

**PSPD Curriculum Map
Milestone Academy
Phase 3**

Vision Statement - To develop independence and confidence when exploring building relationships, self awareness, managing behaviour and managing our emotions. Allowing us to acquire knowledge, understanding and skills of the world to manage our lives now and in the future independently and safely.

Brook Pathway - PSPD sessions will be an extension of ILPs to fully embed and generalise skills in a variety of activities and settings across the whole day. ILP targets will be transferred into a range of activities throughout the sessions to consolidate skills across environments from the ‘PSEWB, Building Relationships and Managing feelings and behaviour’ area of the ILP. Differentiated levels of staff support are available in line with prompts on ILPs to promote independence as appropriate.

Stream Pathway - PSPD sessions will be an extension of **ILPs** to fully embed and generalise skills in a variety of activities and settings across the whole day. ILP targets will be transferred into a range of activities throughout the sessions to consolidate skills across environments from the ‘Functional and Citizenship’ area of the ILP. Differentiated levels of staff support are available in line with prompts on ILPs to promote independence as appropriate.

River/ Waterfall Pathway - PSPD will be embedded across the day to master self help, independence and social skills generalising these skills in a variety of activities. Targets will be transferred into a range of activities experienced in PSPD weekly sessions to consolidate skills across environments with a focus on PSHE and RSE. Differentiated levels of staff support are available to promote independence as appropriate.

*** In addition to ILP targets/ discrete sessions , there will be timetabled activities for continuous skill development in personal care including: teeth cleaning, hair brushing, handwashing, toileting, dressing and undressing skills and eating and drinking skills.*

- = SEMH focus
- = PSHE/ RSE focus

Year 1	Brook	Stream	River	Waterfall
Term 1	<i>Being me in my world</i>			
	Week 1 LO: I can explore how it feels to belong and that we are similar and different. Examples	Week 1 LO: I can explore how it feels to belong and that we are similar and different. Examples	Week 1 LO: I can face new challenges positively and know how to set personal goals. LO: I know what I value most about my school and	Week 1 LO: I can recognise that identity is affected by a range of factors. LO: I know that I am a unique individual, and I can think about myself on many different levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.).

	Week 2		Week 2		Week 2	can identify my hopes for this school year. Examples	Week 2	Examples
	Week 3		Week 3		Week 3	LO: I understand my rights and responsibilities as a citizen of my country and as a member of my school.	Week 3	LO: I can understand that identity is affected by a range of factors. LO: I can identify what influences my life.
	Week 4	LO: I can explore how feeling happy and sad can be expressed. Examples	Week 4	LO: I can explore how feeling happy and sad can be expressed. Examples	Week 4	LO: I can empathise with people in this country whose lives are different to my own. Examples	Week 4	Examples
	Week 5		Week 5		Week 5	LO: I understand my rights and responsibilities as a citizen of my country. LO: I can empathise with people in this country whose lives are different to my own.	Week 5	LO: I understand how peer pressure operates within groups. LO: I can achieve an appropriate level of independence from others while maintaining positive relationships with them.
	Week 6		Week 6		Week 6	Examples	Week 6	Examples
Term 2	<i>Celebrating differences</i>							
	Week 1	LO: I can explore being proud of something I am good at.	Week 1	LO: I can explore being proud of something I am good at.	Week 1	LO: I understand that cultural differences sometimes cause conflict. LO: I am aware of my own culture.	Week 1	LO: I can describe what prejudice and discrimination are
	Week 2	Examples: Lesson Plan - Resources -	Week 2	Examples	Week 2	Examples	Week 2	LO: I know what bystanders are and their impact on bullying LO: I can explain some ways the Equality Act protects against prejudice and discrimination. LO: I can identify what is important for me and what I expect from myself, taking into account the beliefs and expectations that others (e.g. friends, family, school

