



KS3 (Year 7)

- Mental Wellbeing
- Health and Prevention
- Changing Adolescent Bodies
- Online and Media
- Citizenship
- Respectful Relationships
- Families
- Intimate and sexual relationships

Yr 3/4 Economic wellbeing (2 weeks)

- B3 List items that are good value for money.
B3/4 Explain and justify why you think items are good value for money.
A3/4 Give an overview of how to keep money safe.
A4 Compare and contrast money safety measures.
D4 Draw conclusions about how you will look after your own money in the future.

Yr 3/4 Citizenship (2 weeks)

- B3 Name ways in which a diverse community can work effectively.
B3/4 List how diverse communities can bring challenges and benefits to communities.

- A3/4 Explain what human rights are.
A4 Give an overview of how human rights are protected.
D4 Propose how people can bring about change.

Yr 3/4 Health and Wellbeing (5 weeks)

- B3 Describe how to look after your teeth.
B3/4 List ways in which making mistakes can be useful.
A3/4 Explain how your actions affect your happiness as well as the happiness of others.
A4 Explain the range of emotions that can be felt at different times.
D4 Propose how you can help yourself when experiencing negative emotions.

Yr 5/6 Economic wellbeing (1 week)

- B5/6 Name the risks associated with money.
A5/6 Explain why there are factors associated with risk and money.
D6 Draw conclusions about how to avoid risks associated with money.

Yr 5/6 Citizenship 2 weeks

- B5 Describe what happens when someone breaks the law.
B5/6 Describe how a trial might work.
A5/6 Name the ways in which parliament works.
A6 Explain the key roles in parliament.
D6 Summarise your understanding of how UK parliament works.

Yr 5/6 Health and Wellbeing (4 weeks)

- B5 Describe the benefits of quality sleep.
B5/6 Describe a range of feelings and how to deal with difficult situations.
A5/6 Classify food groups.
A6 Present an understanding of calorific information in a meal.
D6 Relate situations to those they have experienced themselves.

Yr 1/2 Economic wellbeing (2 weeks)

- B1 Name ways to gain money.
B1/2 Describe why stealing is wrong.
A1/2 Explain what a bank and building society is.
A2 Explain why having a savings account is important.
D2 Recommend why saving money is important.

Yr 1/2 Citizenship 2 weeks

- B1 Name rules that are needed in the school community.
B1/2 List similarities and differences of groups of people.
A1/2 Explain what makes a good school environment.
A2 Explain the value of differences and how these make us unique.
D2 Summarise the consequences of not following or not having rules.

Yr 1/2 Health and Wellbeing (5 weeks)

- B1 Describe why handwashing is important.
B1/2 List ways to keep safe in the sun.
A1/2 Summarise allergies certain people can have.
A2 Explain how different situations can provoke certain emotions.
D2 Summarise how your qualities and strengths can be improved.

Parent consultation

Yr 3 Keeping Safe Ten:Ten unit (3 weeks)

- B3 Name what is appropriate physical contact.
B3 Describe how drugs and alcohol can affect our bodies.
A4 Explain that there are different types of abuse.
D4 Summarise what to do if you feel unsafe or there is an emergency.

Yr 3/4 Family and relationships (5 weeks)

- B3 Describe how to use manners in different situations.
B3/4 Define physical and emotional boundaries in friendships.

- A3/4 Explain why some people may become bullies.
A4 Identify how to challenge stereotypes.

- D4 Draw conclusions about what might be helpful or unhelpful after a bereavement.

Parent consultation

Yr 5 Keeping Safe Ten:Ten unit (4 weeks)

- B5 Describe how they can keep their bodies safe.
A5 Explain why it is important to say no to protect our bodies.
D6 Summarise the role of a First Aider.

Yr 6 Me, My Body, My Health Ten:Ten unit (3 weeks)

- B6 Define changes that occur in puberty.
A6 Identify similarities and differences between puberty for boys and girls.
D6 Recommend how to have a healthy lifestyle.

Yr 6 Life Cycles Ten:Ten unit (4 weeks)

- B6 Describe the role of menstruation in the fertility cycle.
A6 Give an overview of the scientific facts of how a baby is made.
D6 Summarise the cycle of life from birth to death.

Parent consultation

Yr 4 Me, My Body, My Health (3 weeks)

- B3 Define how we can take care of our bodies.
A3 Explain what puberty is and when it will occur.
D3 Summarise the signs of puberty in boys and girls.

Yr 4 Life Cycles Ten:Ten unit (2 weeks)

- A3 Explain what 'death' means.
B3 Define what conception means.
D3 Summarise feelings linked to the cycles of life (life and death).

Parent consultation

Yr 1 Keeping Safe (3 week Ten:Ten unit)

- B1 Describe what a good or bad secret is.
B1 Describe why privates are private.
A2 Identify the feelings linked to feeling unsafe.
D2 Summarise what they can do if they feel under pressure.

Yr 2 Me, My Body, My Health (3 weeks Ten:Ten unit)

- B To name parts of girls and boys bodies.
A To identify what it is to be unique.
D To summarise what a healthy lifestyle is.

