

Autumn 1	Spring 2
To recognise the different zones of regulation.	To know what helps me sleep better.
To understand times when I might be in different zones of regulation.	To identify positives about what makes me, me.
To know how my body reacts in different zones.	To identify some tools to help me regulate my emotions.
Autumn 2	To start to identify triggers that send me out of the green zone.
To know how to stay safe on bonfire night.	Summer 1
To understand that families can have problems but support each other.	To understand my rights and responsibilities
To know possible ways friends can resolve issues.	To understand we are responsible for our actions
To understand some of the impacts of bullying.	To understand why we have rules
To know that trust is an important part of relationships.	To understand the groups that make up the community.
To be respectful to those whose traditions, beliefs and lifestyle are different to my own.	Summer 2
Spring 1	To understand the different ways to pay for things.
To know what is appropriate touch.	To recognise that money has an impact on how we feel.
To understand the role I can take in an emergency situation.	To identify tools I can use to help regulate my emotions.
To know who I can trust.	
To develop an understanding of safety on or near roads.	
To understand why we need to wash our hands.	

Autumn 1	Spring 2
I know what makes a healthy relationship.	To know that some people behave differently online.
I know that differences should be celebrated and you can't judge people based on looks.	To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.
I can identify unhealthy relationships.	I understand the dangers of sharing information online.
To resolve differences by looking at alternatives.	To explore the positive and negative impact of live streaming.
To know that self-esteem can be built with gratitude.	To recognise that some images online might not be real and could be AI.
To know the origins and traditions associated with Halloween.	To understand how spending within gaming or online is linked to real money and debt
Autumn 2	Summer 1
To identify hazards on Bonfire Night.	I can identify some human rights.
To differentiate between the terms risk, hazard and danger.	I know why different rules are needed in different situation.
To identify a range of danger signs	To understand there are a wide range of religions and beliefs in the UK.
To further define and develop an awareness of bullying and conflict.	To understand some of what our local council do.
To recognise and manage dares.	To understand the term discrimination.
To understand how to be safe on a level crossing.	Summer 2
To develop an understanding of giving and receiving.	To know what can influence spending choices.
Spring 1	To understand that payment methods are changing - mostly online
To describe different ways to maintain a healthy lifestyle.	To identify links between money and feelings.
To recognise how too much sugar in our food and drink can affect us.	To know that different jobs might require different skills.
To explain what is meant by a balanced diet.	To identify career stereotypes.
To explain why sleep is important for a healthy lifestyle.	To look back on my achievements and understand feelings about change and transition.
I can identify the benefits of exercise.	I know what a career stereotype is.
To describe different ways to maintain a healthy lifestyle.	I understand that there may be mixed feelings towards change and transition.

Autumn 1	Spring 2
To recognise and explain what constitutes a positive, healthy relationship.	To understand choices that support a healthy lifestyle, and recognise what might influence these.
To understand what civil partnerships and marriage mean.	To understand that mental health is part of daily life and to identify strategies and behaviours that support healthy minds.
To identify strategies we can use to keep ourselves and others safe.	To understand that sleep contributes to a healthy mind.
To understand the importance of communication in a relationship.	To describe how smoking affects health and identify how to resist pressure.
To understand who contributed towards the movement of Black History.	Summer 1
To judge what kind of physical contact is acceptable or unacceptable.	To understand how bodies and emotions change through puberty.
Autumn 2	To know how images can be manipulated.
To consider the history behind Bonfire night and traditions that still remain today.	Summer 2
To identify how everyday actions can affect our dental health.	To learn about change including transitions.
To recognise how sugar can affect our teeth.	To understand the danger of alcohol, tobacco and drugs.
Spring 1	To develop and use strategies for keeping safe in the environment.
To explain the importance of having rules at home.	
To identify risks and how to approach them.	
To research, discuss and debate topical issues and make decisions about which are most important to me.	
To understand what being part of a community means, and about the varied institutions that support communities locally and nationally.	

Autumn 1	Spring 2
To understand that civil partnerships and marriage are examples of a public demonstration of commitments.	To identify what gambling is and how it can affect people.
To recognise different types of relationship, including those between acquaintances, friends, relatives and strangers.	To identify the pros and cons of gaming.
To understand the consequence of my actions.	To identify how to keep money safe online and avoid scams.
To identify some of the ways we are different and unique.	To identify how money affects the way we feel - work/life balance.
Autumn 2	Summer 1
To identify ways in which I can help deal with my emotions.	To know what online requests are appropriate and inappropriate.
To understand what positively and negatively affects their physical, mental and emotional health.	To know how bodies and emotions change through puberty,
To describe healthy sleep patterns and identify factors which can reduce sleep quality	To know about and explain human reproduction.
To describe strategies to overcome barriers and promote diversity and inclusion	To take care of your body, understanding you have the right to protect it.
To understand global inequalities at Christmas.	Summer 2
Spring 1	To identify truths and myths about high school.
To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.	To know my human rights.
To differentiate between the terms risk, hazard and danger.	To know who helps to run the UK government.
To identify a variety of payment methods, why they are used and the positives and negatives that might come with them.	To know what my local council do.
To understand how adults get paid and how to budget a wage.	