



Curriculum Area: Social and Emotional Well-Being and Personal Care and Independence
 Early Years -KS 4 Programme of Study

Pupils will access SEWB and PCI on a daily basis through both their personalised and shared curriculums. The aspects outlined below link well with our topics, allowing these areas to be explored in more depth and ensuring pupils have access to a full range of learning opportunities. As with all areas of the curriculum, teachers should seek out to make connections between the key foci of each term with other aspects of a pupil's learning. Foci in blue form part of the SRE curriculum which is statutory in all schools from September 2020. Foci in black tend to focus on more practical independent living skills (PCI) but there is lots of cross-over.

More physical aspects of sex education are addressed within the curriculum, especially in Secondary (Asia, Earth, the Big Screen) however precise content delivery will depend on the understanding & developmental stage of the current cohort. 'The changing adolescent body & sex education' are also delivered as stand-alone blocks appropriate to the needs of pupils of the cohort at the time. These are typically delivered by the community nursing team or by identified members of staff with input from the community nursing team.

Early Years- Personal, Social, Emotional Development

Topic	Making Relationships	Self-confidence and Self- Awareness	Managing Feelings and Behaviour
Let's Go!	Creates relationships with new people and builds relationship with Key- Person Observes what others are doing- pushing vehicles in different mediums	Explores different vehicles after observing others Showing pleasure/ displeasure at movements and actions	Share toys with others e.g cars on a car mat Begins to separate from parents/ carers with support
Once Upon a Time	Responding to familiar adults Observing actions of others e.g dressing up and when reading books.	Exploring environment with increased independence and wants to complete a task themselves- e.g playing with puppets	Responds to simple boundaries- Taking turns
What a beast!	Explores new resources but looks for reassurance from familiar adult- opportunities to explore and engage in play with less familiar objects.	Shows Pleasure in their achievements and responds to praise- helping to find objects	Able to express their own feelings
Once Upon a Rhyme!	Creates relationships with new people and builds relationship with Key- Person Plays co-operatively with adults and other children in role play activities.	Requests a turn in role play activity- Understands that they Can work alongside other to achieve an outcome. (Jack and Jill, Humpty Dumpty)	Takes turns with others and shares resources with them with encouragement and support- Exploring sensory trays and counting rhymes.
Crunch, Crunch!	Observes facial expressions and observed self in	Shows preference in food tastes- Expresses likes and	Recognises object/ belongings which are theirs e.g

Slurp, Slurp!	mirror whilst exploring. Working with others to resolve problems/ Giving instructions	dislikes	drinks bottle, lunch box, bag and shoes.
Oh I do like to be beside the Seaside!	Takes on a role in play and extend play ideas. Initiating interaction with others.	Select and use resources with support e.g Bucket and spade, fishing net etc.	Expresses own feelings in meaningful contexts.
All about me!	Creates relationships with new people and builds relationship with Key- Person Explores different ways to seek attention- Vocal, gesture etc. Recognises self- in mirror.	Finding parts of own body Simple similarities and differences between self and others.	Shows an awareness of the feelings of others and responds appropriately to these.
Over the Rainbow	Responding to touch and demonstrating affection and concern towards others.	Expresses preferences and interests in different colours and textures Beginning to use their imagination	Responding to the effect their actions have on others- Share and take steps to reduce conflict.
Come Outside	Extend and elaborate on others ideas around play Respond to others ideas and engaging in communication. Gaining confidence when engaging with unfamiliar people.	Talks and shares different experiences from home and the wider community.	Growing ability to control and manage behaviour and feelings when in different environments- Outside in Playground, park shops etc.

