices To understand the term risk and how it links with consequence Understand the term 'addiction' and know some of the different forms it can take Recognise the link between choice and consequence
Year 4	<ul style="list-style-type: none"> To know how to keep safe and how and where to get help Safety (Internet use) <ul style="list-style-type: none"> To know that for most people the internet is an integral part of life and has many benefits. To know about the specific benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and other's mental and physical well-being To know why social media, some computer games and online gaming, for example are age restricted To know where and how to report concerns and get support with online issues 		Emotions (Feelings) <ul style="list-style-type: none"> To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	Emotions (loss/separation) <ul style="list-style-type: none"> To develop strategies for managing and controlling strong feelings and emotions 	Economic well-being <ul style="list-style-type: none"> To know and reflect upon their own spending habits. To understand why financial management and planning is important from a young age. Nutrition and food (working with food) <ul style="list-style-type: none"> To identify the range of jobs carried out by the people they know To reflect on the range of skills needed in different jobs To learn to prepare and cook a variety of dishes To work cooperatively, showing fairness and consideration to others. 		Emotions (self-respect) <ul style="list-style-type: none"> To learn about the importance of self-respect and how this links to their own happiness 	
Year 5			Safety (drugs, alcohol) <ul style="list-style-type: none"> To take action based on responsible choices To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs. 	Safety (tobacco, substance misuse) <ul style="list-style-type: none"> To take action based on responsible choices To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs. 	<ul style="list-style-type: none"> To know and understand financial terms such as loan, interest, tax and discount. (Economic well-being) To know about budgeting and what it means to budget. To understand why financial management and planning is important from a young age. To understand why aspirations are important in helping to plan for the future. Nutrition and food (food choices) <ul style="list-style-type: none"> To know about the different food groups and their related importance as part of a balanced diet To develop an awareness of their own dietary needs Safety (basic first aid) <ul style="list-style-type: none"> To know concepts of basic first-aid, for example dealing with common injuries, including head injuries 		Health (physical, emotional and mental health; healthy lifestyles) <ul style="list-style-type: none"> To know the basic synergy between physical, emotional and mental health To know about, recognise and understand changes that occur during puberty To understand the importance of making change in adopting a more healthy lifestyle 	Self-Harm <ul style="list-style-type: none"> To understand what is meant by self-harm To recognise some of the ways in which people self-harm To know some of the reasons why individuals to self-harm To know some of the ways in which people try to hide self-harming To know how The Butterfly Project is used as one strategy for coping To know what other help and support is available
Year 6	<ul style="list-style-type: none"> To know how to take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle To know how to cook and apply the principles of nutrition and healthy eating 		Aspirations (setting goals) <ul style="list-style-type: none"> To begin to set personal goals To identify the skills they need to develop to make their contribution in the working world in the future 	Health (physical illness, immunisation; Healthy minds) <ul style="list-style-type: none"> To know how to recognise early signs of illness, such as weight loss, or unexplained changes to their body 				

- To know how to prepare and cook with a variety of ingredients, using a range of cooking techniques.

Safety (Internet Safety)

- To know how to be discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted

Aspirations (identified strengths)

- To identify and talk about their own and others' strengths and weaknesses and how to improve
- To self-assess, understanding how this will help their future actions
- To be able to reflect on past achievements
- To recognise achievements of others as being worthwhile and important

- To make connections between their learning, the world of work and their future economic well-being

- To know the facts and science relating to allergies, immunisation and vaccination
- To know how and when to seek support including which adults to speak to in school if they are worried about their health
- To know that it is common for people to experience mental ill health. For many people that do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Relationships	Theme 1	Comp Unit	NC Essential	Theme 2	Theme 3	NC Essential	Competency unit	Theme 4
Year 3	Healthy relationships (Friendships) <ul style="list-style-type: none"> To know and understand the features of a good friend To understand why it's important to be positive in relationships with others. To know how to communicate their opinions in a group setting To work cooperatively, showing fairness and consideration to others To know that friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that restoring in violence is never right To know what sorts of boundaries are appropriate in friendships with peers and others; including in a digital context To know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties To understand why it is important to be positive in relationships with others 			<ul style="list-style-type: none"> To know how to recognise the difference between isolated hostile incidents and bullying To know how to recognise bullying behaviour Communication (clear messages, how to listen) <ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to communicate clearly To understand why it is important to listen to others Collaboration (working together) <ul style="list-style-type: none"> To work collaboratively, showing fairness and consideration to others 	<ul style="list-style-type: none"> To know how their behaviour and that of others may influence people both positively and negatively. To know and understand how the make-up of family units can differ To understand how we are all connected by our similarities To understand that family units can be different and sometimes change 			
Year 4				Communication (Responding to others, expressing opinions) <ul style="list-style-type: none"> To talk about their views on issues that affect themselves and their class To know how to communicate their opinions in a group To listen and show consideration for other people's views. 				<ul style="list-style-type: none"> To understand the term 'diversity' and appreciate diversity within school To learn about the need for tolerance for those who are different from us
Year 5			Healthy relationships (online relationships) <ul style="list-style-type: none"> To know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous To know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health 		Healthy relationships (physical contact) <ul style="list-style-type: none"> To know about and understand the importance of touch in a range of contexts To know the difference between appropriate and inappropriate touches 			<ul style="list-style-type: none"> To know and understand the importance of listening to others To understand the role of the listener in any relationship. To know there are many ways to communicate. To understand the need to both listen and speak when communicating with others. Peer-on-peer abuse <ul style="list-style-type: none"> To know what peer-on-peer abuse is and give examples of this:- physical and sexual abuse, sexual harassment and violence, emotional harm, on and offline bullying To understand some of the consequences of peer-on-peer abuse To know how to avoid getting involved with peer-on-peer abuse To know how and where to get help
Year 6				<ul style="list-style-type: none"> To understand the importance of resilience and courage To know how to deal with situations involving peer pressure. 			Healthy relationships (marriage, support and care) <ul style="list-style-type: none"> To know that marriage (and civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong 	<ul style="list-style-type: none"> To understand that there are many situations in which collaboration is necessary. To understand the need to develop team work skills. To understand gender discrimination and its impact.

