



	Statutory Guidance	Year 3						
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me	
	That families are important for children growing up because they can give love, security and stability			Lesson 2				
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives					Lesson 1		
Relationships Education: Families and people who care	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	Lesson 1, Lesson 2		Lesson 1, Lesson 6		Lesson 1	Lesson 5	
for me	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	Lesson 1, Lesson 2		Lesson 1, Lesson 6			Lesson 5	
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Lesson 1		Lesson 1, Lesson 2			Lesson 5	
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Lesson 1, Lesson 2		Lesson 1, Lesson 5		Lesson 1	Lesson 5	
	How important friendships are in making us feel happy and secure, and how people choose and make friends	Lesson 2		Lesson 5				
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 3		Lesson 3, Lesson 4				
Relationships Education: Caring Friendships	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded			Lesson 5	Lesson 5, Lesson 6	Lesson 3, Lesson 5, Lersson 6		
, menasiips	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Lesson 6		Lesson 5, Lesson 6		Lesson 3		
	How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	Lesson 1		Lesson 5			Lesson 5	
	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 3	Lesson 4, Lesson 5			Lesson 1		
	Practical steps they can take in a range of different contexts to improve or support respectful relationships							
	The conventions of courtesy and manners							
Relationships Education:	The importance of self-respect and how this links to their own happiness		Lesson 4, Lesson 5	Lesson 4				
Respectful Relationships	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority		Lesson 4, Lesson 5	Lesson 4				
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Lesson 2	Lesson 5	Lesson 5		Lesson 5, Lesson 6		
	What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lesson 3		Lesson 5		Lesson 4		
	The importance of permission-seeking and giving in relationships with friends, peers and adults	Lesson 3	Lesson 4, Lesson 5	Lesson 5				
	That people sometimes behave differently online, including by pretending to be someone they are not	Lesson 3	Lesson 4, Lesson 5	Lesson 5				
Relationships Education:	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	Lesson 3	Lesson 4, Lesson 5	Lesson 4, Lesson 5				
Online Relationships	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Lesson 3	Lesson 4, Lesson 5					
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Lesson 3						
Relationships Education: Being Safe	How information and data is shared and used online							
	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of it for both children and adults; including that it is not	Lesson 3	Lesson 4, Lesson 5					
	always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate and inappropriate or						Lesson 4	
	unsafe physical, and other, contact	Lesson 3		Lesson 5		Lesson 6		
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Lesson 3	Lesson 4, Lesson 5					
	How to recognise and report feelings of being unsafe or feeling bad about any adult		Lesson 4, Lesson 5					
	How to ask for advice or help for themselves or others, and to keep trying until they are heard,		Lesson 4, Lesson 5					
	How to report concerns or abuse, and the vocabulary and confidence needed to do so		Lesson 4, Lesson 5					
	Where to get advice, for example family, school or other sources		Lesson 4, Lesson 5	I .				





	Statutory Guidance	Year 3					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
	That mental wellbeing is a normal part of daily life, in the same way as physical health	Lesson 3		Lesson 5			
	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	Lesson 3	Lesson 3, Lesson 4, Lesson 5				
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings		Lesson 1, Lesson 2, Lesson 6				
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate		Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
Health Education: Mental	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness						
Wellbeing	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Lesson 3					
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Lesson 6	Lesson 1, Lesson 2	Lesson 5			
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	Lesson 2				Lesson 5, Lesson 6	
	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Lesson 3	Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 5			
	It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.		Lesson 1, Lesson 2				
	That for most people the internet is an integral part of life and has many benefits						
	About the 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 others' mental and physical wellbeing	Lesson 3		Lesson 5			
Health Education: Internet	How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private		Lesson 4, Lesson 5				
Safety and Harms	Why social media, some computer games and online gaming, for example, are age restricted						
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take	Lesson 3		Lesson 5			
	place, which can have a negative impact on mental health  How to be a discerning consumer of information online including understanding that information, including that					+	
	from search engines, is ranked, selected and targeted						
	Where and how to report concerns and get support with issues online.						
	The characteristics and mental and physical benefits of an active lifestyle  The importance of building regular exercise into daily and weekly routines and how to achieve this; for						
Health Education: Physcial	example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise						
Health and Fitness	The risks associated with an inactive lifestyle (including obesity)						
	How and when to seek support including which adults to speak to in school if they are worried about their						
	health.  What constitutes a healthy diet (including understanding calories and other nutritional content)		Lesson 1, Lesson 6				
Health Education: Healthy	The principles of planning and preparing a range of healthy meals		Lesson 1, Lesson 2, Lesson 6				
Eating	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).		Lesson 1, Lesson 6				
Health Education: Drugs, Alcohol and Tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		Lesson 3				
Health Education: Health and Prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body		Lesson 1, Lesson 2				
	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer						
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn						
	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist						
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing						
11 10 51 22 5 4 5	The facts and science relating to allergies, immunisation and vaccination.						
Health Education: Basic First Aid	How to make a clear and efficient call to emergency services if necessary  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.						
Health Education: Changing	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Lesson 3, Lesson 4
Adolescent Body	About menstrual wellbeing including the key facts about the menstrual cycle.						
