PSHE Long Term Overview

Intent

At Embleton Primary School, our Personal, Social, Health and Economic (PSHE) education is designed to help children develop into healthy, independent and responsible members of society. Rooted in our vision to nurture citizens of global change, our PSHE curriculum equips pupils with the knowledge, skills and values to make informed decisions, form positive relationships and act with empathy and social responsibility.

Our curriculum aligns with the PSHE Association's three core themes - Health and Wellbeing, Relationships, and Living in the Wider World - and fully incorporates the statutory Relationships, Sex and Health Education (RSHE) guidance. It promotes emotional literacy, mental health, physical wellbeing and a clear understanding of personal safety, including age-appropriate RSE. Embedded throughout are the British Values and the protected characteristics identified in the Equality Act 2010, ensuring inclusivity and respect for diversity.

We aim to create a safe and inclusive environment where children learn to:

- Recognise and manage emotions
- Build and maintain healthy relationships
- Understand their rights and responsibilities
- Respect differences and value equality
- Make safe and healthy lifestyle choices
- Develop aspirations and economic understanding

Implementation

Our PSHE curriculum is carefully structured across a two-year cycle and is taught in all year groups from EYFS to Year 6. It is:

- Sequential and progressive: Concepts are revisited and deepened across key stages, ensuring age-appropriate learning and development of key life skills.
- Mapped to the statutory RSHE guidance: RSE content is integrated within broader themes and delivered sensitively and inclusively, using high-quality resources such as NSPCC's PANTS and age-appropriate materials for topics like puberty and consent. Science lessons in Year 5/6 cover conception and birth
- Inclusive and reflective of society: The curriculum is designed to reflect the diverse world 🌈 in which we live. Lessons include Protected Characteristics □c and British Values 🇬🇧 throughout (or both □c🇬🇧), embedding equality and respect.
- Linked to EYFS Development Matters: In Reception, learning focuses on developing self-awareness, relationships, health habits and community participation through play and storytelling.
- Creative and engaging: Lessons use a 'Make a Fuss' structure to highlight key teaching points, with interactive activities such as role-play, journaling, games and

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real-life scenarios to enhance engagement and understanding.

Our curriculum is flexible and responsive to local needs, with the scope to address current issues affecting pupils, including online safety, mental health, and anti-social behaviour. Through all that we teach we ensure it is acceptable to all ability groups so the learning is explicit in your delivery and monitoring.

Impact

Throughout their time at Embleton, pupils engage in meaningful discussions, explore age-appropriate scenarios and take part in inclusive and interactive lessons that are tailored to reflect their developmental stage and local context. The consistent use of our 'Make a Fuss!' approach ensures that key messages are remembered, internalised and acted upon.

As a result:

- Children leave Embleton with strong emotional literacy and the confidence to speak up for themselves and others.
- They demonstrate empathy, respect and tolerance, both within school and in the wider community.
- Pupils understand how to stay physically and mentally healthy, manage risk and make safe, informed choices.
- They are equipped with the tools to recognise and challenge discrimination and stereotypes and to actively promote inclusion.
- Through regular reflection and skill-building, they are prepared to face life's challenges with resilience and responsibility.

Ultimately, our PSHE curriculum lays the foundation for children to flourish as proactive citizens who are respectful of difference, confident in themselves and committed to making a positive contribution to their community and beyond.

All staff delivering the RSHE curriculum will have the correct level of training and additional support, should it be required.

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Progression Grid:

	Autumn	Spring	Summer
EYFS	**All About Me & My Relationships** - Who am I? My family and special people - Recognising emotions - Making friends and playing together	**Health & Wellbeing** - Healthy routines: sleep, food, hygiene - Staying safe (people who help us, road safety) - Understanding feelings (kindness and commitment)	**Living in the Wider World** - Belonging to a community - Building friendships -Understanding different emotions
KS1 Cycle A	**Relationships** Families & friendships, Safe touch	**Health & Wellbeing** Healthy lifestyle, Hygiene, Feelings	**Living in the Wider World** Belonging, Rules, Rights
KS1 Cycle B	**Relationships** Respecting ourselves and others, Bullying	**Health & Wellbeing** Medicines, Staying safe, Mental health	**Living in the Wider World** Money, Jobs, Environment
Y3 Cycle A	**Relationships** Recognising healthy relationships, Managing conflict	**Health & Wellbeing** Diet, Exercise, Teeth, Mental wellbeing	**Living in the Wider World** Community & democracy, Digital literacy
Y4 Cycle B	**Relationships** Stereotypes, Respect & diversity	**Health & Wellbeing** Drugs (medicines/smoking), Managing risk	**Living in the Wider World** Money choices, Sustainability
Y5 Cycle A	**Relationships** Puberty, Consent (appropriate level), Positive relationships	**Health & Wellbeing** Mental health, Body image, Substance education	**Living in the Wider World** Media influence, Enterprise & Careers
Y6 Cycle B	**Relationships** Marriage, Online relationships, Peer pressure	**Health & Wellbeing** First aid, Healthy habits, Sleep & screen time	**Living in the Wider World** Law, Rights, Diversity & prejudice

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	Autumn	Spring	Summer
Key Theme	**Relationships**	**Health & Wellbeing**	**Living in the Wider World**
Topic	**All About Me & My Relationships**	**Looking After Myself, Others, and Our World**	**Building Friendships and Understanding Our Feelings**
EYFS	**Key Question:** **How can we make everyone feel safe and special in our school?** **Make a Fuss!** ● **We are all important and belong in our school** a) Everyone has their own likes, talents, and ways of doing things b) Our differences make our class an exciting place to learn c) We can notice and celebrate what makes each person unique ● **We can work together and look after each other** a) Working as a team helps us play, learn, and solve problems b) Being kind, sharing, and taking turns helps everyone feel welcome c) Helping others shows we care about our school community	**Key Question:** **What helps me stay healthy and safe?** **Make a Fuss!** ● **Eating healthy food gives us energy** a) Eating fruits, vegetables, and tasty meals helps our bodies grow strong b) Trying new healthy foods is fun and good for us c) Drinking water keeps us feeling fresh and ready to play ● **Getting plenty of sleep helps us feel good** a) Sleeping well makes our bodies and brains ready for a busy day b) Having a bedtime routine helps us sleep better c) When we rest, we have more energy to learn and play ● **Washing our hands keeps germs away** a) We wash our hands before eating and after using the toilet b) Using soap and water helps stop germs from spreading	**Key question:** **How can I be a good friend?** **Make a Fuss!** ● **Good friends are kind and caring** a) Being a friend means sharing, taking turns, and using kind words b) Good friends help each other feel happy and included c) We can be friendly to everyone, even if they're different to us ● **Feelings are important** a) We all feel happy, sad, angry or worried sometimes – and that's okay b) We can talk to a trusted adult or friend when we need help c) Talking about feelings helps us understand and care for each other ● **Kindness makes the world better** a) Being kind means helping, listening, smiling, and using gentle hands