							<p>staff) have of me</p> <p>LO: I can be assertive when appropriate</p> <p>LO: I know how I can challenge prejudice and discrimination assertively</p> <p>Examples</p>
	Week 3		Week 3		<p>Week 3</p> <p>LO: I understand what racism is.</p> <p>LO: I am aware of my attitude towards people from different races, cultures and ethnicities.</p> <p>Examples</p>	Week 3	<p>LO: I can challenge my own and others' attitudes and values, and accept differences in others.</p> <p>LO: I can see the world from other people's points of view and take account of their intentions, preferences and beliefs.</p> <p>LO: I know I have choices in how I allow others to influence me.</p> <p>Examples</p>
	Week 4	LO: I can explore how I am special and unique.	Week 4	LO: I can explore how I am special and unique.	<p>Week 4</p> <p>Examples</p>	Week 4	<p>Examples</p>
	Week 5		Week 5		<p>Week 5</p> <p>LO: I understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p>LO: I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one.</p> <p>Examples</p>	Week 5	<p>LO: I can understand the wide range of roles in society and the variety of individuals that operate within them.</p> <p>LO: I understand what stereotyping means and its potential impact.</p>
	Week 6		Week 6		<p>Week 6</p> <p>Examples</p>	Week 6	<p>LO: I can define stereotyping and explain why it is unhelpful.</p> <p>LO: I know that I am a unique individual, and I can think about myself and others on many different levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.).</p> <p>Examples</p>
Term 3	<i>Dreams, goals & aspirations</i>						

	Week 1	LO: I can explore perseverance in a challenging task.	Week 1	LO: I can explore perseverance in a challenging task.	Week 1	LO: I understand that I will need money to help me achieve some of my dreams. LO: I can identify what I would like my life to be like when I am grown up.	Week 1	LO: I can identify my dreams and goals and recognise that these may change over time.
	Week 2	Examples	Week 2	Examples	Week 2	Examples	Week 2	LO: I can set goals and challenges for myself, set criteria for success and celebrate when I achieve them. Examples
	Week 3		Week 3		Week 3	LO: I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs. LO: I appreciate the contributions made by people in different jobs.	Week 3	LO: I can identify some of the skills that may benefit my future, including employment. LO: I know how to bring about change in myself and others.
	Week 4	LO: I can demonstrate not giving up in an activity to achieve my goal.	Week 4	LO: I can demonstrate not giving up in an activity to achieve my goal.	Week 4	Examples	Week 4	Examples
	Week 5	Examples	Week 5	Examples	Week 5	LO: I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.	Week 5	LO: I can use my experiences, including mistakes and setbacks, to make appropriate changes to my plans and behaviour. LO: I can anticipate and plan to work around or overcome potential obstacles.
	Week 6		Week 6		Week 6	LO: I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future. Examples	Week 6	LO: I can identify barriers to achieving a goal and identify how I am going to overcome them. Examples
Term 4	<i>Healthy me</i>							
	Week 1	LO: I can explore a range of exercise/	Week 1	LO: I can explore a range of exercise/ physio	Week 1	LO: I know the health risks of smoking and can tell you	Week 1	LO: I can explain ways to help myself when I feel stressed.

	Week 2	<p>physio activities.</p> <p>Examples: Lesson Plan - Resources - Outdoor learning.</p>	Week 2	<p>activities.</p> <p>Examples: Lesson Plan - Resources - Outdoor learning.</p>	Week 2	<p>how tobacco affects the lungs, liver and heart. LO: I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.</p> <p>Examples</p>	Week 2	<p>LO: I can describe techniques I use to manage my emotions.</p> <p>Examples</p>
	Week 3		Week 3		Week 3	<p>LO: I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. LO: I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure.</p> <p>Examples</p>	Week 3	<p>LO: I understand how health can be affected by emotions and know a range of ways to keep myself well and happy.</p> <p>LO: I recognise when I feel stressed and the triggers associated with this.</p>
	Week 4	<p>LO: I can explore movement and rests during exercise/ physio activities.</p> <p>Examples</p>	Week 4	<p>LO: I can explore movement and rests during exercise/ physio activities.</p> <p>Examples</p>	Week 4	<p>LO: I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. LO: I know how to keep myself calm in emergencies.</p> <p>Examples</p>	Week 4	<p>LO: I understand how physical activity can help combat stress.</p> <p>LO: I understand that how I express my feelings can have a significant impact both on other people and on what happens to me.</p> <p>Examples</p>
	Week 5		Week 5		Week 5	<p>LO: I know about different substances and the effects they have on the body and why some people use them.</p> <p>LO: I know what makes me feel good and know how to enjoy myself (e.g. to feel calm, elated, energised, focused, engaged, have fun, etc.) - in ways that are not damaging to myself and others.</p>	Week 5	<p>LO: I know about different substances and the effects they have on the body and why some people use them.</p> <p>LO: I know what makes me feel good and know how to enjoy myself (e.g. to feel calm, elated, energised, focused, engaged, have fun, etc.) - in ways that are not damaging to myself and others.</p>
	Week 6		Week 6		Week 6	<p>Examples</p>	Week 6	<p>Examples</p>

