

PSPD Curriculum Map
Milestone Academy
Phase 4

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.	Week 1 LO: I can explore how it feels to belong and that we are similar and different.	Week 1 LO: I can make choices about my own behaviour because I understand how rewards and consequences feel.	Week 1 LO: I can list the freedoms I enjoy in society.
	Week 2 Examples	Week 2 Examples	Week 2 LO: I understand that my actions affect me and others.	Week 2 LO: I can describe what personal freedom means to me. LO: I can describe my understanding of safety.

					Examples		<p>LO: I can identify potential risks to my safety.</p> <p>LO: I understand that this can differ in other parts of the world.</p> <p>LO: I can compare my freedom and safety to that of teenagers in different parts of the world.</p> <p>Examples</p>
Week 3		Week 3		Week 3	<p>LO: I understand how an individual's behaviour can impact a group.</p> <p>LO: I can contribute to the group and understand how we can function as a whole.</p> <p>Examples</p>	Week 3	<p>LO: I can describe the stages of grief</p> <p>LO: I know where to appropriately get help and support with loss and bereavement issues.</p> <p>LO: I can discern which online sources or support in regards to loss/ grief are helpful or not.</p>
Week 4	<p>LO: I can explore how feeling happy and sad can be expressed.</p> <p>Examples</p>	Week 4	<p>LO: I can explore how feeling happy and sad can be expressed.</p> <p>Examples</p>	Week 4		Week 4	<p>LO: I understand the range of emotions associated with relationships ending.</p> <p>LO: I understand the behaviours that some people experience as a result of grief, this can be on or off-line.</p> <p>LO: I can identify some of the ways some individuals manage grief and loss.</p> <p>Examples</p>
Week 5		Week 5		Week 5	<p>LO: I understand how democracy and having a voice benefits the school community and know how to participate in this.</p>	Week 5	<p>LO: I recognise the positive and negative role of social media e.g. challenge culture vs environmental campaigns and awareness- building.</p> <p>LO: I understand the impact social media has on culture and identity.</p>
Week 6		Week 6		Week 6	<p>LO: I understand why our school community benefits from a Learning Charter and can help others to follow it.</p>	Week 6	<p>LO: I recognise how online data is used both positively and negatively.</p>

						Examples		<p>LO: I can compare social media usage across different societies.</p> <p>LO: I can reflect on how social media can impact on safety.</p> <p>Examples</p>
Term 2	<i>Celebrating differences</i>							
	Week 1	LO: I can explore being proud of something I am good at. Examples: Lesson Plan - Resources	Week 1	LO: I can explore being proud of something I am good at. Examples	Week 1	LO: I can explain the difference between direct and indirect types of bullying. LO: I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.	Week 1	LO: I can define what equality is. LO: I can give examples of disabilities including hidden disabilities. LO: I can give some consequences of not adhering to the Equality Act.
	Week 2		Week 2		Week 2	Examples	Week 2	LO: I know of strategies to accept and embrace my individuality. LO: I appreciate other people's individuality and accept them as they are. 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 give examples of job roles that are exempt from the Equality Act. LO: I can give examples of how to promote equality.
	Week 4	LO: I can explore how I am special and unique. Examples	Week 4	LO: I can explore how I am special and unique. Examples	Week 4	Examples	Week 4	LO: I know what is expected of me and what I can expect in the workplace. LO: I know of some strategies to deal with situations that may occur in the workplace. Examples
	Week 5		Week 5		Week 5	LO: I can understand a different	Week 5	LO: I can discuss a range of individuals that make up

	Week 6		Week 6		Week 6	<p>culture from my own. LO: I respect my own and other people's cultures.</p> <p>Examples</p>	Week 6	<p>society. LO: I can explain the benefits of multicultural societies.</p> <p>LO: I can appreciate the differing views and opinions of individuals.</p> <p>LO: I can explain some of the physical and mental consequences of unequal treatment of individuals.</p> <p>LO: I can explain how being treated unequally can affect a person's physical and mental well-being.</p> <p>Examples</p>
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Term 3	<i>Dreams, goals & aspirations</i>							
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	Week 1	LO: I can explore perseverance in a challenging task. Examples	Week 1	LO: I can explore perseverance in a challenging task. 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 describe the relationships in my life that will support me in reaching my goals. LO: I can assess how I can respect and nurture the important relationships in my life.
	Week 2		Week 2		Week 2	Examples	Week 2	LO: I can define what resilience is and identify both my areas of strength and where I need to keep working. LO: I can identify my main strategies for coping when things don't go according to plan.
	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 identify the connections between physical health and achieving my goals. LO: I can understand the impact that poor mental health can have on my goals.
	Week 4	LO: I can demonstrate not giving up in an	Week 4	LO: I can demonstrate not giving up in an	Week 4	LO: I appreciate the similarities	Week 4	LO: I can consider some steps I could take to ensure my