Primary- 6 Year Rolling Programme

	Health & Well-Being		Healthy Relationships			The Wider World
Topic	Health & Hygiene	Daily Routines & Lifestyle	Sense of Self & Personal Values	Healthy Relationships	Staying Safe in Relationships	Accessing the Community
	Physical Health & Fitness Healthy Eating Drugs, Alcohol & Tobacco Health & Prevention Mental Well-Being Changing Adolescent Body	Dressing Washing Healthy Eating Health & Prevention Cleaning Laundry Cooking Budgeting and Finance	Personal interests Rights & responsibilities	Families and people who care for me Caring friendships Respectful relationships	Online relationships Being safe – knowing boundaries, being confident, seeking help Internet Safety and Harms	Shopping – local, town, supermarkets Transport – road safety, cycle safety Services – medical, emergency, financial, social, transport Leisure – entertainment, eating out, parks & countryside - water safety

						Basic First Aid Dealing with Emergencies
A Long, Long Time Ago...		L & U - Personal hygiene routines U (& L where possible) - independent dressing, care for clothes – folding, hanging, putting away		L & U - Respectful relationships & different types of families	L & U – e-safety reliable searches – good sources of information	
Mini Movers!	L & U - Physical fitness & spending time outdoors – knowing this is important	L & U – Changing Adolescent Body – Physical changes L & U - Personal hygiene routines				L & U - Road safety
In a Deep Dark Wood ...	U – Changing Adolescent Body – Emotional changes & mood swings L & U – Mental well-being – exploring our range of emotions, techniques and activities that help reduce anxiety,	L & U - Feeling ill and feeling well – knowing the difference U – Begin to identify different ailments & what to do about them L & U – Safety rules around medicines			L & U - Safe & unsafe online relationships – telling, reporting, seeking help, people online aren't always who they say they are, keeping online & offline friends the same, being kind online	U & L - Accessing medical services, confidence in accessing health care

	worry or fear L & U – Basic awareness of addictive substances – drugs, alcohol, tobacco					
What a Disaster!	L & U – Appropriate safety rules for different weathers, e.g. sun cream, dressing for warmth L & U – Awareness of addictive substances L & U – Safety rules around medicines	L & U - Safety around the home & garden, especially fire, electricity (other than kitchen)		L & C – Caring friendships & being kind to others - team work		L & U - Basic first aid, e.g. applying pressure to bleeds, (U) recovery position, (tolerance for PF) U (& L where possible) - Dealing with emergencies & contacting emergency services U - Emergency relief – charities & basic services people may lack
Mmmm Chocolate!		L & U - Healthy & unhealthy foods – U (& L where possible) - Safety in the kitchen, hygiene & appliances L & U – Cleaning in the kitchen – safe & unsafe products L & U - Dental health (tolerance for PF) L & U – Cooking skills	L & U – Exploring & communicating likes & dislikes – choice & decision-making	L & U - Caring friendships – sharing experiences, kindness, trust	L & U – Managing online information - Online & off-line – Persuasion techniques - how the internet is used to buy and sell things - distinguishing between beliefs, opinions and facts L & U – e-safety reliable searches – good sources of information	L & U – Shopping skills & confidence in communicating with shop staff
Green Living	L & U – Mental well-being – exploring range of	L & U – cleaning skills in the living room & garden – putting toys	L & U – Caring for the environment	L & U - Families and people that care for me – sharing time with each		L & U - Accessing green spaces - parks & nature

	emotions, activities that help restore positive emotions, calmness & well-being – especially time outdoors & in nature L & U – Importance of physical activity	away, cleaning windows, creating nice environments for healthy minds – safe & unsafe products around the home		other, protection		U (& L where possible) cycle safety, using public transport
I went to the Shop		U (& L where possible) – Prices & Budgeting L & U - Healthy food choices - 'Eatwell' plates	L & U – Exploring & communicating likes & dislikes – choice & decision-making	L & U - Respectful relationships – courtesy and manners L & U – Respect for others who are different from us	L & U - Being safe – responding to adults they don't know, trusted adults L & U – Online & off-line – Persuasion techniques	L & U - Shopping wisely, e.g. preparation – lists & quantities, different types of shops L & U – Shopping skills & confidence in communicating with shop staff
A Carnival of Colour	L & U - Mental health - benefits of physical activity and community participation	L & U – Dressing appropriately & safely for different weathers	L & U - Identifying and accepting similarities and differences	L & U – Respect for others who are different from us	L & U – Staying safe in public spaces – seeking help if not feeling safe & not giving up	L & U - Accessing entertainment – finding out what's on, booking tickets etc.
Water, Water Everywhere		L & U – Washing clothes & basic care of clothes	L & U – Resilience, confidence, identifying & being proud of accomplishments	L & U – Working as a team, valuing others' ideas & opinions -	L & U – Communicating with confidence with less familiar people & in less familiar environments L & U – The importance of rules & boundaries & how they keep us safe	L & U - Water & beach safety
Lights! Camera!	L & U – Health & prevention – ears &	U (& L where possible) – Prices &	L & U – Awareness of 'ownership' & others need	L & U – Working on collaborative projects as a	L & U – Awareness of 'ownership' & others	L & U – Skills & confidence to access