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	• **Our feelings matter** a) We all have different feelings, and they can change throughout the day b) It's good to talk about how we feel and to ask for help when we need it c) Understanding how others feel helps us be thoughtful and supportive • **We can make good choices that make our school a better place** a) Even small actions—like tidying, comforting a friend, or including someone—can make a big difference b) Everyone can help make our classroom safe and happy c) When we try to do the right thing, we help our whole school community grow stronger • **We are all special in our own way** a) We all have things that make us *unique* – like our families, likes, talents, and stories b) It's great to be proud of who we are and what we can do c) We can celebrate what makes us *and* others special too • **Our ideas and voices matter** a) Everyone's thoughts and opinions are important b) We can share our ideas through talking, drawing, building, or playing c) When we listen to each other, we learn and grow together **Key vocabulary:**	c) Clean hands help keep us and our friends healthy • **Wearing a helmet and holding hands keeps us safe** a) We wear helmets when riding bikes or scooters b) Holding hands when crossing the road helps us stay safe c) Listening to grown-ups keeps us safe in all places • **Talking to grown-ups helps keep us safe and happy (Pants are private)** a) We can ask adults for help if we feel worried or unsure b) Grown-ups like teachers and parents look after us c) Sharing our feelings helps others know how to help us **Key vocabulary:** Healthy, Safe, Sleep, Food, Water, Hands, Germs, Helmet, Help, Grown-up **Abstract vocabulary:** *Care, Trust, Responsibility, Safety, Hygiene, Healthy habits, Protection, Wellbeing, Attention, Helpfulness*	b) We all feel better when others treat us kindly c) Even small acts of kindness can make a big difference • **Everyone's feelings are important** a) It's okay to feel different feelings at different times b) We can use words or pictures to show how we feel c) Understanding our feelings helps us be gentle with ourselves and others **Key Vocabulary** Friend, Kind, Sharing, Taking turns, Happy, Sad, Worried, Feelings, Help, Listen **Abstract Vocabulary** *Kindness, Caring, Trust, Respect, Inclusion, Empathy, Sharing, Patience, Friendship, Understanding*

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	Happy, sad,worried, excited, safe, special, friends, family, kind, share **Abstract vocabulary:** Belonging, uniqueness, community, cooperation, responsibility, respect, fairness, perseverance		
	Key question: **Who can I ask for help?** **Make a Fuss!** ● **There are many grown-ups who want to help us** a) Teachers and teaching assistants are here to keep us safe and happy b) We can ask them if we don't know what to do or feel worried c) They listen carefully and help us find the right answers ● **Friends can help us too** a) Sometimes friends can help us if we need a hand or a kind word b) It's good to ask nicely and say thank you when friends help c) Helping each other makes us all feel happy ● **It's okay to ask for help when we don't understand (Pants are private)**	**Key question:** **How can I help take care of our world?** **Make a Fuss!** ● **We can keep our playground and classroom tidy** a) Putting rubbish in the bin helps keep places clean b) Picking up litter helps animals and plants stay safe c) A tidy place is nice for everyone to enjoy ● **Plants and trees need our care** a) Watering plants helps them grow big and strong b) Trees give us fresh air and homes for animals c) We can help by being gentle with flowers and trees ● **We can save water and electricity** a) Turning off taps when not using water helps save it b) Switching off lights when we leave a room saves energy c) Saving helps our planet stay healthy	**Key question:** **How do I feel, and what can I do when I feel different emotions?** **Make a fuss!** ● **All feelings are okay** a) It's normal to feel happy, sad, angry, or worried sometimes b) Everyone feels different feelings every day c) It's okay to have big feelings and small feelings ● **We can use words to say how we feel** a) Saying "I feel sad" or "I feel happy" helps others understand us b) Using our words helps us feel better c) Talking about feelings is brave and important ● **There are ways to calm down when we feel upset** a) Taking deep breaths helps us feel calm b) Counting to five or squeezing a soft toy can help

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	a) Everyone needs help sometimes, even grown-ups, especially when events feel new or different b) Asking questions helps us learn why we stay safe near fireworks, why we wear poppies, and why people celebrate in different ways c) It's brave to ask for support when something feels confusing or new • **Trusted adults keep us safe** a) We can ask adults like our teachers or parents if we feel scared or unsure b) They help us feel safe and calm c) Talking to someone we trust helps us feel better • **We can use kind words when we ask for help** a) Saying "please" and "thank you" shows we respect others b) Using kind words makes people happy to help us c) Being polite helps us make good friends and feel good inside **Key vocabulary:** Help, Ask, Teacher, Friend, Adult, Safe, Trust, Kind, Please, Thank you **Abstract vocabulary:** *Trust, Kindness, Safety, Respect, Helpfulness, Patience, Caring, Politeness, Friendship, Confidence*	• **Animals are our friends, and we need to protect them** a) Being kind to animals keeps them safe and happy b) We can help by not disturbing animals in nature c) Learning about animals helps us care for them better • **Recycling helps the Earth** a) We can put paper, plastic, and cans in the recycling bin b) Recycling means less rubbish goes to the bin c) Recycling helps make new things from old things **Key vocabulary:** Earth, Clean, Bin, Plant, Tree, Water, Light, Animal, Help, Recycle **Abstract vocabulary:** *Care, Protect, Responsibility, Respect, Kindness, Helpfulness, Sharing, Safety, Thinking, Helping*	c) Asking for a quiet moment or a hug is okay • **We can ask for help when feelings are tricky** a) Trusted adults like teachers or parents can help us with our feelings b) Friends can also listen and help us feel better c) It's good to ask for help if we don't know what to do • **Being kind to ourselves helps our feelings** a) Saying kind things to ourselves makes us feel strong b) We can take time to do things we enjoy when we feel sad or angry c) Everyone needs a little kindness, especially from themselves **Key vocabulary:** Feelings, Happy, Sad, Angry, Worried, Calm, Help, Talk, Kind, Brave **Abstract vocabulary:** *Emotion, Calmness, Courage, Patience, Kindness, Understanding, Trust, Comfort, Empathy, Confidence*

