



Sunninghill
PREP SCHOOL DORCHESTER

**Personal, Social, Health, Economic
(PSHE)**

and

Relationship and Sex Education

**Scheme of Work
Years 1 - 6
(Key Stage 1 and 2)**

2021-2022

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Collins MY LIFE

Curriculum Matching Chart Year 1 and 2 (Key Stage 1)

Statutory Relationships Education objectives covered	Topic and lesson
That families are important for children growing up because they can give love, security and stability.	1.1 Feelings and Special People Lesson 4 2.1 Different Types of Families Lesson 1
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.	2.1 Different Types of Families Lesson 2
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.	2.1 Different Types of Families Lesson 2
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.	2.1 Different Types of Families Lesson 3
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	2.1 Different Types of Families Lesson 4
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	2.1 Different Types of Families Lesson 3
How important friendships are in making us feel happy and secure	1.1 Feelings and Special People Lesson 4
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	2.3 Feeling Included Lesson 1
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	2.3 Feeling Included Lesson 2
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.	2.3 Feeling Included 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.	2.3 Feeling Included Lesson 3
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.	2.3 Feeling Included Lesson 4 2.5 Caring for the Environment and Social Responsibility Lesson 1
The conventions of courtesy and manners.	2.3 Feeling Included Lesson 2

The importance of self-respect and how this links to their own happiness.	2.1 Feelings and SpecialPeople Lesson 3
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.	2.3 Feeling IncludedLesson 3
That people sometimes behave differently online, including by pretending to be someone they are not.	1.2 Staying SafeLesson 4
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.	2.2 Healthy BodiesLesson 4
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	2.2 Healthy BodiesLesson 4
How to respond safely and appropriately to adults they may encounter (in allcontexts, including online) whom they do not know.	1.2 Staying SafeLesson 2
How to recognise and report feelings of being unsafe or feeling bad about any adult.	1.2 Staying SafeLesson 4
How to ask for advice or help for themselves or others, and to keep trying untilthey are heard.	1.2 Staying SafeLesson 4
How to report concerns or abuse, and the vocabulary and confidence needed to do so.	1.2 Staying SafeLesson 4

Statutory Health Education objectives covered	Topic and lesson
That mental wellbeing is a normal part of daily life, in the same way as physicalhealth.	2.4 Healthy MindsLesson 1
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.	1.1 Feelings and SpecialPeople Lesson 2 2.4 Healthy MindsLesson 2 2.3 Feeling IncludedLesson 1
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.	1.1 Feelings and SpecialPeople Lesson 1
How to judge whether what they are feeling and how they are behaving isappropriate and proportionate.	1.1 Feelings and SpecialPeople Lesson 2 2.4 Healthy MindsLesson 4
The benefits of physical exercise, time outdoors, community participation,voluntary and service-based activity on mental wellbeing and happiness.	1.3 Healthy MeLesson 1 1.4 All Around UsLessons 1, 3 2.5 Caring for the Environment and SocialResponsibility Lesson 1

Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	1.3 Healthy MeLesson 4 2.2 Healthy BodiesLesson 2 2.4 Healthy MindsLessons 3, 4
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	2.4 Healthy MindsLesson 4
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).	1.2 Staying SafeLesson 1
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.	1.3 Healthy MeLesson 3
Why social media, some computer games and online gaming, for example, are age restricted.	2.4 Healthy MindsLesson 3
Where and how to report concerns and get support with issues online.	1.3 Healthy MeLesson 3
The characteristics and mental and physical benefits of an active lifestyle.	1.3 Healthy MeLesson 1 2.2 Healthy BodiesLesson 1
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	2.2 Healthy BodiesLesson 2
What constitutes a healthy diet (including understanding calories and other nutritional content).	1.3 Healthy MeLesson 2
The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	1.2 Staying SafeLesson 3
How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	1.3 Healthy MeLesson 4
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	1.3 Healthy MeLesson 4
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	2.2 Healthy BodiesLesson 2
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	1.3 Healthy MeLesson 2
About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	2.2 Healthy BodiesLesson 3
The facts and science relating to allergies, immunisation and vaccination.	2.2 Healthy BodiesLesson 1

