

**Core theme 1: Health and Wellbeing****Pupils learn...**

H1. How to make informed decisions about health

H2. About the elements of a balanced, healthy lifestyle

H3. About choices that support a healthy lifestyle and recognise what might influence these

H6. About what constitutes to a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay

H7. How regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle

H8. About how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

H9. That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it

H14. How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

H15. That mental health, just like physical health, is part of daily life; the importance of taking care of mental health

H16. About strategies and behaviours that support mental health-including how good quality sleep, physical exercise/ time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

H17. To recognise that feelings can change over time and range in intensity

H18. About everyday things that affect feelings and the importance of expressing feelings

H19. A varied vocabulary to use when talking about feelings; about how to express feelings in different ways

H20. Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations

H21. To recognise warning signs about mental health and wellbeing and how to seek support for themselves and others

H22. To recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult

H23. About change and loss, including death, and how these affect feelings; ways of expressing and managing grief and bereavement

H24. Problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools

H27. To recognise their individuality and personal qualities

H28. To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth

H29. About how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking

H35. About the new opportunities and responsibilities that increasing independence may bring

H36. Strategies to manage transitions between classes and key stages

H37. Reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and well being with reference to social media, television programmes, films, games and online gaming.

H38. How to predict, assess and manage risk in different situations

H39. About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe

H41. Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about

H42. About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact

H43. About what is meant by first aid; basic techniques for dealing with common injuries

H44. How to respond and react in an emergency situation; how to identify situations that may require emergency services; know how to contact them and what to say

**Core theme 2: Relationships****Pupils learn...**

R1. To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

R3. About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong

R4. That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others

R5. That people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart.

R6. That a feature of positive family life is caring relationships; about the different ways in which people care for one another

R7. To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability

R8. To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty

R9. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help and advice.

R10 about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

R11. What constitutes a positive, healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships

R13. The importance of seeking support if feeling lonely or excluded  
R14. That healthy friendships help people feel included; recognise when others may feel lonely or excluded; strategies for how to include them  
R15. Strategies for recognising and managing peer influence and a desire for peer approval and friendships; to recognise the effect of online actions on others  
R16. How friendships can change over time, about making new friends and the benefits of having different types of friends  
R17. That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely  
R18. To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary  
R19. About the impact of bullying, including offline and online, and the consequences of hurtful behaviour  
R20. Strategies to respond to hurtful behaviour experienced or witnessed, offline or online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support  
R21. About discrimination: what it means and how to challenge it  
R22. About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)  
R23. About why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns  
R24. How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know  
R25. Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact  
R26. About seeking and giving permission (consent) in different situations  
R27. About keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret  
R28. How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this  
R29. Where to get advice and report concerns if worried about their own or someone else's personal safety (including online)  
R30. That personal behaviour can affect other people; to recognise a model respectful behaviour online  
R31. To recognise the importance of self-respect and how this can affect the thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online/anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships  
R32. About respecting differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background  
R33. To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own

**Core theme 3: Living in the wider world****Pupils learn...**

L1. To recognise reasons for rules and laws; consequences of not adhering to rules and laws  
L2. To recognise there are human rights, that are there to protect everyone  
L4. The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others  
L5. Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)  
L6. About the different groups that make up their community; what living in a community means  
L7. To value the different contributions that people and groups make to the community  
L8. About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities  
L10. About prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced  
L11. Recognise ways in which the internet and social media can be used both positively and negatively  
L12. How to assess the reliability of sources of information online; and how to make safe, reliable choices from search results  
L15. Recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images