

Autumn 1	Spring 2
To recognise the different zones of regulation.	To identify positives about what makes me, me.
To understand times when I might be in different zones of regulation.	To know what helps me sleep better.
To know how my body reacts in different zones.	To understand how to identify if someone needs help or first aid.
To start to identify triggers that send me out of the green zone.	To know when it is safe to take medicines.
To identify some tools to help me regulate my emotions.	To identify dangers inside the home.
To identify the size of a problem and how this impacts my emotions.	To keep safe around strangers.
Autumn 2	Summer 1
To know how to stay safe on bonfire night.	To understand my rights and responsibilities
To understand that families can have problems but support each other.	To understand why we have rules and the consequences of breaking rules.
To know possible ways friends can resolve issues.	To identify risks on the railway.
To understand some of the impacts of bullying.	To understand the importance of being responsible and why it is wrong to steal.
To know that trust is an important part of relationships.	To understand that our actions affect ourselves and others. (plastic pollution)
To understand gender stereotyping.	To understand the groups that make up the community.
To understand age stereotyping.	To understand who helps the local community.
Spring 1	Summer 2
To know what is appropriate touch.	To recognise different types of careers.
To understand the role I can take in an emergency situation.	To understand the different ways to pay for things.
To understand why we need to wash our hands.	To recognise that money has an impact on how we feel.
To develop an understanding of safety on or near roads.	To recognise different ways AI can be used fairly or unfairly.
To identify who can keep me safe.	To celebrate differences between people.
	To understand and build tolerance.

Autumn 1	Spring 2
To identify tools to regulate my emotions.	To understand social media age restrictions.
To know what makes a healthy and safe relationship.	To recognise how images in the media to now always reflect reality.
To celebrate differences.	To know what images online can affect how people feel about themselves.
To identify unhealthy relationships.	To understand that images online might be AI generated.
To resolve differences by looking at alternatives.	To know the dangers of sharing information online.
To build on my self-esteem with gratitude.	I understand how spending money within a game is linked to real money and debt.
To understand what contributes to my personal identity.	Summer 1
To know the traditions around Halloween.	I can identify some human rights.
Autumn 2	I know that rules are there to protect us.
To identify hazards on Bonfire Night.	I know what discrimination means.
To differentiate between the terms risk, hazard and danger.	I know there are a wide range of beliefs in the UK.
To identify a range of danger signs.	I know about my local area and what can be done to make changes.
To recognise and manage dares.	Summer 2
To know how to be safe at a level crossing.	I know some basic first aid.
To develop an understanding of giving and receiving and to explain their choices.	I understand how I can help at home.
Spring 1	I can identify how payment methods are changing.
To explain why sleep is important for a healthy lifestyle.	I know the difference between debit and credit.
To recognise how too much sugar in our food and drink can affect us.	I can identify the skills needed for some jobs.
To identify the benefits of exercise.	I know it is illegal to discriminate against the 9 protected characteristics in a workplace.
To identify tools to help regulate my emotions.	I can reflect on my achievements this year.
To know how to use medicines safely.	

Autumn 1	Spring 2
To identify tools to regulate my emotions.	To understand how water usage effects climate crisis.
To understand what civil partnerships and marriage mean.	To know what being part of a community means.
To know what families can support each other through difficult times.	To identify risks in the local area and how to approach them.
To recognise what makes a positive, healthy relationship.	To understand how wants and needs can affect spending habits.
To understand the importance of balancing my own needs with being kind to others.	To understand how people get into different jobs (career pathways) and what values matter to me.
To understand the difference between assertive, aggressive and passive behaviour.	Summer 1
To recognise ways to manage peer pressure.	To understand consent.
To reconcile differences and conflict positively and safely, including avoiding physical aggression and finding a compromise.	To identify body changes during puberty.
Autumn 2	To know that my body and emotions may change during puberty.
To consider the history behind Bonfire night and traditions that still remain today.	To understand personal hygiene routines during puberty.
To identify risks on the tracks at the train station.	Identify how relationships can be healthy and unhealthy.
To identify positives and negatives of AI.	To know how images in the media can be manipulated or invented and how this affects body image.
To recognise the importance of behaving in a responsible manner in a range of situations.	Summer 2
To know that people feel, express, and manage grief in different ways.	To recognise dangers over the summer holidays.
To identify strategies for feeling lonely.	To recognise early signs of physical illness.
To consider other people's thoughts and feelings.	To know how to make an emergency services call.
Spring 1	To know some basic first aid.
To know the definition of a drug.	To identify safe and unsafe exposure to the sun.
To know about the risks and effects of legal drugs common to everyday life and their impact on health. (cigarettes, e-cigarettes/vaping, alcohol and medicines)	To understand facts and science relating to vaccinations.
To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to other.	
To know that some drugs can be addictive.	

Autumn 1	Spring 2
To use tools to regulate my emotions.	To identify what gambling is and how it can affect people.
To recognise and respond appropriately to a wider range of feelings in others.	To identify the pros and cons of gaming.
To understand the consequence of my actions.	To identify how to keep money safe online and avoid scams.
To identify that families look different to everyone.	To understand that in-app purchases are linked to real money.
To identify peer pressure and how to overcome it	To identify how money affects the way we feel - work/life balance.
To understand that feeling lonely is normal and that AI chatbots are not alternative to friendships.	Summer 1
To identify the 9 protected characteristics	To understand some basic laws around becoming an adult at 18.
Autumn 2	To know how bodies and emotions change through puberty.
To identify anti-social behaviour on bonfire night.	To know about and explain human reproduction.
To understand what positively and negatively affects their physical, mental and emotional health.	To know what online requests are appropriate and inappropriate.
To understand how lack of sleep can affect me.	Summer 2
To recognise good and bad feelings in my body and how these affect me.	To know my human rights.
To identify healthy and unhealthy relationships in person and online.	To identify truths and myths about high school.
To understand how fast fashion affect the planet.	To understand new relationships at secondary school
Spring 1	To understand the risks at the railway.
To challenge gender stereotypes.	To understand some basic first aid.
To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.	To reflect upon achievements.
To reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals	
To identify a variety of payment methods, why they are used and the positives and negatives that might come with them.	
To understand the effects of my spending choices.	