PSHE Association Living in the Wider World objectives covered	Topic and lesson
L1. About what rules are, why they are needed, and why different rules are needed for different situations.	1.4 All Around Us Lesson 4
L2. How people and other living things have different needs; about the responsibilities of caring for them.	1.2 Staying Safe Lesson 1
L3. To learn about things they can do to help look after their environment.	1.4 All Around Us Lessons 2, 3 2.5 Caring for the Environment and Social Responsibility Lessons 2, 3, 4
L4. To learn about the different groups they belong to.	1.1 Feelings and Special People, Lesson 4 1.4 All Around Us Lesson 4
L5. About the different roles and responsibilities people have in their community.	1.2 Staying Safe Lesson 2 1.4 All Around Us Lesson 4
L6. To recognise the ways they are the same as, and different to, other people.	2.5 Caring for the Environment and Social Responsibility
L7. About how the internet and digital devices can be used safely to find things out and to communicate with others.	1.3 Healthy Me, Lesson 3
L8. About the role of the internet in everyday life.	1.3 Healthy Me, Lesson 3
L9. That not all information seen online is true.	1.3 Healthy Me, Lesson 3
L10. What money is; forms that money comes in; that money comes from different sources.	1.5 Money Matters Lessons 1, 2
L11. That people make different choices about how to save and spend money.	1.5 Money Matters Lessons 3, 4
L13. That money needs to be looked after; different ways of doing this.	1.5 Money Matters Lesson 2
L14. That everyone has different strengths.	1.5 Money Matters Lesson 4
L15. That jobs help people to earn money to pay for things.	1.5 Money Matters Lesson 3

L16. Different jobs that people they know or people who work in the community do.	1.2 Staying Safe Lesson 2 1.5 Money Matters Lesson 4
L17. About some of the strengths and interests someone might need to do different jobs.	1.5 Money Matters Lesson 4

Bespoke objectives created by the authors	Topic and lesson
To understand how common household items can be reused or recycled and their responsibility to contribute to global sustainability.	1.4 All Around Us Lessons 2, 3
To know how to assess risk and understand the consequences of unsafe choices.	1.2 Staying Safe Lesson 2
To understand why rules are needed to keep everyone safe in the home, in particular rules around medicines and dispensing of medicines.	1.2 Staying Safe Lesson 3
To know how to be assertive and to take responsibility for their own safety.	1.2 Staying Safe Lesson 4
To know about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.	1.2 Staying Safe Lesson 2
To understand how they can contribute to the life of the classroom and the school.	1.4 All Around Us Lesson 4

Collins MY LIFE

Curriculum Matching Chart Year 3 and 4 (Lower Key Stage 2)

Statutory relationship education objectives covered	Topic and lesson
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.	3.2 Celebrating Achievements and Being Resilient 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.	3.6 What I Like Lesson 5
How important friendships are in making us feel happy and secure.	4.4 Respect Lesson 1 4.6 Falling out and Making Up Lesson 1
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.	4.4 Respect Lesson 1 4.6 Falling Out and Making Up Lesson 2
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	4.4 Respect Lesson 3 4.6 Falling Out and Making Up Lesson 4
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.	4.4 Respect Lesson 3 4.6 Falling Out and Making Up 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.	4.6 Falling Out and Making Up 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.	3.5 Stereotypes Lessons 4, 5 3.6 What I Like Lesson 3
Practical steps they can take in a range of different contexts to improve or support respectful relationships.	4.4 Respect Lesson 2
The importance of self-respect and how this links to their own happiness.	3.6 What I Like Lesson 3 4.4 Respect Lesson 2
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.	4.4 Respect Lesson 5
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.	4.4 Respect Lesson 5
What a stereotype is, and how stereotypes can be unfair, negative or destructive.	3.5 Stereotypes Lessons 1, 2, 3
The importance of permission-seeking and giving in relationships with friends, peers and adults.	3.6 What I Like Lesson 4

Statutory relationship education objectives covered	Topic and lesson
That people sometimes behave differently online, including by pretending to be someone they are not.	3.1 Safety Online Lessons 1, 2
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.	3.1 Safety Online Lesson 3
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	3.1 Safety Online 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.	3.1 Safety Online Lesson 3
How information and data is shared and used online.	3.1 Safety Online Lesson 2
What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	3.1 Safety Online Lesson 3 4.6 Falling Out and Making Up Lesson 5
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.	3.1 Safety Online Lesson 2
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	3.6 What I Like Lesson 4
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	3.1 Safety Online Lesson 2
How to recognise and report feelings of being unsafe or feeling bad about any adult.	4.4 Respect Lesson 2
How to ask for advice or help for themselves or others, and to keep trying until they are heard.	3.1 Safety Online Lesson 5 3.6 What I Like Lesson 5
Where to get advice, e.g. family, school and/or other sources.	4.6 Falling Out and Making Up Lesson 5
How to report concerns or abuse, and the vocabulary and confidence needed to do so.	3.6 What I Like Lesson 5