Term 5	<i>Relationships</i>								
	Week 1	LO: I can explore relationships in my family. Examples	Week 1	LO: I can explore relationships in my family. Examples	Week 1	LO: I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. LO: I know how to keep building my own self-esteem. Examples	Week 1	LO: I can identify characteristics and benefits of positive, strong, supportive, relationships. LO: I understand what expectations might be of having a romantic/ attraction relationship. LO: I understand what is meant by consent. LO: I understand/recognise the range of positive qualities people bring to relationships. LO: I understand why respect for the other person's wishes is important in relationships. Examples	
	Week 2		Week 2		Week 2		Week 2		
	Week 3		Week 3		Week 3	Week 3			
	Week 4	LO: I can show awareness of others and begin to explore building positive relationships. Examples	Week 4	LO: I can show awareness of others and begin to explore building positive relationships. Examples	Week 4	LO: I understand that belonging to an online community can have positive and negative consequences. LO: I can recognise when an online community feels unsafe or uncomfortable. Examples	Week 4		LO: I can identify the supportive relationships in my life. LO: I know that relationships change and suggest how to manage this. LO: I understand/recognise the characteristics of some of the supportive relationships in my life. LO: I can recognise that my emotions and feelings can change regularly. Examples
	Week 5		Week 5		Week 5		Week 5		
	Week 6		Week 6		Week 6	Week 6	Week 6		LO: I can identify emotions that can be associated with falling out. Examples

					Examples			
Term 6	Changing me							
	Week 1	LO: I can explore parts of my body and show respect for myself.	Week 1	LO: I can explore parts of my body and show respect for myself.	Week 1	LO: I am aware of my own self-image and how my body image fits into that. LO: I know how to develop my own self esteem.	Week 1	LO: I can understand the changes that happen during puberty.
	Week 2	Examples	Week 2	Examples	Week 2	Examples	Week 2	LO: I understand that practices such as Female Genital Mutilation and breast ironing are forms of abuse. LO: I know where to access help if I am worried or concerned about puberty or abuse. LO: I can express how I feel about the changes that happen during puberty, and that people develop at different rates, and what to do if I am concerned.
	Week 3		Week 3		Week 3	LO: I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. LO: I understand that puberty is a natural process that happens to everybody and that it will be ok for me.	Week 3	LO: I know how a baby is conceived naturally. LO: I know that there are other ways a baby can be conceived e.g. IVF. LO: I understand how a baby develops inside the uterus and is born.
	Week 4	LO: I can explore healthy foods through my senses. Examples	Week 4	LO: I can explore healthy foods through my senses. Examples	Week 4	Examples	Week 4	LO: I can express the different feelings and choices that people may have and make about conception, pregnancy and having a baby. LO: I can appreciate that a baby comes with responsibilities. Examples

	Week 5		Week 5		Week 5	LO: I can describe how boys' and girls' bodies change during puberty. LO: I can express how I feel about the changes that will happen to me during puberty.	Week 5	LO: I know there are different types of committed stable relationships and that some people may choose to have children or not. LO: I can make links between positive, healthy family relationships and effective parenting.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I can identify some of the roles and responsibilities of being a parent. LO: I can understand that stable intimate relationships can be linked to happiness. Examples

Year 2	Brook	Stream	River	Waterfall
Term 1	<i>Being me in my world</i>			
	Week 1 LO: I can explore sharing my space and be aware of others. Examples	Week 1 LO: I can explore sharing my space and be aware of others. Examples	Week 1 LO: I can make choices about my own behaviour because I understand how rewards and consequences feel. LO: I understand that my actions affect me and others. Examples	Week 1 LO: I can recognise how I present myself online. LO: I understand how my online identity can affect what others think and feel about me. Examples
	Week 2	Week 2	Week 2	Week 2
	Week 3	Week 3	Week 3	Week 3
	Week 4 LO: I can explore good touch and being kind.	Week 4 LO: I can explore good touch and being kind.	Week 4 LO: I understand how an individual's behaviour can impact on a group. LO: I can contribute to the group and understand how we can function as a whole.	Week 4 LO: I understand what can influence my behaviour online. LO: I understand that what I say and do online can have consequences for myself and others. Examples