			L				





		Year 4						
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me	
<del>_</del>	That families are important for children growing up because they can give love, security and stability	Lesson 1, Lesson 2						
ar	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Lesson 4, Lesson 5	Lesson 1, Lesson 2, Lesson 5					
Relationships Education: th	That others' families, either in school or in the wider world, sometimes look different from their family, but that hey should respect those differences and know that other children's families are also characterised by love and care	Lesson 4, Lesson 6	Lesson 1			Lesson 1		
im	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are mportant for children's security as they grow up						Lesson 1, Lesson 2	
in	Fhat marriage represents a formal and legally recognised commitment of two people to each other which is ntended to be lifelong						Lesson 1, Lesson 2	
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Lesson 4, Lesson 5, Lesson 6	Lesson 5				Lesson 1, Lesson 2	
	How important friendships are in making us feel happy and secure, and how people choose and make friends	Lesson 4	Lesson 2, Lesson 5					
ge	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 4	Lesson 1, Lesson 2, Lesson 5, Lesson 6	Lesson 2, Lesson 3		Lesson 2		
Relationships Education: Caring ex	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	Lesson 4, Lesson 5	Lesson 1, Lesson 2, Lesson 5, Lesson 6	Lesson 1, Lesson 2	Lesson 5	Lesson 2, Lesson 4		
is	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Lesson 4, Lesson 5, Lesson 6	Lesson 5, Lesson 6	Lesson 3, Lesson 5, Lesson 6	Lesson 6	Lesson 3		
ur	How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel inhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed							
	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 4	Lesson 3, Lesson 4, Lesson 5	Lesson 3				
	Practical steps they can take in a range of different contexts to improve or support respectful relationships							
[	The conventions of courtesy and manners							
Relationships Education:	The importance of self-respect and how this links to their own happiness		Lesson 3, Lesson 4	Lesson 3				
st	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority		Lesson 3, Lesson 4	Lesson 3				
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders primarily reporting bullying to an adult) and how to get help	Lesson 4, Lesson 6	Lesson 2, Lesson 5, Lesson 6	Lesson 2		Lesson 4		
w —	What a stereotype is, and how stereotypes can be unfair, negative or destructive		Lesson 2	Lesson 2				
TI	The importance of permission-seeking and giving in relationships with friends, peers and adults		Lesson 2, Lesson 6	Lesson 2, Lesson 3			Lesson 2, Lesson 3	
	That people sometimes behave differently online, including by pretending to be someone they are not							
Deletionships Educations im	That the same principles apply to online relationships as to face-to-face relationships, including the mportance of respect for others online including when we are anonymous		Lesson 3, Lesson 4	Lesson 3, Lesson 4				
ho	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and now to report them							
as	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met							
	How information and data is shared and used online							
	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of it for both children and adults; including that it is not		Lesson 2, Lesson 6	Lesson 2, Lesson 3				
al	About the concept or privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate and inappropriate or						Lesson 1	
Relationships Education: Being ur	Inat each person's body belongs to them, and the differences between appropriate and inappropriate or insafe physical, and other, contact How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom	Lesson 4, Lesson 6	Lesson 2, Lesson 5, Lesson 6	Lesson 2		Lesson 5		
th	hey do not know		Lorenz 5					
	How to recognise and report feelings of being unsafe or feeling bad about any adult How to ask for advice or help for themselves or others, and to keep trying until they are heard,		Lesson 5 Lesson 5					
	How to ask for advice or neip for themselves or others, and to keep trying until they are heard,		Lesson 5					
_	Where to get advice, for example family, school or other sources		Lesson 5					





March   Continued and part of continued   Local Continued   Loca		Statutory Guidance	Year 4						
The filter is a remarkable of motions and produces and pr			Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me	
table 15 carried to entire the activity of the second to t		That mental wellbeing is a normal part of daily life, in the same way as physical health							
lates a country of the country of th									
The file of inflying of sense are throughout, commonly participation, violately and sense-deceled existing of the properties of registry and personal control of the properties of registry and personal control of the properties of registry and personal control of the per									
Section Continued and price you all instructions   Section Continued and price you all forms specified and price of the continued and price of the continu		How to judge whether what they are feeling and how they are behaving is appropriate and proportionate		Lesson 3, Lesson 4					
testing of vocases and interests  Inadian and an interest consists and final is very injustical for clicken to discuss the levels (in the consist of the consists) and the consists of the con	Health Education: Mental								
with an attain and seck support.  The full building coloring in particular particular and of the lasting mount on medial well-being mount in the coloring of the lasting mount on medial well-being mount in the coloring particular pa	Wellbeing								
When and how to seek support (relating presignating the signate for seeking support), including years), including years of the seeking support in an exposure of the seeking support in the support of seeking support in the support of seeking support in the support in seeking support seeking support in seeking support		with an adult and seek support	Lesson 4, Lesson 5	Lesson 5	Lesson 1, Lesson 2				
conclude you do legy and segon to the flag are wirred about the your work about the your work and you have not you to the your work and you have you will be your work and you have you will you have you will you would you would you will you would you w			Lesson 4, Lesson 6	Lesson 2, Lesson 6			Lesson 4		
reducted Time right autoports in racke evaluation, expectably if accessed with a consequent part of the part and project of consequent part of the part and physical worklessing.  About the benefits of automating rises spent coline, the risks of excessive time spent on electronic devices and the impact of positive and respent covered of their part of the part of th		school they should speak to if they are worried about their own or someone else's mental wellbeing or ability		1 ' ' '	Lesson 2				
Audit the benefits of statisting time spect rating in the spect of present in spect of excession and physical verbelling.  Health Educations Internet.  Safety and Harms  Audit the benefits of the ordinary and present and the impacting and physical verbelling.  Lesson 3, Lesson 4  Lesson 3, Lesson 5  Lesson 2, Lesson 5  Lesson 2, Lesson 5  Lesson 2, Lesson 5  Lesson 2, Lesson 9  The durant contraction and merital and international production of the present of the contraction of the present of the pre									
Peal It Elucation: University   Peal It Elucation: Universit		That for most people the internet is an integral part of life and has many benefits							