Action!	eyes	Budgeting L & U – safety around electricity & appliances	to respect this & vice versa – whether their body, their ideas, their creations - their right to say no & challenge – boundaries L & U – Looking after their belongings – taking ownership of what’s theirs	team, valuing others’ ideas & opinions -	need to respect this & vice versa – whether their body, their ideas, their creations - their right to say no & challenge - boundaries U – Link ownership to intellectual property & e-safety	entertainment
Europe, Here we Come			L & U – ‘Passports’ - Learning, communicating, recalling personal details, from sense of self to learning how to spell details accurately	L & U – Negotiation & compromise in healthy relationships L & U – The ‘ups & downs’ normality of friendships & relationships - forgiveness & reconciliation L & U – Respect for those who are different to us L & U – Commitment & promises in friendships & relationships L & U – What healthy relationships & friendships should & shouldn’t look like, i.e. not exclusive, controlling, intimidating etc. - link to bullying & peer on peer abuse	U (& L where possible) - e-safety and sharing of personal details online U – Inappropriate requests for online contact & sharing – what this looks like & how to deal with it U – online – fake identities - people not being who they claim to be	
Watch Me Go!	L & U – Keeping bodies moving – physical health & fitness – importance of this for mental & physical well-being		L & U – Sense of belonging and places that are special to them	L & U - Respectful relationships – courtesy and manners L & U – Respect for people whose ideas & beliefs are different to ours L & U – Developing confidence in communicating with members of the public		L & U - Accessing public transport, e.g. route numbers, buying tickets L & U - Road safety, Cycle safety L & U – Basic First Aid

Down on the Farm	L & U– Changing Adolescent Body – Emotional changes & mood swings, menstruation (where appropriate) L & U – The journey of life & death – emotions & experiences of bereavement	L & U – Changing Adolescent Body – Physical changes & personal hygiene routines L & U – Healthy food choices - ‘Eatwell plates’ & a balanced diet L & U – Cooking skills L & U – Dressing appropriately & safely for different weathers	L & U – Caring for the environment – sustainable food choices, identifying & communicating likes & dislikes			
Everywhere Around Me!	L & U - establishing healthy routines – the importance of sleep for mental & physical well-being	L & U – Daily routines – washing, dressing L & U – Appropriate spaces - I.e. public & private places for different behaviours L & U – cleaning skills in the bedroom – making beds, hoovering, putting toys away		L & U – Respect for people whose ideas & beliefs are different to ours <i>NB - 1001 Nights is framed within a story which addresses many aspects of relationships education</i> L & U – Negotiation & compromise in healthy relationships L & U – Commitment & promises & breaking these L & U – The ‘ups & downs’ normality of friendships & relationships - forgiveness & reconciliation L & U – What healthy relationships & friendships should & shouldn’t look like, I.e. not exclusive, controlling, intimidating etc. - link to bullying & peer on peer abuse	L & U - Awareness of ‘ownership’ of theirs & others need to respect this & vice versa – whether their body, their right to say no & challenge, seek help – boundaries U – Link to healthy amounts of time online	
Food,		L & U - ‘Eatwell	L & U – Exploring &	L & U – Working on		L & U - Shopping

