

<p>Myself and My Relationships 14 Beginning and Belonging (NB)</p> <ul style="list-style-type: none"> • How do we make sure we feel safe in our class and school? • How do we build good relationships in our class? • How do we make new people feel welcome and valued? • How do I feel when I do something new? • Which ways to calm down work for me? • How do I solve problems? • Who can I talk to when I need help? • How can I help and support other people? 	<ul style="list-style-type: none"> • Ground Rules / class charters • Responsibilities • Belonging • New experiences • Managing emotions • Calming down • Problem solving • Network of support 	<p>Citizenship 11 Rights, Rules and Responsibilities (NB)</p> <ul style="list-style-type: none"> • How can I contribute to making and changing rules in school? • How else can I make a difference in school? • Are there places or times when I have to behave differently? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • Can I take part in a debate and listen to other people's views? 	<ul style="list-style-type: none"> • Ground rules / class charters • Children's rights • Conflicting rights and responsibilities • Rules and laws in society • Role of the police • Local and national democracy • Participation in class and school • School and class councils • Social and moral issues
<p>Myself and My Relationships 15 My Emotions (GTBM)</p> <ul style="list-style-type: none"> • What am I good at? • What do I find difficult? • What do I feel proud of about myself? • How do I manage strong emotions? • What can I do when I realise I'm in a bad mood? • How do I recognise how other people feel and respond to them? • How do I cope when I disagree with someone? • How and from whom do I get support when things are difficult? 	<ul style="list-style-type: none"> • Self awareness • Feelings, thoughts, behaviour • Mental health and what affects it • Mood changes • Worry and anxiety • Managing strong feelings • Empathy • Calming down • Assertiveness • Making informed choices • Assessing risk • Networks of support 	<p>Myself and My Relationships 16 Family and Friends (GOFO)</p> <ul style="list-style-type: none"> • Who is in my network of relationships and how has it changed? • How can I develop new friendships and maintain existing ones? • In what way is it positive to have differences between people? • What different kinds of families are there? • How can I manage some of the pressures on my relationships? • Who do I get support from and how do I support others? 	<ul style="list-style-type: none"> • Changing networks • Respecting difference • Sustaining friendships • Anger management • Family patterns • Influences and pressures • Different perspectives • Cooperation • Network of support groups
<p>Citizenship 9 Working Together (GFG)</p> <ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? • How can I be a good listener to other people? • How can I share my views effectively and negotiate with others to reach agreement? • How can I persevere and help others to do so? • How can I give, receive and act on sensitive and constructive feedback? 	<ul style="list-style-type: none"> • Self perception and self evaluation • Developing skills • Steps towards goals • The world of work • Effective communication • Chairing group discussions • Negotiation and debate • Problem solving and perseverance • Influence of the media • Evaluation 	<p>Myself and My Relationships 17 Anti-bullying (SNTB)</p> <ul style="list-style-type: none"> • Can I define bullying? • Do I understand why a person or group of people may feel the need to have power over another person or group of people? • Can I respond to bullying and seek support where necessary? • How can bullying affect people's behaviour and wellbeing? • How might people's responses to bullying improve or worsen a situation? • Can I identify ways of preventing bullying in school and the wider community? 	<ul style="list-style-type: none"> • Types of bullying including bullying related to race, religion or culture • Homophobic bullying • Physical, mental and emotional wellbeing • Peer pressure • Roles in bullying • Strategies for dealing with bullying including assertiveness • Cyberbullying • Community cohesion • Sources of support
<p>Citizenship 10 Diversity and Communities</p> <ul style="list-style-type: none"> • What makes up my 'identity' and that of other people? • What are the different identities locally and in the UK? • How can I show respect for different views, lifestyles and beliefs? • What are the negative effects of stereotyping? • What groups and communities am I part of? • Who works for the good of the community and how can I help? • What are voluntary organisations and how do they make a difference? • What is the role of the media and how does it influence me and my community? • Who cares for the environment and what is my contribution? 	<ul style="list-style-type: none"> • Diversity in communities • Community cohesion • Challenging stereotypes • The community and roles in it • Voluntary, community, charitable and pressure groups • The media • Environmental issues • Sustainability 	<p>Economic Wellbeing 3 Financial Capability</p> <ul style="list-style-type: none"> • What different ways are there to gain money? • What sort of things do adults need to pay for? • How can I afford the things I want or need? • How can I make sure I get 'value for money'? • Why don't people get all the money they earn? • How is money used to benefit the community or the wider world? • What is poverty? 	<ul style="list-style-type: none"> • Earnings and deductions • Wants and needs • Range of jobs • Budgeting • Debt and credit • Financial planning (including insurance and pensions) • Making choices • Managing feelings about money • Poverty • Role of charities
