

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Online Safety - Online identity</u> L.O. I am learning to protect my online identity.</p> <ul style="list-style-type: none"> • What identity means. • What should or shouldn't someone share online. <p><u>Keeping Safe</u> L.O. I am learning what abuse is and how to keep myself safe.</p> <ul style="list-style-type: none"> • Understanding the four types of abuse. • What someone should do if they feel as though they are being abused. <p><u>New Beginnings</u> L.O. I am beginning to describe how things in my life will change.</p> <ul style="list-style-type: none"> • What different changes people may experience and that is normal to miss something that someone no longer has. • That change can make people feel a range of emotions. <p><u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around animals and how to keep myself safe.</p> <ul style="list-style-type: none"> • What wild animals are. • Different strategies to protect people when coming across different animals. 	<p><u>Online Safety - Anti-Bullying</u> L.O. I am learning to understand what online bullying is.</p> <ul style="list-style-type: none"> • What online bullying is. • How online bullying could make someone feel. <p><u>Anti-Bullying</u> L.O. I am learning to describe how bullying makes someone feel.</p> <ul style="list-style-type: none"> • Revising the difference between physical and emotional bullying. • The different emotions someone could feel if they have been bullied. 	<p><u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI.</p> <ul style="list-style-type: none"> • What AI is. • When it is safe to use AI. • The negative impact of using AI. <p><u>Bereavement and Loss</u> L.O. I am learning what loss is.</p> <ul style="list-style-type: none"> • What the word loss means. • People's feelings will differ depending on what is lost. 	<p><u>Online Safety - Scams</u> L.O. I am learning what online scams are.</p> <ul style="list-style-type: none"> • Recognising what a <i>scam</i> means. • What impact it has on the person involved. <p><u>Managing Feelings vs Mental Health</u> L.O. I am learning to understand the difference between physical and mental health.</p> <ul style="list-style-type: none"> • What is meant by <i>mental health</i>. • Why looking after both mental and physical health is important. • How emotions link to mental health. <p><u>L.O. I am learning to describe how to keep myself healthy.</u></p> <ul style="list-style-type: none"> • What different ways are there to keep bodies healthy? • The importance of oral hygiene and vaccinations. <p><u>Friendship</u> L.O. I am learning about what makes a positive friendship.</p> <ul style="list-style-type: none"> • What a positive friendship looks like. • When is an appropriate time to seek help from an adult regarding friendships. 	<p><u>Online Safety - Online Relationships</u> L.O. I am learning the difference between knowing someone online compared to offline.</p> <ul style="list-style-type: none"> • What it really means to know someone. • The risks of forming friendships with people that someone only knows online. <p><u>First Aid</u> L.O. I am learning how to report an emergency.</p> <ul style="list-style-type: none"> • What makes something an emergency? • How to call emergency services. • How to identify which service to ask for on an emergency phone call. 	<p><u>Online Safety - Digital Wellbeing</u> L.O. I am learning why some apps have an age restriction.</p> <ul style="list-style-type: none"> • How age ratings are selected. • Why it is important to follow them. <p><u>Keeping Safe</u> L.O. I am learning to describe how to keep myself safe at home and in the community.</p> <ul style="list-style-type: none"> • What a hazard is. • How to respond to a hazard. • Revision of how to identify which service is appropriate when calling 999. <p><u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around water and how to keep myself safe.</p> <ul style="list-style-type: none"> • What dangers open waters can present. • How to keep safe in an emergency involving water.