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	Autumn	Spring	Summer
Key Theme	**Relationships**	**Health & Wellbeing**	**Living in the Wider World**
Topic	**Family and Friendships, Safe Touch**	**Healthy Lifestyles and Feelings**	**Belonging, Rules and Money**
KS1 Cycle A	**Key Question:** **How can we build safe, kind and respectful relationships with the people around us?** **Make a Fuss!** ● **Families come in different shapes and sizes** 🌈 a) Families are all different – some have a mum and dad, some have two mums or dads, or grandparents b) What matters is love and care, not who is in your family c) Every child's family is special and important ● **Friendship is about how we treat people** a) Friends use kind words, share and listen to each other b) Being a friend means helping others feel included c) We can be friendly to everyone, even if they are different to us ● **Everyone deserves kindness** c🌈	**Key Question:** **How can we take care of our bodies and feelings to stay happy and healthy?** **Make a Fuss!** ● **Healthy habits help us feel good** a) Eating fruit, vegetables and drinking water helps our bodies work well b) Washing, brushing teeth and keeping clean keeps us healthy c) Being active and resting are both important ● **Feelings are messages** a) Feelings give us clues about how we're doing b) We can look at faces and body language to spot feelings c) Everyone has feelings – even grown-ups! ● **All feelings are okay; actions matter** a) It's okay to feel angry, but we must show it safely b) We can learn ways to calm down when feelings get big c) Talking to someone helps when we feel	**Key Question:** **How do we all play a part in our community and make good choices with what we have?** **Make a Fuss!** ● **Rules keep everyone safe** 🌈 a) Rules help us know what to do and what not to do b) Everyone following rules makes school and play fair c) Some rules are to keep us safe (e.g. road safety, listening to adults) ● **Everyone has something to offer** 🌈 a) Every person is special and can help others b) We all have different strengths and talents c) Including others helps us all belong ● **We all help shape our world** 🌈 a) Small actions (like kindness or tidying) make a big difference b) Everyone can help make school and the

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	a) Everyone, no matter what they look like or believe, deserves kindness b) Kindness helps people feel happy and safe c) We can show kindness through words, actions, and body language • **All feelings are valid** 🌈 a) It's okay to feel happy, sad, angry or worried – all feelings are normal b) We can talk to someone when we don't feel okay c) There are ways to sort out friendship problems without hurting feelings • **My body belongs to me** 🩲 (Pants are private) a) We are the boss of our own bodies b) No one should touch us in a way that makes us feel uncomfortable c) It's okay to say "Stop!" or "No!" if someone crosses a boundary • **It's not rude to speak up** a) Telling someone about an uncomfortable situation is the right thing to do b) Saying "no" is not rude when you are protecting yourself c) We should tell a grown-up we trust if something doesn't feel right • **You're never alone** a) There are always trusted adults who will help us b) Knowing who our safe adults are (at home, school, clubs etc.)	overwhelmed • **Sleep helps our brains grow** a) Sleep helps us feel ready to learn and play b) Having a bedtime routine helps our brains settle c) Not enough sleep can make us feel grumpy or tired • **Medicines can help, but only with adults** a) Only grown-ups should give us medicine b) Medicine can help us get better, but too much or the wrong kind can be dangerous c) We should never take something if we're not sure what it is • **Danger isn't always obvious** a) Some places (like roads, water, fire) can be dangerous b) We need to stop, look, listen and think before crossing roads c) We should always ask an adult if we're unsure what's safe • **Know how to ask for help** a) It's brave to ask for help b) We can use our voices or get an adult if something feels wrong c) We learn our address and who to call in an emergency • **Clean hands keep us healthy** a) Germs can make us sick, even if we can't see them b) Washing hands properly helps stop germs spreading c) We wash hands after the toilet, before eating,	world a better place c) We have a voice and it matters • **Some things we need to live** a) Some things are essential (e.g. food, water, a home) b) Other things are fun but not needed (e.g. toys, treats) c) Everyone should have what they need to stay safe and well • **People earn in different ways** a) Grown-ups work in different jobs to earn money b) All jobs are important in their own way c) People can work indoors or outdoors, with tools, with people, etc. • **Spend, save, give** a) Money can be used in different ways b) Saving helps us plan for later c) Giving or sharing helps others who need it • **All work has value** 🌈 a) All jobs matter, whether they are paid or unpaid (e.g. carers, volunteers) b) Helping at home or school is important too c) Everyone's role deserves respect • **We share the planet** a) We all need to look after the Earth together b) Littering, wasting water, and pollution harm our world c) Recycling and reusing helps protect

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	c) It's brave and important to ask for help when needed • **Every family is valid** 🏳️‍🌈 a) All families are different and that's something to celebrate b) We respect all families, even if they are not like ours c) British values include respect for others, including family differences • **Respect is a right** 🏳️‍🌈 a) Everyone deserves to be treated fairly and kindly b) Respect means listening, taking turns, and being polite c) Respect helps us get along with people who are different to us • **Kindness changes the world** 🌈 a) Small acts of kindness can make a big difference b) We can be leaders in showing kindness at school and at home c) Kindness can help solve problems and build stronger friendships **Key Vocabulary** Family, Friend, Kindness, Feeling, Touch, Private, Consent, Trusted adult ***Abstract Vocabulary*** *Fairness, Safety, Empathy, Equality*	and when we're dirty • **Speaking up is brave** 🌈 a) It's okay to say when we're sad, worried or need something b) We can use "I feel…" or "I need…" to explain how we feel c) Telling the truth about our feelings helps us feel better • **Small habits = big impact** a) Doing little healthy things every day makes a big difference b) We can build our own wellbeing toolkit – eat well, sleep, play, talk c) Taking care of ourselves helps us be our best at school and home **Key Vocabulary** Healthy, Exercise, Sleep, Hygiene, Germs, Medicine, Emergency, Doctor, Teeth, Water ***Abstract Vocabulary*** *Feelings, Wellbeing, Brave, Responsibility, Self-Care, Choice, Routine*	nature • **Even small acts count** 🌈 a) Helping others doesn't have to be big or loud b) Kind words, tidying, or picking up litter make a difference c) We all have a role to play in our school and local area • **We're part of something bigger** 🌈 a) We are part of our class, school, town and country b) Working together helps us all succeed c) Celebrating what we've achieved together builds pride and unity **Key Vocabulary** Rules, Money, Jobs, Needs, Coins, Planet, Community, Litter, Recycling ***Abstract Vocabulary*** *Belonging, Fairness, Value, Citizenship, Contribution, Stewardship*