Statutory health education objectives covered	Topic and lesson
That mental wellbeing is a normal part of daily life, in the same way as physical health.	3.2 Celebrating Achievements and Being Resilient Lesson 1
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.	3.6 What I Like Lesson 2

Statutory health education objectives covered	Topic and lesson
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.	3.2 Celebrating Achievements and Being Resilient Lesson 3 3.6 What I Like Lesson 2
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	3.2 Celebrating Achievements and Being Resilient Lesson 3
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	3.3 Being Part of a Community Lesson 4 3.4 Exercise Lesson 4 3.2 Celebrating Achievements and Being Resilient Lesson 5
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	3.4 Exercise Lesson 3 3.2 Celebrating Achievements and Being Resilient Lesson 5 3.6 What I Like Lesson 1
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	4.4 Respect Lesson 5
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).	3.1 Safety Online Lesson 5 3.2 Celebrating Achievements and Being Resilient Lesson 4
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.	3.2 Celebrating Achievements and Being Resilient Lesson 4
That for most people the internet is an integral part of life and has many benefits.	3.1 Safety Online Lesson 1
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.	3.1 Safety Online Lesson 4
Why social media, some computer games and online gaming, for example, are age restricted.	3.1 Safety Online Lesson 4
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.	3.1 Safety Online Lesson 1
Where and how to report concerns and get support with issues online.	3.1 Safety Online Lesson 5
The characteristics and mental and physical benefits of an active lifestyle.	3.4 Exercise Lessons 1, 2
The risks associated with an inactive lifestyle (including obesity).	3.4 Exercise Lesson 3

Statutory health education objectives covered	Topic and lesson
How and when to seek support including which adults to speak to in school if they are worried about their health.	3.4 Exercise Lesson 5
What constitutes a healthy diet (including understanding calories and other nutritional content).	4.1 Nutrition and Dental Health Lesson 1
The principles of planning and preparing a range of healthy meals.	4.1 Nutrition and Dental Health Lesson 3
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).	4.1 Nutrition and Dental Health Lesson 2
How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	4.1 Nutrition and Dental Health Lesson 4
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	4.1 Nutrition and Dental Health Lesson 5
How to make a clear and efficient call to emergency services if necessary.	4.3 Emergency Situations Lessons 1, 3
Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	4.3 Emergency Situations Lesson 2

PSHE Association Living in the wider world objectives covered	Topic and lesson
L1. To recognise reasons for rules and laws; consequences of not adhering to rules and laws.	4.2 Human Rights Lesson 2 4.4 Respect Lesson 4
L2. To recognise there are human rights, that are there to protect everyone.	4.2 Human Rights Lessons 1, 2, 3, 5
L3. To learn about the relationship between rights and responsibilities.	4.2 Human Rights Lessons 1, 3
L4. To learn the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others.	3.3 Being Part of a Community Lesson 3 4.4 Respect Lesson 5 4.6 Falling Out and Making Up Lesson 3
L5. To learn ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)	3.3 Being Part of a Community Lesson 5
L6. To learn about the different groups that make up their community; what living in a community means.	3.3 Being Part of a Community Lesson 1
L7. To learn to value the different contributions that people and groups make to the community.	3.3 Being Part of a Community Lessons 1, 3

PSHE Association Living in the wider world objectives covered	Topic and lesson
L8. To learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.	3.3 Being Part of a Community Lesson 2 4.2 Human Rights Lesson 3
L9. To learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.	4.2 Human Rights Lesson 4 4.4 Respect Lesson 5 3.5 Stereotypes Lesson 5
L10. To learn about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.	4.2 Human Rights Lesson 4 4.4 Respect Lesson 5
L11. To recognise ways in which the internet and social media can be used both positively and negatively.	3.1 Safety Online Lessons 1, 4
L12. To learn how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results.	3.1 Safety Online Lesson 5
L13. To learn about some of the different ways information and data is shared and used online, including for commercial purposes.	3.1 Safety Online Lesson 2
L14. To learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.	3.1 Safety Online Lesson 2
L15. To recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.	3.1 Safety Online Lesson 2
L16. To learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	3.1 Safety Online Lesson 3
L17. To learn about the different ways to pay for things and the choices people have about this.	4.5 Money Matters Lesson 1
L18. To recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'.	4.5 Money Matters Lessons 1, 5
L20. To recognise that people make spending decisions based on priorities, needs and wants.	4.5 Money Matters Lesson 2
L21. To learn different ways to keep track of money.	4.5 Money Matters Lesson 4
L24. To identify the ways that money can impact on people's feelings and emotions.	4.5 Money Matters Lesson 2
L25. To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes.	4.5 Money Matters Lesson 5