<p>Glorious Food!</p>		<p>plates' Healthy & unhealthy foods L & U – cooking skills L & U – cleaning skills in the kitchen L & U - Mealtime etiquette & skills, e.g. washing hands, laying table – safe & unsafe substances</p>	<p>communicating likes & dislikes – choice & decision-making</p>	<p>collaborative projects as a team, valuing others' ideas & opinions L & U - Respectful relationships – courtesy and manners L & U – Respect for others who are different from us – through celebrating & enjoying other cultures L & U – Developing confidence in communicating to members of the public</p>		<p>wisely, e.g. preparation – lists & quantities, different types of shops L & U – Shopping skills & confidence in communicating with shop staff L & U – Basic First Aid</p>
<p>This is Me!</p>	<p>L & U – Safety rules around medicines - including prescription medicines – quantities & types unique to individuals</p>	<p>L & U – personal hygiene – establishing good routines including why these are important</p>	<p>L & U - Learning, communicating, recalling personal details, from sense of self to learning how to spell details accurately L & U – Resilience, confidence, identifying & being proud of accomplishments L & U - Identifying and accepting similarities and differences</p>	<p>L & U – Awareness of 'ownership' & others need to respect this & vice versa – whether their body, their ideas, their creations - their right to say no & challenge - boundaries</p>	<p>U (& L where possible) - e-safety and sharing of personal details online U – Inappropriate requests for online contact & sharing – what this looks like & how to deal with it U – online – fake identities - people not being who they claim to be</p>	<p>L & U – Accessing health care – tolerance, confidence, knowledge</p>
<p>Unearthing the Anglo-Saxons</p>	<p>L & U – Health & prevention – looking after our ears & teeth L & U – Shared enjoyment of leisure pursuits to support mental well-being, especially music,</p>	<p>L & U – Dental hygiene L & U – Dressing independently – especially fastenings</p>		<p>L & U – Working on collaborative projects as a team, valuing others' ideas & opinions L & U – Developing confidence in communicating to members of the public L & U – Families & communities that care for</p>	<p>L & U – e-safety reliable searches – good sources of information</p>	<p>L & U – Accessing leisure facilities in the community – museums & places of historic interest (Sutton Hoo)</p>

	story-telling			me & belonging		
Oh What a Wonderful World!	L & U – Physical and mental health - benefits of physical activity and spending time outdoors & in nature L & U– Changing Adolescent Body – Emotional changes & mood swings, menstruation (where appropriate)		L & U – Kindness towards others – random acts of kindness	L & U – Negotiation & compromise in healthy relationships L & U – The ‘ups & downs’ normality of friendships & relationships - forgiveness & reconciliation L & U – Respect for those who are different to us L & U – Commitment & promises in friendships & relationships L & U – What healthy relationships & friendships should & shouldn’t look like, i.e. not exclusive, controlling, intimidating etc. - link to bullying & peer on peer abuse	U – online safety – respecting age limits of all apps & games but especially social media, being kind online, knowing to what and how to report	L & U – Accessing leisure facilities - outdoor & natural places – parks & countryside

Secondary- 5 Year Rolling Programme

	Health & Well-Being		Healthy Relationships			The Wider World	
Topic	Health & Hygiene	Daily Routines & Lifestyle	Sense of Self & Personal Values	Healthy Relationships	Staying Safe in Relationships	Accessing the Community	Citizenship
	Physical Health & Fitness Healthy Eating Drugs, Alcohol & Tobacco Health & Prevention Mental Well-Being Changing Adolescent Body	Dressing Washing Healthy Eating Health & Prevention Cleaning Laundry Cooking Budgeting & managing personal finances	Personal interests Rights & responsibilities	Families and people who care for me Caring friendships Respectful relationships	Online relationships Being safe – knowing boundaries, being confident, seeking help Internet Safety and Harms	Shopping Transport – road safety, cycle safety, Services Leisure - water safety Basic First Aid Dealing with Emergencies	Democracy Volunteering Law Human rights