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Online Safety - Online identity</u> L.O. I am learning how to positively interact online and understand the impact this will have on others.</p> <ul style="list-style-type: none"> • What online interacts are. • Why positive interactions are important online. • The impact negative interactions online can have on people's emotions and mental health. <p><u>Keeping Safe</u> L.O. I am learning what abuse is and how to keep myself safe.</p> <ul style="list-style-type: none"> • Understanding the four types of abuse. • What someone should do if they feel as though they are being abused. 	<p><u>Online Safety - Anti-Bullying</u> L.O. I am learning to understand how people can be bullied through different digital devices.</p> <ul style="list-style-type: none"> • How bullying can happen online or offline. • The different ways that people can be bullied through digital devices (e.g. images, videos and livestreaming). <p><u>Anti-Bullying</u> L.O. I am learning about the impact of bullying and what to do if someone is being bullied.</p> <ul style="list-style-type: none"> • How bullying can impact the victim. • What a bystander is. • Why it is important to report bullying to an adult. 	<p><u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI.</p> <ul style="list-style-type: none"> • What AI is. • When it is safe to use AI. • The negative impact of using AI. <p><u>Bereavement and Loss</u> L.O. I am learning to understand what grief is.</p> <ul style="list-style-type: none"> • What the term <i>grief</i> means. • How grief links to the previous learning of loss. • Understanding that people grieve in different ways. 	<p><u>Online Safety - Scams</u> L.O. I am learning to identify online scams.</p> <ul style="list-style-type: none"> • Revising what a <i>scam</i> is. • Signs to look out for when evaluating whether something is a scam. <p><u>What is Mental Health?</u> L.O. I am learning to describe how to look after my mental health.</p> <ul style="list-style-type: none"> • Revising what mental health is. • Learning different ways to look after mental health. <p><u>Friendship</u> L.O. I am learning what a positive friendship feels like.</p> <ul style="list-style-type: none"> • What it means to be a friend. • What a positive friendship should make someone feel like. 	<p><u>Online Safety - Online Relationships</u> L.O. I am learning to understand how what is shared online can impact people.</p> <ul style="list-style-type: none"> • What is appropriate or not to share online. • The importance of privacy online and the impact it can have sharing things publicly. <p><u>First Aid</u> L.O. I am learning how to report an emergency quickly and accurately.</p> <ul style="list-style-type: none"> • How to call emergency services. • What different information is necessary when reporting a call. • Strategies to help remain calm when making an emergency call. 	<p><u>Online Safety - Digital Wellbeing</u> L.O. I am learning how using technology for a long time can affect me.</p> <ul style="list-style-type: none"> • Recognising that technology is positive when used correctly and for a sensible time frame. • What negative effects can happen when spending too long online. • How this can impact later life. <p><u>Being Healthy</u> L.O. I am learning to describe what makes a healthy lifestyle.</p> <ul style="list-style-type: none"> • The importance of leading a balanced life. • The negative effects of excessive alcohol consumption, smoking and vaping, as well as the positive effects of frequent exercise. <p><u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around roads and how to keep myself safe.</p> <ul style="list-style-type: none"> • What dangers roads can present. • How to keep safe in an emergency involving roads.

Year 5

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<p>Online Safety - Online identity L.O. I am learning how identity online can be copied, changed and shared by others.</p> <ul style="list-style-type: none"> Why online identities are still important. How what someone posts remains on the internet forever and the risk of this. <p>Keeping Safe L.O. I am learning what abuse is and how to keep myself safe.</p> <ul style="list-style-type: none"> Understanding the four types of abuse. What someone should do if they feel as though they are being abused. 	<p>Online Safety - Anti-Bullying L.O. I am learning to describe how <i>banter</i> might be bullying.</p> <ul style="list-style-type: none"> What <i>banter</i> is. The difference between banter and bullying. How to positively and safely challenge harmful behaviour online. <p>Anti-Bullying L.O. I am learning the importance of restorative justice.</p> <ul style="list-style-type: none"> What restorative justice is. Why restorative justice is a good approach. How to use restorative justice to support resolving conflict. <p>L.O. I am learning what hate crime is.</p> <ul style="list-style-type: none"> What hate crime is. Different examples of what hate crime is. What to do if someone witnesses or hears hate crime. 	<p>Online Safety - Safer Internet Day L.O. I am learning to explore the safe and responsible use of AI.</p> <ul style="list-style-type: none"> What AI is. When it is safe to use AI. The negative impact of using AI. <p>Bereavement and Loss L.O. I am learning about bereavement.</p> <ul style="list-style-type: none"> What the word <i>bereavement</i> means. How bereavement links to loss and grief. What challenges could people face during bereavement? 	<p>Online Safety - Scams L.O. I am learning to protect myself from online scams.</p> <ul style="list-style-type: none"> What a scam is. Things to look out for when identifying whether something is a scam. What people can do to protect themselves from scams. <p>Mental Health and Mental Illness. L.O. I am learning what a mental illness is.</p> <ul style="list-style-type: none"> What a mental illness is. The symptoms of mental illness and how behaviours change. How to support someone who is experiencing mental illness. How to look after mental wellbeing. <p>Friendship L.O. I am learning to understand peer pressure.</p> <ul style="list-style-type: none"> What makes a positive friendship. What peer pressure is. How to respond to peer pressure and the negative impact it can have. 	<p>Online Safety - Online Relationships L.O. I am learning how to make positive contributions to online communities.</p> <ul style="list-style-type: none"> What positive contributions can be made online. Why it is important to remain positive online. <p>First Aid L.O. I am learning how to perform basic first aid.</p> <ul style="list-style-type: none"> What basic aid is and why it is important. Learning how to treat minor cuts, grazes, stings and burns. 	<p>Online Safety - Digital Wellbeing L.O. I am learning about the importance of seeking permission before buying online content.</p> <ul style="list-style-type: none"> What online content is. The positives and negatives of the use of online content. How online content can be harmful. Why it is important to ask a grown up before purchasing online content. <p>Being Safe in the Community L.O. I am learning to describe the dangers around fire and how to keep myself safe.</p> <ul style="list-style-type: none"> What dangers fire can present. How to keep safe in an emergency involving fire.

