

Autumn 1 Being Me	Spring 1 Digital Me	Summer 1 The World & Me
<p align="center"><u>How can I be a good friend?</u></p> <p>Relationships Education Caring friendships:</p> <ul style="list-style-type: none"> The characteristics of friendships <p>Respectful relationships:</p> <ul style="list-style-type: none"> That in school and in wider society that they can expect to be treated with respect by others, and that in turn they should show due respect to others. The conventions of courtesy and manners. <p>Online relationships:</p> <ul style="list-style-type: none"> That the same principles apply to online relationships as face-to-face relationships. <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. 	<p align="center"><u>How do we keep safe in different places?</u></p> <p>Relationships Education: Online relationships:</p> <ul style="list-style-type: none"> That people sometimes behave differently online, including by pretending to be someone they are not. <p>Being safe:</p> <ul style="list-style-type: none"> How to respond safely and appropriately to adults they may encounter (in all contexts including online) <p>Caring friendships:</p> <ul style="list-style-type: none"> How to recognise who to trust and who not to trust, how to manage these situations and how to seek help or advice from others if needed. <p>Health Education: Internet safety and harms:</p> <ul style="list-style-type: none"> That for most people the internet is an integral part of life and has many benefits. The benefits of rationing time spent online. Where and how to report concerns and get support with issues online. Why social media, some computer games and online gaming are age restricted. 	<p align="center"><u>What is my place in the world?</u></p> <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> The benefits of community participation voluntary and service-based activity on mental wellbeing and happiness.
Autumn 2 Celebrating Differences	Spring 2 Healthy Me	Summer 2 Changing Me
<p align="center"><u>What is the same and different about us?</u></p> <p>Relationships Education: Families and people who care for me:</p> <ul style="list-style-type: none"> Families, either in school or the wider world, sometimes look different from their family but they should respect those differences and know that other children's families are also characterised by love and care. That stable and caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. The characteristics of family life and the importance of spending time together and sharing each other's lives. <p>Respectful relationships:</p> <ul style="list-style-type: none"> The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs. 	<p align="center"><u>How can I stay healthy?</u></p> <p>Health Education: Mental wellbeing:</p> <ul style="list-style-type: none"> That mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits of physical exercise and time outdoors on mental wellbeing and happiness. <p>Physical health and fitness:</p> <ul style="list-style-type: none"> The characteristics and mental and physical benefits of an active lifestyle. <p>Healthy eating:</p> <ul style="list-style-type: none"> What constitutes a healthy diet? <p>Health and prevention:</p> <ul style="list-style-type: none"> About safe and unsafe exposure to the sun. <p>Drugs, alcohol and tobacco:</p> <ul style="list-style-type: none"> The facts about legal and illegal harmful substances and associated risks. 	<p align="center"><u>Are boys and girls the same?</u></p> <p>Relationships Education: Respectful friendships:</p> <ul style="list-style-type: none"> What a stereotype is, and how stereotypes can be unfair, negative or destructive. The importance of respecting others, even when they are very different from them. <p>SRE unit: Differences between boys and girls</p>