		activity to achieve my goal. Examples		activity to achieve my goal. Examples		and differences in aspirations between myself and young people in a different culture. Examples		health supports me with my goals. LO: I can describe how relationships can support people in achieving their goals. 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.	Week 5	LO: I understand the issues that may impact on me and my future success, including social media. LO: I understand the importance of balance in all aspects of my life (work, social life, family, etc.)
	Week 6		Week 6		Week 6	LO: I understand why I am motivated to make a positive contribution to supporting others. Examples	Week 6	LO: I can identify realistic and unrealistic goals. LO: I know some ways to relax and can recognise when I need to take some time out, and also when I need to persevere. Examples

Term 4	<i>Healthy me</i>							
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	Week 1	LO: I can explore a range of exercise/ physio activities.	Week 1	LO: I can explore a range of exercise/ physio activities.	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	Week 1	LO: I understand the range of factors that affect my physical and mental health. LO: I can use new (health-related) information to inform my lifestyle choices.
	Week 2	Examples: Outdoor learning .	Week 2	Examples: Outdoor learning .	Week 2	and know how important it is that this is positive and I accept and respect myself for who I am. Examples	Week 2	LO: I recognise that my health choices can affect my emotions. 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	Week 3	LO: I understand there is a wide range of actions that I can use to enhance and protect my health.

	Week 4	LO: I can explore movement and rests during exercise/ physio activities. Examples	Week 4	LO: I can explore movement and rests during exercise/ physio activities. Examples	Week 4	people can develop eating problems (disorders) relating to body image pressures. LO: I respect and value my body. Examples	Week 4	LO: I understand that the people I surround myself with can have an effect on my health. Examples
	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. Examples	Week 5	LO: I appreciate how complex my body is and that it needs to be looked after well, now and in the future. LO: I am aware of the potential risks associated with a range of substances including prescribed and over-the-counter drugs.
	Week 6				Week 6		Week 6	LO: I am aware of the importance of looking after myself and that it is my responsibility to do so. Examples

Term 5

Relationships

	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 know there are rights and responsibilities when playing a game online. LO: I can recognise when an online game is becoming unhelpful or unsafe. Examples	Week 1	LO: I can identify types of long-term relationships, including legal status. LO: I can identify the important elements in long-term relationships.
	Week 2		Week 2		Week 2		Week 2	LO: I can discuss what is required to sustain healthy long-term relationships. LO: I know appropriate vocabulary associated with long-term relationships. LO: I can differentiate the elements present in different types of long-term relationships. LO: I understand the importance of relationship with self.

							Examples
Week 3		Week 3		Week 3	<p>LO: I can recognise when I am spending too much time using devices (screen time).</p> <p>LO: I can identify things I can do to reduce screen time, so my health isn't affected.</p> <p>Examples</p>	Week 3	<p>LO: I understand the relationship life-cycle I understand the choices I have in my relationships, including; ending a range of relationships, physical and non-physical relationship choices.</p> <p>LO: I can explain how a range of relationships can be ended including romantic relationships.</p> <p>LO: I understand the consequences of ending relationships including: bullying, revenge pornography, depression, the grief process and how to manage this.</p> <p>LO: I can list sources of help and support for when relationships end including bereavement and divorce, family separation.</p> <p>LO: I understand relationship choices and support available when things go wrong.</p> <p>Examples</p>
Week 4	<p>LO: I can show awareness of others and begin to explore building positive relationships.</p> <p>Examples</p>	Week 4	<p>LO: I can show awareness of others and begin to explore building positive relationships.</p> <p>Examples</p>	Week 4		Week 4	
Week 5		Week 5		Week 5	<p>LO: I can explain how to stay safe when using technology to communicate with my friends.</p> <p>LO: I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others.</p> <p>Examples</p>	Week 5	<p>LO: I understand the benefits of healthy relationships.</p> <p>LO: I can discuss the physical and mental benefits of connectedness.</p>
Week 6		Week 6		Week 6		Week 6	<p>LO: I can assess the impact healthy relationships can have on children.</p> <p>LO: I can evaluate my own role in a range of relationships.</p> <p>LO: I can critically evaluate the role of love in relationships.</p> <p>LO: I can list strategies to cope with difficult relationships.</p> <p>LO: I can explain how different types of relationships</p>

