

## DfE Guidance Mapping: KS2

This document maps the 13 key themes of the new DfE guidance in correspondence to our PSHE curriculum, including year groups, our 8 key themes and the lesson plans.

Click on the following to be taken to the respective theme:

- [1. Families and People who Care for me](#)
- [2. Caring Friendships](#)
- [3. Respectful Relationships](#)
- [4. Online Relationships](#)
- [5. Being Safe](#)
- [6. Mental Wellbeing](#)
- [7. Internet Safety and Harms](#)
- [8. Physical Health and Fitness](#)
- [9. Healthy Eating](#)
- [10. Drugs, Alcohol and Tobacco](#)
- [11. Health and Prevention](#)
- [12. Basic First Aid](#)
- [13. Changing Adolescent Bodies](#)

# **1. Families and People who Care for me**

DfE Guidance	Year Group	Covered in which lesson(s)	Theme
<b>By the end of Primary School, children should know:</b>			
<i>that families are important for children growing up because they can give love, security and stability</i>	Year 3	<ul style="list-style-type: none"> <li>Essentials of a Healthy Family</li> </ul>	Me, Myself and You
<i>the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</i>	Year 3	<ul style="list-style-type: none"> <li>Essentials of a Healthy Family</li> </ul>	Me, Myself and You
	Year 5	<ul style="list-style-type: none"> <li>What Marriage is and Other Long-Term Commitments</li> </ul>	Me, Myself and You
<i>that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</i>	Year 4	<ul style="list-style-type: none"> <li>Understanding Differences in Families</li> </ul>	Me, Myself and You
<i>that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</i>	Year 3	<ul style="list-style-type: none"> <li>Essentials of a Healthy Family</li> </ul>	Me, Myself and You
	Year 5	<ul style="list-style-type: none"> <li>Expectations and Pressures in Children and What Makes a Good Friend</li> <li>What Marriage is and Other Long-Term Commitments</li> </ul>	Me, Myself and You
<i>that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</i>	Year 5	<ul style="list-style-type: none"> <li>What Marriage is and Other Long-Term Commitments</li> </ul>	Me, Myself and You
<i>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</i>	Year 3	<ul style="list-style-type: none"> <li>The Underwear Rule - Appropriate and Inappropriate Contact</li> <li>Reporting Abuse</li> <li>Help and Advice</li> </ul>	Playing Safe
	Year 4	<ul style="list-style-type: none"> <li>Reporting Abuse</li> <li>Help and Advice</li> </ul>	Playing Safe
	Year 5	<ul style="list-style-type: none"> <li>Reporting Abuse</li> <li>Help and Advice</li> <li>Assessing Risks and Managing Safety</li> <li>What are Boundaries and What is Consent?</li> </ul>	Playing Safe
	Year 6	<ul style="list-style-type: none"> <li>Practising Emergency Calls</li> <li>What is an Emergency? - Should I call 999?</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>Reporting Abuse</li> <li>Help and Advice</li> </ul>	Playing Safe

## **2. Caring Friendships**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how important friendships are in making us feel happy and secure, and how people choose and make friends</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>• Good and Bad Peer Influence/Pressure</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
<p><i>the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Importance of Clear Communication and Managing Conflict</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> <li>• All about Bullying and Cyberbullying</li> <li>• What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>• Good and Bad Peer Influence/Pressure</li> <li>• Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Importance of Clear Communication and Managing Conflict</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Being Polite Online and how the Internet Works</li> <li>• All about Bullying and Cyberbullying</li> <li>• What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>• Good and Bad Peer Influence/Pressure</li> <li>• Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
<p><i>how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• How to Behave Sensibly Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> <li>• The Underwear Rule - Appropriate and Inappropriate Contact</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>Importance of Clear Communication and Managing Conflict</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>Being Polite Online and How the Internet Works</li> <li>All About Bullying and Cyberbullying</li> <li>What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>Help and Advice</li> <li>Healthy and Unhealthy Secrets and Privacy</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>What are Boundaries and What is Consent?</li> <li>Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>Good and Bad Peer Influence/Pressure</li> <li>Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>What People Can we Trust Online?</li> <li>What People Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