	Week 3		Week 3		Week 3	LO: I can compare my life with people in the developing world. LO: I can appreciate the value of happiness regardless of material wealth.	Week 3	LO: I can understand what bullying is and what it is not and some of the motivations behind bullying behaviours. LO: I understand the impact bullying, prejudice and discrimination can have on those involved, and can use appropriate strategies to alleviate this and support them. LO: I know where and how to get help if I am on the receiving end of bullying, prejudice or discrimination (local and national sources of help).
	Week 4	LO: I can explore different homes all over the world. Examples	Week 4	LO: I can explore different homes all over the world. Examples	Week 4	Examples	Week 4	Examples
	Week 5		Week 5		Week 5	LO: I can understand a different culture from my own. LO: I respect my own and other people's cultures.	Week 5	LO: I understand how respect impacts on relationships. LO: I can empathise with people who face prejudice and discrimination and can suggest ways to tackle this positively.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I know how it feels to be included and excluded. Examples

Term 3

Dreams, goals & aspirations

	Week 1	LO: I can work towards a goal with determination. Examples	Week 1	LO: I can work towards a goal with determination. Examples	Week 1	LO: I can describe the dreams and goals of young people in a culture different to mine. LO: I can reflect on how these relate to my own.	Week 1	LO: I can explain how responsible choices enable me to move towards my dreams and goals. LO: I can give an example of when an irresponsible or unsafe choice could affect a person's dreams and goals. LO: I understand that an irresponsible or unsafe choice could affect my dreams and goals.
	Week 2		Week 2		Week 2	Examples	Week 2	Examples
	Week 3		Week 3		Week 3	LO: I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.	Week 3	LO: I can demonstrate how to respond to a situation requiring first aid. LO: I can give an example of when an irresponsible or unsafe choice could affect a person's dreams and goals.
	Week 4	LO: I can explore relationships with others through showing a positive response.	Week 4	LO: I can explore relationships with others through showing a positive response.	Week 4	LO: I appreciate the	Week 4	LO: I understand that an irresponsible or unsafe choice could affect my dreams and goals.

		Examples		Examples		similarities and differences in aspirations between myself and young people in a different culture. Examples		Examples
	Week 5		Week 5		Week 5	LO: I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship. LO: I understand why I am motivated to make a positive contribution to supporting others. Examples	Week 5	LO: I understand that the choices I make affect my relationships, health and future. LO: I can take responsibility for my life, believe that I can influence what happens to me and make wise choices.
	Week 6		Week 6		Week 6		Week 6	Examples
Term 4	<i>Healthy me</i>							
	Week 1	LO: I can explore healthy and unhealthy foods. Examples	Week 1	LO: I can explore healthy and unhealthy foods. Examples	Week 1	LO: I understand how the media, social media and celebrity culture promotes certain body types. LO: I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am. Examples	Week 1	LO: I understand the positive impact of healthy lifestyle choices such as good nutrition, exercise and sleep on my body and mind. LO: I can explain why everyone needs to take responsibility for their health.
	Week 2		Week 2		Week 2		Week 2	Examples

	Week 3		Week 3		Week 3	LO: I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. LO: I respect and value my body.	Week 3	LO: I understand the role of vaccinations and can explain differing views on this. LO: I can recognise that decisions about my health depend on having access to accurate information.
	Week 4	LO: I can explore healthy and unhealthy choices. Examples: Outdoor learning .	Week 4	LO: I can explore healthy and unhealthy choices. Examples: Outdoor learning .	Week 4	Examples	Week 4	
	Week 5				Week 5	LO: I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. LO: I am motivated to keep myself healthy and happy.	Week 5	LO: I can summarise some key things I can do to sustain my wellbeing. LO: I can express my emotions and empathise with others.
	Week 6				Week 6	Examples	Week 6	Examples
Term 5	<i>Relationships</i>							
	Week 1	LO: I can explore sharing space and resources with my peers. Examples	Week 1	LO: I can explore sharing space and resources with my peers. Examples	Week 1	LO: I know there are rights and responsibilities when playing a game online. LO: I can recognise when an online game is becoming unhelpful or unsafe.	Week 1	LO: I can understand that discernment is an important skill when being a consumer of media. LO: I can understand discernment and how it is important in relationships.
	Week 2		Week 2		Week 2	Examples	Week 2	Examples

