

Yea	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
r	Why is Richmond	What's it made of	How do people	How do I care for	What makes a	Why is our
1/2	Special?	and why?	tell their stories?	my body and	good home?	environment
				mind?		precious?
	Autumn 1	Spring 1	Summer 1	Autumn 1	Spring 1	Summer 1
	H21- I can recognise	H1 – I know what	H33 – I know about	R6- I know about	L15 – I know that	H1 – I know what keeping
	what makes me	keeping healthy	the people whose	how people make	jobs help people to	healthy means; different
	special.	means; different	job it is to help us	friends and what	earn money to pay	ways to keep healthy.
	H22 – I can recognise	ways to keep	keep safe.	makes a good	for things.	H2 – I know about foods
	the ways in which we	healthy.	H35 – I know what to	friendship.	L16 – I can talk about	that support good health
	are all unique.	H5 – I know about	do if there is an	R7 – I can recognise	different jobs that	and the risks of eating too
	H23- I can identify	simple hygiene	accident and	when someone feels	people I know or	much sugar.
	what I am good at,	routines that can	someone is hurt.	lonely and what to	people who work in	H3 – I know how physical
	what I like and	stop germs from	H36 – I know how to	do.	the community do.	activity helps us stay
	dislike.	spreading.	get help in an	R8 – I have simple	L17 – I can identify	healthy; and ways to be
	H25 – I can name the	H6 – I know that	emergency. (how to	strategies to resolve	some of the	physically active everyday.
	main parts of the	medicines (including	dial 999 and what to	arguments between	strengths and	
	body including	vaccinations and	say)	friends positively.	interests someone	



external genitalia.	immunisations and	R15 – I know how to	R9 –I can ask for help	might need to do	H4 – I know why sleep is
(e.g. vulva, vagina,	those that support	respond safely to	if a friendship is	different jobs.	important and different
penis, testicles.)	allergic reactions)	adults I don't know.	making me feel	L7- I understand that	ways to rest and relax.
R13 – I can safely	can help people to	R20 – I know what to	unhappy.	the internet and	H8 – I know how to keep
and responsibly	stay healthy.	do if I feel unsafe or	R25- I can talk about	digital devices can be	safe in the sun and protect
form, maintain and	H7 – I know about	worried for myself or	and share my	used safely to find	skin from sun damage.
manage positive	dental care and	others: who to ask	opinions on things	things out and to	H9 – I know about
relationships,	visiting the dentist;	for help and	that matter to me.	communicate with	different ways to learn and
including online.	how to brush teeth	vocabulary to use		others.	play recognising the
R23 – I am aware of	correctly; food and	when asking for help:		L8 – I can talk about	importance of
the services available	drink that can	importance of	Autumn 2	the role of the	knowing when to take a
to support healthy	support dental	keeping trying until I		internet in everyday	break from online or TV.
relationships and	health.	am heard.	R10- I know that	life	
manage unhealthy	H10 – I can name	L5- I know about the	bodies and feelings		Summer 2
relationships and	the people who help	different roles and	can be hurt by words		
how to access them.	us to stay	responsibilities	and actions; that	Spring 2	H11-I know about different
L6 – I can recognise		people have in their	people can say	H28-I know about	feelings that humans can
the ways in which I	Spring 2	communities.	hurtful things	rules and age	experience.
am the same as, and			online.	restrictions that keep	H12 – I can recognise and
		Summer 2		us safe.	name different feelings.