								contribute towards happiness.
								Examples
Term 6	Changing me							
	Week 1	LO: I can explore parts of my body and show respect for myself. Examples	Week 1	LO: I can explore parts of my body and show respect for myself. 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 baby. LO: I appreciate how amazing it is that human bodies can reproduce in these ways. Examples	Week 1	LO: I can identify some of the changes in society that will affect me. LO: I can discuss the emotional impact societal change can have on young people.
	Week 2		Week 2		Week 2		Week 2	LO: I can assess the role of media, including social media on social change. LO: I understand that change is inevitable and have strategies to manage feelings about this. Examples
	Week 3		Week 3		Week 3	LO: I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). LO: I am confident that I can cope with the changes that growing up will bring. Examples	Week 3	LO: I can recognise the range of changes I have experienced in my life. LO: I can identify the feelings associated with change both positive and negative.
	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		Week 4	LO: I can list changes I have made that I am proud of. LO: I understand the type of decision-maker I am. LO: I can discuss the impact of the range of changes families can experience and their impact on children and their parents/family. LO: I can reflect on how I have managed the changes I

							have faced.
	Week 5		Week 5		Week 5	LO: I can identify what I am looking forward to when I move to my next class.	Examples
	Week 6		Week 6		Week 6	LO: I can start to think about changes I will make next year and know how to go about this.	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 identify my goals for this year, understand my fears and worries about the future and know how to express them.	Week 1 LO: I can identify potential threats to online safety. LO: I understand “netiquette” and legislation relating to online safety.
	Week 2	Week 2	Week 2 LO: I feel welcome and valued and know how to make others feel the same. Examples	Week 2 LO: I can state decision-making processes regarding what you post online. LO: I can critically assess my own online identity. Examples
	Week 3	Week 3	Week 3 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	Week 3 LO: I can identify potential threats to safety in a range of situations on and offline. LO: I can describe actions to mitigate risk in a range of situations.
	Week 4 LO: I can explore good	Week 4 LO: I can explore good	Week 4	Week 4

		touch and being kind. Examples		touch and being kind. Examples		different communities. Examples		LO: I know how to get help if my personal safety is threatened. LO: I know some strategies for managing my feelings about how my world is changing. Examples
	Week 5		Week 5		Week 5	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 5	LO: I understand how to stay safe in my online and offline relationships. LO: I know some strategies for managing on and offline relationships, positively. Examples
	Week 6		Week 6		Week 6		Week 6	

Term 2	<i>Celebrating differences</i>							
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	Week 1	LO: I can explore my family and people who are important to me. Examples	Week 1	LO: I can explore my family and people who are important to me. 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 in bullying situations and for problem-solving when I'm part of one. Examples	Week 1	LO: I can identify the misuse of power in relationships. LO: I can give examples of the physical and mental consequences of misuse of power in relationships.
	Week 2		Week 2		Week 2		Week 2	LO: I can list sources of support for individuals experiencing ill-treatment by others. LO: I can understand and discuss how coercive control can develop. Examples
	Week 3		Week 3		Week 3	LO: I can give examples of people with disabilities who lead amazing lives. LO: I appreciate people for who they are. Examples	Week 3	LO: I can identify individuals and groups that may experience inequality. LO: I can list some organisations that campaign for greater equality.
	Week 4	LO: I can explore different homes all	Week 4	LO: I can explore different homes all over	Week 4		Week 4	LO: I can describe how some groups and individuals'

		over the world. Examples		the world. Examples				campaign for equality. LO: I can explain the physical and mental effects of unequal treatment on individuals. Examples
	Week 5		Week 5		Week 5	LO: I can explain ways in which difference can be a source of conflict and a cause for celebration.	Week 5	LO: I understand how equality and inequality can affect relationships.
	Week 6		Week 6		Week 6	LO: I can show empathy with people in either situation. Examples	Week 6	LO: I recognise some of the ways in which aspects of health can impact on life chances, particularly education. LO: I know how to take responsibility for some aspects of my health and I understand that my health-related decisions will have consequences. LO: I understand that some people face barriers to better health and I appreciate the challenges that this brings. Examples

