

	<u>ACHIEVERS Tool Focus</u> Aspirations Emotional Wellbeing Social Skills	<u>ACHIEVERS Tool Focus</u> Value and Respect Having Resilience Communication	<u>ACHIEVERS Tool Focus</u> Investigation Resourcefulness Evaluation
<u>Y1</u>	<u>Autumn - Relationships</u> Families and People who Care for me <ul style="list-style-type: none"> - Differences and similarities in families - To identify special people - Communities we belong to Relationships <ul style="list-style-type: none"> - What makes a good friendship <ul style="list-style-type: none"> -Resolving arguments -Loneliness - Effects of our behaviour <ul style="list-style-type: none"> - Sharing opinions - Good listening - Behaviour online <ul style="list-style-type: none"> - Responding to people we do not know Being Safe <ul style="list-style-type: none"> - Bullying -Road safety 	<u>Spring - Health and Well-being</u> Physical Wellbeing and Healthy Lifestyles <ul style="list-style-type: none"> - Achieving healthiness - Learning and Playing Mental Wellbeing <ul style="list-style-type: none"> - Recognising and naming feelings - Feelings affecting our bodies Ourselves, Growth and Change <ul style="list-style-type: none"> - We are all unique - Managing ourselves Keeping Safe (Summer Term)	<u>Summer - Living in the Wider World</u> Keeping Safe <ul style="list-style-type: none"> - Risk in situations - Reaction to an accident Shared Responsibilities and Communities <ul style="list-style-type: none"> - Communities and their rules - Roles and responsibilities in communities - Caring for others and living things Media and Digital Resilience <ul style="list-style-type: none"> - Is online always the truth? Money Matters <ul style="list-style-type: none"> - Forms of Money - Save or spend? Aspirations, Work and Careers <ul style="list-style-type: none"> - Jobs
<u>Y2</u>	<u>Autumn - Relationships</u> Families and People who Care for me <ul style="list-style-type: none"> - Respect for different families - Common features of a family - Unhappy relationships Caring Friendships <ul style="list-style-type: none"> - Being a good friend and what to do if 	<u>Spring - Health and Well-being</u> Physical Wellbeing and Healthy Lifestyles <ul style="list-style-type: none"> - Healthy food options - The importance of sleep - Medication and immunisations - Who can keep us healthy? Mental Wellbeing	<u>Summer - Living in the Wider World</u> Shared Responsibilities and Communities <ul style="list-style-type: none"> - Looking after our environment Media and Digital Resilience <ul style="list-style-type: none"> - The role of the internet - Safety on internet devices Money Matters

	<p>a friend makes us feel unhappy</p> <ul style="list-style-type: none"> - How does our behaviour affect others? <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Respect - Being kind and courteous - Hurtful behaviour <p>Being Safe</p> <ul style="list-style-type: none"> - Seeking permission - Physical contact - Keeping secrets - Resisting pressure - Seeking help - Road safety 	<ul style="list-style-type: none"> - Feelings and what they look like <ul style="list-style-type: none"> - Managing feelings - Asking for help - Loss - Ourselves, Growth and Change - Scientific names for body parts <p>Keeping Safe</p> <ul style="list-style-type: none"> - Safety at home and online <ul style="list-style-type: none"> - 999 <p>Health and Prevention</p> <ul style="list-style-type: none"> - Dangers of what we put in and on our bodies 	<ul style="list-style-type: none"> - Needs and wants - Looking after our money <p>Aspirations, Work and Careers</p> <ul style="list-style-type: none"> - Purpose of jobs
<p><u>Y3</u></p>	<p><u>Autumn - Relationships</u></p> <p>Families and People who Care for me</p> <ul style="list-style-type: none"> - Different types of relationships <ul style="list-style-type: none"> - Positive family life - Caring for our families - Healthy family life <p>Caring Friendships</p> <ul style="list-style-type: none"> - Positive friendships and our well-being <ul style="list-style-type: none"> - Loneliness <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Bullying <ul style="list-style-type: none"> - Hurtful behaviour online and offline <p>Being Safe</p> <ul style="list-style-type: none"> - Privacy and personal boundaries <ul style="list-style-type: none"> - Keeping secrets - Road safety 	<p><u>Spring - Health and Well-being</u></p> <p>Physical Wellbeing and Healthy Lifestyles</p> <ul style="list-style-type: none"> - Balances healthy lifestyles <ul style="list-style-type: none"> - Healthy diet - Oral hygiene <p>Mental Wellbeing</p> <ul style="list-style-type: none"> - Recognising feelings and how these change <p>Ourselves, Growth and Change</p> <ul style="list-style-type: none"> - Personal identity - Personal skills, strengths and achievements <p>Keeping Safe</p> <ul style="list-style-type: none"> - Age restrictions <ul style="list-style-type: none"> - Keeping safe in the local environment <ul style="list-style-type: none"> - Basic first aid - 999, What's your emergency? 	<p><u>Summer - Living in the Wider World</u></p> <p>Shared Responsibilities and Communities</p> <ul style="list-style-type: none"> - Rules and laws - Human Rights - Our community <p>Media and Digital Resilience</p> <ul style="list-style-type: none"> - Reliability of sources <p>Money Matters</p> <ul style="list-style-type: none"> - How can I pay? - Spending Decisions <p>Aspirations, Work and Careers</p> <ul style="list-style-type: none"> - Setting goals - Future jobs