PSHE Association Living in the wider world objectives covered	Topic and lesson
L27. To learn about stereotypes in the workplace and that a person's career aspirations should not be limited by them.	4.5 Money Matters Lesson 3 3.5 Stereotypes Lesson 1
L28. To learn about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs).	4.5 Money Matters Lesson 3
L29. To learn that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.	4.5 Money Matters Lesson 3
L30. To learn about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation.	4.5 Money Matters Lesson 5

Bespoke objectives	Topic and lesson
To understand the importance of keeping personal information private.	3.1 Safety Online Lesson 2
To learn how to respond to fire safety issues within school and in the home.	4.3 Emergency Situations Lesson 3
To identify the dangers water can pose and how these can be avoided or reduced.	4.3 Emergency Situations Lesson 4
To help construct, and agree to follow, group, class and school rules and to understand how these rules help them.	3.3 Being Part of a Community Lesson 1
To know that your achievements in life may look different to those of others but should all be celebrated.	3.2 Celebrating Achievements and Being Resilient Lesson 1
To understand that it's important to have aspirations and goals in life.	3.2 Celebrating Achievements and Being Resilient Lesson 2
To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT).	4.5 Money Matters Lesson 2
To learn about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.	4.3 Emergency Situations Lesson 1, 5

Collins MY LIFE

Curriculum Matching Chart Upper Year 5 and 6 (Key Stage 2)

Statutory relationship education objectives covered	Topic and lesson
That families are important for children growing up because they can give love, security and stability.	6.2 Sex education Lesson 1
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.	5.2 Bereavement and Loss Lessons 2, 5
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.	6.2 Sex education Lesson 5 Bereavement and Loss Lessons 3, 4, 5
How important friendships are in making us feel happy and secure.	5.6 Changes in friendships Lessons 1, 5
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	5.6 Changes in friendships Lessons 1, 3, 4
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	5.6 Changes in friendships Lesson 2
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.	5.6 Changes in friendships 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.	5.1 Body Image Lesson 5
Practical steps they can take in a range of different contexts to improve or support respectful relationships.	6.2 Sex education Lesson 3
The importance of self-respect and how this links to their own happiness.	5.1 Body Image Lessons 1, 2, 3, 4
What a stereotype is, and how stereotypes can be unfair, negative or destructive.	5.3 Fake news Lesson 4
That people sometimes behave differently online, including by pretending to be someone they are not.	6.5 E-Safety and social media Lesson 5
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	6.5 E-Safety and social media Lesson 3
How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.	6.5 E-Safety and social media Lesson 5
How information and data is shared and used online.	6.5 E-Safety and social media Lesson 3

Statutory relationship education objectives covered	Topic and lesson
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.	6.5 E-Safety and social media Lessons 2, 3
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	5.5 Puberty Lesson 3 Sex education Lessons 2, 3, 4
How to report concerns or abuse, and the vocabulary and confidence needed to do so.	5.6 Changes in friendships Lesson 4 Sex education Lesson 3

Statutory health education objectives covered	Topic and lesson
That mental wellbeing is a normal part of daily life, in the same way as physical health.	6.3 Mental and emotional health Lesson 1
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.	6.3 Mental and emotional health Lesson 1
How to recognise and talk about their emotions, including having a varied vocabulary to use when talking about their own and others' feelings.	5.2 Bereavement and Loss Lessons 1, 2, 3
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	6.3 Mental and emotional health Lessons 2, 5
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	5.4 Life in plastic Lesson 4 Mental and emotional health Lesson 3
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	6.3 Mental and emotional health Lessons 2,3, 4
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	6.3 Mental and emotional health Lessons 5
Where and how to seek support (including recognising the triggers for seeking support), including the person they should speak to at school if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	6.3 Mental and emotional health 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.	6.3 Mental and emotional health Lesson 1
That for most people the internet is an integral part of life and has many benefits.	6.5 E-Safety and social media Lesson 1