Term 3	<i>Dreams, goals & aspirations</i>							
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	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 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). LO: I understand why it is important to stretch the boundaries of my current learning. Examples	Week 1	LO: I can describe how balance supports mental and physical health. LO: I can identify what I can do to create more balance in my life.
	Week 2		Week 2		Week 2		Week 2	LO: I can explain the importance of connections in relation to healthy relationships. LO: I understand the importance of having balance in my life. 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.	Week 3	LO: I can identify the wide range of goals individuals have. LO: I understand a range of health goals that are priorities for some people.
	Week 4	LO: I can explore relationships with others through showing a positive response. Examples	Week 4	LO: I can explore relationships with others through showing a positive response. 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 explain how helping a stranger can impact positively on people. LO: I can discuss how I can support someone achieve their health goals. 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.	Week 5	LO: I understand how relationships and being part of a community can support me and others to achieve our goals.
	Week 6		Week 6		Week 6	LO: I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations. Examples	Week 6	LO: I know how to make manageable plans for my life and set myself realistic and challenging expectations. Examples

Term 4	<i>Healthy me</i>							
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	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 can take responsibility for my health and make choices that benefit my health and well-being. LO: I am motivated to care for my physical and emotional health. Examples	Week 1	LO: I know about some mental health disorders. LO: I understand the positive impact that community action and volunteering can have on mental health.
	Week 2		Week 2		Week 2		Week 2	LO: I am aware of the importance of looking after my mental health and that it is my responsibility to do so. LO: I understand the links between physical and mental health, including spending time outdoors. LO: I can describe a range of actions I can take that

							support mental health.
	Week 3		Week 3		Week 3	LO: I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. LO: I am motivated to find ways to be happy and cope with life's situations without using drugs.	<p>Examples</p> <p>LO: I can discuss common threats to health, including cardio-vascular disease and cancer and diabetes.</p> <p>LO: I can identify the steps that can be taken to help prevent lifestyle-related ill-health.</p> <p>LO: I have knowledge of future health challenges to society including: epidemics, pandemics, antibiotic resistance.</p> <p>LO: I understand the availability and limitations of advanced medical techniques including: stem cell therapy, organ donation.</p> <p>LO: I can reflect on how I feel about these health issues.</p> <p>Examples</p>
	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	<p>LO: I can describe how people who are sexually active can keep themselves safe from STIs.</p> <p>LO: I can express my opinion and stand up for myself when necessary.</p> <p>Examples</p>
	Week 5		Week 5		Week 5	LO: I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. LO: I can use different strategies to manage stress and pressure.	
	Week 6		Week 6		Week 6	Examples	
Term 5	<i>Relationships</i>						
	Week 1	LO: I can explore sharing space and resources with my peers.	Week 1	LO: I can explore sharing space and resources with my peers.	Week 1	LO: I understand that there are different stages of grief and that there are different types of loss that cause people to	<p>LO: I can critically evaluate the truth or otherwise of a relationship e.g. via social media, "fake news" etc.</p> <p>LO: I can explain why rumour mongering might give a false</p>

	Week 2	Examples	Week 2	Examples	Week 2	<p>grieve. LO: I can recognise when I am feeling those emotions and have strategies to manage them.</p> <p>Examples</p>	Week 2	<p>impression of a relationship.</p> <p>LO: I can discuss the media portrayal of relationships and potential harms this may cause e.g. sensationalization, reality TV, pornography.</p> <p>LO: I can describe the negative influence pornography can have on relationships.</p> <p>Examples</p>
	Week 3		Week 3		Week 3	<p>LO: I can judge whether something online is safe and helpful for me.</p>	Week 3	<p>LO: I can list the health benefits that positive relationships can provide</p> <p>LO: I understand the physical and mental impact of unhealthy relationships.</p>
	Week 4	<p>LO: I can explore how being kind/ unkind can be expressed.</p> <p>or</p> <p>LO: I can explore how being happy and sad can be expressed.</p> <p>Examples</p>	Week 4	<p>LO: I can explore how being kind/ unkind can be expressed.</p> <p>or</p> <p>LO: I can explore how being happy and sad can be expressed.</p> <p>Examples</p>	Week 4	<p>LO: I can resist pressure to do something online that might hurt myself or others.</p> <p>Examples</p>	Week 4	<p>LO: I can discuss the patterns associated with abusive relationships including exploitation and abuse in teenage relationships.</p> <p>LO: I understand how coercion can feature in a range of relationships.</p> <p>LO: I can describe examples of legislation associated with coercion, exploitation and abuse in relationships.</p> <p>LO: I know the support available when relationships are unsafe.</p> <p>LO: I can discern relationships that might not be healthy.</p> <p>Examples</p>
	Week 5		Week 5		Week 5	<p>LO: I can use technology positively and safely to communicate with my friends and family.</p>	Week 5	<p>LO: I can consider what makes a relationship healthy or coercive and know what my non-negotiables are.</p> <p>LO: I know how to get help if needed.</p>
	Week 6		Week 6		Week 6	<p>LO: I can take responsibility for my own safety and well-being.</p>	Week 6	<p>LO: I can recognise my own emotions and know these</p>