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Key Theme	Relationships	Health & Wellbeing	Living in the Wider World
Topic	**Respect, Similarities and Differences**	**Healthy Lifestyles and Emotions**	**Rules, Relationships and Money**
KS1 Cycle B	**Key Question:** **How can we show respect and celebrate what makes us unique?** **Make a Fuss!** • **Respect is something we give and receive** 🌈 a) Respect means treating others how we'd like to be treated b) We can show respect with kind words, listening and good manners c) Respect helps everyone feel safe and valued • **Difference makes the world interesting** 🌈 a) People look and live differently – and that's a good thing! b) We can be curious and kind about differences c) Celebrating diversity helps us build understanding and respect • **Bullying is never okay** a) Bullying is when someone is hurt on purpose again and again b) We can tell the difference between unkind behaviour and bullying c) It's brave and right to tell a trusted adult • **Everyone deserves to belong** 🌈	**Key Question:** **How can we take care of our bodies and feelings every day?** **Make a Fuss!** • **Healthy habits keep us strong** a) Healthy habits help us feel good inside and out b) Food, exercise, sleep and hygiene all help our bodies work well c) We make healthy choices every day at school and home • **All feelings are important** a) Everyone has feelings – and they're all okay b) Our feelings can change during the day c) We can notice and name feelings in ourselves and others • **It's okay to talk about our feelings** a) Talking helps us feel better and be understood b) We can choose different ways to express our emotions (words, drawing, movement) c) Trusted adults can help us when we feel strong emotions • **Clean habits keep us healthy** a) Washing hands, brushing teeth, and keeping clean stop germs b) Good hygiene helps keep ourselves and others safe c) We practise healthy habits at school and at	**Key Question:** **What helps us live, learn, and work well together in our community?** **Make a Fuss!** • **Rules are here to keep us safe** a) Rules help us know what to do and how to stay safe b) School and classroom rules protect us and others c) We can help make and follow fair rules together • **Fairness means everyone gets what they need** 🌈 a) Fair doesn't always mean equal – it means kind and just b) Fairness helps everyone feel valued and supported c) We can spot unfairness and choose to be fair friends • **Good friends support each other** a) Friends care for, listen to, and help one another b) Saying kind words and showing empathy builds friendship c) We can be upstanders when someone feels left out • **Responsibility is part of growing up**

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	a) Everyone has a place in our class and school b) We can notice who is left out and help them join in c) Being an "includer" makes people feel happy and safe • **Rights protect us all (Pants are private)** a) Children have special rights to keep them safe and happy b) Everyone has the right to learn, play and be cared for c) We respect each other's rights every day • **Notice and care about others' feelings**🌈 a) We can tell how people feel by their faces and actions b) Caring about others' feelings builds friendship c) When we notice someone is sad, we can check they're okay • **Listening is showing respect** a) Good listening means looking, not interrupting, and waiting your turn b) Listening shows someone they are important c) Being listened to helps us feel understood • **Jobs are for everyone** a) Boys and girls can choose any job when they grow up b) Stereotypes are unfair and untrue c) We can dream big and support each other's ambitions • **You are one of a kind**🌈	home • **Sleep helps us grow** a) Sleep gives our body and brain time to rest and grow b) Having a calm routine helps us sleep better c) Feeling tired can make our bodies and minds work less well • **Exercise is good for our bodies** a) Moving our bodies helps us feel strong and happy b) Exercise can be fun and different (sports, dancing, walking) c) We feel better after getting active • **Fuel your body with good food** a) Food gives us energy and helps us grow b) We can learn which foods help us feel our best c) It's okay to enjoy treats sometimes too – balance is important • **We can ask for help** a) Sometimes we feel worried or overwhelmed – that's normal b) Asking for help is a brave and smart choice c) Trusted adults, friends, and calming strategies can support us • **Talking about our feelings is brave** a) Sharing how we feel helps others understand us b) We can stay calm using our voices, breathing, or space c) Everyone feels upset sometimes – it's okay to ask for support • **Small habits make a big difference**	a) We all have responsibilities at home and school b) Being responsible means doing what's right without being told c) Responsibility helps others trust and rely on us • **Money comes from working** a) Grown-ups earn money by doing different kinds of jobs b) Everyone's job is important in different ways c) We can talk about money in safe and respectful ways • **Save, spend, share** a) We can use money to buy things, save for later, or help others b) Making good money choices helps us plan c) It's okay to wait and save for something we want • **Everyone plays a part**🌈 a) Every job helps the community in a different way b) People have strengths that suit different jobs c) Jobs are for everyone, no matter gender or background • **We share our world** a) We can help the planet by recycling and reducing waste b) Looking after nature is everyone's job c) Small actions can make a big difference

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	a) We all have things that make us unique and special b) Our families, interests, and looks may be different – and that's okay c) It's great to be yourself and proud of who you are • **We grow together** a) We are part of a team in our class and school b) When we help each other, we all succeed c) Celebrating each other helps us feel united and strong **Key Vocabulary** Respect, Bullying, Feeling, Belonging, Listening, Rights, Rules, Friendship ***Abstract Vocabulary*** *Kindness, Inclusion, Fairness, Empathy, Individuality, Equality*	a) Little actions every day help keep us well b) When we look after ourselves, we feel proud and strong c) We can build our own healthy routines and celebrate them **Key Vocabulary** Healthy, Hygiene, Routine, Body, Help ***Abstract Vocabulary*** *Wellbeing, Resilience, Self-Care, Emotion, Balance, Reflection, Mindfulness*	to the Earth • **A positive attitude helps others** a) Helping others makes our community a happier place b) Being cheerful, kind, and helpful spreads good feelings c) We can solve problems calmly and kindly • **We are stronger together** 🌈 a) Every person adds something special to the class b) Working together helps us achieve more c) We can celebrate what we've done as a team this year **Key Vocabulary** Rule, Fair, Employment, Job, Career, Money, Recycle, Community ***Abstract Vocabulary*** *Belonging, Empathy, Trust, Cooperation, Citizenship, Contribution*

