



# KS2 Academic Year

|        | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                  | Autumn 2                                                                                                                                                                                                                                                                                                                                   | Spring 1                                                                                                                                                                                                                                                                                                                   | Spring 2                                                                                                                                                                                                                                                                                                                        | Summer 1                                                                                                                                                                                                                                                                                                                  | Summer 2                                                                                                                                                                                                                                                                                                                |
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|        | Being Me in My World                                                                                                                                                                                                                                                                                                                                                                      | Celebrating Difference                                                                                                                                                                                                                                                                                                                     | Dreams and Goals                                                                                                                                                                                                                                                                                                           | Healthy Me                                                                                                                                                                                                                                                                                                                      | Relationships                                                                                                                                                                                                                                                                                                             | Changing Me RSE                                                                                                                                                                                                                                                                                                         |
| Year 3 | <ul style="list-style-type: none"> <li>• Understand their role within a school community</li> <li>• Recognise how their actions impact others</li> <li>• Develop confidence sharing ideas and opinions</li> <li>• Understand rules, responsibilities and consequences</li> <li>• Identify worries and strategies to manage them</li> </ul>                                                | <ul style="list-style-type: none"> <li>• Understand and celebrate differences between people</li> <li>• Recognise different family structures</li> <li>• Understand the impact of words and actions</li> <li>• Explore bullying, including being a witness or bystander</li> <li>• Develop empathy and respect</li> </ul>                  | <ul style="list-style-type: none"> <li>• Identify personal strengths and ambitions</li> <li>• Understand how effort and perseverance lead to success</li> <li>• Learn from people who have overcome challenges</li> <li>• Set goals and identify steps towards achieving them</li> <li>• Celebrate achievements</li> </ul> | <ul style="list-style-type: none"> <li>• Understand the importance of exercise, nutrition and wellbeing</li> <li>• Recognise how choices affect health</li> <li>• Understand risks linked to medicines and substances</li> <li>• Identify safe and unsafe situations</li> <li>• Develop strategies to manage worries</li> </ul> | <ul style="list-style-type: none"> <li>• Understand what makes positive relationships</li> <li>• Develop conflict-resolution skills</li> <li>• Understand responsibilities within families and friendships</li> <li>• Explore online safety and digital relationships</li> <li>• Recognise how to seek support</li> </ul> | <ul style="list-style-type: none"> <li>• Understand physical and emotional changes during growing up</li> <li>• Learn about puberty in an age-appropriate way</li> <li>• Recognise that everyone develops differently</li> <li>• Understand personal hygiene</li> <li>• Develop confidence discussing change</li> </ul> |
| Year 4 | <ul style="list-style-type: none"> <li>• Understand how they contribute to a positive community</li> <li>• Recognise the importance of inclusion and teamwork</li> <li>• Understand how choices affect themselves and others</li> <li>• Develop independence and responsibility</li> <li>• Recognise the importance of being an active member of society themselves and others</li> </ul> | <ul style="list-style-type: none"> <li>• Understand how first impressions can influence opinions</li> <li>• Challenge stereotypes and assumptions</li> <li>• Explore equality and protected characteristics</li> <li>• Understand the roles of those involved in bullying</li> <li>• Develop confidence to challenge unfairness</li> </ul> | <ul style="list-style-type: none"> <li>• Explore hopes and aspirations</li> <li>• Understand that setbacks are part of success</li> <li>• Develop resilience and coping strategies</li> <li>• Recognise how teamwork helps achieve goals</li> <li>• Reflect on personal achievements</li> </ul>                            | <ul style="list-style-type: none"> <li>• Understand healthy friendships and peer influence</li> <li>• Explore risks and making safe choices</li> <li>• Understand how to keep themselves safe in different situations</li> <li>• Develop assertiveness skills</li> <li>• Recognise the importance of wellbeing</li> </ul>       | <ul style="list-style-type: none"> <li>• Understand friendship groups and belonging</li> <li>• Explore trust, jealousy and loss</li> <li>• Develop strategies for managing emotions</li> <li>• Understand safe relationships online and offline</li> <li>• Recognise respectful behaviour</li> </ul>                      | <ul style="list-style-type: none"> <li>• Understand puberty and body changes</li> <li>• Explore identity and self-esteem</li> <li>• Understand how relationships change over time</li> <li>• Recognise feelings linked to transition</li> <li>• Prepare for future changes</li> </ul>                                   |
| Year 5 | <ul style="list-style-type: none"> <li>• Understand</li> </ul>                                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>• Explore cultural identity</li> </ul>                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• Explore future lifestyles and</li> </ul>                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>• Understand risks linked to smoking,</li> </ul>                                                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>• Understand qualities of</li> </ul>                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>• Understand puberty</li> </ul>                                                                                                                                                                                                                                                  |