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Online Safety - Online identity</u> L.O. I can explain how to protect my online reputations and understand how my digital footprint may affect my future.</p> <ul style="list-style-type: none"> • Why online identities are still important. • How what someone posts remains on the internet forever and the risk of this. <p><u>Keeping Safe</u> L.O. I am learning what abuse is and how to keep myself safe.</p> <ul style="list-style-type: none"> • Understanding the four types of abuse. • What someone should do if they feel as though they are being abused. 	<p><u>Online Safety - Anti-Bullying</u> L.O. I am learning to explain what to do if I see bullying online.</p> <ul style="list-style-type: none"> • Revision of what online bullying is. • What to do if someone is being bullied online. <p><u>Anti-Bullying</u> L.O. I am learning about bullying and the impact it can have.</p> <ul style="list-style-type: none"> • Revision of what bullying is and linking to Year 5 objective of bullying vs banter. • How being bullied can impact the victim in the future, for example, with difficulties forming friendships. <p>L.O. I am learning what hate crime is.</p> <ul style="list-style-type: none"> • What hate crime is. • Different examples of what hate crime is. • What to do if someone witnesses or hears hate crime. 	<p><u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI.</p> <ul style="list-style-type: none"> • What AI is. • When it is safe to use AI. • The negative impact of using AI. <p><u>Bereavement and Loss</u> L.O. I am learning how to support myself and others with bereavement.</p> <ul style="list-style-type: none"> • Revision on what bereavement means. • Different strategies to help support someone who is experiencing bereavement. 	<p><u>Online Safety - Scams</u> L.O. I am learning to protect myself and others from online scams.</p> <ul style="list-style-type: none"> • What a scam is. • Things to look out for when identifying whether something is a scam. • What people can do to protect themselves and others from scams. <p><u>Body Image and The Media.</u> L.O. I am learning what a mental illness is. L.O. I am learning to explain the importance of body confidence.</p> <ul style="list-style-type: none"> • What is meant by an appearance ideal. • What body confidence is. • How body confidence affects people's mental health and self-esteem. <p><u>Friendship</u> L.O. I am learning to understand boundaries and ways to say no respectfully.</p> <ul style="list-style-type: none"> • Why boundaries are important in a friendship. • Why it is important to not give in into peer pressure. • Different ways to say no in a respectful way. 	<p><u>Online Safety - Online Relationships</u> L.O. I am learning how to respect people's boundaries.</p> <ul style="list-style-type: none"> • Revision of what boundaries are. • Different ways to respect people's boundaries online e.g. not sharing photos with that person without consent. • How to respect someone's own boundaries online. <p><u>First Aid</u> L.O. I am learning how to describe the signs of a head injury and where to get support.</p> <ul style="list-style-type: none"> • What a head injury is. • What the major signs of a head injury is. • What to do if someone has a head injury. <p>L.O. I am learning what asthma is and how to help someone who is having an asthma attack.</p> <ul style="list-style-type: none"> • What asthma is. • What the symptoms of an asthma attack are. • What to do if someone is having an asthma attack. 	<p><u>Online Safety - Digital Wellbeing</u> L.O. I am learning about the pressures of technology and how to manage these.</p> <ul style="list-style-type: none"> • Reflecting on digital routines and the dangers of becoming over-reliant on technology. • Revision of peer pressure and how people may feel pressured to change to suit 'ideals'. • The risks around posting on social media and succumbing to peer pressure. <p><u>Moving On</u> L.O. I am learning to understand the dangers of sexting.</p> <ul style="list-style-type: none"> • Revision of peer pressure. • What <i>sexting</i> means. • How it can be dangerous. <p>L.O. I am learning to understand the dangers of illegal drugs.</p> <ul style="list-style-type: none"> • Revision of peer pressure. • What an illegal drug is. • Why it is harmful. <p><u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around railways and how to keep myself safe.</p> <ul style="list-style-type: none"> • What dangers railways can present. • How to keep safe in an emergency involving railways.