	Week 3		Week 3		Week 3	LO: I can recognise when I am spending too much time using devices (screen time). LO: I can identify things I can do to reduce screen time, so my health isn't affected.	Week 3	LO: I can recognise when to use assertiveness in some of my relationships. LO: I can understand the personal and legal consequences of sexting.
	Week 4	LO: I can explore how being kind/ unkind can be expressed. or LO: I can explore how being happy and sad can be expressed. Examples	Week 4	LO: I can explore how being kind/ unkind can be expressed. or LO: I can explore how being happy and sad can be expressed. Examples	Week 4	Examples	Week 4	LO: I can understand what it meant by consent. LO: I can suggest skills which will keep my relationships happy and healthy. LO: I can apply assertiveness to my relationships when appropriate. Examples
	Week 5		Week 5		Week 5	LO: I can explain how to stay safe when using technology to communicate with my friends.	Week 5	LO: I can summarise behaviours and attitudes that could make a relationship healthy or unhealthy and can explain what discernment is. LO: I can explain my understanding of respect and authenticity.
	Week 6		Week 6		Week 6	LO: I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others. Examples	Week 6	Examples

Term 6

Changing me

	Week 1	LO: I can explore development in living things. Examples	Week 1	LO: I can explore development in living things. Examples	Week 1	LO: I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a	Week 1	LO: I know that the media can have a positive or negative impact on a person's self-esteem or body image. LO: I know where to go for help if I am worried about my body image or self-esteem.
	Week 2		Week 2		Week 2		Week 2	LO: I understand how self-image is linked to self-

					<p>baby.</p> <p>LO: I appreciate how amazing it is that human bodies can reproduce in these ways.</p> <p>Examples</p>		<p>esteem.</p> <p>LO: I can apply strategies to build my self-esteem.</p> <p>Examples</p>
	Week 3		Week 3		<p>LO: I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</p> <p>LO: I am confident that I can cope with the changes that growing up will bring.</p> <p>Examples</p>	Week 3	<p>LO: I know some of the changes in my brain during puberty.</p> <p>LO: I understand some of the emotional changes during puberty.</p>
	Week 4	LO: I can explore how I have grown and changed.	Week 4	LO: I can explore how I have grown and changed.	<p>LO: I am confident that I can cope with the changes that growing up will bring.</p> <p>Examples</p>	Week 4	<p>LO: I know where to access support if I am worried about adolescence.</p> <p>LO: I know some ways to support myself and others during times of change.</p> <p>Examples</p>
	Week 5		Week 5		<p>LO: I can identify what I am looking forward to when I move to my next class.</p> <p>LO: I can start to think about changes I will make next year and know how to go about this.</p> <p>Examples</p>	Week 5	<p>LO: I can summarise the potential impact of changes in puberty on how I feel and suggest ways to cope with the changes.</p> <p>LO: I can stay positive and boost my own self-esteem.</p> <p>Examples</p>
	Week 6		Week 6			Week 6	

Year 3	Brook	Stream	River	Waterfall
Term 1	<i>Being me in my world</i>			

	Week 1	LO: I can explore my rights, having the opportunity to explore and play. Examples	Week 1	LO: I can explore my rights, having the opportunity to explore and play. Examples: Lesson Plan - Resources -	Week 1	LO: I can identify my goals for this year, understand my fears and worries about the future and know how to express them. LO: I feel welcome and valued and know how to make others feel the same. Examples	Week 1	LO: I can appreciate that identities are complex and can change over time. LO: I can appreciate the similarities, differences and diversity of people's identities. LO: I understand that faith, families, communities and cultures influence identity and can start to identify the influences in my life. Examples
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3		Week 3	
	Week 4	LO: I can be responsible for my own belongings. Examples	Week 4	LO: I can be responsible for my own belongings. Examples	Week 4	LO: I understand that my actions affect other people locally and globally. LO: I understand my own wants and needs and can compare these with children in different communities. Examples	Week 4	LO: I understand that first impressions can lead to judgements that may be misinformed. LO: I understand that I can make accurate and inaccurate assumptions about my own and others' identities. LO: I understand that I can make choices about the influences I accept as part of my personal identity. Examples
	Week 5		Week 5		Week 5		Week 5	
	Week 6		Week 6		Week 6		Week 6	
Week 6				Week 6	LO: I understand how an individual's behaviour can impact a group. LO: I can contribute to the group and understand how we can function best as a whole. Examples	Week 6	LO: I understand how to identify influences and differences and use these positively in my relationships. LO: I know I have choices in how I respond to the expectations of others. Examples	
Term 2	<i>Celebrating differences</i>							
	Week 1	LO: I can begin to show awareness of others. Examples	Week 1	LO: I can begin to show awareness of others. Examples	Week 1	LO: I know some of the reasons why people use bullying behaviours. LO: I can tell you a range of strategies for managing my feelings	Week 1	LO: I can define what is and what is not bullying. LO: I can give examples of LGBT bullying. LO: I can describe the steps that can be taken to
	Week 2		Week 2		Week 2		Week 2	

