### Class 1

#### Autumn 1

**Understanding personal change and responsibility (All about me)**

- Why am I special?
- What makes me feel good about myself?
- What do we have in common with others?
- How are we different?
- Why do we keep clean?
- What keeps me healthy/in balance?
- How can I develop my resilience?
- What is an ‘active lifestyle’?
- Why is it important to be active?
- How do I feel? What affects my mood

#### Autumn 2

**How media, commerce and social issues shape our understanding of the world (Citizenship & British Values)**

- **School and class rules (The Rule of Law and Democracy)**
  - What are our class / school rules?
  - Why is it important we all stick to the class rules?

- **Children’s rights and responsibilities – (Liberty)**
  - How can we help each other?
  - What is the difference between and want and need?
  - What are our rights?
  - What are our responsibilities to ourselves and others?

- **The local community (Respect and tolerance).**
  - What do we mean by community?
  - What sorts of communities are there? (e.g. class, school, local)
  - Who is in our community?
  - What groups do we belong to, in school or outside of school?
  - Do we all believe in the same things?

- **The local environment (Respect)**
  - What is good about where we live?
  - What would make it even better?
  - What can we do to improve our area?
### Spring 1

**Understanding the dynamics of healthy relationships**  
*(Kindness and anti-bullying)*

- What makes me a good friend?  
- What behaviour makes us feel happy/ sad (inc appropriate and inappropriate touch)?  
- How do we show kindness to ourselves?  
- How do we show kindness to others?  
- How do I feel when I am shown kindness?  
- How do I feel when I show kindness to others?

### Spring 2

**Developing Risk management**  
*(keeping safe at home, keeping safe outside)*

- Who helps us?  
- What are emergency services?  
- How do the emergency services help to keep us safe?  
- How do we keep ourselves safe?  
- When is it safe or not safe to take medicine?  
- Who can we speak to about our feelings?  
- What is a medicine?  
- When can medicines be helpful and when can they be harmful?  
- Who takes responsibility for medicines when we're younger?  
- How do I recognise when something could be harmful?  
- What could I do if I think something is not safe?

### Summer 1

**Understanding personal change & responsibility**  
*(All about me)*

- How have I changed?  
- What is similar and different about girls and boys?  
- What are the names of the external body parts?  
- What are the correct names for body parts?

### Summer 2

**Understanding the dynamics of healthy relationships**  
*(Friends and family)*

- Who takes care of me?  
- What does private mean?  
- What makes a good friendship?  
- What behaviour makes us feel happy/ sad (inc appropriate and inappropriate touch)?
## Class 2

### Autumn 1

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| School, class and other rules |
| What are our class and school rules and why do we have them? |
| What other rules do you know about? |
| What is the difference between a rule and a law? |
| How are rules and laws made? |
| Children’s rights and responsibilities (UN) – (Liberty) |
| What are the UN Rights of the Child? |
| What jobs do you do at home? |
| What roles do we have at home and school? |
| What are you responsible for at home and school? |
| The Local/global community and Personal Identity (Tolerance and Respect) |
| What does a community look like? |
| How do religious beliefs affect the community? |
| What are your school values? |
| What are the different customs of people in your school community? |
| The Local environment (Respect) |
| What is good about where we live? |</p>
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**Personal responsibility**  
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What do we have in common with others?  
How are we different?  
Why do we keep clean?  
What keeps me healthy/in balance?  
How can I develop my resilience?  
What is an ‘active lifestyle’?  
Why is it important to be active?  
How do I feel? What affects my mood  
Lower KS2  
What is special about me?  
What makes me feel good about myself?  
What gives me energy?  
Why do we keep clean?  
What keeps me healthy/in balance?  
How do I feel? What affects my mood?  
How can I manage my feelings? (including feelings of loss)  
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| Spring 1 |
| **Understanding the dynamics of healthy relationships**  
**Kindness and anti-bullying**  
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What makes me a good friend?  
What behaviour makes us feel happy/sad (inc appropriate and inappropriate touch)?  
How do we show kindness to ourselves?  
How do we show kindness to others?  
How do I feel when I am shown kindness?  
How do I feel when I show kindness to others?  
Lower KS2  
What is an unhealthy relationship?  
What is a healthy relationship?  
What is bullying?  |
### Spring 2