Yr 2 Life Cycles (2 weeks Ten:Ten unit)

- B To name the life stages of birth and death.
A To identify that stages of life are God's plan for us.
D To reflect on their journey in life so far.

Yr 1/2 Family and relationships (4 weeks)

- B1 Describe the people a family can be made up of.
B1/2 Describe what different emotions look like.

- A1/2 Explain how friendships may have problems.
A2 Summarise solutions that can be used in relationships.

- D2 Propose the benefits of working positively with a range of people.

Parent consultation

Yr 4 Me, My Body, My Health (3 weeks)

- B3 Define how we can take care of our bodies.
A3 Explain what puberty is and when it will occur.
D3 Summarise the signs of puberty in boys and girls.

Yr 4 Life Cycles Ten:Ten unit (2 weeks)

- B3 Define what 'death' means.
A3 Explain what conception means.
D3 Summarise feelings linked to the cycles of life (life and death).

Parent consultation

Yr 1 Keeping Safe (3 week Ten:Ten unit)

- B1 Describe what a good or bad secret is.
B1 Describe why privates are private.
A2 Identify the feelings linked to feeling unsafe.
D2 Summarise what they can do if they feel under pressure.

Yr 2 Life Cycles (2 weeks Ten:Ten unit)

- B To name the life stages of birth and death.
A To identify that stages of life are God's plan for us.
D To reflect on their journey in life so far.

Yr 2 Me, My Body, My Health (3 weeks Ten:Ten unit)

- B To name parts of girls and boys bodies.
A To identify what it is to be unique.
D To summarise what a healthy lifestyle is.

Year B

Parent consultation

Yr 5 Keeping Safe Ten:Ten unit (4 weeks)

- B5 Describe how they can keep their bodies safe.
A5 Explain why it is important to say no to protect our bodies.
D6 Summarise the role of a First Aider.

Yr 6 Me, My Body, My Health Ten:Ten unit (3 weeks)

- B6 Define changes that occur in puberty.
A6 Identify similarities and differences between puberty for boys and girls.
D6 Recommend how to have a healthy lifestyle.

Yr 6 Life Cycles Ten:Ten unit (4 weeks)

- A6 Give an overview of the scientific facts of how a baby is made.
D6 Summarise the cycle of life from birth to death.

Yr 5/6 Family and relationships (5 weeks)

- B5 Describe how to show respect.
B5/6 Explain why respect is important.
A5/6 Summarise a range of stereotypes.
A6 Compare and contrast different strategies to manage conflict.
D6 Summarise how grief can vary between people and experiences.

Yr 5/6 Health and Wellbeing (5 weeks)

- B5 Describe how you can lead a healthy lifestyle.
B5/6 Describe how technology can affect physical and mental health.
A5/6 Give an overview of different resilience strategies.
A6 Present an understanding of how vaccines work and their advantages.
D6 Summarise how decisions have consequences which can be positive and negative.

Yr 1/2 Economic wellbeing (2 weeks)

- B1 Name basic needs.
B1/2 Identify basic needs for healthy growth.
A1/2 Explain why each need is important for survival.
A2 Explain the difference between wants and needs with justifications.
D2 Summarise how wants and needs might change in different life stages or situations.

Yr 1/2 Family and relationships (5 weeks)

- B1 Describe the people a family can be made up of.
B1/2 Describe what different emotions look like.
A1/2 Explain how remembering people or events can make us feel.
A2 Identify what good manners are and what they look like.
D2 Summarise the stereotypes about jobs and genders.

Yr 3/4 Economic wellbeing (2 weeks)

- B3 Create a simple budget.
B3/4 Describe why certain jobs have stereotypes.
A3/4 Give an overview of career choices in society.
A4 Compare and contrast the benefits of spending and saving.
D4 Draw conclusions about how stereotypes should not affect career choices.

Yr 3/4 Family and relationships (5 weeks)

- B3 Describe the conflict that can occur in friendships.
B3/4 Define what bullying is and what it isn't.
A3/4 Explain what stereotypes are.
A4 Identify what boundaries and trust should be in place in friendships.
D4 Draw conclusions about how trust can be earned and broken in relationships.

Yr 3/4 Health and Wellbeing (3 weeks)

- B3 Describe how relaxation can affect the body.
B3/4 Name your strengths and those of others.
A3/4 Compare the food groups and how they affect the body.
A4 Explain what can be learnt from making mistakes.
D4 Propose how your strengths can be used to help others.

Reflection

Building relationships:

- Work and play cooperatively and take turns with others.
- Forms positive attachments to adults and friendships with peers.
- Show sensitivity to their own and others needs.

Managing self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

- Explains the reasons for rules, knows right from wrong and tries to behave accordingly.
- Manages own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. (oral health)

Self Regulation

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and shows an ability to follow instructions involving several ideas or actions.

Ten: Ten units Keeping Safe, Me, my body, my health, and Life Cycles

Year A