different to, other	L10 – I know what		R11 – I can talk	H29 – I can	H13 –I know how feelings
people.	money is; forms that	H26 – I understand	about how people	recognise risk in	can affect people's bodies
L14 – I know that	money comes in;	about growing and	may feel if they	simple everyday	and how they might
everyone has	that money comes	changing from young	experience hurtful	situations and decide	behave.
different strengths.	from different	to old and how	behaviour or	what action	H14 – I can recognise what
	sources.	people's needs	bullying.	minimises harm.	others might be feeling.
A2	L11 – I know that	change.	R12- I know that	H30 – I know how to	H15 – I know that not
L4 – I know which	people make	H27 – I can talk	hurtful behaviour	keep safe at home	everyone feels the same at
different groups I	different choices	about preparing to	(offline and online)	(including around	the same moment, or feels
belong to.	about how to save	move to a	including teasing,	electrical appliances)	the same about the same
R1 – I can talk about	and spend money.	different/new	name calling,	and fire safety (e.g.	things.
the roles different	L12 – I know about	class/year group.	bullying and	not playing with	H16 – I can talk about
people	the difference	R21- I can talk about	deliberately	matches and	ways of sharing feelings; a
(acquaintances,	between needs and	what is kind and	excluding others is	lighters)	range of words to describe
friends and relatives)	wants; that	unkind behaviour,	not acceptable; how	H31 – I know	feelings.
play in our lives.	sometimes people	and how this can	to report bullying;	household products	H17 – I can talk about
R2 – I can identify	may not be able to	affect others.	the importance of	(including medicines)	things that help people
the people who love	have the things they	R22 – I understand	telling a trusted	can be harmful if not	feel good (e.g. playing
and care for me and	want.	how to treat myself	adult.	used correctly.	outside, doing things they
		and others with			enjoy, spending time with



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what they do to help	L13 – I	respect; how to be	R16 – I know how to	H32 – I can talk	family, getting enough
me feel cared for.	understand that	polite and	respond if physical	about ways to keep	sleep.)
R3 – I can talk about	money needs to be	courteous.	contact makes me	safe in familiar and	H18 – I have learnt
different types of	looked after; that	R24 – I can listen to	feel uncomfortable.	unfamiliar	different things I can do to
families including	there are different	others and play/work	R17 – I know that	environments (e.g.	manage big feelings, to
those who may be	ways of doing this.	cooperatively.	there are situations	beach, shopping	help calm me down or
different to my own.		R25 – I can talk	when I need to	centre,	change my mood.
R4 – I can identify		about and share my	ask for permission	park, swimming pool,	H19 – I know when I need
common features of		opinions on things	and other times	on the street) and	help with feelings; I know
family life.		that matter to me.	when my permission	how to cross the	it is important to ask for
R5 – I know that it is		L2- I understand how	must be sought.	road safely.	help with feelings: I know
important to tell		people and other	R21 – I know what is	H34 – I understand	how to ask for help.
someone (such as a		living things have	kind and unkind	and can use the basic	H20 – I know about change
teacher) if something		different needs;	behaviour, and how	rules to keep safe	and loss (including death);
about my family		about the	this can affect	online, including	to identify feelings
makes me feel		responsibilities of	others.	what is meant by	associated with this: to
unhappy or worried.		caring for them.	R22 – I know how to	personal information	recognise what helps
		L3 – I can talk about	treat myself and	and what should be	people to feel better.
		the things I can do to	others with respect;	kept private; the	
				importance of telling	



	look ofter the	how to be polite and	a tructed adult if	1127 Lean talk about
	look after the	how to be polite and	a trusted adult if	H27 – I can talk about
	environment.	courteous.	they come across	preparing to move to a
		R24 – I can listen to	something that	new class/year group.
		other people and	scares them.	
		play and work	R14 – I know that	
		cooperatively.	sometimes people	
		R25 – I can talk	may behave	
		about and share my	differently online,	
		opinions on things	including by	
		that matter to me.	pretending to be	
			someone they are	
			not.	
			R16 – I know how to	
			respond if physical	
			contact makes them	
			feel uncomfortable	
			or unsafe.	
			R18 – I understand	
			about the	
			importance of not	



	keeping adult's	
	secrets (only hap	
	surprises that oth	iers
	will find out abou	t
	eventually).	
	R19 – I know bas	c
	techniques for	
	resisting pressure	e to
	do something	
	they don't want t	0
	do and which ma	
	make them feel	,
	unsafe.	
	R20 – I know what	it to
	do if I feel unsafe	
	worried for	
	themselves or	
		1.
	others; who to as	к
	for help and	
	vocabulary to use	



					when asking for help; importance of keeping trying until they are heard. L1- I know what rules are, why they are needed, and why different rules are needed for different situations. L9 – I know that not all information seen online is true.	
Yea r 3/4	Autumn A Why is Richmond special?	Spring A	Summer A	Autumn B	Spring B Why is history worth knowing?	Summer B How can I have my say?