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|               | <p>democracy and having a voice</p> <ul style="list-style-type: none"> <li>• Explore rewards, consequences and responsibility</li> <li>• Develop leadership skills</li> <li>• Understand how communities work together</li> <li>• Reflect on personal goals and values</li> </ul>                                                                           | <p>and diversity</p> <ul style="list-style-type: none"> <li>• Understand discrimination, prejudice and racism</li> <li>• Recognise different forms of bullying, including online bullying</li> <li>• Develop respect for different beliefs and backgrounds</li> <li>• Promote fairness and inclusion</li> </ul>                                 | <p>career aspirations</p> <ul style="list-style-type: none"> <li>• Understand how money, choices and values influence futures</li> <li>• Develop enterprise and teamwork skills</li> <li>• Understand global issues and how they affect others</li> <li>• Create action plans to make a difference</li> </ul>       | <p>vaping and alcohol</p> <ul style="list-style-type: none"> <li>• Develop decision-making skills and resistance to pressure</li> <li>• Learn basic first aid skills</li> <li>• Understand body image and self-esteem</li> <li>• Recognise ways to support physical and mental health</li> </ul>                          | <p>positive relationships</p> <ul style="list-style-type: none"> <li>• Explore online relationships and digital safety</li> <li>• Understand consent, respect and boundaries</li> <li>• Develop assertiveness skills</li> <li>• Know how to seek help when needed</li> </ul>                                            | <p>changes for boys and girls</p> <ul style="list-style-type: none"> <li>• Explore body image and media influence</li> <li>• Understand reproduction and conception (where taught)</li> <li>• Identify trusted adults and reliable information</li> <li>• Prepare for future transitions</li> </ul>                                                        |
| <b>Year 6</b> | <ul style="list-style-type: none"> <li>• Understand rights, responsibilities and democracy</li> <li>• Recognise how individuals can influence communities</li> <li>• Develop leadership and decision-making skills</li> <li>• Understand the importance of positive choices</li> <li>• Prepare for greater independence and secondary transition</li> </ul> | <ul style="list-style-type: none"> <li>• Explore prejudice, discrimination and equality</li> <li>• Understand protected characteristics in greater depth</li> <li>• Develop empathy for people with different experiences</li> <li>• Challenge stereotypes and unfair treatment</li> <li>• Understand the importance of human rights</li> </ul> | <ul style="list-style-type: none"> <li>• Set ambitious personal goals</li> <li>• Explore careers, skills and future pathways</li> <li>• Understand global challenges and social action</li> <li>• Develop leadership and project planning skills</li> <li>• Reflect on achievements and future ambitions</li> </ul> | <ul style="list-style-type: none"> <li>• Understand how choices impact long-term health</li> <li>• Explore drugs, alcohol and their effects</li> <li>• Develop strategies for managing challenges</li> <li>• Understand mental and physical wellbeing</li> <li>• Develop confidence in making informed choices</li> </ul> | <ul style="list-style-type: none"> <li>• Explore mental health and emotional wellbeing</li> <li>• Understand love, loss and grief</li> <li>• Develop strategies to support themselves and others</li> <li>• Understand respectful relationships and consent</li> <li>• Use technology safely and responsibly</li> </ul> | <ul style="list-style-type: none"> <li>• Understand physical and emotional changes linked to puberty</li> <li>• Explore self-image and confidence</li> <li>• Understand reproduction, pregnancy and birth (where taught)</li> <li>• Discuss consent and respectful relationships</li> <li>• Prepare emotionally for secondary school transition</li> </ul> |