

YEAR 1 SPRING

RED indicates resources that have been added/amended (August 2021). All resources can be downloaded from <https://my.uso.im>

RELATIONSHIPS EDUCATION					
1 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 RESPECTFUL RELATIONSHIPS	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 BEING SAFE
To sort wants and needs	To explore boy and girl needs and wants	To celebrate being me Difference and similarities	To teach children about personal information	To understand personal information	To identify places and people who make me feel safe

HEALTH EDUCATION					
7 BEING SAFE	8 BEING SAFE	9 MENTAL WELLBEING	10 DRUGS, ALCOHOL & TOBACCO	11 DRUGS, ALCOHOL & TOBACCO	12 BASIC FIRST AID
To explain what a safe and inviting classroom looks like.	To identify how to keep safe at home	To learn about the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep	To recognise that different things that go into bodies can make people feel good or not so good To be able to identify whether a substance might be harmful to take in To know how to ask for help if they are unsure whether something should go into the body	To know that substances can be absorbed through the skin To be able to recognise that different things that people put on to bodies can make them feel good or not so good To be able to state some basic safety rules for things that go on to the body	To know how to make an emergency call

YEAR 2 SPRING					
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RELATIONSHIPS EDUCATION					
1 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 RESPECTFUL RELATIONSHIPS	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 MENTAL WELLBEING
To explore needs and wants	To understand life in different countries	To explore how life is different around the world	To understand what personal information is	To understand who to trust online	To recognise and describe different feelings in themselves and others
HEALTH EDUCATION				RELATIONSHIPS EDUCATION	
7 MENTAL WELLBEING	8 MENTAL WELLBEING	9 BEING SAFE	10 BEING SAFE	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
Learn that feelings change and that not everyone experiences the same feeling in the same situation	Learn about 'big' feelings and how to manage them	To be able to identify and make safe risks and hazards in and around the home. To be able to make an emergency call to 999	To be able to identify risks and hazards at school and know how to keep themselves safe.	To explore gender stereotypes in careers	To explore gender stereotypes in careers

YEAR 3 SPRING

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				RELATIONSHIPS EDUCATION	
1	2	3	4. CITIZENSHIP	5. ONLINE RELATIONSHIPS	6. ONLINE RELATIONSHIPS
To understand the rights of a child	To understand the link between being paid to do a job and having money to spend	To make consumer choices and explain their decisions	To explain why democracy is important Moved from Autumn term	To understand how to stay safe online	To understand how to stay online

HEALTH EDUCATION				RELATIONSHIPS EDUCATION
7. DRUGS, ALCOHOL & TOBACCO	8. DRUGS, ALCOHOL & TOBACCO	9. BASIC FIRST AID	10. HEALTH AND PREVENTION	11. RESPECTFUL RELATIONSHIPS
To learn the definition of a drug and that drugs (including medicines) can be harmful to people	Learn about the effects and risks of smoking tobacco and secondhand smoke	Know what to do and how to call for help if you are faced with an emergency situation	VACCINATION LESSON Pupils learn the definition of a vaccination, how the immune system functions and how they work to keep healthy	Pupils learn about what identity is and explore what makes everyone unique and special

YEAR 4 SPRING

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HEALTH EDUCATION					
1	2	3 BASIC FIRST AID	4 BASIC FIRST AID	5 BASIC FIRST AID	6 BEING SAFE
To understand what we spend money on	To understand ways to save and the benefits of saving	Learn about and practise kindness and coping skills and why they are important in first aid	Learn about kindness and helping others Learn how to care for yourself and others Feel able to help someone who needs first aid (asthma attack)	Learn about kindness and helping others Learn about coping skills Learn how to care for yourself and others Feel able to help someone who needs first aid (broken bone)	To explain how to keep safe around water

RELATIONSHIPS EDUCATION					
7 BEING SAFE	8 ONLINE RELATIONSHIPS	9 ONLINE RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS/MENTAL WELLBEING	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To explain how to keep safe around water	To understand that not everything online is trustworthy	To make decisions on what they trust online using agreed criteria	To understand how images are manipulated online.	To understand how stereotypes can label people	To understand how stereotypes can label people

YEAR 5 SPRING					
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		RELATIONSHIPS EDUCATION		HEALTH EDUCATION	
1	2	3 FAMILIES AND PEOPLE WHO CARE FOR ME	4 3 FAMILIES AND PEOPLE WHO CARE FOR ME	5 HEALTH & PREVENTION	6 HEALTH & PREVENTION
To understand deductions from payslips	To understanding budgeting	To understand reasons for migration.	To explore migration.	VACCINATION LESSON Pupils learn about different sources of health information and how we can make informed decisions *	To understand that most common infections get better on their own through time, bed rest, liquid intake and healthy living. To understand that if antibiotics are taken, it is important to finish the course.
RELATIONSHIPS EDUCATION				RELATIONSHIPS EDUCATION	
7 ONLINE RELATIONSHIPS/ BEING SAFE	8 BEING SAFE	9	10	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To understand content which may be appropriate or inappropriate to share online	To identify appropriate people to turn to for help	To understand how to keep safe when cycling.	To understand how to keep safe when cycling.	To understand gender stereotypes.	To understand gender stereotypes.

YEAR 6 SPRING

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		RELATIONSHIPS EDUCATION		HEALTH EDUCATION	
1	2	3 RESPECTFUL RELATIONSHIPS	4 RESPECTFUL RELATIONSHIPS	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To know there are a range of salaries for different jobs.	To understand 'value for money'.	To understand stereotypes associated with homelessness	To understand hidden homelessness	To learn about mental health; what it means and how we can take care of it	To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times

RELATIONSHIPS/HEALTH EDUCATION		RELATIONSHIPS EDUCATION			
7 ONLINE RELATIONSHIPS/ INTERNET SAFETY & HARMS	7 ONLINE RELATIONSHIPS/ INTERNET SAFETY & HARMS	9 BEING SAFE	10 BEING SAFE	11 RESPECTFUL RELATIONSHIP	12 RESPECTFUL RELATIONSHIP
Identify different tactics someone might use to manipulate another person online	Explain what to do if someone tries to pressure or manipulate them	To begin to identify risks and risky behaviour	To begin to identify risks and risky behaviour	To challenge gender stereotypes	To challenge gender stereotypes