Statutory health education objectives covered	Topic and lesson
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.	6.5 E-Safety and social media Lesson 5
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.	6.5 E-Safety and social media Lesson 4
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.	6.5 E-Safety and social media Lesson 1 5.1 Body Image Lesson 3 5.6 Changes in friendships Lesson 5
How to be a discerning consumer of information online, including understanding that information, including that from search engines, is ranked, selected and targeted.	5.3 Fake news Lessons 1, 2, 4 5.1 Body Image Lesson 4
Where and how to report concerns and get support with issues online.	5.3 Fake news Lesson 3
The characteristics and mental and physical benefits of an active lifestyle.	6.3 Mental and emotional health Lesson 3
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	6.3 Mental and emotional health Lesson 3
The risks associated with an inactive lifestyle (including obesity).	5.1 Body Image Lesson 1, 3
What constitutes a healthy diet (including understanding calories and other nutritional content).	5.1 Body Image Lesson 1, 3
The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	6.1 Drugs and alcohol education Lessons 1, 2, 3, 4, 5
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	6.3 Mental and emotional health Lesson 4
About personal hygiene and germs, including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	5.5 Puberty Lesson 2
Key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes.	5.5 Puberty Lessons 1, 2, 3, 4, 5 6.2 Sex education Lessons 1, 4
About menstrual wellbeing, including the key facts about the menstrual cycle.	5.5 Puberty Lesson 4

PSHE Association Living in the wider world objectives covered	Topic and lesson
L1. To recognise reasons for rules and laws; consequences of not adhering to rules and laws.	6.6 Anti-social behaviour and the role of the police and the law Lesson 1
L2. To recognise there are human rights, that are there to protect everyone.	6.6 Anti-social behaviour and the role of the police and the law Lesson 2 6.4 Global sustainable development goals Lesson 2
L3. To learn about the relationship between rights and responsibilities.	6.6 Anti-social behaviour and the role of the police and the law Lesson 2, 5 6.4 Global sustainable development goals Lesson 4
L5. To learn ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices).	6.4 Global sustainable development goals Lessons 3, 5 5.4 Life in plastic Lessons 3, 5
L6. To learn about the different groups that make up their community; what living in a community means.	6.6 Anti-social behaviour and the role of the police and the law Lesson 3
L7. To learn to value the different contributions that people and groups make to the community	6.4 Global sustainable development goals Lesson 5
L9. To learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.	6.6 Anti-social behaviour and the role of the police and the law Lesson 1
L10. To learn about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.	6.6 Anti-social behaviour and the role of the police and the law Lesson 5
L12. To learn how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results.	5.3 Fake news Lesson 5
L13. To learn about some of the different ways information and data is shared and used online, including for commercial purposes.	6.5 E-Safety and social media Lesson 2 5.3 Fake news Lessons 2, 3

PSHE Association Living in the wider world objectives covered	Topic and lesson
L14. To learn about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.	6.5 E-Safety and social media Lesson 3 5.3 Fake news Lesson 2
L15. To recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.	6.5 E-Safety and social media Lesson 3 5.3 Fake news Lesson 5
L16. To learn about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	5.1 Body image Lesson 4 5.3 Fake news Lesson 1 6.5 E-Safety and social media Lesson 4
L19. To understand that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity).	5.4 Life in plastic Lesson 4
L24. To identify the ways that money can impact on people's feelings and emotions.	6.1 Drugs and alcohol education Lesson 5 6.5 E-Safety and social media Lesson 1
L25. To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes.	6.3 Mental and emotional health Lesson 1

Bespoke objectives	Topic and lesson
To understand that there are basic human rights shared by all peoples and all societies – and that these rights sometimes conflict.	6.6 Anti-social behaviour and the role of police and the law Lesson 4
To explore the ways in which a variety of cultures celebrate the life and loss of their loved ones.	5.2 Bereavement and Loss Lesson 4
To know that body image has changed throughout the ages and can be influenced by society.	5.1 Body Image Lesson 2
To know that pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media.	6.1 Drugs and alcohol education Lesson 3
To know how to make informed choices.	6.1 Drugs and alcohol education Lesson 4
To understand the importance of keeping personal information private and some of the rules and principles for keeping safe online.	6.5 E-Safety and social media Lessons 2, 5
To understand the ways in which single-use plastics can affect the planet when not disposed of correctly.	5.4 Life in plastic Lesson 2

Bespoke objectives	Topic and lesson
To identify the ways in which individually, as a school and a community materials and resources can be reduced, recycled and reused.	5.4 Life in plastic Lesson 5
To identify the stages of pregnancy and how a baby is conceived.	6.2 Sex education Lesson 5
To understand what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy).	5.4 Life in plastic Lessons 1, 3 6.4 Global sustainable development goals Lesson 1