						Examples		help me discern when a relationship is good for me or not. Examples
Term 6	<i>Changing me</i>							
	Week 1	LO: I can explore development in living things.	Week 1	LO: I can explore development in living things.	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 can discuss gender and stereotypes in relation to a range of romantic relationships.
	Week 2	Examples	Week 2	Examples	Week 2	Examples	Week 2	LO: I can identify and understand the legislation relating to a range of relationships. LO: I understand the risks associated with exploring relationships and sexuality. LO: I understand the range of emotions individuals can experience in relation to romantic 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	LO: I can reflect on physical changes experienced so far. LO: I understand the relationship between physical change, self-esteem and emotional change.
	Week 4	LO: I can explore how I have grown and changed. Examples	Week 4	LO: I can explore how I have grown and changed. 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	LO: I understand the impact of family change and how it can affect future relationships. LO: I can list sources of help and support in relation to changes young people may have difficulty with. LO: I can discuss the difficulties associated with the physical and emotional changes young people can experience. LO: I can describe some of the strategies that can be helpful in managing change. Examples

	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	LO: I understand how societies change and this affects people's attitudes and ways of life.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I can reflect on how I have successfully managed change in my personal life. Examples

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.	Week 1	LO: I can explore my rights, having the opportunity to explore and play.	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 can identify my hopes for this school year.	Week 1	LO: I understand that different people have different expectations of intimate relationships and know how to access support if worried about a relationship issue.
	Week 2	Examples	Week 2	Examples: Lesson Plan - Resources -	Week 2	Examples	Week 2	LO: I have an understanding of my own expectations of intimate relationships. 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. LO: I can empathise with people in this country whose lives are different to my own.	Week 3	LO: I can explain peer approval and how it can cause problems. LO: I can describe what grooming is and give examples.
	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	Examples	Week 4	LO: I have strategies to help me manage my peer group relationships. 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 can suggest links between risky behaviour choices and the influence of social groups. LO: I know that I can accept or reject influences.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I know where to access help and advice if I am concerned about a risky situation in my life. Examples

Term 2	<i>Celebrating differences</i>							
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	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 understand that cultural differences sometimes cause conflict. LO: I am aware of my own culture. Examples	Week 1	LO: I can explain why some people can display sexist and ageist behaviour. LO: I understand the complexities associated with gender identity. LO: I can challenge my own and others' attitudes towards difference in relation to sexism, ageism and gender identity. LO: I understand why fear can lead us to judge others negatively. Examples
	Week 2		Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I understand what racism is. LO: I am aware of my attitude towards people from different races, cultures and ethnicities. Examples	Week 3	LO: I can identify positive and negative language and can recognise my own language style. LO: I can recognise that my language choices can affect other people and their views of me. LO: I understand that negative language can be damaging to mental health. Examples
	Week 4	LO: I can explore feeling confident. Examples	Week 4	LO: I can explore feeling confident.# Examples	Week 4		Week 4	

	Week 5		Week 5		Week 5	LO: I understand how rumour-spreading and name-calling can be bullying behaviours. 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.	Week 5	LO: I understand that there are different types of bullying (verbal, physical, online). LO: I know what to do if I encounter bullying.
	Week 6		Week 6		Week 6	Examples	Week 6	LO: I can give examples of workplace bullying. LO: I appreciate the short- and long- term effects and consequences of bullying on everyone involved including impact on mental health.
								Examples