Key Theme	**Relationships**	**Health & Wellbeing**	**Living in the Wider World**

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Topic	Respect, Friendships and Inclusion	Healthy Lifestyles, Emotional Health and Substance Awareness	Citizenship, Careers, and Local Issues
LKS2 Cycle A	**Key Question:** **How can we respect ourselves and others to build a fair and inclusive community?** **Make a Fuss!** • **Every person is unique and valuable** c🌈 a) Everyone has different strengths and interests b) It's important to feel proud of who you are c) We can respect others for being themselves too • **Respect is the foundation of all good friendships** c a) Respect means listening, being kind and honest b) Friends should treat each other fairly and equally c) We can help make our friendships stronger by being respectful • **Stereotypes are limiting and unfair** c🌈 a) Stereotypes are assumptions that aren't always true b) People can do any job or hobby regardless of gender or background c) Challenging stereotypes helps everyone feel free to be themselves • **Understanding others' feelings is important** c🌈	**Key Question:** **How can we take care of our bodies and minds to stay healthy and happy as we grow?** **Make a Fuss!** • **Healthy food fuels both body and mind** c a) Different foods give our bodies energy and strength b) A balanced diet supports focus and feelings c) We can make healthy food swaps and choices • **Physical activity keeps us strong and healthy** c a) Being active is good for your heart, muscles and mood b) Exercise helps us sleep better and feel more confident c) It's important to find fun ways to move every day • **Sleep is vital for growth and well-being** c a) Sleep helps our brains and bodies rest and grow b) A good sleep routine includes winding down and less screen time c) Tiredness affects our feelings and focus • **Substances can negatively affect our health** c a) Alcohol, tobacco and other drugs can harm our bodies b) Just because something is legal doesn't mean it's safe for children c) We can say "no" to risky substances and ask for	**Key Question:** **How can we make a positive difference in our community and prepare for the future?** **Make a Fuss!** • **Everyone's job makes a difference** c🌈 a) Every role has value in a community b) People use different skills to help others c) Careers are shaped by interests and strengths • **Budgeting is a valuable life skill** c a) Money is earned and needs to be managed wisely b) Saving helps us plan for things we want or need c) We make choices about how we spend • **ASB harms communities** c a) Actions affect others in our local area b) Anti-social behaviour includes vandalism, noise, and bullying c) We can help stop it by showing respect and speaking up • **Jobs are essential to the local community** c a) Local jobs support our town and people b) Some jobs provide important services c) We can explore careers that interest us • **Responsible citizens make their community better** c🌈

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	a) Empathy means imagining how someone else feels b) Being kind includes checking on others and noticing their feelings c) We can use kind words and actions to include people • **Boundaries are essential for healthy relationships** c a) We all have personal space and emotional boundaries b) It's okay to say no to things that make us uncomfortable c) Respecting boundaries shows we care about others' feelings too • **Every family structure is different and valuable** c🌈 a) Families can look very different, and that's okay b) What matters is that families show love and care c) We can learn from and celebrate family differences • **It's important to speak out against bullying** c a) Bullying can hurt someone's body or feelings b) Everyone has the right to feel safe and respected c) Speaking out or asking for help is the right thing to do • **It's okay to say "no" when faced with peer pressure** c	help if unsure • **Stress is natural but manageable** c a) Everyone feels stressed sometimes – it's okay b) There are healthy ways to calm down like breathing or talking c) Recognising what causes stress helps us take care of ourselves • **Mental health is just as important as physical health** c a) Mental health means how we think, feel and cope b) Talking to someone can help when we're feeling down c) We can help others feel better by being kind and listening • **Smoking and drinking can have serious long-term effects** c a) Smoking and drinking can damage our bodies and brains over time b) Some adverts and peer pressure make these look fun—but they can be harmful c) It's okay to ask questions and speak up about things that worry us • **Hygiene is essential for health** c a) Washing hands, brushing teeth and keeping clean helps stop germs b) We can take responsibility for our own hygiene c) Good habits keep us and others healthy • **Puberty is a natural part of growing up** c a) Everyone goes through changes at different times b) Puberty affects our bodies and sometimes our	a) We have a duty to care for where we live b) Small actions (like picking up litter) matter c) Being involved makes us proud of our area • **Planning ahead is important for financial security** c a) Setting goals helps us manage money b) Saving means not spending everything now c) Delayed gratification builds independence • **Advertising influences choices, but we can think critically** c a) Adverts are designed to persuade b) We can ask questions about what we see c) Critical thinking helps us make smart choices • **We all have a role in protecting the environment** c🌈 a) The planet needs our help b) Recycling, reusing and reducing waste make a difference c) Working together helps protect local nature • **You can be anything you want with hard work** c a) Dreams are achieved through effort and persistence b) Talents grow with practice

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	a) Peer pressure is when people try to make you do something b) You can make your own choices – even if others disagree c) Being assertive and confident helps you do what's right ● **Everyone can contribute through their work ☐c🌈** a) Different jobs help our community in different ways b) All work deserves respect, no matter what it is c) You can start thinking about what you'd enjoy doing one day ● **We can build a stronger, more inclusive community ☐c🌈** a) Inclusion means making sure no one is left out b) Working together and celebrating differences makes us stronger c) We each have a part to play in making our community kind and fair **Key Vocabulary** Identity, Respect, Stereotype, Empathy, Boundaries, Bullying, Peer pressure, Career, Community ***Abstract Vocabulary*** *Self-worth, Independence, Courage, Kindness, Equality, Integrity, Contribution*	emotions c) It's important to ask questions and feel comfortable talking about changes ● **Mental health is something we all need to care about ☐c** a) Mental health is about our thoughts, feelings and actions b) Self-care can include rest, hobbies, time with friends, and asking for help c) We all need to look after our wellbeing every day **Key Vocabulary** Healthy, Hygiene, Sleep, Nutrition, Germs, Emotions, Substance, Puberty, Routine ***Abstract Vocabulary*** *Wellbeing, Responsibility, Resilience, Self-care, Confidence, Empathy, Anxiety, Peer pressure, Respect, Mindfulness*	c) Everyone's path is unique ● **Teamwork is key in every job ☐c** a) Good teams communicate and listen b) Teamwork builds trust and gets things done c) Everyone has something to offer in a group **Key Vocabulary** Career, Job, Budget, Money, Savings, Advertisement, Environment, Citizen, Teamwork ***Abstract Vocabulary*** *Responsibility, Aspiration, Influence, Cooperation, Contribution, Impact, Fairness, Identity, Awareness*

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Key Theme	Relationships	Health & Wellbeing	Living in the Wider World
Topic	**Understanding Others, Respect and Personal Boundaries**	**Healthy Choices, Emotional Health and Substance Awareness**	**Citizenship, Careers and Local Issues**
LKS2 Cycle B	**Key Question:** **How can we build respectful, safe, and positive relationships with the people around us?** **Make a Fuss!** ● **Every person is unique and valuable** c🌈 a) We all have qualities that make us special b) Identity includes our background, interests, and personality c) Everyone deserves to feel valued ● **Empathy helps build strong relationships** c a) Empathy means seeing and feeling from another person's perspective b) Kindness and understanding help others feel safe and heard c) Listening without judgment builds trust ● **Respect is key to healthy friendships** c a) Respect is shown in words, actions, and body language b) We can disagree without being unkind c) Mutual respect is the foundation of strong friendships ● **Conflict resolution helps us grow** c	**Key Question:** **How can we make healthy choices that help our bodies and minds thrive?** **Make a Fuss!** ● **Physical activity is vital for overall health** c a) Daily movement helps our bodies grow strong and stay fit. b) Exercise boosts our mood and reduces stress. c) Being active is fun and can be done in lots of different ways. ● **Eating a balanced diet helps us feel good** c a) Our bodies need a mix of foods to work their best. b) Too much sugar and fat can make us feel tired or unwell. c) Eating fruit, vegetables, protein, and whole grains keeps us energised. ● **Mental health is just as important as physical health** c a) Everyone has mental health – it's about how we feel, think, and act. b) Sharing our feelings with someone we trust can	**Key Question:** **How can we make a positive difference in our community now and in the future?** **Make a Fuss!** ● **Every citizen has a role to play** c🌈 a) We all have a responsibility to help our community. b) Even small actions can make a big difference. c) Good citizens follow rules, help others and show respect. ● **All careers make an impact** c a) Every job is important in its own way. b) People's work helps our local area run smoothly. c) We should value all roles, whether big or small. ● **We all have a part to play in protecting our planet** c a) Our choices affect the environment every day. b) Recycling, saving energy and reducing