# **3. Respectful Relationships**



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>Understanding Differences in Families</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>All About Bullying and Cyberbullying</li> <li>What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
<p><i>practical steps they can take in a range of different contexts to improve or support respectful relationships</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>How to Behave Sensibly Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>Being Polite Online and How the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>Courtesy and Manners</li> <li>Good and Bad Peer Influence/Pressure</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
<p><i>the conventions of courtesy and manners</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>Essentials of a Healthy Family</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>Being Polite Online and How the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>the importance of self-respect and how this links to their own happiness</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Why Spending too much Time Online is Bad</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Eating Healthy and Keeping your Teeth Clean</li> <li>• The Food Wheel - How Good and Bad Food Effects our Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• How your Body Changes through Puberty</li> <li>• Growing and Changing - Facts about Puberty</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• How being Healthy Effects your Physical and Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Understanding Unrealistic Expectations Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>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 those in positions of authority</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Essentials of a Healthy Family</li> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• How to Behave Sensibly Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• The Underwear Rule - Appropriate and Inappropriate Contact</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Why Prejudices about Physical and Mental Health are Bad</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
		<ul style="list-style-type: none"> <li>• Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• All about Bullying and Cyberbullying</li> <li>• What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Practising Emergency Calls</li> <li>• What is an Emergency? - Should I call 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Good and Bad Peer Influence/Pressure</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Crossing the Road and Managing Risky Situations</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>what a stereotype is, and how stereotypes can be unfair, negative or destructive</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Understanding Differences in Families</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Why Prejudices about Physical and Mental Health are Bad</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Understanding Unrealistic Expectations Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>the importance of permission-seeking and giving in relationships with friends, peers and adults</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Essentials of a Healthy Family</li> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• The Underwear Rule - Appropriate and Inappropriate Contact</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Expectations and Pressures in Children and What Makes a Good Friend</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;"><b>Changing Bodies</b></p>
<ul style="list-style-type: none"> <li>• Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>		

# **4. Online Relationships**

DfE Guidance By the end of Primary School, children should know:	Year Group	Covered in which lesson(s)	Theme
<i>that people sometimes behave differently online, including pretending to be someone they are not</i>	Year 5	<ul style="list-style-type: none"> <li>• What Content Can we Trust Online?</li> <li>• What Content Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
	Year 6	<ul style="list-style-type: none"> <li>• What People Can we Trust Online?</li> <li>• What People Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
<i>that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</i>	Year 4	<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> </ul>	Online Safety
<i>the rules and principals for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</i>	Year 3	<ul style="list-style-type: none"> <li>• Age Restrictions in the World, Online and Why we Need Them</li> <li>• How to Behave Sensibly Online</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	Playing Safe
	Year 4	<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> <li>• All about Bullying and Cyberbullying</li> <li>• What is Cyberbullying? - Teacher Resource</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	Playing Safe
	Year 5	<ul style="list-style-type: none"> <li>• What Content Can we Trust Online?</li> <li>• What Content Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• What are Boundaries and What is Consent?</li> </ul>	Playing Safe
	Year 6	<ul style="list-style-type: none"> <li>• What People Can we Trust Online?</li> <li>• What People Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	Playing Safe

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Age Restrictions in the World, Online and Why we Need Them</li> <li>• How to Behave Sensibly Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Being Polite online and How the internet Works</li> <li>• All about Bullying and Cyberbullying</li> <li>• What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• What Content Can we Trust Online?</li> <li>• What Content Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• What People Can we Trust Online?</li> <li>• What People Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>how information and data is shared and used online</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Being Polite Online and How the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Understanding What Not to Share Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>

# 5. Being Safe

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• The Underwear Rule - Appropriate and Inappropriate Contact</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Being Polite Online and how the Internet Works</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
<p><i>about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Secrets and Privacy</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• The Underwear Rule - Appropriate and Inappropriate Contact</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Courtesy and Manners</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
<p><i>how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</i></p>	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• What Content Can we Trust Online?</li> <li>• What Content Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Assessing Risks and Managing Safety</li> <li>• What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Practising Emergency Calls</li> <li>• What is an Emergency? - Should I call 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• What People Can we Trust Online?</li> <li>• What People Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Crossing the Road and Managing Risky Situations</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to recognise and report feelings of being unsafe or feeling bad about any adult</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Healthy and Unhealthy Friendships</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• The Underwear Rule - Appropriate and Inappropriate Contact</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• What Content Can we Trust Online?</li> <li>• What Content Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Assessing Risks and Managing Safety</li> <li>• What are Boundaries and What is Consent?</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Practising Emergency Calls</li> <li>• What is an Emergency? - Should I call 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Good and Bad Peer Influence/Pressure</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• What People Can we Trust Online?</li> <li>• What People Can we Trust Online? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Crossing the Road and Managing Risky Situations</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to ask for advice or help for themselves or others, and to keep trying until they are heard</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Practising Emergency Calls</li> <li>• What is an Emergency? - Should I call 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Crossing the Road and Managing Risky Situations</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>how to report concerns or abuse, and the vocabulary and confidence needed to do so</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Practising Emergency Calls</li> <li>• What is an Emergency? - Should I call 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Crossing the Road and Managing Risky Situations</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>where to get advice e.g. family, school and/or other sources</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