	What is beneath us and why does it matter?	How do we get our message across?	How do I care for my body and mind?		
Autumn 1	Spring 1	Summer 1	Autumn 1	Spring 1	Summer 1
R10 – I understand the importance of friendships; strategies for building positive friendships; how positive friendships support well being. R11 – I understand what constitutes a positive heathy friendship (e.g. mutual respect, trust, truthfulness,	R5 – I understand that people who love and care for each other can be in a committed relationship (e.g. marriage), living together but may also live apart. R6 – I know that a feature of positive family life is caring relationships; about	H1- I can make informed decisions about my health. H2 – I can describe the elements of a balanced, healthy lifestyle. H3 – I know about the choices that support a healthy lifestyle, and recognise what might influence these.	H27 – I recognise my individuality and personal skills. H28 – I can identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. H29 – I can manage setbacks/perceived failures, including	H17- I know that feelings can change overtime and range in intensity. H18 – I understand everyday things affect feelings and I understand why it is important to express my feelings. H19 – I have a varied vocabulary to use when talking about feelings; I can	L4 – I understand 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. L5 – I can talk about ways of carrying out shared responsibilities for protecting the environment in school and



loyalty, kindness,	the different ways in	H4 – I can recognise	how to reframe	express my feelings	at home; how everyday
generosity, sharing	which people care	that habits can have	unhelpful thinking.	in a variety of ways.	choices can affect the
interests and	for one another.	both a positive and	L25 – I can recognise	H20 – I have	environment (e.g.
experiences, suppo	rt R7-I recognise and	negative effects on a	positive things	strategies to respond	reducing, reusing,
with problems and	respect that there	healthy lifestyle.	about myself and my	to feelings, including	recycling; food choices)
difficulties); that th	e are different types	H5 – I know what	achievements; set	intense or conflicting	L19 – I understand that
same principles	of family structure	good physical health	goals to help achieve	feelings; I can	people's spending
apply to online	(including single	means; how to	personal outcomes.	manage and respond	decisions can affect others
friendships as face	to parents, same sex	recognise early signs		to feelings	and the environment (e.g.
face friendships.	parents, step	of physical illness.		appropriately and	fair trade, buying single
R13 – I understand	parents, step	H6 – I know about	Autumn 2R19–I	proportionately in	use plastics, or giving to
the importance of	parents, blended	what constitutes a	understand about	different situations.	charity)
seeking support if	families, foster	healthy diet; how to	the impact of	H23 – I understand	R34 – I can discuss and
feelings lonely or	parents); that	plan healthy meals;	bullying, including	about change and	debate topical issues,
excluded.	families of all types	benefits to health	offline and online,	loss, including death,	respect other people's
R14 – I understand	can give family	and well being of	and the	and how these can	point of view and
that healthy	members love,	eating nutritionally	consequences of	affect feelings; ways	constructively challenge
friendships make	security and	rich foods; risks	hurtful behaviour.	of expressing and	those they disagree with.
people feel include	d; stability.	associated with not		managing grief and	
recognise when		eating a healthy diet		bereavement.	Summer 2



others may feel	R8 – I can recognise	including obesity and	R20 – I have	Spring 2	H12 – I understand the
lonely or excluded;	other shared	tooth decay.	strategies to respond	opinig 2	benefits of sun exposure
enable strategies for	characteristics of	H11- I can maintain	to hurtful behaviour	Y3	and the risks of over
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how to include	healthy family life,	good oral hygiene	experienced or	H35- I can talk about	exposure; how to keep
them.	including commitme	(including correct	witnessed, offline	the new	safe from sun damage and
R17 – I understand	nt, care, spending	brushing and	and online (including	opportunities and	sun/heat stroke and
that friendships	time together; being	flossing); why	teasing, name	responsibilities	reduce the risk of skin
have ups and downs;	there for each other	regular	calling, bullying,	increasing	cancer.
I can develop	in times of difficulty.	H14 – I know how	trolling, harassment	independence might	H37 –I understand there
strategies to resolve	R9 – I can recognise	and when to seek	or the deliberate	bring.	are reasons for following
disputes and	if family	support. including w	excluding of others);	H36 – I understand	and complying with
reconcile differences	relationships	hich adults to speak	how to report	strategies to manage	regulations and
positively and safely.	are making me feel	to in and out of	concerns and get	transitions between	restrictions (including age
R18 – I can recognise	unhappy or unsafe	school, if I am	support.	classes and key	restrictions); how they
when a friendship	and how to seek	worried about my	R21 – I understand	stages.	promote personal safety
(online or offline) is	help or advice.	health.	what discrimination		and well being with
making me feel			is, what it means and	Y4	reference to social media,
unsafe or			how to challenge it.	H31 – I know about	television programmes,
uncomfortable; how	Spring 2	Summer 2	R22 – I understand	the physical and	films, games and online
to manage this and			about privacy and	emotional changes	gaming.