					in bullying situations and for problem-solving when I'm part of one.		challenge LGBT bullying. LO: I understand and explain the emotional impact of LGBT bullying on both victim and perpetrator.	
	Week 3		Week 3		Examples	Week 3	Examples	
	Week 4	LO: I can explore feeling confident. Examples	Week 4	LO: I can explore feeling confident.# Examples	Week 4	LO: I can give examples of people with disabilities who lead amazing lives. LO: I appreciate people for who they are.	Week 4	LO: I can make a positive contribution to my community. LO: I recognise that the choices I make will impact on my ability to develop my self-confidence and integrity. LO: I can recognise the benefits of helping others. LO: I understand that taking positive action can support mental wellbeing.
	Week 5		Week 5		Examples	Week 5	LO: I can explain ways in which difference can be a source of conflict and a cause for celebration. LO: I can show empathy with people in either situation.	
	Week 6		Week 6		Examples	Week 6	LO: I understand how respect and equality, or the lack of these, affects relationships. LO: I know I can make a difference (self-efficacy). LO: I can take positive action to challenge bullying, prejudice and discrimination. LO: I believe that I can influence what happens to me and can make informed choices.	
Term 3	Dreams, goals & aspirations							
	Week 1	LO: I can explore different professions through a range of experiences. Examples	Week 1	LO: I can explore different professions through a range of experiences. Examples	Week 1	LO: I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of- school goal).	Week 1	LO: I can describe how my activity online can be both positive and negative. LO: I can identify the steps I can take to protect my online identity and avoid anything that can negatively impact my future aspirations.

	Week 2		Week 2		Week 2	LO: I understand why it is important to stretch the boundaries of my current learning. Examples	Week 2	Examples
	Week 3		Week 3		Week 3	LO: I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these. Examples	Week 3	LO: I can explain why it is important to keep track of spending. LO: I understand the variations in income across the world.
	Week 4	LO: I can explore feeling happy and proud once I have achieved a goal. Examples	Week 4	LO: I can explore feeling happy and proud once I have achieved a goal. Examples	Week 4	LO: I can set success criteria so that I will know whether I have reached my goal. Examples	Week 4	LO: I can make reasoned judgements about spending. LO: I can reflect on the effect money can have on emotional and mental health, including my own. Examples
	Week 5		Week 5		Week 5	LO: I can identify problems in the world that concern me and talk to other people about them. LO: I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations. Examples	Week 5	LO: I understand that choices I make now can affect my future. LO: I know that gambling can become addictive and tell you some of the warning signs.
	Week 6		Week 6		Week 6		Week 6	LO: I understand that money can be a divisive element in relationships and communities and can be a reason why people gamble. Examples
Term 4	<i>Healthy me</i>							
	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence. Examples	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence. Examples	Week 1	LO: I can take responsibility for my health and make choices that benefit my health and well-being. LO: I am motivated to care	Week 1	LO: I can describe the actions that can be taken to support good physical health.
	Week 2		Week 2		Week 2		Week 2	LO: I can list some factors that help ensure good health in the longer term.