Robots	U (and L where possible) – Mental health, well-being & lifestyle in use of screen time – balance – quantity & time of day U – self-regulation & building in breaks	L – Using electrical appliances in the home L & U – Health & prevention - safety rules around the use of electrical appliances	U - AI and what makes us human?	L & U – What does a healthy friendship look like? - Friendships with ‘people’ (robots) who are different to us	U (and L where possible) – Staying safe in a technological/ digital age – Internet safety & harms - general overview of core aspects of online safety: self-image & identity, online relationships, online reputation, online bullying, managing online information, privacy & security, copyright & ownership	L & U – Accessing technology in the community to carry out everyday tasks, e.g. vending machines, self-service checkouts, online ordering etc	
World War 2	L & U – Physical health & fitness & its importance – U - effects of inactive lifestyle, e.g. tooth decay, obesity, poor mental health L & U – Dealing with difficult emotions & experiences of bereavement, articulating these & where to seek help	L & U – Cooking skills U – confidence & independence in cooking skills & memorising simple recipes/ key components of, preparing balanced, low-cost meals L & U – Safety in the kitchen, U - food storage & food hygiene	L & U – Gender stereotypes – awareness & challenge – link to how wartime changed attitudes	L & U – Managing difficulties in relationships – forgiveness, reconciliation and endings		L & U – Shopping skills - preparations– U - shopping economically - sell-by dates, price comparison	L & U – Pulling together in times of national crisis – e.g. evacuees, home guard
Asia	L – Calming &	L & U - Laundry		L & U - Knowledge,	L & U - E-courtesy –		U – British value of

	<p>controlling difficult emotions L & U – Changing Adolescent Body – Emotional changes & mood swings, reproduction *</p> <p>*postponed due to lockdown</p>	<p>Sorting whites & colours, different types of fabric Using a washing machine Hanging out clothes on a line Using a tumble dryer Hanging clothes Folding clothes</p> <p>U - Washing labels, different types of cycle, ironing</p>		<p>understanding & respect for other cultures</p>	<p>rules & guidelines L & U - Being kind online – online & off-line same rules apply L & U - Safe online behaviours in social situations – disclosure of personal information, over-share (and pressure to do so – including images), digital footprint & legal implications, dangers of arranging meeting up offline</p>		<p>‘mutual respect’ in modern Britain - compare attitudes during British Raj</p>
Europe	<p>U (and lower where possible) – Risk & consequence around illegal addictive substances – especially trafficking of addictive substances - resisting peer pressure & where to get help</p>		<p>L – Developing understanding of themselves & things that are theirs L & U – Taking responsibility for personal belongings and keeping personal belongings safe in public places & when travelling L & U – rights & responsibilities towards authority</p>		<p>L – simple searches L & U – Managing online information – U - effective & reliable searches, critical evaluation of online content L & U – intellectual property – copyright & ownership – especially creative content</p>	<p>L – Interacting with less familiar people in less familiar environments L & U – Travel skills – travelling by public transport – reading time-tables, planning routes</p>	<p>L – Choice-making L & U – British values – democracy & the rule of law - key features of different types of government & key features of democracy – importance of voting U - local, regional and national government bodies & involvement</p>
Chocolate		<p>L & U - Healthy Eating & Health & Prevention –</p>	<p>L – Choice-making L & U – Ethnical consumer choices</p>	<p>U (and L where possible) – Healthy/unhealthy</p>	<p>L – Making choices L & U – Managing online information</p>	<p>L – Interacting with less familiar people in less familiar</p>	

		dental health (L-toleration of) & being treat wise, obesity & how to get help U (and L where appropriate) – Budgeting and financial management	– Fairtrade	relationships – persuasion & coercion & the right to say ‘no’, practical steps they can take to support respectful relationships, kindness and caring for others in relationships	– recognising techniques for persuasion U - cookies & targeting of online content, discerning the veracity of media claims L & U – Bullying online or off-line – intervention & support	environments L & U – Shopping skills – including communicating confidently U - recognising persuasive devices used in retail – e.g. BOGOF, advertising L & U – Making appointments - dentist	
Space		L – Dressing independently & dressing routines L & U – Health & hygiene routines, taking responsibility and the importance of these in adolescence	L – Celebrating personal achievements in themselves & others U - Gender & BAME stereotypes – awareness & challenge – link to role models in the space industry	L – Building positive responses & relationships with peers & adults L & U – Sustaining healthy and positive friendships and relationships and what they look like – e.g. trust, mutual respect, consent, honesty and managing difficulties in relationships – conflict, reconciliation	U (and L where possible) - Ownership & Copyright – protecting personal content and crediting the rights of others (if creating e-books for younger readers) - illegal access & distribution	L & U – Developing confidence in basic first aid skills U – Further first aid skills – e.g. administering CPR and use of defibrillators	U – Legal rights and responsibilities regarding equality - their own and others – where to get support and advice
Victorians		L & U - Safety in school and the workplace & hazards & prevention, especially around electricity and machinery – U	L – Self-belief and celebrating personal achievements in themselves & others - U - Being a role model for younger pupils &		L – Sense of self, responding to personal objects of reference U (and L where possible) donating online – Privacy & Security –	L – Problem-solving L & U – Maintenance of household appliances and dealing with emergencies – calling out services, e.g. calling out	L & U – Social action projects & charity work (L - participation in)