Selective Internet Safety and Harms Safety and Harms Why social mode, some comprehenge graves and ordine graving, for compreh, are age restricted That the internet can also be a negative place where certifie about, publing and harassement can take place, which can have a negative place where certifie about, publing and harassement can take place, which can have a negative place where certifie about, publing and harassement can take place, which can have a negative place where certifie about, publing and harassement can take place, which can have a negative place where certifie about, publing and the property with sease ordine.  The characteristics and mental and physical severies into daily and eveely routines and have been severied about their Health and Filess The restriction of the publing or cycling to school, a daily active mile or other forms of regular, vigorous exercise Health and Filess The restriction of the publing or cycling to school, a daily active mile or other forms of regular, vigorous exercise The restriction of the publing or cycling to school, a daily active mile or other forms of regular, vigorous exercise The restriction of the public devices of the public ordinary in the school of the public ordinary in the school or other ordinary in the school ordinary in the schoo					Lesson 3				
That the extended can also be a negative place where online abuse, troling, bullying and harassement can take a place, which can have a negative place where online abuse, troling, bullying and harassement can take a place, which can have a negative place where online abuse, troling, bullying and harassement can take the place of		behaviour online and the importance of keeping personal information private		Lesson 3, Lesson 4	Lesson 4				
place, which can have a negative inquacit on mental health How to be a discerning consumer of information on ineliading understanding that information, including that from search engines, is, ranked, selected and targeted Where are not how to report oncens and get support with sixues confine The characteristics and mental and physical benefits of an active lifestyle Health Education: Reyidal Health Education: Playdal Aborb and Titles  Health Education: Health Prevention  Health Education: Health Prevention  Health Education: Star First Ado  Concepts of search engines, or save and search engines, or spread and service recting to placing addiscorn to body, personal and any or save price or any or save provided by the save provided by th	Safety and Harms								
How to be a discerning consumer of information online including that information, including that from search engines, is made, elected and largeted  Where and how to report concerns and get support with issues critics.  The characteristics and members of building regular exercise into daily and weekly routines and how to achieve this; for example, and the provided within an inactive lifesty including object to the provided within an inactive lifesty including object with suse critics.  Health Education: Health Education: Drugs.  Alcoid and Tobaco  Alcoid and Tobaco  The report of the provided object in the provid				Lesson 2, Lesson 5	Lesson 2				
The characteristics and mental and physical benefits of an active fletsly in The importance of building regular exercise in daily and weekly routines and how to achieve this, for example valking or cycling to school, a daily active mile or other forms of regular, vigorous exercise  Health and First Health Educations Health Health Educations Health on Prevention  Prevention  Health Educations Health and Prevention  Prevention  Health Educations Health and Prevention and About search and the benefits of good oral hygiere and dental flossing, including relication, including skic cancer  Health Educations Health and Prevention  About safe and unsafe exposure to the sun, and how to reducted search and the dentist About personal hygiere and dental flossing, including relication, including sectors at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dential flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, including regular check-ups at the dentist About personal hygiere and dental flossing, invaliding regular check-ups at the dentist About personal hygiere and dental flossing, with common and about the respect of basic first-act		How to be a discerning consumer of information online including understanding that information, including that							
The importance of building regular evercise into daily and weekly routines and how to achieve this; for suppression of the properties of planning and preparing a range of healthy meals.  Health Educations Progs. Alcohol and Tobscool  Health Educations Healthy  About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including shirt and and adult by to learn  About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including shirt and the dentist.  About personal hypiene and germs including bacteria, viruses, how they are spread and threated, and the importance of handwashing.  Health Educations: Boils First  Ad Composite of the state and sull eagle and elegistic influences of the properties of good oral hypiene and dential flossing, including paginar check-ups at the dentist.  About personal hypiene and germs including bacteria, viruses, how they are spread and threated, and the importance of handwashing.  Health Educations: Boils First  Ad Composite State State of the state of t									
Health Education: Physidal example walkings or cycling to school, a daily active mile or other forms of regular, vigorous exercise  Health Education: Health and Fitnes  Health Education: Health and Fitnes  Health Education: Health and Prevention  Health Education: Health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist had been prevented and the dentist had been prevented and the dentist had been prevented by the prevented prevented and the dentist had been prevented by the prevented pr		1,7			Lesson 2				
How and when to seek support including which adults to speak to in school if they are worried about their health.  What constitutes a healthy det (including understanding cationies and other nutritional content)  Health Education: Health  Health Education: Pleath  Prevention  Health Education: Health and Prevention  Health Education: Beath and the behaviours of the sun, and how to reduce the risk of sun damage, including shich cancer  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, modurate of hard which and the learn and the pleath and the health and the	Health Education: Physcial				Lesson 2				
health.  Health Education: Health and Prevention Preven	Health and Fitness	7 \ 0 77			Lesson 2				
What constitutes a healthy def (including understanding calories and other nutritional content) The principles of planning and preparing a range of healthy meals The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the limpact of alcohol on diet or health).  Health Education: Presention Prevention  Health Education: Health and Prevention Prevention  Health Education: Basic First Aid  What constitutes a healthy def (including understanding calories and other nutritional content)  Lesson 5  Lesson 6  Lesson 5  Lesson 6  Lesson 7  Lesson 8  Lesson 9									
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and nother behaviours (e.g. the impact of alcohol on diet of healthy).  Health Education: Drugs Alcohol and Tobacc  Health Education: Health and Prevention  Prevention  Prevention  Prevention  Health Education: Health and Prevention  Prevention  Prevention  Health Education: Begin and germs including bacteria, viruses, how they are spread and frested, and the importance of handwashing  The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.  Lesson 3, Lesson 4  Lesson 6  Lesson 7  Lesson 8  Lesson 8  Lesson 8  Lesson 9  Le									
Health Education: Drugs. Alcohol and Tobacco Health and Prevention Prevention Prevention Prevention Alcohol and Tobacco Health and Prevention Prevention About derail health and being in factor of alcohol on diet or health and the densits About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn About densit health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Lesson 3, Lesson 4  Lesson 5  Lesson 6  Lesson 6  Lesson 7  Lesson 8  Lesson 8  Lesson 9  Lesson 9  Lesson 9  Lesson 9  Lesson 2, Lesson 3  Lesson 2, Lesson 3  Lesson 2, Lesson 3	•								
