

Topic key:

Mental Health and Emotional Wellbeing	Physical Health	Identity, Society and Equality	Drug, Alcohol and Tobacco Education	Keeping Safe and Managing Risks	Financial Capability and Economic Wellbeing	SRE	First Aid	E-Safety
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Year Group	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Feelings</p> <ul style="list-style-type: none"> Pupils will learn about different types of feelings Pupils will learn about managing different feelings Pupils will learn about change or loss and how this can feel <p>BRITISH VALUES</p>	<p>Friendships</p> <ul style="list-style-type: none"> Pupils will learn about the importance of special people in their lives Pupils will learn about making friends and who can help with friendships Pupils will learn about solving problems that might arise with friendships <p>BRITISH VALUES</p>	<p>Strengths and Challenges</p> <ul style="list-style-type: none"> Pupils will learn about celebrating achievements and setting personal goals Pupils will learn about dealing with put-downs Pupils will learn about positive ways to deal with set-backs <p>BRITISH VALUES</p>	<p>Feelings and emotions</p> <ul style="list-style-type: none"> Pupils will learn about how to manage different emotions Pupils will learn how to deal with emotions physically Pupils will learn how to deal with emotions mentally <p>BRITISH VALUES</p>	<p>Dealing with feelings</p> <ul style="list-style-type: none"> Pupils will learn about a wide range of emotions and feelings and how these are experienced in the body Pupils will learn about times of change and how this can make people feel Pupils will learn about the feelings associated with loss, grief and bereavement <p>BRITISH VALUES</p>	<p>Healthy minds</p> <ul style="list-style-type: none"> Pupils will be taught about what mental health is Pupils will learn about what can affect mental health and some ways of dealing with this Pupils will learn about some everyday ways to look after mental health Pupils will learn about the stigma and discrimination that can surround mental health <p>BRITISH VALUES</p>

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Autumn 2	Fun times <ul style="list-style-type: none"> Pupils will learn about food that is associated with special times in different cultures Pupils will learn about active playground games from around the world Pupils will learn about staying safe in the sun 	What keeps me healthy? <ul style="list-style-type: none"> Pupils will learn about eating well Pupils will learn about the importance of physical activity, sleep and rest Pupils will learn about people who help us to stay healthy and well and about basic health and hygiene routines 	What helps me choose? <ul style="list-style-type: none"> Pupils will learn about what influences people's choices about spending and saving money Pupils will learn about how branding can affect what foods people choose to buy Pupils will learn about keeping active and some of the challenges of this 	Democracy and Parliament <ul style="list-style-type: none"> Pupils will learn about Britain as a democratic society Pupils will learn about how laws are made Pupils will learn about the local council 	How the media can be misleading <ul style="list-style-type: none"> Pupils will learn about how messages given on food adverts can be misleading Pupils will learn about role models Pupils will learn about how the media can manipulate images and that these images may not reflect reality 	Out and about <ul style="list-style-type: none"> Pupils will learn about feelings of being out and about in the local area with increasing independence Pupils will learn about recognizing and responding to peer pressure Pupils will learn about the consequences of anti-social behavior (including gangs and gang related behavior) Pupils will learn about the importance for girls to be protected against FGM.