<p><u>Y4</u></p>	<p><u>Autumn - Relationships</u> Families and People who Care for me - Different family units and respect - Features of a caring family - Marriage Caring Friendships - Positive healthy friendships (online and offline) - Difference between online and offline friends Respectful Relationships - Bullying - Consequences of behaviour - Physical contact Being Safe - Physical contact - Permissions - Road safety</p>	<p><u>Spring - Health and Well-being</u> Physical Wellbeing and Healthy Lifestyles - What makes a healthy lifestyle? - Sleep Mental Wellbeing - All about mental well-being - Feelings and our mental health Ourselves, Growth and Change - Personal Identity Keeping Safe - Basic First aid - House hazards including medicines and cleaning products - First aid: choking - Emergency services Health and Prevention - Legal drugs and the law</p>	<p><u>Summer - Living in the Wider World</u> Shared Responsibilities and Communities - Rights and Responsibilities - Protecting the environment Media and Digital Resilience - Positives and Negatives of the internet - Data collection and Cookies Money Matters - Attitudes towards money - Spending and the environment Aspirations, Work and Careers - Jobs and money</p>
<p><u>Y5</u></p>	<p><u>Autumn - Relationships</u> Families and People who Care for me - Different family structures - Characteristics of a happy home - Upset at home? - Gender identity Caring Friendships - Peer pressure offline and online - Unsafe friendships Respectful Relationships - Self-respect - Politeness and courteous behaviour Being Safe</p>	<p><u>Spring - Health and Well-being</u> Physical Wellbeing and Healthy Lifestyles - Good Physical health - Bacteria, viruses and medicines Mental Wellbeing - What is mental health? - Change and loss Ourselves, Growth and Change - Puberty - Reproduction and the human life cycle - Keeping clean Keeping Safe - Basic First aid - Predict, assess and manage risks</p>	<p><u>Summer - Living in the Wider World</u> Shared Responsibilities and Communities - Our community - Stereotypes - Our environment Media and Digital Resilience - What is appropriate to share online? - Sharing data Money Matters - Keeping track of money - Risks associated with money Aspirations, Work and Careers - Stereotypes in the workplace</p>

	<ul style="list-style-type: none"> - Different behaviour online and offline - Road safety 	<ul style="list-style-type: none"> - First aid: asthma - 999 <p>Health and Prevention</p> <ul style="list-style-type: none"> - Legal drugs 	
Y6	<p><u>Autumn - Relationships</u></p> <p>Families and People who Care for me</p> <ul style="list-style-type: none"> - Family units - Marriage and separation <p>Caring Friendships</p> <ul style="list-style-type: none"> - Changing friendships <ul style="list-style-type: none"> - The ups and downs of friendships <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Bullying - Discrimination <ul style="list-style-type: none"> - Debating and responding appropriately <p>Being Safe</p> <ul style="list-style-type: none"> - Responding safely - Road safety 	<p><u>Spring - Health and Well-being</u></p> <p>Physical Wellbeing and Healthy Lifestyles</p> <ul style="list-style-type: none"> - Healthy lifestyles - Managing time online <p>Mental Wellbeing</p> <ul style="list-style-type: none"> - Looking after our mental health - Conflicting emotions - Problem-solving strategies <p>Ourselves, Growth and Change</p> <ul style="list-style-type: none"> - My growth - Resilience <ul style="list-style-type: none"> - Managing setbacks and perceived failures - Independence <p>Keeping Safe - Basic First aid</p> <ul style="list-style-type: none"> - First Aid: The recovery positions and dealing with burns - Emergency services <p>Health and Prevention</p> <ul style="list-style-type: none"> - Legal drugs and laws 	<p><u>Summer - Living in the Wider World</u></p> <p>Shared Responsibilities and Communities</p> <ul style="list-style-type: none"> - Compassion - Diversity - Prejudice <p>Media and Digital Resilience</p> <ul style="list-style-type: none"> - Self-esteem and the internet - Is this image real? <p>Money Matters</p> <ul style="list-style-type: none"> - Gambling - Impacts of money of feelings and emotions <p>Aspirations, Work and Careers</p> <ul style="list-style-type: none"> - Careers and skills - Routes into careers - What do I want to do when I'm older?