

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Online Safety - Online identity</u> L.O. I am learning to protect my online identity. - What identity means. - What should or shouldn't someone share online. <u>Keeping Safe</u> L.O. I am learning what abuse is and how to get help. - Understanding the four types of abuse. - What to do if someone is worried about themselves or someone else. <u>New Beginnings</u> L.O. I am beginning to describe how things in my life will change. - 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. <u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around animals and how to keep myself safe. - What wild animals are. - Different strategies to protect people when coming across different animals.	<u>Online Safety - Anti-Bullying</u> L.O. I am learning to understand what online bullying is. - What online bullying is. - How online bullying could make someone feel. <u>Anti-Bullying</u> L.O. I am learning to describe how bullying makes someone feel. - Revising the difference between physical and emotional bullying. - The different emotions someone could feel if they have been bullied. <u>Managing Feelings vs Physical Health</u> L.O. I am learning to describe how to keep myself healthy. - What vaccinations are and their purpose. - Who decides when and if someone has a vaccination.	<u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI. - What AI is. - When it is safe to use AI. - The negative impact of using AI. <u>Bereavement and Loss</u> L.O. I am learning what loss is. - What the word loss means. - People's feelings will differ depending on what is lost.	<u>Online Safety - Scams</u> L.O. I am learning what online scams are. - Recognising what a <i>scam</i> means. - What impact it has on the person involved. <u>Managing Feelings vs Physical Health</u> L.O. I am learning to understand the difference between physical and mental health. - What is meant by <i>mental health</i>. - Why looking after both mental and physical health is important. - How emotions link to mental health. <u>L.O. I am learning to describe how to keep myself healthy.</u> - What different ways are there to keep bodies healthy? - The importance of oral hygiene and revision of vaccinations. <u>Friendship</u> L.O. I am learning about what makes a positive friendship. - What a positive friendship looks like. - When is an appropriate time to seek help from an adult regarding friendships.	<u>Online Safety - Online Relationships</u> L.O. I am learning the difference between knowing someone online compared to offline. - What it really means to know someone. - The risks of forming friendships with people that someone only knows online. <u>First Aid</u> L.O. I am learning how to report an emergency. - What makes something an emergency? - How to call emergency services. - How to identify which service to ask for on an emergency phone call.	<u>Online Safety - Digital Wellbeing</u> L.O. I am learning why some apps have an age restriction. - How age ratings are selected. - Why it is important to follow them. <u>Keeping Safe</u> L.O. I am learning to describe how to keep myself safe at home and in the community. - What a hazard is. - How to respond to a hazard. - Revision of how to identify which service is appropriate when calling 999. <u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around water and how to keep myself safe. - 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
<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. - What online interacts are. - Why positive interactions are important online. - The impact negative interactions online can have on people's emotions and mental health. <u>Keeping Safe</u> L.O. I am learning about abuse and what to do if I am worried about myself or someone else. - Revise the four types of abuse. - Apply understanding of the four types of abuse to scenarios and provide advice. - Revise what to do and who to talk to if someone is worried about themselves or someone else.	<u>Online Safety - Anti-Bullying</u> L.O. I am learning to understand how people can be bullied through different digital devices. - How bullying can happen online or offline. - The different ways that people can be bullied through digital devices (e.g. images, videos and livestreaming). <u>Anti-Bullying</u> L.O. I am learning about the impact of bullying and what to do if someone is being bullied. - How bullying can impact the victim. - What a bystander is. - Why it is important to report bullying to an adult.	<u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI. - What AI is. - When it is safe to use AI. - The negative impact of using AI. <u>Bereavement and Loss</u> L.O. I am learning to understand what grief is. - What the term <i>grief</i> means. - How grief links to the previous learning of loss. - Understanding that people grieve in different ways.	<u>Online Safety - Scams</u> L.O. I am learning to identify online scams. - Revising what a <i>scam</i> is. - Signs to look out for when evaluating whether something is a scam. <u>What is Mental Health?</u> L.O. I am learning to describe how to look after my mental health. - Revising what mental health is. - Learning different ways to look after mental health. <u>Friendship</u> L.O. I am learning what a positive friendship feels like. - What it means to be a friend. - What a positive friendship should make someone feel like.	<u>Online Safety - Online Relationships</u> L.O. I am learning to understand how what is shared online can impact people. - What is appropriate or not to share online. - The importance of privacy online and the impact it can have sharing things publicly. <u>First Aid</u> L.O. I am learning how to report an emergency quickly and accurately. - How to call emergency services. - What different information is necessary when reporting a call. - Strategies to help remain calm when making an emergency call.	<u>Online Safety - Digital Wellbeing</u> L.O. I am learning how using technology for a long time can affect me. - 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. <u>Being Healthy</u> L.O. I am learning to describe what makes a healthy lifestyle. - 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. <u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around roads and how to keep myself safe. - What dangers roads can present. - How to keep safe in an emergency involving roads.