E-Safety
Health, Well-being and Lifestyle
 SEPTEMBER 2024

E-Safety
Online reputation

Health, Well-being and Lifestyle

Copyright and ownership

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Spring 1	<p>Me and others</p> <ul style="list-style-type: none"> Pupils will learn about what makes themselves and others special. Pupils will learn about roles and responsibilities at home and school Pupils will learn about being co-operative with others <p>E-Safety Online reputations SEPTEMBER 2024</p>	<p>Indoors and Outdoors</p> <ul style="list-style-type: none"> Pupils will learn about keeping safe in the home, including fire safety Pupils will learn about keeping safe outside Pupils will learn about road safety 	<p>Celebrating difference</p> <ul style="list-style-type: none"> Pupils will learn about valuing the similarities and differences between themselves and others Pupils will learn about what is meant by community Pupils will learn about belonging to groups 	<p>Making choices</p> <ul style="list-style-type: none"> Pupils will learn that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them Pupils will learn about the effects and risks of drinking alcohol Pupils will learn about different patterns of behavior that are related to drug use 	<p>Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <ul style="list-style-type: none"> Pupils will learn about stereotyping, including gender stereotyping Pupils will learn about prejudice and discrimination and how this can make people feel 	<p>Human rights</p> <ul style="list-style-type: none"> Pupils will learn about people who have moved to Islington from other places (including the experience of refugees) Pupils will learn about human rights and the UN Convention on the Rights of the Child Pupils will learn about homelessness
Spring 2	<p>What do we put into our bodies?</p> <ul style="list-style-type: none"> Pupils will learn about what can go into bodies and how it can make people feel 	<p>Medicines and Me</p> <ul style="list-style-type: none"> Pupils will learn about why medicines are taken Pupils will learn about where 	<p>Tobacco is a drug</p> <ul style="list-style-type: none"> Pupils will learn about the definition of a drug and that drugs (including medicines) can be 	<p>What is important to me? Foods and choices</p> <ul style="list-style-type: none"> Pupils will learn about why people may eat or avoid certain foods (religious, moral, cultural 	<p>Different influences</p> <ul style="list-style-type: none"> Pupils will learn about the risks associated with smoking drugs, including cigarettes, 	<p>Weighing up risks</p> <ul style="list-style-type: none"> Pupils will learn about the risks associated with using different drugs, including

	<ul style="list-style-type: none"> Pupils will learn what can go onto bodies and how it can make people feel 	<p>medicines come from</p> <ul style="list-style-type: none"> Pupils will learn about keeping themselves safe around medicine 	<p>harmful to people</p> <ul style="list-style-type: none"> Pupils will learn about the effects and risks of smoking tobacco and second-hand smoke Pupils will learn about the help available for people to remain smoke free or stop smoking 	<p>or health reasons)</p> <ul style="list-style-type: none"> Pupils will learn about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) Pupils will learn about the importance of getting enough sleep <p>Bank of England money lesson</p> <ul style="list-style-type: none"> Pupils will learn methods of payment that make modern money safe to use. Pupils will learn what they can do with money and begin to look at interest added to bank accounts when we save money. 	<p>shisha and cannabis</p> <ul style="list-style-type: none"> Pupils will learn about different influences on drug use - alcohol, tobacco and nicotine products Pupils will learn strategies to resist pressure from others about whether to use drugs - smoking drugs and alcohol 	<p>tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs</p> <ul style="list-style-type: none"> Pupils will learn about assessing the level of risk in different situations involving drug use Pupils will learn about ways to manage risk in situations involving drug use <p>Bank of England money lesson</p> <ul style="list-style-type: none"> Pupils will learn about scams involving money and how they can keep their money safe. Pupils will learn about ethical spending and
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Summer 1	<p>Feeling Safe</p> <ul style="list-style-type: none"> Pupils will learn about safety in familiar situations Pupils will learn about personal safety Pupils will learn about people who help keep them safe outside the home <p>E-Safety Online relationships</p> <p>Self-image and identity</p> <p>First Aid: Stay safe - British Red Cross lesson plans (1 or 2 lessons)</p>	<p>Boys and Girls, families</p> <ul style="list-style-type: none"> Pupils will learn to understand and respect the differences and similarities between people Pupils will learn about the biological differences between male and female animals and their role in the life cycle Pupils will learn about the biological differences between male and female children Pupils will learn about growing from young to old 	<p>Bullying: See it, Say it, Stop it</p> <ul style="list-style-type: none"> Pupils will learn to recognise bullying and how it can make people feel Pupils will learn about different types of bullying and how to respond to incidents of bullying Pupils will learn about what to do if they witness bullying <p>E-Safety Self image</p> <p>First Aid:</p> <ul style="list-style-type: none"> Pupils will learn how to identify when a person is 	<p>Playing safe (including ESafety)</p> <ul style="list-style-type: none"> Pupils will learn how to be safe in their computer gaming habits Pupils will learn about keeping safe near roads, rail, water, building sites and around fireworks Pupils will learn about what to do in an emergency and basic first aid procedures <p>E-Safety Managing Online information</p> <p>Health, well-being and lifestyle</p> <p>First Aid:</p> <ul style="list-style-type: none"> Pupils will learn about how to 	<p>When things go wrong (including keeping safe online)</p> <ul style="list-style-type: none"> Pupils will learn about keeping safe online Pupils will learn about how violence within relationships is not acceptable Pupils will learn about problems that can occur when someone goes missing from home <p>E-Safety Privacy and security</p> <p>First Aid:</p> <ul style="list-style-type: none"> Pupils will learn about ensuring the safety of themselves and others 	<p>How a baby is made</p> <ul style="list-style-type: none"> Pupils will learn about the changes that occur during puberty Pupils will learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact Pupils will learn what values are important to them in relationships and appreciate the importance of friendship in intimate relationships Pupils will learn about human reproduction in the context