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	a) Everyone has disagreements sometimes b) There are peaceful ways to solve problems c) Solving problems calmly helps us build resilience • **Boundaries keep us safe and respected c** a) We all have the right to personal space b) Saying "no" is okay c) Respecting others' boundaries shows care and maturity • **Diversity is what makes us stronger** c🌈 a) People can be different in appearance, culture, and beliefs b) Differences should be celebrated c) Inclusion means making sure everyone feels welcome • **Every family is different and important** c🌈 a) Families come in many shapes and sizes b) What matters is love, care, and support c) Understanding others' families builds respect • **Bullying is never okay c** a) Bullying hurts and should always be addressed b) Everyone has a right to feel safe at school c) We can be upstanders by speaking out and supporting others • **Work has purpose and makes a difference** c a) Every job supports the community in some way	really help. c) Looking after our minds is just as important as looking after our bodies. • **Smoking, alcohol, and drugs can harm your body c** a) Harmful substances damage our lungs, liver, and brain. b) Saying "no" is brave and protects our future health. c) Learning the risks helps us make safe, smart choices. • **Sleep is essential for growing and staying healthy** c a) Sleep gives our brains and bodies time to rest and repair. b) Without enough sleep, we can feel moody and find it hard to concentrate. c) A calming bedtime routine helps us sleep well. • **Good hygiene shows self-respect and respect for others** a) Washing hands, brushing teeth, and bathing keeps germs away. b)) Staying clean helps prevent illness and boosts confidence. • **Learning to manage stress is an important life skill** a) Everyone feels stress sometimes – it's a natural emotion. b) Relaxation techniques like breathing or mindfulness help us feel calm. • Substance use and can affects our bodies a) Even small amounts of some substances can be	waste matter. c) Everyone can be an eco-hero by making small changes. • **Saving is important for future security c** a) Saving helps us afford things we need or want. b) It's smart to plan for the future and make wise choices. c) A budget helps us manage our money responsibly. • **ASB affects everyone and we can make a change c** a) Anti-social behaviour hurts people and places. b) We all have the power to stand up for what's right. c) Respectful behaviour keeps our community safe and happy. • **Human rights ensure fairness for all** c🌈 a) Everyone deserves to be treated with fairness and dignity. b) We have rights—and responsibilities to others too. c) Respecting others' rights makes our world fairer. • **Skills matter when choosing a career c** a) Different jobs need different skills and strengths. b) Practising skills like teamwork and problem-solving prepares us for work. c) You can grow your talents with effort and practice.

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	b) People have different skills and passions c) Valuing others' work helps us understand society • **Positive relationships help communities grow c** 🌈 a) Positive relationships are built on trust, kindness, and respect b) When we treat others well, we create a happier school and community c) One small action can make a big difference **Key Vocabulary** Identity, Relationship, Respect, Kindness, Bullying, Boundary, Consent, Disagreement, Community, Helping, Fairness, Teamwork, Similarities, Differences ***Abstract Vocabulary*** *Empathy, Inclusion, Diversity, Conflict resolution, Mutual respect, Perspective-taking, Equality, Uniqueness, Personal space, Acceptance, Understanding, Emotional safety, Compassion*	dangerous. b) We should always check with trusted adults before taking any medicine. c) Understanding what's safe helps us make healthy decisions. • **Mental health is important and it is good to talk** a) Talking helps – never be afraid to ask for support. b) It's okay to feel sad, angry, or worried sometimes. c) Trusted adults like teachers and family are here to help us. • **Healthy lifestyles are vital for all people** a) Small daily choices lead to a strong, happy life. b) Healthy routines include good food, sleep, movement, and self-care. c) Reflecting helps us celebrate our progress and set new goals. **Key Vocabulary** Nutrition, Hygiene, Health, Food groups, Emotions, Smoking, Alcohol, Drugs, Germs, Relaxation, Balance, Tracker, Stress, Medicine ***Abstract Vocabulary*** *Wellbeing, Mental health, Lifestyle, Substance awareness, Emotional regulation, Triggers, Coping strategies, Risk, Consequences, Decision-making, Habits, Empowerment*	• **Jobs help to build and sustain our community c** a) Work keeps our community running and growing. b) Local jobs support families, services, and businesses. c) Knowing local industries helps us feel proud and connected. • **Your dreams can become a reality** c a) Big goals start with small steps. b) Believing in yourself helps you reach your dreams. c) Hard work, effort, and determination make dreams possible. • **Teamwork is key to success c** a) Working together helps us solve problems better. b) Teamwork means listening, sharing, and helping. c) Great teams are made of different strengths working as one. **Key Vocabulary** Community, Money, Environment, Career, Teamwork, Budget, Rights, Saving ***Abstract Vocabulary*** *Citizenship, Fairness, Aspiration, Sustainability, Contribution, Human rights, Collaboration, Equality*

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	Autumn	Spring	Summer
Key Theme	**Relationships**	**Health & Wellbeing**	**Living in the Wider World**
Topic	**Identity, Respect and Inclusion**	**Mental Health, Substance Use and Self-Care**	**Financial Literacy, Careers and Local Issues**
UKS2 Cycle A	**Key Question:** **How can we build respectful and inclusive relationships where everyone feels valued?** **Make a Fuss!** ● **We are all unique, and that's what makes us special** c🌈 a) Everyone has different strengths, interests, and experiences. b) Valuing our own identity helps us feel confident and proud. c) Accepting others' differences helps build a kind and welcoming class. ● **Respect is key to building trust** c🌈 a) We show respect by listening, being kind, and using polite words. b) Respect helps us feel safe and valued in our relationships.	**Key Question:** **How can we take responsibility for our health and wellbeing?** **Make a Fuss!** ● **Mental health is just as important as physical health** c a) Learn how to talk about feelings openly and without shame. b) Recognise when you or others may need help. c) Understand ways to support emotional wellbeing every day. ● **Stress is normal, but it can be managed** c a) Identify causes of stress and how it affects the body. b) Explore techniques like breathing, journaling, or exercise to reduce stress. c) Understand that asking for help is a healthy response.	**Key Question:** **How can we play an active, responsible role in society?** **Make a Fuss!** ● **Everyone can contribute through work** c a) Understand how different jobs support our community. b) Recognise the value of all types of work. c) Explore how work links to identity and purpose. ● **Money management is an important life skill** c a) Learn how to budget and plan spending. b) Understand the difference between needs and wants. c) Explore how to make sensible financial choices. ● **Local issues affect everyone** c