<p>Healthy and Safer Lifestyles 18 Managing Risk</p> <ul style="list-style-type: none"> • When might it be good to take risk? • What are the different consequences of taking physical, emotional and social risks? • How risky are different situations? • When am I responsible for my own safety? • How can I keep myself and others safe? • How can I get the attention of an adult if I need to? • Where can people go for help? • How can I help people who need support? • Can I carry out basic first aid? 	<ul style="list-style-type: none"> • Positive and negative aspects of risk taking • Consequences and degrees of risk • Personal responsibility for safety • Risk reduction strategies • Getting help • Sources of support • Basic first aid 	<p>Healthy and Safer Lifestyles 22 Drug Education</p> <ul style="list-style-type: none"> • What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others? • How does drug use affect the way a body or brain works? • How do medicines help people with a range of illnesses? • What does misusing a drug mean? • What are some of the laws about drugs? • What risks should I look for around substances? • How do my friends influence my behaviour and decision making? • How and why do companies advertise drugs? • When and how should I check information I am given? 	<ul style="list-style-type: none"> • Legal and illegal drugs • Effects of drug use • Essential use of medicines • Misuse of substances • Staying safe around risky substances • Influence of friends and media • Reliable information • First aid
<p>Healthy and Safer Lifestyles 19 Safety Contexts</p> <ul style="list-style-type: none"> • How can I stay safe on the roads as cyclist or pedestrian? • How do I keep myself safe in the sun? • How can I stay safe in my home? • How can I stay safe near railways? • What helps to make school a safe place? • How can I prevent accidents? 	<ul style="list-style-type: none"> • Road safety • Sun safety • Cycle safety • Railway safety • Electrical safety • Health and safety rules in school • Preventing a wider range of accidents 	<p>Healthy and Safer Lifestyles 23 Personal Safety</p> <ul style="list-style-type: none"> • When am I responsible for my personal safety? • What can I do to help keep myself safer? • How can I act to show I'm assertive? • When should I keep a secret for myself or for a friend? • Who is now in my network of support and how is it changing? • When and how should I ask for help? 	<ul style="list-style-type: none"> • Personal safety • Acceptable and unacceptable physical contact • Secrets and promises • Networks of support • Trusted adults • Organisations that help • Assertiveness • Managing pressure • Domestic violence • E-Safety
<p>Healthy and Safer Lifestyles 20 Sex and Relationships Education</p> <ul style="list-style-type: none"> • What are male and female sexual parts called and what do they do? • What happens to the bodies of boys and girls when they reach puberty? • What influences my view of my body? • How can I keep my growing and changing body clean? • How can the spread of viruses and bacteria be stopped? • What is HIV? 	<ul style="list-style-type: none"> • Names of sexual parts • Puberty • Physical change • Menstruation • Developing body image • Changing hygiene routines • Viruses and bacteria 	<p>Healthy and Safer Lifestyles 24 Sex and Relationships Education</p> <ul style="list-style-type: none"> • How are babies made? • How can I express my feeling positively as I grow up? • When am I responsible for how others feel? • What should adults think about before they have a baby? • What are families like? 	<ul style="list-style-type: none"> • Human lifecycle • Sexual reproduction • Changing emotions • Responsibility for others • Love and marriage • Families
<p>Healthy and Safer Lifestyles 21 Healthy Lifestyles</p> <ul style="list-style-type: none"> • What does being healthy mean and what are the benefits? • Why is a varied and balanced diet important? • How can I achieve a healthy energy balance? • How does physical activity help me? • How can I plan, prepare and cook healthy meals safely? • What or who influences me when I'm making lifestyle choices? • How am I responsible for a healthy lifestyle? 	<ul style="list-style-type: none"> • Effects and benefits of healthy eating and physical activity • Eatwell plate • Basic food hygiene • Lifestyle and leisure choices • Physical and mental health 	<p>Myself and My Relationships 18 Managing Change (R,C)</p> <ul style="list-style-type: none"> • What different changes do we or might we experience? • How will I feel if I lose something or someone or if things change? • How have I been affected by changes I have already experienced? • How are my friendships and relationships changing? • In what different ways do people grieve? • How might I or other people behave when we are living through change? • How might I feel when I move to another school? 	<ul style="list-style-type: none"> • Range of changes • Coping with loss • Emotions involved • Sources of support • Bereavement and family change • Friendship change • Transition between schools • Outcomes of change • Coping with challenges • Managing risk • Supporting others