**Developing Risk management**  
(keeping safe at home, keeping safe outside)

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<td>What is a drug?</td>
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<td>Are all drugs medicines?</td>
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<td>What drugs have a non-medical use?</td>
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<td>What does ‘age-restricted’ mean?</td>
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<td>What does ‘Smokefree’ mean?</td>
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<td>What laws encourage ‘Smokefree’ environments?</td>
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<td>What risks are there? What would someone need to know before they tried a legal / illegal drug (the risks)?</td>
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<td>What drinks contain drugs? (e.g. caffeine/alcohol)</td>
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<td>Is it normal for young people to use drugs?</td>
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### Summer 1

**Understanding personal change & responsibility**  
(All about me)

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### Summer 2

**Understanding the dynamics of healthy relationships**  
*(Friends and family)*

**KS1**
- Who takes care of me?
- What does private mean?
- What makes a good friendship?
- What behaviour makes us feel happy/sad (inc appropriate and inappropriate touch)?

**Lower KS2**
- What responsibilities does a parent have for their child?
- What behaviour affects our feelings and how (including appropriate and inappropriate touch)?

### Class 3

#### Autumn 1

**How media, commerce and social issues shape our understanding of the world**  
*(Citizenship & British Values)*

**Personal opinions**  
*(Liberty and respect)*
- What topical issues are important to debate?
- How can we speak so that people want to listen?
- How can we put across our viewpoint?
- Why do people have different viewpoints?

**Personal identities**  
*(Liberty and respect)*
- What are the different religions and cultures represented in your community?
- How are the different world religions and cultures represented in your community?
- How are the different world religions similar to each other?
- How are they different?

**Democracy**
- How are rules and laws made and changed?
- What is democracy?
- How are local councils and the government elected?
- What is the role of the parliament?
- How are laws made and who makes them?

**Children’s and adults’ rights and responsibilities (UN)**  
*(Liberty)*
- What roles do we have in community?
- What are you responsibility for in the community?
- How do laws protect our right?

**Conflict resolution (Tolerance)**
- If we fall out, how can we still be friends?
- How can we help people to become friends again when they’ve fallen out?
Why might we fall out and can we prevent it?

**Charity work**
What is charity?
Who funds charity?
Why do charities exist?

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**Autumn 2**

**Understanding personal change and responsibility**  
(Personal Responsibility)

- How do I feel? What affects my mood?
- How can I manage my feelings (including feelings of loss)?
- Why do we keep clean?
- What keeps me healthy/in balance?
- What do I want? What am I comfortable with?
- How can I develop my resilience?
- What is an ‘active lifestyle’?
- Why is it important to be active?

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**Spring 1**

**Understanding the dynamics of healthy relationships**  
(Kindness and anti-bullying)

- What is bullying?
- What do you do if you are being bullied?
- What do you do if you see someone being bullied?
- How do we show kindness to ourselves?
- How do we show kindness to others?
- How do I feel when I am shown kindness?
- How do I feel when I show kindness to others?

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**Spring 2**

**Developing Risk management**  
(keeping safe at home, keeping safe outside)

- What does ‘smokefree’ mean?
- What is a drug?
- Why do we have laws that control drugs in this country and what they are?
- Why are some drugs illegal and some legal?
- What effects and risks do drugs have (including tobacco and alcohol – and volatile substances, if raised)?
- Is it normal for young people to use drugs?
- Is drug use increasing or decreasing among young people?
- Why do we sometimes take risks?
- How do we keep safe around the home?
- How do we keep ourselves safe outside?

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**Summer 1**

**Understanding personal change & responsibility**  
(Growing up)
What changes happen as we become adults?
What are the stages in the human life cycle?
How are babies made?
**Female Genital Mutilation**

**Summer 2**

**Understanding the dynamics of healthy relationships**  
(Friends and family)

What is a healthy relationship?
What is an unhealthy relationship?
What behaviour affects our feelings and how (including appropriate and inappropriate touch)