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	c) Trust grows when we treat each other fairly and honestly. • **Stereotypes limit our potential ?c🌈** a) Stereotypes are unfair ideas about people based on one part of who they are. b) Everyone should be free to be themselves without labels or limits. c) We can challenge stereotypes by being open-minded and respectful. • **Everyone has something valuable to offer ?c🌈** a) Each person brings different ideas, talents, and stories. b) Including everyone makes groups stronger and more interesting. c) Diversity should be celebrated in our classroom and beyond. • **Social media can distort reality ?c** a) What we see online isn't always the full truth - deepfakes AI images b) Comparing ourselves to others on social media can hurt our self-esteem. c) It's important to value who we really are, not how we appear online. • **Respect helps build stronger friendships ?c🌈** a) Good friends treat each other with kindness and care. b) Respect means giving others space, listening, and being fair. c) Friendship grows when we understand and support each other.	• **Our value isn't based on our appearance ?c** a) Challenge media messages and stereotypes about body image. b) Understand what self-worth really means. c) Celebrate what makes you and others unique. • **Substances affect our bodies and minds ?c** a) Learn how alcohol, tobacco and drugs impact health. b) Understand the law and safety around substances. c) Discuss peer influence and how to make safe choices. • **Growing up means understanding how our bodies change and how new life begins** a) Puberty is a normal and natural stage of growing up — it happens to everyone, just in different ways and at different times. b) Understanding how babies are made and born helps us make respectful and informed choices as we grow. c) It's important to ask questions, feel confident and respect our own and others' privacy and choices. • **Consent is essential in all relationships ?c** a) Understand what consent means in different situations. b) Learn to ask for and give permission respectfully. c) Recognise when consent is not present and what to do. • **Smoking and drinking can have long-term effects ?c**	a) Investigate problems facing the local area (e.g., ASB, litter). b) Discuss how individuals can help solve them. c) Learn about active citizenship and community action. • **Saving money helps us plan for the future ?c** a) Discover why saving is important. b) Create savings goals for short- and long-term plans. c) Understand banks, accounts, and interest at a basic level. • **Everyone has a valuable skill ?c** a) Identify personal strengths and talents. b) Explore how different skills are used in jobs. c) Understand the importance of working on our abilities. • **We can make decisions based on our values ?c🌈** a) Reflect on what matters to us and why. b) Learn to stand up for beliefs respectfully. c) Discuss how values guide everyday decisions. • **We all share the world, and our actions matter ?c** a) Understand the environmental impact of our behaviour. b) Learn how to care for local and global environments.

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	• **Bullying can be stopped when we speak out** c a) Bullying hurts people and should never be ignored. b) We can support others by being brave and telling a trusted adult. c) Standing together helps stop bullying and keeps everyone safe. • **It's okay to stand up for what's right** c🌈 a) Peer pressure can make us do things we know aren't right. b) We have the right to say "no" and make our own choices. c) Speaking up can inspire others to do the same. • **Families come in many forms** c🌈 a) Families may look different, but they all share love and care. b) It's important to respect all family types. c) Learning about different families helps us understand and accept others. • **We can make a positive difference by being respectful** c🌈 a) Small acts of respect help create a happier class and school. b) Everyone deserves to feel safe, included and heard. c) Being respectful helps build strong communities where everyone thrives. **Key Vocabulary** Identity, Friendship, Bullying, Inclusion, Stereotype,	a) Learn the physical and mental impacts of smoking and alcohol. b) Understand long-term risks versus short-term choices. c) Explore ways to resist pressure to try harmful substances. • **Healthy food fuels our body and brain** c a) Learn what a balanced diet looks like. b) Explore how different foods affect energy and mood. c) Plan healthy meals that support growth and learning. • **It's strong to ask for help** c a) Identify trusted adults and support networks. b) Know how and when to ask for help. c) Understand that everyone needs help sometimes. • **Physical activity reduces stress and improves mood** c a) Learn how exercise benefits mental and physical health. b) Explore different ways to be active daily. c) Set personal goals for fitness and wellbeing. • **Small changes can lead to big improvements** c a) Reflect on healthy habits and routines. b) Make realistic goals for improvement (sleep, diet, screen time). c) Understand the power of persistence and small steps. **Key Vocabulary** Mental health, Stress, Appearance, Substances, Consent,	c) Take part in eco-friendly actions at school or home. • **Our choices have consequences** c a) Learn how actions affect ourselves and others. b) Explore decision-making and thinking ahead. c) Understand responsibility and accountability. • **Advertising influences what we buy** c a) We can Learn how adverts try to persuade us. b) Identify tricks and techniques used in advertising. c) Discuss how to be critical and smart consumers. • **We can all make a difference** c🌈 a) Explore what active citizenship means. b) Learn how small actions can lead to big change. c) Encourage participation in school or local initiatives. **Key Vocabulary** Citizen, Community, Budget, Savings, Environment, Advertising, Decision, Career ***Abstract Vocabulary*** *Responsibility, Contribution, Fairness, Awareness, Impact, Equality, Choice, Sustainability, Influence*

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	Social media, Feelings, Difference ***Abstract Vocabulary*** *Self-worth, Empathy, Diversity, Trust, Belonging, Acceptance, Prejudice, Influence, Integrity*	Smoking, Nutrition ***Abstract Vocabulary*** *Resilience, Confidence, Boundaries, Empowerment, Responsibility, Respect, Wellbeing, Courage, Choice*	

	Autumn	Spring	Summer
Key Theme	**Relationships**	**Health & Wellbeing**	**Living in the Wider World**
Topic	**Healthy Relationships, Respect and Managing Emotions**	**Mental Health, Wellbeing and Personal Development**	**Social Responsibility, Global Citizenship and Economic Awareness**
UKS2 Cycle B	**Key Question:** **How can we build and maintain healthy, respectful relationships with others?**	**Key Question:** **How can we take care of our minds as well as our bodies?**	**Key Question:** **What kind of citizen do I want to be in my community and the wider world?**

