

	Year 3	Year 4	Year 5	Year 6
Autumn 1	Healthy & Happy Friendships	Healthy & Happy Friendships	Healthy & Happy Friendships	Healthy & Happy Friendships
	1. Citizenship day – Value reading lesson: Mutual Respect Learning Journey lesson	1. Citizenship day - Value reading lesson: Mutual Respect Learning Journey lesson	1. Citizenship day - Value reading lesson: Mutual Respect Learning Journey lesson	1. Citizenship day - Value reading lesson: Mutual Respect Learning Journey lesson
	1. Friendship qualities	1. Friendship Values	1. Identity	1. Personal safety and risk
	2. Listening	2. Responsibilities we share	2. Respecting different identities	2. Safe choices
	3. Understanding personal boundaries	3. Difficult situations	3. Recognising peer pressure	3. Changing friendships
	4. Respecting boundaries	4. Communication	4. Healthy friendships	4. Friendship Values
	5. Resilience	5. Boundaries	5. Managing stress	5. Our emotions
	6. Helping others	6. Personal boundaries	6. Managing anxiety	6. Respecting others emotions
	Democracy – in year group assembly.	Democracy – in year group assembly.	Democracy – in year group assembly.	Democracy – in year group assembly.
Autumn 2	Similarities & Differences	Similarities & Differences	Similarities & Differences	Similarities & Differences
	1. Citizenship day - Value reading lesson: Tolerance Learning Journey lesson	1. Citizenship day - Value reading lesson: Tolerance Learning Journey lesson	1. Citizenship day - Value reading lesson: Tolerance Learning Journey lesson	1. Citizenship day - Value reading lesson: Tolerance Learning Journey lesson
	1. Similarities & differences	1. Stereotypes	1. Strengths and weaknesses	1. Online identity
	2. Showing respect	2. Being British	2. Differing achievements	2. Safety online
	3. Community	3. Feeling judged	3. Realistic goals	3. Cyber bullying
	4. School community	4. Respecting others	4. Positive mindset	4. Communicating online
	5. Recognising feelings	5. Diverse opinions	5. Online safety	5. Celebrating diversity
	6. Valuing others	6. Respect in society	6. How to seek support	6. Challenging stereotypes
	Harmony – in year groups assembly.	Harmony – in year groups assembly.	Harmony – in year groups assembly.	Harmony – in year groups assembly.
Spring 1	Families & Committed Relationships	Families & Committed Relationships	Healthy Bodies and Minds	Caring and responsibility
	1. Citizenship day - Value reading lesson: Forgiveness Learning Journey lesson	1. Citizenship day - Value reading lesson: Forgiveness Learning Journey lesson	1. Citizenship day - Value reading lesson: Forgiveness Learning Journey lesson	1. Citizenship day - Value reading lesson: Forgiveness Learning Journey lesson
	1. Positive relationships	1. Different relationships	1. Types of bullying	1. Global citizens, Climate change
	2. Healthy and unhealthy relationships	2. Boundaries and behaviour	2. Where to seek help	2. Global warming
	3. Diversity in Relationships * A range of families	3. Belonging to different groups	3. Importance of an active lifestyle	3. Energy
	4. Values and families	4. Happy families	4. Risks of inactive lifestyle	4. Role models
	5. Separation and divorce	5. Rules	5. First Aid	5. Biodiversity
	6. Importance of commitment	6. Caring and fairness	6. First Aid	6. In our hands
	Perseverance - in year groups assembly.	Perseverance - in year groups assembly.	Perseverance – covered in lesson 1.	Perseverance - in year groups assembly.
	Year 3	Year 4	Year 5	Year 6
Spring 2	Caring and responsibility	Caring and responsibility	Caring and responsibility	Caring and responsibility
	1. Citizenship day - Value reading lesson: Honesty Learning Journey lesson	1. Citizenship day - Value reading lesson: Honesty Learning Journey lesson	1. Citizenship day - Value reading lesson: Honesty Learning Journey lesson	1. Citizenship day - Value reading lesson: Honesty Learning Journey lesson
	1. Responsibility	1. Our rights	1. Changing needs	1. Know your rights
	2. Acting responsibly	2. Our responsibilities	2. Giving care	2. Do Human rights apply to everyone?

	3. Personal space	3.UN convention rights of the child	3. Loneliness	3. Are everyone rights met?
	4. Managing personal space	4. Importance of rights	4. Supporting the lonely	4. Respecting rights
	5. Caring for others	5.Local Government	5. Benefits of Volunteering	5. Do human rights change?
	6. Empathy	6. National Government	6. Volunteering and the community	6 Human rights heroes.
	Kindness – in year group assembly.	Kindness – in year group assembly.	Kindness – in year group assembly.	Kindness – in year group assembly.
Summer 1	Healthy Bodies & Minds	Healthy Bodies & Minds	Healthy Bodies & Minds	Healthy Bodies & Minds
	1.Citizenship day - Value reading lesson: Responsibility Learning Journey lesson	1.Citizenship day - Value reading lesson: Responsibility Learning Journey lesson	1.Citizenship day - Value reading lesson: Responsibility Learning Journey lesson	1.Citizenship day - Value reading lesson: Responsibility Learning Journey lesson
	1. Importance of sleep	1. New responsibilities	1. How we see ourselves	1. Self-respect
	2. Good quality sleep	2. Risk, hazards,	2. Self-image and respect	2. Positive mental health
	3. Food groups	3. Environmental dangers Sun	3. Facts - harmful substances	3. Social media and mental health
	4. Healthy diet	4. Road safety	4. Impact of harmful substances	4. Protecting mental health online
	5. Germs	5. Healthy influences	5. Bacteria and viruses	5. Coping with ill mental health
	6. Good hygiene	6. Dealing with feelings	6. Immunisation	6. Identifying sources of help
	Individual Liberty – in year group assembly.	Individual Liberty – in year group assembly.	Individual Liberty – in year group assembly.	Individual Liberty – in year group assembly.
Summer 2	Coping with changes	Caring and responsibility	Coping with changes	Coping with changes
	1.Citizenship day - Value reading lesson: The Rule of Law Learning Journey lesson	1.Citizenship day Value reading lesson: The Rule of Law Learning Journey lesson	1.Citizenship day - Value reading lesson: The Rule of Law Learning Journey lesson	1.Citizenship day - Value reading lesson: The Rule of Law Learning Journey lesson
	1. Changes in our lives	1. Introduction to money	1. External influences on body image	1. Bodily changes over time
	2. Coping with changes	2. Choices about money	2. Celebrating us	2. Puberty physical and mental changes boys/girls
	3. Showing empathy	3. Ways to pay	3. Periods	3. Puberty physical and mental changes boys/girls
	4. Speaking to others	4. Benefits of saving, budgeting	4. Q and A	4. Hygiene
	5. Happiness	5. Advertising and loans	5. Resolving relationship issues	5. Emotional changes / Q and A
6. Asking for help	6. Increasing independence	6.Change and moving on	6. Reflection – Year 6	

Health and Wellbeing: Healthy bodies and minds, Changes

Relationships: Happy healthy friendships, Families and Committed relationships

Living in the Wider World: Similarities and differences, Caring and responsibilities