| 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 3a  Focus: 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 3b  Focus: 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 |  |