					for my physical and emotional health.		<p>LO: I can list the factors that can impact negatively on dental health.</p> <p>LO: I can describe the steps that can be taken to keep teeth and gums healthy.</p> <p>LO: I can understand my responsibility for my health.</p> <p>LO: I can state some links between dental health and physical and emotional health.</p> <p>Examples</p>
Week 3		Week 3		Week 3	<p>LO: I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.</p> <p>LO: I am motivated to find ways to be happy and cope with life's situations without using drugs.</p>	Week 3	<p>LO: I understand how health can be affected by emotions and know a range of ways to keep myself well and happy.</p> <p>LO: I can recognise when I feel stressed and the triggers associated with this.</p> <p>LO: I understand that how I express my feelings can have a significant impact both on other people and on what happens to me.</p>
Week 4	<p>LO: I can explore a range of safe adults through different experiences.</p> <p>Examples: Outdoor learning.</p>	Week 4	<p>LO: I can explore a range of safe adults through different experiences.</p> <p>Examples: - Outdoor learning.</p>	Week 4	Examples	Week 4	<p>LO: I know some things I can do to help manage my emotions and reduce stress.</p> <p>Examples</p>
Week 5		Week 5		Week 5	<p>LO: I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p> <p>LO: I can use different strategies to manage stress and pressure.</p>	Week 5	<p>LO: I understand what the law says about substance use and possession.</p> <p>LO: I can describe some of the links between substances and exploitation of young people.</p>
Week 6		Week 6		Week 6	Examples	Week 6	<p>LO: I am aware of some steps that can be taken to avoid engaging in high risk behaviour in relation to substance use.</p>

								Examples
Term 5	Relationships							
Week 1	LO: I can explore self regulation and how being calm can be expressed and feels.	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels.	Week 1	LO: I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	Week 1	LO: I understand that relationships can cause strong feelings and emotions.	LO: I understand the features of positive and stable relationships.
Week 2	Examples	Week 2	Examples	Week 2	LO: I can recognise when I am feeling those emotions and have strategies to manage them. Examples	Week 2	LO: I understand that all relationships have positive and less positive aspects. LO: I understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised. Examples	
Week 3		Week 3		Week 3	LO: I can judge whether something online is safe and helpful for me. LO: I can resist pressure to do something online that might hurt myself or others.	Week 3	LO: I can define what is meant by personal space and how this varies across my relationships both online and offline. LO: I understand what is meant by control, power balance and coercion in a relationship.	
Week 4	LO: I can work alongside/ with others and be happy with my peers. Examples	Week 4	LO: I can work alongside/ with others and be happy with my peers. Examples	Week 4	Examples	Week 4	LO: I know what a good relationship looks like and how to protect myself from an unhealthy relationship. LO: I understand etiquette and manners in relation to privacy both online and offline. LO: I know some steps that can be taken if my personal space, privacy or both are being threatened. Examples	

	Week 5		Week 5		Week 5	LO: I can use technology positively and safely to communicate with my friends and family. LO: I can take responsibility for my own safety and well-being.	Week 5	LO: I understand how to use social media appropriately, safely and legally. LO: I can give examples of how personal safety can be compromised online. LO: I can summarise the differences between a healthy, positive relationship and a coercive one.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I understand some of the emotional risks associated with inappropriate use of social media. LO: I know what to do if I'm worried about my online or offline safety. LO: I can empathise with people experiencing negative or difficult relationships. Examples

Term 6	<i>Changing me</i>							
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	Week 1	LO: I can explore things I enjoy in my class. Examples		LO: I can explore things I enjoy in my class. Examples	Week 1	LO: I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. LO: I can express how I feel about the changes that will happen to me during puberty.	Week 1	LO: I know different types of close, intimate relationships that people can have. LO: I know what happens physically when individuals experience physical attraction.
	Week 2		Week 2		Week 2	Examples	Week 2	LO: I know how to discuss the positive aspects of a range of different types of personal relationships that adults may have and the possible impact on children. LO: I know that intimate relationships do not have to involve sex. LO: I know some of the things that might happen emotionally when individuals experience physical attraction. LO: I know some of the positive behaviours people exhibit

							in healthy intimate relationships.	
	Week 3		Week 3		Week 3	LO: I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.	Week 3	<p>LO: I know that pornographic images do not reflect reality.</p> <p>LO: I know how pornography can impact on expectations and self-image.</p> <p>LO: I recognise the role of pornography in society.</p>
	Week 4	LO: I can explore things I enjoy at school. Examples	Week 4	LO: I can explore things I enjoy at school. Examples	Week 4	LO: I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to. Examples	Week 4	<p>LO: I understand the negative influence pornography can have on relationships.</p> <p>Examples</p>
	Week 5		Week 5		Week 5	LO: I know myself well enough to maintain positive relationships with others whilst still keeping my own identity. LO: I can be assertive when appropriate.	Week 5	<p>LO: I can summarise behaviours and attitudes that could make a relationship healthy or unhealthy.</p> <p>LO: I can explain some risks associated with pornography or alcohol use in relation to relationships.</p> <p>LO: I can express my own opinions on relationship issues.</p>
			Week 6		Week 6	Examples	Week 6	Examples