# 6. Mental Wellbeing

<p style="text-align: center;"><b>DfE Guidance</b></p> <p><b>By the end of Primary School, children should know:</b></p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>that mental wellbeing is a normal part of daily life, in the same way as physical health</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• The Food Wheel - How Good and Bad Food Effects our Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• How Being Healthy Effects your Physical and Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions hat all humans experience in relation to different experiences and situations</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Early Warning Signs and Managing Emotions</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>how to recognise and talk about your emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Early Warning Signs and Managing Emotions</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Early Warning Signs and Managing Emotions</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• What is an Active Lifestyle and How to Prevent Related Illnesses</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
<p><i>simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Early Warning Signs and Managing Emotions</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• How Being Healthy Effects your Physical and Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Stress - Dealing with Emotions and Changes</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
		<ul style="list-style-type: none"> <li>• Early Warning Signs and Decision Making</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> <li>• Healthy and Unhealthy Secrets and Privacy</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> <li>• Helpful and Unhelpful Worries</li> <li>• Stress - Dealing with Emotions and Changes</li> <li>• Worries and Stresses</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>		<p style="text-align: center;"><b>Playing Safe</b></p>	
<p><i>that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• All about Bullying and Cyberbullying</li> <li>• What is Cyberbullying? - Teacher Resource</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online)</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Why Prejudices about Physical and Mental Health are Bad</li> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>

# **7. Internet Safety and Harms**

DfE Guidance	Year Group	Covered in which lesson(s)	Theme
<b>By the end of Primary School, children should know:</b>			
<i>that for most people the internet is an integral part of life and has many benefits</i>	Year 4	<ul style="list-style-type: none"> <li>Being Polite Online and How the Internet Works</li> </ul>	Online Safety
<i>about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</i>	Year 3	<ul style="list-style-type: none"> <li>Why Spending too much Time Online is Bad</li> </ul>	Online Safety
	Year 4	<ul style="list-style-type: none"> <li>All about Bullying and Cyberbullying</li> <li>What is Cyberbullying? - Teacher Resource</li> </ul>	Online Safety
<i>how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</i>	Year 3	<ul style="list-style-type: none"> <li>How to Behave Sensibly Online</li> </ul>	Online Safety
	Year 4	<ul style="list-style-type: none"> <li>Being Polite Online and How the Internet Works</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>Healthy and Unhealthy Secrets and Privacy</li> </ul>	Playing Safe
	Year 5	<ul style="list-style-type: none"> <li>Understanding What Not to Share Online</li> </ul>	Online Safety
<i>why social media, some computer games and online gaming, for example, are age restricted</i>	Year 6	<ul style="list-style-type: none"> <li>Courtesy and Manners</li> </ul>	Me, Myself and You
	Year 3	<ul style="list-style-type: none"> <li>Age Restrictions in the World, Online and Why we Need Them</li> </ul>	Online Safety
<i>that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</i>	Year 4	<ul style="list-style-type: none"> <li>All about Bullying and Cyberbullying</li> <li>What is Cyberbullying? - Teacher Resource</li> </ul>	Online Safety
	Year 5	<ul style="list-style-type: none"> <li>What Content Can we Trust Online?</li> <li>What Content Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
	Year 6	<ul style="list-style-type: none"> <li>What People Can we Trust Online?</li> <li>What People Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
<i>how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</i>	Year 5	<ul style="list-style-type: none"> <li>What Content Can we Trust Online?</li> <li>What Content Can we Trust Online? - Teacher Resource</li> </ul>	Online Safety
<i>where and how to report concerns and get support with issues online</i>	Year 3	<ul style="list-style-type: none"> <li>Reporting Abuse</li> </ul>	Playing Safe
	Year 4	<ul style="list-style-type: none"> <li>Reporting Abuse</li> </ul>	Playing Safe
	Year 5	<ul style="list-style-type: none"> <li>Reporting Abuse</li> </ul>	Playing Safe
	Year 6	<ul style="list-style-type: none"> <li>Practising Emergency Calls</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>Reporting Abuse</li> </ul>	Playing Safe

