Lower KS2 Overview

Cycle A YEAR 3 STRANDS								
Autumn: Core 2 RELATIONSHIPS			Spring: Core 3 LIVING IN THE WIDER WORLD			Summer: Core 1 HEALTH AND WELLBEING		
Families and Friendships	Safe Relationships	Respecting Ourselves and others	Belonging to a Community	Community Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
R1, R6, R7, R8, R9	R19, R22, R24, R30	R30, R31	L1, L2, L3	L11, L12	L25, L26, L27, L30	H1, H2, H3, H4, H6, H7, H17, H18, H19	R1, R6, R7, R8, R9	R19, R22, R24, R30
R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another

R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members | R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour

R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online | R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider | L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws

L2. to recognise there are human rights, that are there to protect everyone

L3. about the relationship between rights and responsibilities | L11. recognise ways in which the internet and social media can be used both positively and negatively

L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results | L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes

L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life

L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation | H1. how to make informed decisions about health

H2. about the elements of a balanced, healthy lifestyle

H3. about choices that support a healthy lifestyle, and recognise what might influence these

H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); | R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another

R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members | R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour

R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online |

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love, security and stability R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice		society; strategies to improve or support courteous, respectful relationships				recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle H17. to recognise that feelings can change over time and range in intensity H18. about everyday things that affect feelings and the importance of expressing feelings H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;	love, security and stability R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	

Lower KS2 Overview

Cycle B COVERING YEAR 4 STRANDS								
Autumn Term: Core 2 RELATIONSHIPS			**Spring Term: Core 3 LIVING IN THE WIDER WORLD**			**Summer Term: Core 1 HEALTH AND WELLBEING**		
Families and Friendships	**Safe relationships**	**Respecting Ourselves and others**	**Belonging to a Community**	**Media Literacy and Digital Resilience**	**Money and Work**	**Physical Health and Mental Wellbeing**	**Growing and Changing**	**Keeping Safe**
R10, R11, R12, R13, R18	**R20, R23, R27, R28**	**R32, R33**	**L4, L6, L7**	**L13, L14**	**L17, L19 L20, L21**	**H2, H5, H11**	**H30, H31, H32, H34**	**H10, H38, H40, H46**
R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships

R12. to recognise what it means to 'know someone online' and how this differs from knowing | R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support

R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns

R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret | R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background

R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own | L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

L6. about the different groups that make up their community; what living in a community means

L7. to value the different contributions that people and groups make to the community | L13. about some of the different ways information and data is shared and used online, including for commercial purposes

L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information | L17. about the different ways to pay for things and the choices people have about this

L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)

L20. to recognise that people make spending decisions based on priorities, needs and wants

L21. different ways to keep track of money | H2. about the elements of a balanced, healthy lifestyle

H5. about what good physical health means; how to recognise early signs of physical illness

H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking) | H30 to name body parts H31 physical and emotional changes Hygiene H34 trusted adults and knowing why body changes occur. | H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed

H38. how to predict, assess and manage risk in different situations

H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)

H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break |

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someone face-to-face; risks of communicating online with others not known face-to-face R13. the importance of seeking support if feeling lonely or excluded R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary	R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this						