		how to deal with incidents	in wider society		strategies to protect personal data U – Online reputation – building positive online profiles L & U – Bullying off-line – intervention & support	electricians & plumbers	
Earth	L & U – Changes to moods & physical body during adolescence Sex ed – reproduction & sexual development – normal part of growing up U (KS4) – How sexual development might be different for different people – LGBT U (KS4) - Safe sex behaviours – STIs and contraception U (and L where appropriate) (KS4) - Where & how to access confidential sexual & reproductive health advice &	L & U – Safety around the garden & outdoor spaces	L & U – Moral responsibility – lifestyle choices to protect nature & care for the environment	L & U – Differences between friendship and intimate relationships U (and L where appropriate) (KS4)– Healthy non-coercive relationships – understanding an ownership of their bodies & their right to say ‘no’, understanding sexual pressure & pressurising others	U (KS4) – Healthy & unhealthy online relationships including legal implications - risks & pressures of sharing private material online - establishing boundaries, grooming, being pressurised to share inappropriate images & content including sharing pornography L & U – Online bullying – how technology impacts on this – effective reporting & intervention	L & U – Accessing nature and open spaces (where possible further afield from local environment & in more adventurous ways, e.g. camping)	L & U – Environmental stewardship

	treatment L & U – The importance of accessing nature & open spaces for physical and mental well-being						
British Culture	L & U – Legal addictive substances especially alcohol & tobacco – the law around consumption, links between addictive substances & unhealthy lifestyles & illness U – Where and how to seek help and resisting peer pressure	L & U – Make-overs – dressing up for special occasions L & U – Dressing appropriately for different formal & informal occasions – evening out, work, beach, lounge wear etc. L & U - Caring for & looking after their clothes			L – Self-awareness of body L & U – Developing strong, positive self- image L & U – Self-image & identity – online & offline – stereotypes & media representations L & U – Bullying online or off-line – intervention & support	L – Exploration of less familiar places – communicating feelings L & U – Water safety L & U - Staying safe in public places L & U – Dealing with emergencies through the emergency services	L & U – Overview of 5 British values – democracy, rule of law, respect, individual liberty, tolerance of those of faith and no faith
Beliefs and Values			L & U – Knowing, recalling and spelling (depending on level personal details U – Form-filling for a variety of purposes U – Pressure to fit in, standing up for personal beliefs	L & U – Formalising relationships through commitment and ceremony – weddings, civil partnerships, marriage ceremonies in different cultures U – Recognising & valuing different family structures & different types of	L & U – Group & collective identities, sharing & enjoying experiences & time with friends & family L & U – Staying safe in public events and crowds		U (& L as appropriate) - Universal Declaration of Human Rights – what it is and how it applies to individuals

				relationships including co-habitation & couples that choose to live together			
Going Places	L & U – Physical activity – importance of active lifestyles for physical and mental well-being	L & U – Personal hygiene especially after sports & general washing routines U – Budgeting & managing personal finances – especially relating to transport, including hidden costs such as insurance – e.g. price comparison of cars, public transport etc.			U – Managing online Information & Privacy & Security online – price comparisons when making online travel ticket purchases online & how to protect personal information – e.g. bank account details	L – Confidence communicating in public – transport staff – buying tickets L & U – Travel skills – travelling by public transport – reading time-tables, planning routes L & U – Contacting emergency services especially relating to travel accidents	L & U – Transport and the Environment – different types of transport and making ethical choices
A Celebration of Suffolk	L & U – Legal addictive substances – especially moderation of consumption during celebrations & special occasions	L & U – Cooking skills - especially preparation of low-cost, healthy snacks & picnic meals L & U - finance & budgeting – price & health comparison with take-away meals & fast food	L & U – Self-awareness & celebrating own & others unique talents	L & U – Group & collective identities, sharing & enjoying experiences & time with friends & family L & U – Using digital content effectively to create positive personal profiles - social media to promote purpose & self	L & U – Staying safe in public events and crowds U – Managing online information - effective & reliable searches, critical evaluation of online content U – Ownership & copyright – protecting personal content, crediting the work of others, legal implications		L & U – Community involvement – volunteering & participating in local communities