Alcohol and Tobacco  drug-taking.  Health Education: Health and Prevention  Prevention  Health Education: Basic First  Aid  Health Education: Basic First  Aid  Concepts of basic first-aid, for example dealing with common injuries. Including head injuries.  Key facts and solout puberly and adolescent body, particularly from age 9 through to age 11, including physical and emotional changes  Lesson 3, Lesson 4  Lesson 3, Lesson 4  Health Education: Health and Prevention  About personal hygiene and dental flossing, including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of sandwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Aid  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberly and the changing adolescent body, particularly from age 9 through to age 11,  Lesson 2, Lesson 3  Lesson 2, Lesson 3		and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).			Lesson 6			Lesson 5	
Health Education: Health and Prevention  Health Education: Health and Prevention  Health Education: Basic First Aid  Health Education: Basic First Aid  Health Education: Changing Addescent Body  About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn  About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	<u> </u>	, , ,		Lesson 3, Lesson 4					
Health Education: Health and Prevention  About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes		How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body							
Health Education: Health and Prevention  About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Aid  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes  Lesson 2, Lesson 3		1							
the dentist About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid How to make a clear and efficient call to emergency services if necessary Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes  Lesson 2, Lesson 3		mood and ability to learn							
importance of handwashing The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes  Health Education: Changing Adolescent Body  Adolescent Body		the dentist							
Health Education: Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes  How to make a clear and efficient call to emergency services if necessary  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes		importance of handwashing							
Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes  Adolescent Body  Adolescent Body	Health Education: Basic First						+		
Health Education: Changing including physical and emotional changes									
Adolescent Body About menstrual wellbeing including the key facts about the menstrual cycle.	Health Education: Changing	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11,						Lesson 2, Lesson 3	
	Adolescent Body	About menstrual wellbeing including the key facts about the menstrual cycle.							





Like for the security to continue of processors of the continue of processors of the continue		Statutory Guidance	Year 5							
The consistency or production of a production of the control of th			Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me		
Action for infection and other form processing and action and other form processing and action and action form processing and action and action and action and action actions and action		That families are important for children growing up because they can give love, security and stability			Lesson 3					
Relative price Flacinities For where the control of		and care for children and other family members, the importance of spending time together and sharing each								
That is able to make presented by a which may be of all immers to the pears of the	•	they should respect those differences and know that other children's families are also characterised by love								
Interced to the throop  The Control Control Control Control  The Control Control Control  The Contro	• •	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are			Lesson 3					
shore four day at Treeded.  The important interaction of the distribution are in making on feel largey and secure, and how people choose and make fixed by the characteristics of immediate, middle making middle security in the produces and make fixed by the characteristics of immediates, middle middle security is provided of the produces and middle middle security is provided of the produces and middle middle security is provided of the produces and middle middle security is provided of the produces and middle middle security is provided of the produces and middle security is provided by the produces and design and middle security is provided by t										
The discontinuity of manufaction of manufaction including mounts are secured under company processes and support in proce					Lesson 3, Lesson 4					
Existing placetion placetion (action placetion placetion placetion placetion). The interference of the placetion pla		How important friendships are in making us feel happy and secure, and how people choose and make friends			Lesson 3, Lesson 4					
Additionally Education  Relationship Education  Relationship Education  Repartial Relationship Education  Re			Lesson 2, Lesson 6							
That root freedbloph new upon and downs, and his three can often be excrete through the freedbloph of the freedbloph of the control of the freedbloph of the control of the control of the freedbloph of the control of					Lesson 6					
unapy or uncomforable, managing conflict, low to manage these situations and how to seek help or according to chart, infected or thorse, infected to chart, infected to chart, infected to chart, infected to chart, infected to chart in the importance of respecting others, even when they are very different chartes to helde.  Plactical steps they can take in a range of different chartes to helde in the conventions of country and manners.  The importance of self-regard and how the links to their own happiness.  Respectful Richtmehips  Reportful Richtmehips  About different types of a bullying (including operation), and all all the self-regard of bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all the self-regarded to bullying (including operation) and all all all the self-regarded to bullying (including operation) and all all all all all all all all all al	Thendships	is repaired or even strengthened, and that resorting to violence is never right	Lesson 2, Lesson 3	Lesson 4	Lesson 1	Lesson 4	Lesson 1			
Character, pessonality or backgrounds), or make different contexts on improve or support respectful relationships.  Relationships: Education Respectful Relationship: Education Chiles Relationship Education Chiles Relationsh		unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or		Lesson 4	Lesson 1					
The convertions of couriesy and minners  The importance of self-respect and how this links to their own happiness  Repeatful Relationships  Repeatful Relationships  About different types of building floating optional pullying (including options of authority  About different types of building floating optionally pullying (including optionallying), the impact of building including optionallying (including optionallying), the impact of building including optionally incl			Lesson 2	Lesson 3	Lesson 2, Lesson 3, Lesson 4					
Relationships Education Respectful Relationships Figure (1) Relationshi										
Repetitul Relationships Relationships Educations Online Relationships are appropriate in ferinaships and sources of information including awareness of the risks associated with people the physic never met How to critically consider their conline friendships and sources of information including awareness of the risks associated with people in ferinaships and sources of information including awareness of the risks associated with people in ferinaships and sources of information including awareness of the risks associated with people in ferinaships and sources of information including awareness of the risks associated with people in ferinaships and sources of information including awareness of the risks associated with people they have never met How to response and report feelings of the fer both children and adults; including on		The conventions of courtesy and manners								
should show due respect to others, including those in positions of authority  About different types of builtying including cyberbuilying, the impact of builtying, responsibilities of bystanders (primarily reporting builtying to an adult) and how to get help  What a stereotype is, and how stereotypes can be unfair, negative or destructive  Eason 3. Lesson 4. Lesson 5. Lesson 6  Lesson 9. Lesson 9. Lesson 9. Lesson 9. Lesson 9. Lesson 1. Lesson	•	· · · · · · · · · · · · · · · · · · ·	Lesson 2	Lesson 3	Lesson 2					