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Online Safety - Online identity</u> L.O. I am learning how identity online can be copied, changed and shared by others. - Why online identities are still important. - How what someone posts remains on the internet forever and the risk of this. <u>Keeping Safe</u> L.O. I am learning about harassment and grooming and what to do if I am worried about myself or someone else. - Revise learning about abuse and who to talk to if someone is worried about themselves or someone else. - Introduction to harassment. - Explore difference between good and bad secrets. - Introduction to what grooming is and what to be aware of.	<u>Online Safety - Anti-Bullying</u> L.O. I am learning to describe how <i>banter</i> might be bullying. - What <i>banter</i> is. - The difference between banter and bullying. - How to positively and safely challenge harmful behaviour online. <u>Anti-Bullying</u> L.O. I am learning the importance of restorative justice. - What restorative justice is. - Why restorative justice is a good approach. - How to use restorative justice to support resolving conflict. <u>L.O. I am learning what hate crime is.</u> - What hate crime is. - Different examples of what hate crime is. - What to do if someone witnesses or hears hate crime.	<u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI. - What AI is. - When it is safe to use AI. - The negative impact of using AI. <u>Bereavement and Loss</u> L.O. I am learning about bereavement. - What the word <i>bereavement</i> means. - How bereavement links to loss and grief. - What challenges could people face during bereavement?	<u>Online Safety - Scams</u> L.O. I am learning to protect myself from online scams. - 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. <u>Mental Health and Mental Illness.</u> L.O. I am learning what a mental illness is. - 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. <u>Friendship</u> L.O. I am learning to understand peer pressure. - What makes a positive friendship. - What peer pressure is. - How to respond to peer pressure and the negative impact it can have.	<u>Online Safety - Online Relationships</u> L.O. I am learning how to make positive contributions to online communities. - What positive contributions can be made online. - Why it is important to remain positive online. <u>First Aid</u> L.O. I am learning how to perform basic first aid. - What basic aid is and why it is important. - Learning how to treat minor cuts, grazes, stings and burns.	<u>Online Safety - Digital Wellbeing</u> L.O. I am learning about the importance of seeking permission before buying online content. - 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. <u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around fire and how to keep myself safe. - 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
<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. - Why online identities are still important. - How what someone posts remains on the internet forever and the risk of this. <u>Keeping Safe</u> L.O. I am learning what sexual harassment is and the importance of consent. - Revise what abuse, grooming and sexual harassment are. - What is sexual harassment and that it is a crime. - That sexual harassment is not a 'joke' or 'banter', and the impact it can have on victims. - The importance of consent.	<u>Online Safety - Anti-Bullying</u> L.O. I am learning to explain what to do if I see bullying online. - Revision of what online bullying is. - What to do if someone is being bullied online. <u>Anti-Bullying</u> L.O. I am learning about bullying and the impact it can have. - 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. <u>L.O. I am learning what hate crime is.</u> - What hate crime is. - Different examples of what hate crime is. - What to do if someone witnesses or hears hate crime.	<u>Online Safety - Safer Internet Day</u> L.O. I am learning to explore the safe and responsible use of AI. - What AI is. - When it is safe to use AI. - The negative impact of using AI. <u>Bereavement and Loss</u> L.O. I am learning how to support myself and others with bereavement. - Revision on what bereavement means. - Different strategies to help support someone who is experiencing bereavement.	<u>Online Safety - Scams</u> L.O. I am learning to protect myself and others from online scams. - 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. <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. - What is meant by an appearance ideal. - What body confidence is. - How body confidence affects people's mental health and self-esteem. <u>Friendship</u> L.O. I am learning to understand boundaries and ways to say no respectfully. - Why boundaries are important in a friendship. - Why it is important to not give in to peer pressure. - Different ways to say no in a respectful way.	<u>Online Safety - Online Relationships</u> L.O. I am learning how to respect people's boundaries. - 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. <u>First Aid</u> L.O. I am learning how to describe the signs of a head injury and where to get support. - What a head injury is. - What the major signs of a head injury is. - What to do if someone has a head injury. <u>L.O. I am learning what asthma is and how to help someone who is having an asthma attack.</u> - What asthma is. - What the symptoms of an asthma attack are. - What to do if someone is having an asthma attack.	<u>Online Safety - Digital Wellbeing</u> L.O. I am learning about the pressures of technology and how to manage these. - 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. <u>Moving On</u> L.O. I am learning to understand the dangers of sexting. - Revision of peer pressure. - What <i>sexting</i> means. - How it can be dangerous. <u>L.O. I am learning to understand the dangers of illegal drugs.</u> - Revision of peer pressure. - What an illegal drug is. - Why it is harmful. <u>Being Safe in the Community</u> L.O. I am learning to describe the dangers around railways and how to keep myself safe. - What dangers railways can present. - How to keep safe in an emergency involving railways.

Year 3	Year 4	Year 5	Year 6
<u>Body Differences:</u> L.O. I am learning to describe the differences between males and females. • Revision of the scientific names of private body parts. • The difference between appropriate and inappropriate touch.	<u>Periods:</u> L.O. I am learning to describe the changes that happen when you grow up. • What puberty is and what periods are. • Different period products. • How someone might feel and what they can do when they start their period.	<u>Puberty:</u> L.O. I am learning to describe the changes that happen when you go through puberty. • Revision of periods learning from Year 4, with additional learning on taboos around period products. • What different changes happen for males and females and what these might look like as a timeline. • How puberty affects someone emotionally and physically. • How to manage changing emotions and bodies and knowing who to talk to and where to get support.	<u>Sex Education:</u> L.O. I am learning to explain how the body changes during puberty in preparation for reproduction. • What a healthy relationship is and how it should make someone feel. • Revision of puberty learning and the different changes that happen for males and females. • Revision of periods learning from Years 4 and 5. • Understand that families are created in different ways, including revision of adoption and blended families. • What sexual reproductive organs males and females have. • Understand the terms conception and pregnancy. • What sexual intercourse is and how babies are made. • Know that there are different ways that sperm can fertilise an egg, including sexual intercourse and IVF. • What consent is and why it is important.