🍂 Autumn Term

1. Being Me in My World

- **Year 1–2 (KS1):** Children focus on identifying their worth, feeling safe, and understanding rights and responsibilities within their immediate classroom. They build a "Class Learning Charter" and explore simple choices and consequences.

- **Year 3–4 (LKS2):** The scope widens to the entire school community. Pupils learn about teamwork, setting personal goals for the year, and understanding how their choices impact others beyond their classroom.

- **Year 5–6 (UKS2):** Students view themselves as global citizens. They tackle democracy, the role of local and global rules, and explore how their actions ripple across the wider world, aligning with updated DfE expectations around courtesy and digital safety.

2. Celebrating Difference

- **Year 1–2 (KS1):** Children learn to recognise differences and similarities between people (e.g., appearance, talents, family structures). They identify what bullying is and how to use kind words.

- **Year 3–4 (LKS2):** The focus shifts to challenging stereotypes, understanding discrimination, and exploring how words can hurt. They learn tactics for conflict resolution in friendships.

- **Year 5–6 (UKS2):** Pupils investigate structural prejudices, cultural diversity, and complex peer dynamics. They study racism, standard power dynamics in bullying, and explicitly practice asserting self-respect and standing up for others.

🌱 Spring Term

3. Dreams and Goals

- **Year 1–2 (KS1):** Focusing on personal achievements and building basic resilience. Children learn to overcome simple learning barriers, set achievable stretch targets, and work with a partner.

- **Year 3–4 (LKS2):** Facing bigger ambitions and tracking hurdles. Pupils learn to manage disappointment, work collaboratively in larger groups to tackle challenges, and celebrate collective success.

- **Year 5–6 (UKS2):** Exploring future careers, aspirations, and financial capability. Pupils look at global issues and think about how they can make a positive difference to the lives of others, cultivating long-term perseverance.

4. Healthy Me

- **Year 1–2 (KS1):** Prioritising basic physical health—eating a balanced diet, the importance of exercise, maintaining hygiene, and basic road and emotional safety.

- **Year 3–4 (LKS2):** Introduction to internal emotional health and wellbeing, alongside physical habits. Children learn about the safe use of medicines, the impacts of legal substances like smoking and alcohol, and body images.

- **Year 5–6 (UKS2):** Navigating complex lifestyle choices and peer pressure. Content expands into emergency first aid, managing mental well-being (stress/anxiety), media manipulation of body images, and deep diving into exploitation and safety risks.

⬡ Summer Term

5. Relationships

- **Year 1–2 (KS1):** Focuses on making friends, identifying who keeps us safe, and establishing appropriate boundaries. Children build vocabulary to describe their emotions.

- **Year 3–4 (LKS2):** Navigating the ups and downs of closer friendships, managing family conflicts, and processing grief or loss.

- **Year 5–6 (UKS2):** Enhanced online safety and digital relationships become a core focal point. Students learn to identify assertive vs. controlling behaviours, recognize unhealthy relationship traits, and navigate internet safety, cyberbullying, and social networking safely.

6. Changing Me

- **Year 1–2 (KS1):** Looking at simple growth cycles of nature, animals, and humans. Children look closely at how their own bodies have changed since they were babies and learn to manage transitions into a new year group.

- **Year 3–4 (LKS2):** Understanding how bodies change naturally on the outside and inside. Year 4 introduces the explicit, basic biological terms for male and female body changes.

- **Year 5–6 (UKS2):** Fully covers **puberty** (emotional and physical changes) and human reproduction. Key updates ensure content carefully bridges the transition to secondary school, supporting students with self-esteem and navigating changing relationship boundaries.