Cesson 5, Lesson 6	Respectful Relationships	should show due respect to others, including those in positions of authority		Lesson 3	Lesson 2					
What a stereotype is, and now stereotypes can be unitar, negative or destructive  The importance of permission-seeking and giving in relationships with friends, peers and adults  Lesson 5, Lesson 6  Lesson 1, Lesson 1  Lesson 1, Lesson 1  Lesson 1, Lesson 3, Lesson 6  Lesson 1, Lesson 1  Lesson 2, Lesson 3, Lesson 4, Lesson 3, Lesson 4  Lesson 1, Lesson 3, Lesson 3  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  The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and How to report them  How to critically consider their online friendships and sources of information including awareness of the risks accided with people they have never met How information and data is shared and used online  What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of if for both children and adults; including that it is not always right to keep secrets if they relate to being safe  Relationships Educations  Online Relationships  What sorts of boundaries are appropriate to friendships with peers and others, oncluding in a digital context)  About the concept of privacy and the implications of if for both children and adults; including that it is not always right to keep secrets if they relate to being safe  That each person is body belongs to them, and the differences between appropriate or always right to keep secrets if they relate to being safe  How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know  How to recognise and report feelings of being unsafe or feeling bad about any adult  How to ask for advice or help for themselves or others, and to keep trying until they are heard,			Lesson 5, Lesson 6							
That people sometimes behave differently online, including by pretending to be someone they are not  Relationships Education: Online Relationships  That the same principles apply to online relationships, including the major drespect for others online including when we are anonymous  Relationships Education: Online Relationships  That the same principles and face-to-face relationships, including the major drespect for others online including when we are anonymous  The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and because of the risks associated with people they have never met  How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met  How information and data is shared and used online  What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of it for both chidren and adults; including that it is not always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate or unsafe physical, and other, contact  How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who How to recognise and report feelings of being unsafe or feeling bad about any adult  How to recognise and report feelings or being unsafe or feeling bad about any adult  How to recognise and report feelings or the respond to the memselves or others, and to keep trying until they are heard,  Lesson 3. Lesson 4.  Lesson 5, Lesson 6  Lesson 2, Lesson 3  Lesson 4.  Lesson 5, Lesson 6  Lesson 5, Lesson 6  Lesson 6.  Lesson 6.  Lesson 9.  Lesson 9		What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lesson 5, Lesson 6							
Relationships Educations  Relationships Educations Online Relationships Educations In the Education Interval Educations Interval Educa		The importance of permission-seeking and giving in relationships with friends, peers and adults	Lesson 5, Lesson 6					Lesson 1		
Importance of respect for others online including when we are anonymous  Lesson 5, Lesson 6  The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them  How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met  How information and data is shared and used online  What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate and inappropriate or they do not know  How to recognise and report feelings of being unsafe or feeling bad about any adult  How to resonise and report feelings of being unsafe or feeling bad about any adult  How to resonise and report feelings of being unsafe or feeling bad about any adult  How to resonise or help for themselves or others, and to keep trying until they are heard,			Lesson 5, Lesson 6							
Lesson 5, Lesson 6   Lesson 3		importance of respect for others online including when we are anonymous	Lesson 5, Lesson 6		Lesson 2, Lesson 3					
associated with people they have never met How information and data is shared and used online  What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate and inappropriate or usafe physical, and other, contact  Fale  For the work to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know  How to recognise and report feelings of being unsafe or feeling bad about any adult  How to ask for advice or help for themselves or others, and to keep trying until they are heard,  Lesson 5, Lesson 6  Lesson 2, Lesson 3  Lesson 4  Lesson 3  Lesson 3  Lesson 3  Lesson 3	Online Relationships	how to report them	Lesson 5, Lesson 6		Lesson 3					
What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)  About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate or unsafe physical, and other, contact  How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know  How to recognise and report feelings of being unsafe or feeling bad about any adult  How to ask for advice or help for themselves or others, and to keep trying until they are heard,  Lesson 3, Lesson 4, Lesson 4  Lesson 2, Lesson 3  Lesson 4  Lesson 2, Lesson 3  Lesson 3  Lesson 3  Lesson 3  Lesson 3		associated with people they have never met	, ,							
About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe  That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact  How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know  How to recognise and report feelings of being unsafe or feeling bad about any adult How to ask for advice or help for themselves or others, and to keep trying until they are heard,  About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe  Lesson 3  Lesson 4  Lesson 4  Lesson 3, Lesson 3										
Relationships Education: Being Safe  Now to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know  How to recognise and report feelings of being unsafe or feeling bad about any adult  How to ask for advice or help for themselves or others, and to keep trying until they are heard,			LESSUII J, LESSUII U							
they do not know  Lesson 5, Lesson 6  How to recognise and report feelings of being unsafe or feeling bad about any adult  Lesson 3  How to ask for advice or help for themselves or others, and to keep trying until they are heard,  Lesson 3		That each person's body belongs to them, and the differences between appropriate and inappropriate or	Lesson 2, Lesson 3	Lesson 4						
How to ask for advice or help for themselves or others, and to keep trying until they are heard,  Lesson 3		they do not know								
now to report concerns or abuse, and the vocabulary and confidence needed to do so										
Where to get advice, for example family, school or other sources										





	Statutory Guidance	Year 5					
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
	That mental wellbeing is a normal part of daily life, in the same way as physical health	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings		Lesson 6				
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate		Lesson 1, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
Health Education: Mental	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
Wellbeing	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests						
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 1	Lesson 6			
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing  Where and how to seek support (including recognising the triggers for seeking support), including whom in						
	school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 1, Lesson 3, Lesson 4, Lesson 5, Lesson 6				
	It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.						