Term 3	<i>Dreams, goals & aspirations</i>							
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	Week 1	LO: I can explore different professions through a range of experiences.	Week 1	LO: I can explore different professions through a range of experiences.	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 produce a SMART plan and know how to apply it to support my life and learning. LO: I am aware of the importance of planning in order to achieve my goals.
	Week 2	Examples	Week 2	Examples	Week 2	Examples	Week 2	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 know the difference between mental health and mental ill-health. LO: I can consider factors that can contribute to a person's mental ill health.
	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	Examples	Week 4	LO: I know how to access support if I am worried about a mental health issue. LO: I understand that stigma about mental ill health is unhelpful. Examples

	Week 5				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 understand how media manipulation can be involved in a person's mental ill-health.
	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 understand how and why some media is manipulated. LO: I can consider how self-esteem can be affected by the media positively and negatively. LO: I know where to access help if worried about a mental health concern. LO: I can consider how some mental ill health issues such as self-harm, eating disorders, anxiety and depression can be linked to low self-esteem. Examples

Term 4	<i>Healthy me</i>							
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	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence.	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence.	Week 1	LO: I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	Week 1	LO: I understand the physical and emotional effects of certain substances and how they can affect decision-making.
	Week 2	Examples	Week 2	Examples	Week 2	LO: I can make an informed decision about whether or not I choose to smoke and know how to resist pressure. Examples	Week 2	LO: I know some facts about drug classification and what the law says about possession and supply of drugs. LO: I feel confident about making my own decision about my lifestyle choices. Examples
	Week 3		Week 3		Week 3	LO: I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.	Week 3	LO: I know about the recovery position and how to contact emergency services. LO: I know what to do in an emergency situation involving substances.
	Week 4	LO: I can explore a range of safe adults through different experiences.	Week 4	LO: I can explore a range of safe adults through different experiences.	Week 4	LO: I can make an informed decision about whether or not I choose to drink alcohol and	Week 4	LO: I know how to keep myself safe to avoid emergencies

		Examples: Outdoor learning.		Examples: Outdoor learning.		know how to resist pressure. Examples		and also how to deal with emergencies if they happen. Examples
	Week 5		Week 5		Week 5	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. Examples	Week 5	LO: I can summarise some of the risks associated with substance use and the laws relating to these. LO: I can express why some people choose to use different substances and my own thinking relating to such choices. LO: I can express my opinion and stand up for myself when necessary. Examples
	Week 6		Week 6		Week 6		Week 6	
Term 5	<i>Relationships</i>							
	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels. Examples	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels. 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 understand that I have a choice in many situations, including when I want to say no. LO: I know and can use some assertiveness skills to help me manage a range of circumstances. LO: I understand that consent is a vital feature of a sexual relationship. LO: I know about sex and the law. LO: I can be assertive when appropriate. LO: I know how to access help if I'm worried about a relationship. Examples
	Week 2		Week 2		Week 2		Week 2	

	Week 3		Week 3		Week 3	<p>LO: I understand that belonging to an online community can have positive and negative consequences.</p> <p>LO: I can recognise when an online community feels unsafe or uncomfortable.</p> <p>Examples</p>	Week 3	<p>LO: I know about the different contraception methods available.</p> <p>LO: I know that contraception is important for sexual health as well as preventing a pregnancy.</p> <p>LO: I know that communication and negotiation about contraception use is important.</p> <p>LO: I understand that information and facts are vital in making an informed choice about contraception if and when needed.</p>
	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		Week 4	<p>LO: I know how to access advice and information about sexual health.</p> <p>LO: I know about sex and the law.</p> <p>LO: I feel empowered to make an informed decision about contraception if and when needed.</p> <p>Examples</p>
	Week 5		Week 5		Week 5	<p>LO: I understand there are rights and responsibilities in an online community or social network.</p> <p>LO: I can recognise when an online community is helpful or unhelpful to me.</p> <p>Examples</p>	Week 5	<p>LO: I understand that there are consequences if I choose to have unprotected sex.</p> <p>LO: I know about different sexually transmitted infections.</p> <p>LO: I know about sexual health clinics and how to access help and support if I have unprotected sex.</p>
	Week 6		Week 6		Week 6		Week 6	<p>LO: I know some of the options available if I have unprotected sex.</p> <p>Examples</p>
Term 6	<i>Changing me</i>							