- To know that relationships can change as a result of growing up

Relationships and Sex Education (forming relationships, sexual relationships, healthy relationships, unhealthy relationships, gender issues relationships)

- To know how and understand why close relationships are formed, especially during adolescence
- Understand why friendship is important in the establishment of close relationships
- Know about and understand the physical, mental and emotional changes that take place during puberty
- Learn about sex (and bust some myths!)
- Understand why friendship is important in the establishment of close relationships
- Know the features of a healthy relationship
- Understand what an unhealthy relationship is and know how to deal with relationship issues
- Know about gender identities and have an awareness of transgender issues, including gender reassignment
- Understand the difference between being transgender and a cross-dresser

Living in the wider world and citizenship	Theme 1	Comp Unit	NC Essential	Theme 2	Theme 3	NC Essential	Competency unit	Theme 4
Year 3				<ul style="list-style-type: none"> To understand why it is important to listen to others To understand why it is important to work collaboratively 				<ul style="list-style-type: none"> To understand why it is important to be part of a community To understand that we need to protect and care for animals
Year 4	<ul style="list-style-type: none"> To know how issues affect different communities and groups To know the impact of other people's actions on others 		Discrimination (Gender stereotypes) <ul style="list-style-type: none"> To know and understand the terms discrimination and stereotype Challenge stereotypes relating to gender and work 	<ul style="list-style-type: none"> To understand the need to take responsibility for actions To understand the importance of local organisations in providing for the needs of the local community To know and understand why laws are made and how they are applied justly. To understand why rules are needed in different situations To understand that rules may need to be changed To understand why it is important to plan ahead and think of potential consequences as a result of their actions. To understand why it is important to behave responsibly. To understand that actions have consequences. 	<ul style="list-style-type: none"> 			<ul style="list-style-type: none"> To know what child labour is To understand some of the causes and consequences To know some of the ways we can help to eliminate child labour Extremism and Radicalisation (building courage and resistance, extreme reactions, minority groups, vulnerability, terrorism) <ul style="list-style-type: none"> Understand the meaning and importance of resilience and courage Recognise and know how to deal with situations involving peer pressure Recognise the features of extremism Identify why and how people are recruited into extremist activity Identify some of the stereotypes relevant to extremism Understand how extremism can lead to harm <ul style="list-style-type: none"> Recognise individuality and celebrate differences Identify and challenge stereotypes, including LGBT and other minority groups
Year 5	Rules and responsibility (structure, law and order, U.N. Rights) <ul style="list-style-type: none"> To understand why structure is needed in different situations To understand the term 'anarchy' and understand the implications of living in an anarchic society To know and understand the meaning of the following: - democracy, sovereignty, dictatorship, government, monarchy To learn about organisations such as the United Nations To understand the importance and significance of equal rights 				<ul style="list-style-type: none"> To know and understand financial terms such as loan, interest, tax and discount. 			<ul style="list-style-type: none"> To understand the benefits of living in a diverse community and learn to celebrate diversity. Knife crime <ul style="list-style-type: none"> To understand some of the reasons why some young people choose to carry a knife To know the potential consequences of carrying a knife To know how young people can take steps to live knife-free To know that help and support is available Child Labour <ul style="list-style-type: none"> To know what child labour is To understand some of the causes and consequences To know some ways that we can help to eliminate child labour
Year 6	<ul style="list-style-type: none"> To know how to work collaboratively towards common goals. 			<ul style="list-style-type: none"> To recognise the features of extremism and radicalisation To know why and how some people are recruited into extremist or radicalised activity. To understand some of the stereotypes relevant to extremism and radicalisation To understand how extremism and radicalisation can lead to harm. 			Enterprise (generating income, raising money) <ul style="list-style-type: none"> To know and understand the principles of enterprise To understand profit and loss To know and understand the principles of charity work 	<ul style="list-style-type: none"> To understand that there are many roles within a community. To understand the need to collaborate in a group situation To know about cultural differences and how diverse cultures can enhance societies.