	That for most people the internet is an integral part of life and has many benefits						
	About the 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 others' mental and physical wellbeing	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
Health Education: Internet	How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	Lesson 2		Lesson 3			
Safety and Harms	Why social media, some computer games and online gaming, for example, are age restricted						
	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	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted						
	Where and how to report concerns and get support with issues online.	1 1					
	The characteristics and mental and physical benefits of an active lifestyle  The importance of building regular exercise into daily and weekly routines and how to achieve this; for	Lesson 1					
Health Education: Physcial	example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	Lesson 1					
Health and Fitness	The risks associated with an inactive lifestyle (including obesity)	Lesson 1	Lesson 6				
	How and when to seek support including which adults to speak to in school if they are worried about their health.	Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6					
	What constitutes a healthy diet (including understanding calories and other nutritional content)	, , , , , , , , , , , , , , , , , , , ,	Lesson 5, Lesson 6				Lesson 1
Health Education: Healthy	The principles of planning and preparing a range of healthy meals		Lesson 5, Lesson 6				Lesson 1
Eating	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Lesson 1	Lesson 5, Lesson 6				Lesson 1
Health Education: Drugs, Alcohol and Tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		Lesson1, Lesson 2				
	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body		Lesson 6				Lesson 1
Health Education: Health and Prevention	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight,	Lesson 2, Lesson 3, Lesson 4,					
	mood and ability to learn  About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at	Lesson 5, Lesson 6					
	the dentist						
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing		Lesson 3				
Health Education: Basic First	The facts and science relating to allergies, immunisation and vaccination.  How to make a clear and efficient call to emergency services if necessary		Lesson 4, Lesson 5 Lesson 3				
Aid	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.		Lesson 3				
Health Education: Changing Adolescent Body	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						Lesson 2, Lesson 3, Lesson 4
	About menstrual wellbeing including the key facts about the menstrual cycle.						Lesson 2, Lesson 4





	Statutory Guidance	Year 6							
		Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me		
	That families are important for children growing up because they can give love, security and stability  The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Lesson 4					Lesson 4		
Relationships Education: Families and people who care	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care		Lesson 3, Lesson 4				Lesson 4		
for me	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up						Lesson 3, Lesson 4		
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong								
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Lesson 4					Lesson 3, Lesson 4		
	How important friendships are in making us feel happy and secure, and how people choose and make friends  The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness,	Lesson 4							
	generosity, trust, sharing interests and experiences and support with problems and difficulties	Lesson 5, Lesson 6	Lesson 3, Lesson 4	Lesson 3, Lesson 4					
Relationships Education: Caring Friendships	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	Lesson 4, Lesson 5, Lesson 6		Lesson 5, Lesson 6	Lesson 4	Lesson 4, Lesson 5, Lesson 6	Lesson 4, Lesson 5		
	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right			Lesson 6	Lesson 5, Lesson 6		Lesson 5		
	How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed			Lesson 2					
	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lesson 1, Lesson 2, Lesson 3	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 3			Lesson 2, Lesson 3		
	Practical steps they can take in a range of different contexts to improve or support respectful relationships								
	The conventions of courtesy and manners								
Relationships Education:	The importance of self-respect and how this links to their own happiness	Lesson 4	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 3, Lesson 4					
Respectful Relationships	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	Lesson 4	Lesson 1, Lesson 2, Lesson 3, Lesson 4	Lesson 3, Lesson 4					
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Lesson 4, Lesson 5, Lesson 6	Lesson 6	Lesson 2			Lesson 4, Lesson 5		
	What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lesson 5, Lesson 6		Lesson 3					
	The importance of permission-seeking and giving in relationships with friends, peers and adults	Lesson 4, Lesson 5, Lesson 6							
	That people sometimes behave differently online, including by pretending to be someone they are not	Lesson 5, Lesson 6	Leasen 1 Leasen 2 Leasen 2						
Relationships Education:	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	Lesson 4, Lesson 5, Lesson 6	Lesson 1, Lesson 2, Lesson 3, Lesson 4, Lesson 5, Lesson 6	Lesson 3, Lesson 4			Lesson 2		
Online Relationships	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them  How to critically consider their online friendships and sources of information including awareness of the risks	Lesson 5, Lesson 6							
	associated with people they have never met  How information including awareness of the risks  associated with people they have never met  How information and data is shared and used online	Lesson 5, Lesson 6							
Relationships Education: Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Lesson 5, Lesson 6							
	About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe	Lesson 1, Lesson 2	Lesson 1, Lesson 6				Lesson 1, Lesson 5		
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Lesson 5, Lesson 6	Lesson 3, Lesson 4	Lesson 3		Lesson 4			
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Lesson 5, Lesson 6							
	How to recognise and report feelings of being unsafe or feeling bad about any adult	Lesson 5, Lesson 6							
	How to ask for advice or help for themselves or others, and to keep trying until they are heard,	Lesson 5, Lesson 6							
	How to report concerns or abuse, and the vocabulary and confidence needed to do so	Lesson 5, Lesson 6				<del>                                     </del>			
	Where to get advice, for example family, school or other sources	Lesson 5, Lesson 6	l .						





