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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 goalsSelf-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 yearGlobal 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 moneyJobs 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.* |