					of illegal access, download & distribution		
The Big Screen	L & U – Sex ed – reproduction & sexual development – normal part of growing up U (KS4) – How sexual development might be different for different people – LGBT U (KS4) - Safe sex behaviours – STIs and contraception U (and L where appropriate) (KS4) - Where & how to access confidential sexual & reproductive health advice & treatment	L & U – Health & prevention - safety around electricity & a range of electrical appliances		L & U – Differences between friendship and intimate relationships – link to sex and relationships portrayal on screen U (and where appropriate) - Positive body image & media portrayal U (and L where appropriate) - Age restrictions & laws around sexual behaviour U - (KS4) – Why people have sex, safe sex behaviours, STIs, contraceptive choices	L – Self-awareness of body L & U – Developing strong, positive self- image L & U – Self-image & identity – online & offline – stereotypes & media representations U – Online reputation – managing online content in representation of self, the law, digital footprint U – Ownership & copyright – protecting personal content & crediting the work of others	L & U – Developing confidence in basic first aid skills U – Further first aid skills – e.g. administering CPR and use of defibrillators L & U – Accessing leisure activities in the community, especially cinema & entertainment – L - developing confidence in communicating & being in less familiar environments - choice-making L & U – Ordering tickets, finding out what’s on, planning & carrying out leisure activities – what, how, when	
Ancient Civilizations - Ancient Greece	L & U – Importance of participation in physical exercise including competitive events	L & U - Laundry Sorting whites & colours, different types of fabric Using a washing machine Hanging out clothes on a line Using a tumble	L & U – Right & wrong – choice - making L & U – Personal integrity & moral codes by which we live – ourselves & our legacy – what will we be	L & U – Our families who care for us – caring & respectful behaviours within families, ups & downs of family relationships	L & U – Compare practice & attitudes in Ancient Greece & modern society - explore different types of relationships, family structures & organisation,	L & U – Accessing physical exercise in the community – leisure centres, sports clubs, including spectator sports – finding out about events, buying tickets, making	L & U – Our morals & our legacies – making a difference to our communities through social action U – Legacy of the Greeks – democracy - key features of different types of government &

		dryer Hanging clothes Folding clothes U - Washing labels, different types of cycle, ironing	remembered for?		gender stereotypes	choices, planning & carrying out visits	key features of democracy – importance of voting U - local, regional and national government bodies & involvement
Global Rhythm and Rhyme		L & U – Cooking skills - confidence & independence in cooking skills – cooking & trying less familiar dishes & ingredients – following recipes L & U – Safety in the kitchen, U - food storage & food hygiene, safe use of electrical appliances in the kitchen	U – Ethical consumer choices – airmiles, Fairtrade, conditions & workers’ rights		L & U – Awareness & respect for people who are different to me L & U – Online relationships & online bullying – being kind online, online etiquette & acceptable behaviours	L & U – Developing skills & confidence in shopping – shopping for less familiar ingredients –locating specialist shops & markets, navigating larger supermarkets	L & U – Multi-cultural Britain – awareness, respect & celebration U – Global links & interdependence – implications for the choices we make

Whole School topics

Elmer’s Art Trail			L & U – Personal identity – valuing and celebrating what makes us unique	L & U – Friendships = respectful behaviours between friends, ups & downs of friendships	L & U – Awareness & respect for people who are different to me L & U – Online relationships & online bullying – being kind online, online etiquette &		L & U – Community involvement – fund-raising, charities volunteering & participating in local communities
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					acceptable behaviours		
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