The mental verbers is a some and cally the inter services any properties of the mental verbers in a some any or experience of the mental verbers in a some any or experience of the mental verbers of the mental verbers in a some any or experience of the verbers o		Statutory Guidance			Yea	ar 6		
The first a critical range of company region and proposes, concept, party for proposes, consequence of company and			Unit 1: Relationships	Unit 2: Healthy Me	Unit 3: Celebrating Difference	Unit 4: Dreams and Goals	Unit 5: Being Me in My World	Unit 6: Changing Me
Lease of Lease 1 Lease 2 Lease 2 Lease 2 Lease 3 Lease		That mental wellbeing is a normal part of daily life, in the same way as physical health	Lesson 5, Lesson 6					
Setting and in any own over demand retarget.  It was not judy and that all they were finely and the hilly an extending of the hilly an extending of the hilly and the hill and the hilly and the hill and the hilly		scale of emotions that all humans experience in relation to different experiences and situations	, ,	1	Lesson 3			
Lesson 1, Lesson 2, Lesson 3 Lesson 1, Lesson 3 Les				,				
Idea for Control Control of Con			,	1				
People Control or Abbitish and interests.    Eastern A   Leastern C		on mental wellbeing and happiness	Lesson 5, Lesson 6					
when a dutil not deat support    Destinating controlling potential propriet in a propriet or an effect letting impact on mental evelocing of the propriet of seeding support in a propriet or seeding support in a propriet or seeding support in a propriet of seeding support in a propriet or seeding	Wellbeing	benefits of hobbies and interests	Lesson 5, Lesson 6					
When and now to seek support including support in protein gaspers of posting support in change gaspers on support support and control support to extended such as the proteins can be reason of the bright support area on such as capital support and support to expect the support to expect		with an adult and seek support		Lesson 1, Lesson 2		Lesson 4	Lesson 4, Lesson 5, Lesson 6	,
school filey duckd speak for if they are warried about filers on or commone electric method with company of the common of the co		7 0 1 7 07 0	Lesson 4		Lesson 2			Lesson 4, Lesson 5
received if the right apport is make available, especially if accessed early enough.  That for root peop the initiatine is an integral port of line and has many bronds.  About the benefits of initiating integration of the property of the		school they should speak to if they are worried about their own or someone else's mental wellbeing or ability	, , , ,	1				
About the harveste of induring time spent counts, the residue of induring time spent counts of time and prefact with white or an and dentifier interest of the problem and registrate vertical and applyage to week the problem and registrate vertical and applyage to week the problem and registrate vertical and applyage to week the analyses of the temporary of the		resolved if the right support is made available, especially if accessed early enough.						
Health Education: Detries Safely word Herms Safely word Herms Safely word Herms The transport of the production of the second production produce and display respectful behaviour unitine and the importance of keeping personal information produce That the internet can also be a negative place where cortine above, building agreement of mine gening, for example, are agree restricted. That the internet can also be a negative place where cortine above, building and place where the above place where above the above		That for most people the internet is an integral part of life and has many benefits						
Health Education: Network Safety and Narmy Safety and Marry Whysical irreduction continue and the importance of the eigening for example, or age restricted That the internet can allo be a negative impact on minimal treath I from to be a discorning society or information continue information, including that I from the continue and the place. Which can have a negative impact on mental health I from the continue of the internet can allo be a negative impact on mental health I from the continue of the internet can allo be a negative impact on mental health I from the continue of the internet can allo be a negative impact on mental health I from the continue of the internet can be continued to the continued of the internet can be continued to the continued of the internet can be continued to the continued of the internet can be continued to the continued of the internet can be continued to the continued of the internet can be continued to the continued of the internet can be continued to the continued of the internet can be continued to the inte			Lesson 5, Lesson 6		Lesson 3, Lesson 4			
That the internet can also be a negative place where online abuse, trolling, bulling and harassment can take place, which can have a negative impact on mental health How to be a discerning consumer of information online including that from search engines is middle, elected and thorpiscal benefits of an active interpret of the program	Health Education: Internet		Lesson 4	Lesson 5, Lesson 6	Lesson 4			
place, which can have a negative impact on mental health Hoto to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted Where and how to report concerne and get support with issues online.  The characteristics and mental and physical benefits of an active lifestyle Lesson 1, Lesson 2, Lesson 1, Lesson 6, Lesson 1 Lesson 1, Lesson 1 Lesson 1, Lesson 6, Lesson 1 Lesson 1 Lesson 1, Lesson 1 Lesson	Safety and Harms							
How to be a discerning consumer of information online including understanding that information, including that from search engines, in sender, diselected and traged where and how to report concerns and get support with issues crine.  Health Education: Physidal Health and Primers of the Consumer of the								
from search engines, is ranked, selected and targeted Where and how to report concerns and get support with susse online.  The characteristics and mental and physical benefits of an active lifestyle Health Education: Physical Active and when to seek support including understanding catories and other nutritional content)  The characteristics of a poor diet and risks associated with unhealthy calling including inclu		·						
The characteristics and mental and physical benefits of an active lifestyle Health Education: Physical Health Education: Physical Health Education: Physical Health Education: Health Health Education: Health Health Education: Health Description Prevention  The importance of building regular exercises in foalty and weekly routines and now to achieve this; for oxympte walking rocycling to school, a daily active mile or other forms of regular, vigorous exercise Lesson 1, Lesson 2, Lesson 6, Lesson 1 Lesson 1, Lesson 1, Lesson 1, Lesson 1 Lesson 1, Lesson 1, Lesson 1, Lesson 1		from search engines, is ranked, selected and targeted						