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	Make a Fuss! • **Healthy relationships are built on mutual respect ☐c** a) Everyone should be treated kindly and fairly. b)Good relationships involve listening and valuing each other. c) Respect means caring about how others feel. • **Respect is essential for connection ☐c🌈** a) Respect helps us build trust and feel safe. b) We show respect by using kind words and actions. c) Everyone deserves to be treated with dignity. • **Emotions are normal but should be managed ☐c** a) All feelings are valid, but our reactions matter. b) We can learn strategies to stay calm and express ourselves safely. c) Talking about feelings helps us understand and manage them. • **Boundaries protect our wellbeing ☐c** a) Boundaries help us feel safe and respected. b) It's okay to say "no" to things that feel uncomfortable. c) Respecting others' boundaries is just as important as our own.	**Make a Fuss!** • **Mental health is as important as physical health ☐c** a) Understand that mental wellbeing affects our thoughts, emotions, and actions b) Recognise signs that mental health needs support c) Learn how to care for our mental health every day • **Stress is a part of life but can be managed ☐c** a) Identify personal stress triggers and how they make us feel b) Practise healthy strategies to manage pressure (e.g. breathing, talking, time out) c) Know when and how to ask for support • **Emotions are signals to help us understand ourselves ☐c** a) Recognise a wide range of feelings and their causes b) Use emotional vocabulary to express how we feel c) Understand how feelings can guide our behaviour and choices • **We are all unique and valuable ☐c🌈** a) Celebrate personal strengths, interests, and differences b) Understand the impact of positive self-talk and self-respect c) Show acceptance and encouragement to others • **Healthy eating nourishes our body and mind ☐c** a) Know which food types keep our bodies and brains functioning well	**Make a Fuss!** • **Our actions affect the world around us ☐c🌈** a) Understand how everyday choices impact others and the environment b) Take responsibility for behaviour at school, home, and online c) Reflect on how we can be positive role models • **Everyone deserves to be treated with dignity ☐c🌈** a) Learn about dignity and respect as universal rights b) Recognise discrimination and how to challenge it respectfully c) Explore how language and behaviour can include or exclude others • **We are global citizens ☐c🌈** a) Discover how we are connected to people around the world b) Discuss global challenges like climate change and inequality c) Explore how small local actions can create global impact • **Voting is a powerful tool for change ☐c🌈** a) Learn how democracy works in the UK and beyond b) Understand the importance of having a voice c) Take part in class votes or debates to experience decision-making

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	• **Social media can affect real-life relationships** c🌈 a) What we post or share can affect how others feel. b) Online behaviour should be as respectful as face-to-face. c) Social media isn't always a true picture of real life. • **Not everything online is true — and that's okay**🌈 a) Online has serious risks such as deepfakes, sextortion and AI-generated sexual imagery. b) Think before you send or share • **It's okay to ask for help** c a) We all need help sometimes, and that's okay. b) Trusted adults and friends can support us when we're worried. c) Asking for help is a brave and strong choice • **Communication helps us understand each other c** a) Sharing our thoughts clearly prevents misunderstandings. b) Listening is just as important as speaking. c) Talking openly builds stronger relationships. • **Trust is earned over time** c a) Trust grows when people keep promises and act kindly.	b) Understand how sugar, water, and balanced meals affect mood and energy c) Make informed, independent food choices • **Sleep supports mental and physical health** c a) Understand how sleep supports memory, mood, and growth b) Identify habits that help or harm good sleep c) Create a healthy bedtime routine and reflect on screen use • **Exercise improves mood and reduces stress** c a) Discover how movement helps release feel-good chemicals in the brain b) Find physical activities we enjoy and can commit to c) Set personal activity goals for health and mood • **Asking for help is strong, not weak c** a) Recognise situations where seeking help is important b) Identify trusted adults and know how to approach them c) Reflect on how helping others builds stronger communities • **Substances can harm mental health c** a) Understand how smoking, alcohol, and drugs affect the brain and mood b) Explore peer pressure and practise saying "no" confidently c) Know how to seek help or report concerns about substance use • **We can all improve our mental health c** a) Explore ways to boost wellbeing (journaling, hobbies, gratitude)	• **Anti-social behaviour impacts everyone c** a) Recognise what anti-social behaviour (ASB) looks like b) Understand the effects of ASB on communities c) Discuss ways we can contribute to safer, kinder spaces • **We can achieve anything with hard work c** a) Reflect on effort, resilience, and setting realistic goals b) Learn about the value of growth mindset c) Hear from role models who overcame challenges through persistence • **Money management is an essential life skill c** a) Learn the difference between needs, wants, saving, and spending b) Plan a simple budget for a personal or class event c) Understand how managing money supports independence • **Advertisements can influence choices** c a) Spot persuasive techniques used in adverts b) Think critically about how ads affect wants and needs c) Learn how to make thoughtful, informed purchasing decisions • **Protecting the planet is everyone's**

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	b) We can show we are trustworthy by being honest and fair. c) Good friends don't break each other's trust. • **Peer pressure doesn't have to control us** c a) We can make our own choices even when others disagree. b) It's okay to say "no" to things that feel wrong. c) Standing up for ourselves shows strength and confidence. • **Relationships are built on effort c** a) Good relationships need kindness, time, and care. b) Solving problems and forgiving others helps relationships grow. c) Being thoughtful and supportive makes us better friends. **Key Vocabulary** Friendship, Kindness, Trust, Help, Boundaries, Listening, Communication, Honesty ***Abstract Vocabulary*** *Empathy, Inclusion, Consent, Resilience, Peer pressure, Integrity, Identity, Wellbeing*	b) Know how to make realistic, positive changes to routine c) Reflect on mental health as a lifelong journey **Key Vocabulary** Mental health, Stress, Emotion, Sleep, Nutrition, Exercise, Brain, Substances, Routine ***Abstract Vocabulary*** *Self-worth, Resilience, Wellbeing, Confidence, Balance, Identity, Strength, Responsibility, Growth, Empathy*	**responsibility c** a) Understand the impact of pollution, waste, and climate change b) Explore how we can reduce, reuse, and recycle c) Plan eco-friendly actions for home or school • **We all make a difference c** a) Reflect on the power of individual action b) Identify ways to contribute positively to school and community c) Celebrate the impact of small acts of kindness and leadership **Key Vocabulary** Citizen, Democracy, Rights, Responsibility, Voting, Community, Environment, Budget, Advertisement Behaviour ***Abstract Vocabulary*** *Dignity, Justice, Influence, Equality, Empowerment, Resilience, Choice, Respect, Sustainability, Conscience*