		<p>and that they are growing and changing</p> <ul style="list-style-type: none"> • Pupils will learn that everybody needs to be cared for and ways in which they care for others • Pupils will learn about different types of families and how their home life is special 	<p>having an allergic reaction to a bite or sting</p> <ul style="list-style-type: none"> • Pupils will learn how to provide first aid treatment for a bite or sting • Pupils will learn how to comfort and reassure someone who has been bitten or stung • Pupils will be able to demonstrate how to seek medical help if required 	<p>identify a casualty who is having an asthma attack</p> <ul style="list-style-type: none"> • Pupils will learn about a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma • Pupils will learn how to seek medical help, if required, for someone who is having an asthma attack 	<ul style="list-style-type: none"> • Pupils will learn how to access a casualty's condition calmly and give first aid to a casualty who is bleeding • Pupils will learn about how to give first aid to a casualty who is in shock • Pupils will learn about seeking medical help if required for a casualty who is bleeding 	<p>of the human lifecycle</p> <ul style="list-style-type: none"> • Pupils will learn how a baby is made and grows (contraception and pregnancy) • Pupils will learn about the roles and responsibilities of carers and parents
<p>Summer 2</p>	<p>My money</p> <ul style="list-style-type: none"> • Pupils will learn about where money comes from and making choices when spending money • Pupils will learn about saving 	<p>Bank of England money lesson</p> <ul style="list-style-type: none"> • Pupils will deepen their understanding of how people make decisions when spending their money by using money and workshops to create their 	<p>Saving, spending and budgeting</p> <ul style="list-style-type: none"> • Pupils will learn about what influences people's choices about spending and saving money 	<p>Growing up and changing</p> <ul style="list-style-type: none"> • Pupils will learn about the way we grow and change throughout the human lifecycle 	<p>Bank of England money lesson</p> <ul style="list-style-type: none"> • Pupils will learn about what banks are and how they make money. • Pupils will learn about 	<p>E-Safety Self-image and identity</p> <p>Additional lessons:</p> <ul style="list-style-type: none"> • Myths and misconceptions about HIV, who it affects and how it is transmitted • Reducing the risk of HIV • What contraception is and why it is used

	<p>money and how to keep it safe</p> <ul style="list-style-type: none"> • Pupils will learn about the different jobs people do 	<p>own version of a shopping trip.</p>	<ul style="list-style-type: none"> • Pupils will learn about how people can keep track of their money • Pupils will learn about the world of work <p>E-Safety Privacy and security (Go Henry banking app could be used for support)</p>	<ul style="list-style-type: none"> • Pupils will learn about the physical changes associated with puberty • Pupils will learn about menstruation and wet dreams • Pupils will learn about the impact of puberty in physical hygiene and strategies for managing this • Pupils will learn about how puberty affects emotions and behaviors and strategies for dealing with the changes associated with puberty • Pupils will learn strategies to deal with feelings in the 	<p>the Bank of England and what their role is within the banking world.</p> <p>Borrowing and earning money</p> <ul style="list-style-type: none"> • Pupils learn that money can be borrowed but there are risks associated with this • Pupils will learn about enterprise • Pupils will learn what influences people's decisions about careers 	
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				<p>context of relationships</p> <ul style="list-style-type: none">• Pupils will learn how to answer each other's questions about puberty with confidence, to seek support and advice when they need it		
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