The importance of building regular exercise into daily and weekly routines and how to achieve this: for Lesson 1, Lesson 5, Lesson 6  Health Education: Physical Health and Fitness associated with an inactive lifestyte (including obesity)  The risks associated with an inactive lifestyte (including obesity)  Health Education: Healthy  Earling  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy meals  The principles of planning and preparing a range of healthy eating (including, for example, obesity and the development of the developmen			Lesson 1 Lesson 2	Lesson 1 Lesson 5 Lesson 6	Lesson 1			Lesson 1
Health and Fitness  The risks associated with an inactive lifestyle (including obesity)  How and when to seek support including which adults to speak to in school if they are worried about their health.  Health Education: Health  Education: Health Education: Health and Prevention  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, who they are spread and treated, and the importance of handwashing  The importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Beath that Ald  Health Education: Health and the benefits of good oral hygiene and dernal flossing, including regular check-ups at the dentist  Ald  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Ald  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Ald  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Ald  Health Education: Speak in the facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Ald  Health Education: Basic First  Ald  Health Education: Basic First  Ald  Health Education: Basic First and the previous and effects and the manus and an admitisation and effects and effected relating to allergies, immunisation and vaccination.  Health Education: Basic First and the previous and effected the propose of through the previous and effected relating to allergies.  Health Education: Basic First and the previous and effected relating the	Health Education: Physcial	The importance of building regular exercise into daily and weekly routines and how to achieve this; for	,					
health.  What constitutes a healthy diet (including understanding calories and other nutritional content)  Health Education: Health by the constitutes a healthy diet (including understanding calories and other nutritional content)  Health Education: Health and Prevention  Prevention  Prevention  Health Education: Health and Prevention  Prevention  Health Education: Beath and germs including bacteria, viruses, how they are spread and treated, and the including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Lesson 1, Lesson 5, Lesson 6  Lesson 1, Lesson 5, Lesson 6  Lesson 1, Lesson 6, Lesson 6, Lesson 1, Lesson 7, Lesson 8, Lesson 1, Lesson 1, Lesson 9, Lesson 1, Le			Lesson 1, Lesson 2	Lesson 1, Lesson 5, Lesson 6	Lesson 1			Lesson 1
Health Education: Health and Prevention About derial health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Add Concepts of basic first-aid, for example, dealing with common injuries, including head injuries.  Add  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.								Lesson 1
Health Education: Healthy Eating  The principles of planning and preparing a range of healthy meals  The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and both becay) and other behaviours (e.g., the impact of alcohol on diet or health).  Health Education: Drugs, Alcohol and Tobasco  Health Education: Health and Prevention  Prevention  Health Education: Health and Prevention  Frevention  Health Education: Health and Prevention  The fracts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.  Health Education: Health and Prevention  Health Education: Health and Prevention  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic Eirst  Aid  Health Education: Basic Eirst  Alcohord personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Lesson 1								
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and oth decay) and other behaviours (e.g. the impact of alcohol on diet or healthy.  The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and furgi-taking.  The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and furgi-taking.  Lesson 1  Lesson 2  Lesson 1  Lesson 1  Lesson 1  Lesson 1, Lesson 5, Less during a lesson 1  Lesson 1, Lesson 2  Lesson 1  Lesson 1  Lesson 1, Lesson 2  Lesson 1  Lesson 1  Lesson 1, Lesson 5, Less during a lesson 6  Lesson 1, Lesson 1, Lesson 5, Less during a lesson 6  Lesson 1	Health Education: Healthy	, , ,		,				,
Health Education: Drugs, Alcohol and Tobacco  Health Education: Health and prevention  Prevention  Health Education: Health and prevention  Health Education: Basis First  About pegal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.  Lesson 1  Lesson 2  Lesson 1	•			· ' '				,
Alcohol and Tobacco  drug-taking.  How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body  Lesson 1	Health Education: Drugs.							Lesson 1, Lesson 5, Lesson 6
Health Education: Health and Prevention  About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn  About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First  Aid  Aid  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  Lesson 1		drug-taking.						
Health Education: Health and Prevention  The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn  About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The incorporation of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid  Ald  Ald  Ald  Ald  Ald  Ald  Ald				Lesson 1				Lesson 1, Lesson 5, Lesson 6
Prevention Prevention About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid Aid  Key facts about purperty and the changing adelescent body, particularly from ane 9 through to age 11.  Lesson 1  Lesson 2  Lesson 2  Lesson 1  Lesson 1  Lesson 1  Lesson 1  Lesson 1  Lesson 1								
the dentist  About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing  The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid  Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about pulperty and the changing adolescent body, particularly from ane 9 through to age 11		mood and ability to learn	Lesson 1, Lesson 2, Lesson 4	Lesson 2				Lesson 1
importance of handwashing The facts and science relating to allergies, immunisation and vaccination.  Health Education: Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about pulperty and the changing adolescent body, particularly from ane 9 through to age 11		the dentist						Lesson 2
Health Education: Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about pulperty and the changing adolescent body, particularly from ane 9 through to age 11		importance of handwashing			Longer 4			Lesson 2, Lesson 3, Lesson 4
Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.  Key facts about pulperty and the changing adolescent body, particularly from any 9 through to age 11	Health Education: Basic First			Lesson 1	Lesson 1			
Key facts about pulperty and the changing adolescent body, particularly from age 9 through to age 11		<u> </u>						
Health Education: Changing including physical and emotional changes		Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11,						Lesson 2, Lesson 3
Adolescent Body About menstrual wellbeing including the key facts about the menstrual cycle.	Adolescent Body	About menstrual wellbeing including the key facts about the menstrual cycle.						