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|  | **Autumn 1**   |  | | --- | | Being Me in My World | | **Autumn 2**   |  | | --- | | Celebrating Difference | | **Spring 1**   |  | | --- | | Dreams and Goals | | **Spring 2**   |  | | --- | | Healthy Me | | **Summer 1**   |  | | --- | | Relationships | | **Summer 2**   |  | | --- | | Changing Me | |
| **N** | Caring For Others | Kind Words  Playing and Working together | Being Positive | Balanced Diet  Being Active | Falling Out | Respecting our Bodies |
| **R** | Belonging  Being Responsible | Being Different  Giving Compliments | Not Giving Up  Being  Being Proud | Keeping Safe  Keeping Safe | Making and Keeping Friends  Respect for Others | Growing Up  How we have changed since we were babies |
| **1** | Keeping Safe at School | Similarities and Differences  Bullying and Feelings | Being Successful  Positive Feelings | Keeping My Body Safe  Being Healthy | Being Special  Good and Bad Behaviour Traits | My changing body  Boys’ and girls’ bodies; correct names for body parts |
| **2** | Behaviour and Choices  Friendships | Being Different  Stereotypes | Working with Others  Identifying Feelings | Medicines and Keeping Safe  Health and Choices | Relationships that are safe  Solving Problems | Boys’ and girls’ bodies; body parts and respecting privacy (which parts of the body are private and why this is) |
| **3** | Effects of behaviour upon others  Rules | Friendships  Solving Conflict | Improving Ourselves  Success | Keeping Safe  Managing Feelings | Positivity  Making Choices  Impact of Choices | How babies grow and how boys’ and girls’ bodies change as they grow older |
| **4** | Listening and Respect  Democracy | First Impressions  Acceptance  Bullying | Different Cultures  Goals and Resilience | Body and Respect  Peer pressure  Managing Negative feelings | Loss  Managing Loss in our families | Having a baby: Internal and external reproductive body parts  Puberty and menstruation  Conception explained in simple terms. |
| **5** | Rules and Responsibilities  Impact upon others | Bullying  Discrimination | Hopes and Dreams  Different Cultures | Food and substances  Respecting our Bodies | Online and Offline Friendships  Managing Risks | Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent.  Conception explained in simple biological terms. |
| **6** | Choices and Impact | Conflict  Differences | Motivation | Substances  Managing Stress | Feelings | Puberty for boys and girls revisited.  Understanding conception to the birth of a baby. Becoming a teenager. |

Coordinator – Miss Evans/Miss Fyfe

All lessons are taught using correct terminology, child-friendly language and diagrams.