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|  | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Autumn 1** | **Being me in my world** | **Being me in my world** | **Being me in my world** | **Being me in my world** |
| **Links to prior learning**  ***Sticky Vocabulary*** | Setting personal goals  Self-identity and worth  Rules, rights and responsibilities  Rewards and consequences  *Rules, values, behaviour, self-identity, responsibility* | Being a school citizen  Rights and democracy  Having a voice  What motivates behaviour  *Included, excluded, motivation and democracy.* | Planning the forthcoming year  Being a local citizen  Rights and responsibilities in the UK  Participating in democracy  *Citizen, democracy, Rights* | Identifying goals for the year  Global citizenship Children’s universal rights Group dynamics and role modelling *Empathy, global, local, poverty, inequality* |
| **Autumn 2** | **Celebrating Difference** | **Celebrating Difference** | **Celebrating Difference** | **Celebrating Difference** |
| **Links to prior learning**  ***Sticky Vocabulary*** | Families and theirs differences Witnessing bullying Giving and receiving compliments Recognising words can be hurtful *family, parent, child, bullying* | Challenging assumptions Judging by appearance Understanding bullying Identifying how special and unique everyone is  *Acceptance, difference, unique, assumption, first impression* | Cultural differences and how they can cause conflict Racism and types of bullying Enjoying and respecting other cultures  *Racism, segregation, direct racism.* | Perceptions of normality Understanding disability Inclusion and exclusion Empathy  *Disability, quality of life, barrier, success.* |
| **Spring 1** | **Dreams and Goals** | **Dreams and Goals** | **Dreams and Goals** | **Dreams and Goals** |
| **Links to prior learning**  ***Sticky Vocabulary*** | Difficult challenges and achieving success Starting new challenges Motivation and enthusiasm Recognising and trying to overcome obstacles  *Dream, motivation, success.* | Overcoming disappointment Creating new realistic dreams Working in a group Resilience  *Positivity, resilience, goal.* | Future dreams (dream job and how to get there)  The importance of money  Jobs and careers  Goals in different cultures  *Aspiration, personality, skill.* | Personal learning goals, in and out of school Using a success criteria Motivation Recognising achievements  *Realistic, criteria, achievement.* |
| **Spring 2** | **Healthy Me** | **Healthy Me** | **Healthy Me** | **Healthy Me** |
| ***Links to prior learning***  ***Sticky Vocabulary*** | Exercise and fitness challenges  Food labelling and healthy choices  Attitude towards drugs  Respect for myself and making safe choices  *Diet, exercise, oxygen, fitness, health, energy, fat.* | Smoking Alcohol Healthier friendships Peer pressure  *Tar, carbon dioxide, peer pressure, embarrassment, anxiety.* | Smoking including vaping Alcohol and anti-social behaviour Emergency aid Body image and relationships with food  *Body image, misuse, drug, self worth, low self esteem, pressure, respect.* | Taking personal responsibility How substances affect the body Exploitation and county lines Emotional and mental health  *Substance abuse, addiction, withdraw, exploitation.* |
| **Summer 1** | **Relationships** | **Relationships** | **Relationships** | **Relationships** |
| ***Links to prior learning***  ***Sticky Vocabulary*** | Family roles and responsibilities Keeping safe online Being aware of how my choices affect others Awareness of how other children have different lives  *conflict, consequences,* | Jealousy and love Memories of loved ones Getting on and falling out Girlfriends and boyfriends  *empathy, loneliness, kindness, acceptance, pain, shock.* | Self recognition and self-worth Safer online communities and internet safety Online gambling and gaming Dangers of online grooming  *Self-worth, Self-love, gambling, grooming.* | Identifying mental health worries and sources of support Managing feelings power and control Take responsibility with technology use  *Grief, bereavement, denial, depression, control, mental health.* |
| **Summer 2** | **Changing Me** | **Changing Me** | **Changing Me** | **Changing Me** |
| ***Links to prior learning***  ***Sticky Vocabulary*** | How babies grow Understanding a baby’s needs Family stereotypes Preparing for transition inside and outside  *Development, affection, requirements,* stereotype. | Having a baby (chromosomes) Being unique Girls and puberty Accepting change  *Sperm, egg, chromosomes, puberty, stress, hormones.* | Self and body image Puberty for girls and boys Conception Growing responsibility  *Penis, vagina, puberty, period, conception, hormones* | Conception to birth Physical attraction Respect and consent Sexting  *Menstruation, pubic hair, ovary, sperm, embryo, foetus.* |