# **8. Physical Health and Fitness**



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>the characteristics and mental and physical benefits of an active lifestyle</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• What is an Active Lifestyle and How to Prevent Related Illnesses</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• How Being Healthy Effects your Physical and Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
<p><i>the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• What is an Active Lifestyle and How to Prevent Related Illnesses</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
<p><i>the risks associated with an inactive lifestyle (including obesity)</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• What is an Active Lifestyle and How to Prevent Related Illnesses</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>how and when to seek support including which adults to speak to in school if they are worried about their health</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

# 9. Healthy Eating

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>what constitutes a healthy diet (including understanding calories and other nutritional content)</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Eating Healthy and Keeping your Teeth Clean</li> <li>• The Food Wheel - How Good and Bad Food Effects our Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the principles of planning and preparing a range of healthy meals</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Eating Healthy and Keeping your Teeth Clean</li> <li>• The Food Wheel - How Good and Bad Food Effects our Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Eating Healthy and Keeping your Teeth Clean</li> <li>• The Food Wheel - How Good and Bad Food Effects our Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Risks and Effects of Alcohol</li> </ul>	<p style="text-align: center;"><b>3 R's</b></p>

# **10. Drugs, Alcohol and Tobacco**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Why are Vaccinations Important?</li> <li>• Safety Rules and Risks: Medicines and Household Products</li> </ul>	<p style="text-align: center;"><b>3 R's</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Safety Rules and Risks: Alcohol and Smoking</li> </ul>	<p style="text-align: center;"><b>3 R's</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Risks and Effects of Alcohol</li> <li>• Managing Risk: Medicines</li> <li>• Managing Risk: Legal and Illegal Drugs</li> </ul>	<p style="text-align: center;"><b>3 R's</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• What are Drugs and How Harmful are they?</li> <li>• Managing Risk: Influences and Pressure</li> <li>• Managing Risk: Drugs and Alcohol in the Media</li> </ul>	<p style="text-align: center;"><b>3 R's</b></p>

# **11. Health and Prevention**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• What is Illness and What are the Symptoms?</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• How Being Healthy Effects your Physical and Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Staying Safe in the Sun</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Eating Healthy and Keeping your Teeth Clean</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> <li>• What is Illness and What are the Symptoms?</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the facts and science relating to allergies, immunisation and vaccination</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> <li>• What is Illness and What are the Symptoms?</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
		<ul style="list-style-type: none"> <li>• Why are Vaccinations Important?</li> </ul>	<p style="text-align: center;"><b>3 R's</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>

# **12. Basic First Aid**



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to make a clear and efficient call to emergency services if necessary</i></p>	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Helping to Save Lives with 999 and Safety Risks</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Practising Emergency Calls</li> <li>• What is an Emergency? - Should I call 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
<p><i>concepts of basic first-aid, for example dealing with common injuries, including head injuries</i></p>	<p style="text-align: center;"><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>• Reducing Risk when Helping Others</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Helping to Save Lives with 999 and Safety Risks</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• How to Remember Safety Procedures</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>

# **13. Changing Adolescent Bodies**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;">Year Group</p>	<p style="text-align: center;">Covered in which lesson(s)</p>	<p style="text-align: center;">Theme</p>
<p><i>key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</i></p>	<p style="text-align: center;">Year 4</p>	<ul style="list-style-type: none"> <li>• Periods and How to Manage Them</li> </ul>	<p style="text-align: center;">Changing Bodies</p>
	<p style="text-align: center;">Year 5</p>	<ul style="list-style-type: none"> <li>• How your Body Changes through Puberty</li> <li>• Growing and Changing - Facts about Puberty</li> </ul>	<p style="text-align: center;">Changing Bodies</p>
	<p style="text-align: center;">Year 6</p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;">Changing Bodies</p>
<p><i>about menstrual wellbeing including the key facts about the menstrual cycle</i></p>	<p style="text-align: center;">Year 4</p>	<ul style="list-style-type: none"> <li>• Periods and How to Manage Them</li> </ul>	<p style="text-align: center;">Changing Bodies</p>
	<p style="text-align: center;">Year 5</p>	<ul style="list-style-type: none"> <li>• How your Body Changes through Puberty</li> <li>• Growing and Changing - Facts about Puberty</li> </ul>	<p style="text-align: center;">Changing Bodies</p>
	<p style="text-align: center;">Year 6</p>	<ul style="list-style-type: none"> <li>• Puberty, Relationships and Contraception</li> </ul>	<p style="text-align: center;">Changing Bodies</p>