



Autumn 1 Myself & My Relationships - Beginning and Belonging (BB 3/4)	
<ul style="list-style-type: none">• What is my role in helping my school be a place where we can learn happily and safely?• How can we build relationships in our class and how does this benefit me?• What does it feel like to be new or to start something new?• How can I help children and adults feel welcome in school?• What helps me manage a new situation or learn something new?• Who are the different people in my network who I can ask for help?	<ul style="list-style-type: none">• Ground rules / class charters• Responsibilities• Belonging• New situations• Meeting new people• Resilience• Managing feelings• Asking for help• Networks of support
Autumn 2 Myself & My Relationships - Family and Friends (FF 3/4)	
<ul style="list-style-type: none">• How do good friends behave on and offline and how do I feel as a result?• What is a healthy friendship and how does trust play an essential part?• What skills do I need for choosing, making and developing friendships and how effective are they?• How can I help to resolve disagreements positively by listening and compromising?• Can I empathise with other people in a disagreement?• How can I check with my friends that their personal boundaries have not been crossed?• How do my family members help each other to feel safe and secure even when things are tough?• Who is in my network of special people now and how do we affect and support each other?	<ul style="list-style-type: none">• Developing friendships• On and offline friendships• Emotions in relationships• Trustworthiness• Special people and networks• Compromise• Empathy• Conflict resolution• Personal boundaries• Networks of support
Autumn 2 Myself & My Relationships - Anti-bullying (AB 3/4)	
<ul style="list-style-type: none">• How are falling out and bullying different?• How do people use power when they bully others?• What are the key characteristics of different types of bullying?• How can lack of respect and empathy towards others lead to bullying?• What is the difference between direct and indirect forms of bullying?• What are bystanders and followers and how might they feel?• Do I understand that bullying might affect how people feel for a long time?• How can I support people I know who are being bullied by being assertive?• How does my school prevent bullying and support people involved?	<ul style="list-style-type: none">• Falling out• Prejudiced-based bullying• Respect• Direct and indirect bullying• Cyberbullying• Bystanders and followers• Being supportive• Getting help

Spring 1 Citizenship - Diversity and Communities (DC 3/4)

- What have we got in common and how are we different?
- How might others' expectations of girls and boys affect people's feelings and choices?
- How are our families the same and how are they different?
- Do people who live in my locality have different traditions, cultures and beliefs?
- How does valuing diversity benefit everyone?
- Why are stereotypes unfair and how can I challenge them?
- How do people in my locality benefit from being part of different groups?
- What are the roles of people who support others with different needs in my community?
- How does the media work in my community?
- How can we care for the local environment and what are the benefits?
- What do animals need, and what are our responsibilities?

- Similarities and differences
- People in the community
- People with different backgrounds
- Stereotypes
- Roles in the community
- Local environment
- Animal welfare
- Role of the media

Spring 2 Myself & My Relationships - Managing Change (MC 3/4)

- What changes have I and my peers already experienced and what might happen in the future?
- What helps me when I'm experiencing strong emotions due to loss or change?
- What strategies help me to thrive when my friendships change?
- How might I behave when I feel strong emotions linked to loss and change?
- How might people feel when loved ones or pets die, or they are separated from them for other reasons?
- What changes might people welcome and how can they plan for these?

- Range of experiences of change
- Positive changes
- Emotions involved in loss and change
- Taking responsibility for choices
- Confidence in new situations
- People I see, people I don't see
- Bereavement

Summer 1 Healthy & Safer Lifestyles - Personal Safety (PS 3/4)

- How do I recognise my own feelings and communicate them to others?
- Which school/classroom rules are about helping people to feel safe?
- Can I recognise when my Early Warning Signs are telling me I don't feel safe?
- What qualities do trusted adults and trusted friends have?
- Who is on my network of support and how can I ask them for help?
- What could I do if I feel worried about a friendship or family relationship?
- What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?
- How can I decide if a secret is safe or unsafe?
- How can I keep safe online?

- Identifying and communicating feelings
- School/classroom rules
- Early Warning signs
- Identifying trusted adults
- Networks of support
- Safety continuum
- Recognising and reporting unkind behaviour
- Bodily autonomy
- Personal boundaries
- Safe, unsafe and unwanted touch
- Safe and unsafe secrets
- Online safety

Summer 2 Healthy & Safer Lifestyles - Relationships and Sex Education (RS 3)

- How are male and female bodies different and what are the different parts called?
- When do we talk about our bodies, how they change, and who do we talk to?
- What can my body do and how is it special?
- Why is it important to keep myself clean?
- What can I do for myself to stay clean and how will this change in the future?
- How do different illnesses and diseases spread and what can I do to prevent this?

- Male and female bodies
- Talking about bodies
- Valuing the body's uniqueness & capabilities
- Responsibilities for hygiene
- Preventing spread of illnesses

Summer 2 Healthy & Safer Lifestyles - Drug Education (DE 3/4)

- What medical & legal drugs do I know about, and what are their effects?
- Who uses and misuses legal drugs?
- Why do some people need medicine and who prescribes it?
- What are immunisations and have I had any?
- What are the safety rules for storing medicine and other risky substances?
- What should I do if I find something risky, like a syringe?
- What do I understand about how friends and the media persuade and influence me?

- Medicines and legal drugs
- People who use medicines & legal drugs
- Rules for safe storage
- Finding risky items
- Influence of friends and media
- Immunisations