| Half Term 1a  Focus: Wellbeing  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Know your rights | Online wellbeing- fake news and echo chambers  | Online wellbeing- online safety, grooming and self esteem  | Media influence and media influence on the body | Physical and mental wellbeing  | Attitudes to mental health- recognising and dealing with emotions  | Alcohol and smoking/vaping | Drug mis(use)Assessment  |

| Half Term 1b  Focus: Relationships  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Introduction to relationships and family relationships  | Maintaining healthy family relationships  | Healthy friendships  | Romantic relationships  | Physical intimacy  | Unhealthy relationships, boundaries and consent  | Relationships and intimacy online Assessment  |  |

| Half Term 2a  Focus - Independence  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Introduction to first aid and fire safety  | Personal safety in everyday life  | Making healthy choices- personal hygiene | Making healthy choices- eating and sleeping  | Evaluating influences Assessment  |  |  |  |

| Half Term 2b Focus: Body awareness  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Knowing your body | Body image  | Bodily changes through puberty  | Introduction to periods  | Developing sexual awareness  | Developing sexuality Assessment  |  |  |

| Half Term 3aFocus: Identity, community and body awareness  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Exploring identities and similarities  | Exploring identities and differences  | What is a community? | Identifying and challenging bullying  | Privacy and consent  | FGM and forced marriage Assessment  |  |  |

| Half Term 3bFocus: Community and wellbeing  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Types of bullying  | The impact of bullying  | The imbalance of power  | Unlawful discrimination and stereotyping  | Respect and tolerance | Help for victims of stereotyping and bullying | Assessment  |  |