

Autumn 1 Health & Wellbeing Transition Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary	Prior Knowledge
1.What is Personal Development	Know what Personal Development means and the different units they will learn	Retrieval practice/what do they already know (Cognitive Science) Gatsby Benchmark 4	Personal Development Organisation Expectations Stress Resilience Emotional Wellbeing Reflection Coping strategies Platonic friendship Toxic	PSHE lessons in primary school Transition work in Year 6
2. Transition to Secondary School	Know what to expect when starting Secondary School and how to manage the challenges	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.		
3. Study Skills	Know what are Study Skills and how to develop these	enable students to develop their self-knowledge, self-esteem and self-confidence;		
4.Becoming Resilient	Know what emotional wellbeing is, how to manage stress how to become more resilient and different coping strategies	enable students to develop their self-knowledge, self-esteem and self-confidence;		
5. Friendships & Toxic Friendships	Know what makes a good friend Know what the signs are of a toxic friendship	the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.		
6. Consolidation & Assessment	End of Unit Assessment to test knowledge gained during unit	Cognitive Science		

Autumn 2 Health & Wellbeing Puberty, Hygiene & Emotions Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary	Prior Knowledge
1.Puberty Physical Changes (including menstruation)	Know what is puberty, the physical changes that boys and girls may experience and how to manage these Know what is menstruation and for girls, how to manage when going through their period	key facts about puberty, the changing adolescent body and menstrual wellbeing. the main changes which take place in males and females, and the implications for emotional and physical health.	Puberty Menstruation Emotion Personal hygiene Oral hygiene Hormones	Primary School Health and Wellbeing PSHE curriculum
2. Puberty Emotional Changes	Know what emotional changes to expect during puberty Know how to manage emotional changes and how to recognise when it is becoming a concern Know what is meant by emotional wellbeing	how to talk about their emotions accurately and sensitively, using appropriate vocabulary. how to recognise the early signs of mental wellbeing concerns. the main changes which take place in males and females, and the implications for emotional and physical health.		
3.Puberty Personal Hygiene (including oral hygiene)	Know what is meant by personal hygiene, how puberty impacts on this and what to do to maintain good personal hygiene	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.		
4.Consequences of an unhealthy lifestyle	Know what constitutes a healthy lifestyle and what the impact is of an unhealthy lifestyle	the characteristics and evidence of what constitutes a healthy lifestyle, including the links between an inactive lifestyle and ill health		
5. Consolidation/End of Unit Assessment	End of Unit Assessment to test knowledge gained during unit	Cognitive Science		

Spring 1/Spring 2 Relationships Bullying & Maintaining Positive Relationships Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary Bullying Cyberbullying Derogatory Banter Relationship Marriage Conflict Family Consequences	Prior Knowledge Primary School PSHE Autumn Term - what is a toxic friendship?
1.Bullying	Know what is bullying Know the different types of bullying including derogatory comments aimed at race, gender, religion Know the consequences of bullying	the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.		
2.Bullying or Banter	Know the difference between bullying and banter and the consequences this can have	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others.		
3.Cyberbullying	Know what is cyberbullying Know what is unsafe online Know how to stay safe online and manage online bullying	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.		
4. Dealing with Bullying	Know what strategies there are for dealing with bullying Know what your school's policy is for dealing with bullying	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.		
5.Types of Relationships	Know what is a relationship Know the different types of relationships Know how to manage conflict and endings in relationships	practical steps they can take in a range of different contexts to improve or support respectful relationships.		
6.Family Relationships	Know the different types of family units Know the different roles within a family	that there are different types of committed, stable relationships and how these relationships might contribute to human happiness. what marriage is the roles and responsibilities of parents with respect to raising of children		
7.Consolidation/End of Unit Assessment	End of Unit Assessment to test knowledge gained during unit	Cognitive Science		

Summer 1 Citizenship Politics & Parliament Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary	Prior Knowledge
1.Monarchy & the Government	Know the role of a monarch in Britain today.	the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch enable students to acquire a broad general knowledge of and respect for public institutions and services in England;	Constitutional Monarchy Republic Parliament Politics Monarchy Democracy	Citizenship in Primary School (London visits)
2.UK Government	Know different job roles within the Government and political system	the operation of Parliament, including voting and elections, and the role of political parties	British Values Individual liberty	
3.Parliament & Law Making	Know the three parts of parliament and what they do Know how the House of Commons and the House of Lords work together to create laws and how these are implemented	the operation of Parliament, including voting and elections, and the role of political parties	Tolerance Member of Parliament (MP) Conservative Labour	
4.Democracy	Know what is democracy	the operation of Parliament, including voting and elections, and the role of political parties	House of Commons House of Lords	
5.Politics & Voting	Know what happens during a general election Know what/who are political parties Know what is meant by a manifesto/party policy	The operation of Parliament, including voting and elections, and the role of political parties The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch	Manifesto Suffragettes Election	
6.Human Rights & Responsibility	Know the basic political, legal and human rights held by British citizens Know the link between rights and responsibilities	the precious liberties enjoyed by the citizens of the United Kingdom		
7.Consolidation/End of Unit Assessment	End of Unit Assessment to test knowledge gained during unit	Cognitive Science		

Summer 2 Citizenship Community Sequence of lessons	Core knowledge/Lesson Objective	Links to Statutory Guidance/Evidence Based practice	Core vocabulary Community Democracy Governing Leadership	Prior Knowledge Primary School PSHE Autumn 2 topic on Politics
1.What is a community	Know what is a community Know the different types of community and their importance	the precious liberties enjoyed by the citizens of the United Kingdom		
2.My Role in the School Community	Know our role in the school community and the expectations this has	the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities		
3.Improving the School Community	Know ways in which we can improve our community and plan how to action these.	an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety;		
4. Creating a community (desert island project)	Know what needs a community has	encourage respect for democracy and support for participation in the democratic processes, including respect for the basis on which the law is made and applied in		
5.Governing a community	Know how to use democracy within a community and the importance of leadership and choice	an understanding of how citizens can influence decision-making through the democratic process;		
6.Role & responsibilities of a community	Know how a community needs to work together to thrive	encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely;		
7.Consolidation/End of Unit Assessment	End of Unit Assessment to test knowledge gained during unit	Cognitive Science		