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ask for support if		H1- I can make	personal boundaries;	that happen when	H38 – I can predict, assess
necessary.	R32- I can respect	informed decisions	what is appropriate	approaching and	and manage risk in
	the differences and	about health.	in friendships and	during puberty	different situations.
	similarities between	H2 – I know about	wider relationships	(including menstruati	H41 – I know strategies for
Autumn 2	people and	the elements of a	(including online).	on, key facts about	keeping safe in the local
	recognise what we	balanced, healthy	R25 – I recognise	the menstrual cycle	environment or unfamiliar
H9 – I know that	have in common	lifestyle.	different types of	and menstrual well-	places (rail, water,
bacteria and viruses	with others? (e.g.	H3 – I know about	physical contact;	being, erections and	road)n and firework
can affect health;	physically,	the choices that	what is acceptable	wet dreams.)	safety; safe use of digital
how everyday	personality,	support a healthy	and	H32 – I know the	devices when out and
hygiene routines can	background)	lifestyle, and	unacceptable; strate	importance	about.
limit the spread of	R33 – I can listen	recognise what	gies to respond to	of changing hygiene	H42 – I understand the
infection; the wider	and respond	might influence	unwanted physical	routines during	importance of keeping
importance of	respectfully to a	these.	contact.	puberty, the	personal
personal hygiene and	wide range of	H4 – I can recognise	R27 – I understand	importance of	information private ; strate
how to maintain it.	people including	that habits can have	about keeping	keeping clean and	gies for keeping safe
H10 – I understand	those whose	both e positive and	something	how to maintain	online, including how to
how medicines,	traditions, beliefs	negative effect on a	confidential or	personal hygiene.	manage requests for
when used	and lifestyle are	healthy lifestyle.	secret, when this	H34 – I know where	personal information or
			should (e.g. a	to get more	images of themselves and



re	esponsibly,	different to their	H7 – I know that	birthday surprise	information, help	others; what to do if
сс	ontribute to health;	own.	regular	that other people	and advice about	frightened or worried by
th	nat some diseases	L6 – I can talk about	(daily/weekly)	will find out about)	growing and	something seen or read
ca	an be prevented by	the different groups	exercise benefits	or should not be	changing, especially	online and how to report
va	accinations and	that make up my	mental and physical	agreed to, and when	about puberty.	concerns, inappropriate
im	nmunisations; how	community; what	healthy= (e.g.	it is right to break a		content and contact.
al	llergies can be	living in a	walking or cycling to	confidence or share		H47 – I can recognise that
m	nanaged.	community means.	school, daily active	a secret.		there are laws surrounding
H	26 – I am beginning	L7 – I can value the	mile); recognise	R29 – I know where		the use of legal drugs and
to	o understand that	different	opportunities to	to get advice and		that some drugs are illegal
fo	or some people,	contributions that	be physically active	report concerns if I		to own, use or give to
ge	ender identity does	people and groups	and some of the risks	am worried about		others.
nc	ot correspond with	make to the	associated with an	my own or someone		R12 –I can recognise what
th	neir biological sex.	community.	inactive lifestyle.	else's personal safety		it means 'to know
H	39 – I know about	L8 – I know about	H8- I know how sleep	(including online).		someone on line' and how
ha	azards (including	diversity; what it	contributes to a	R30 – I know that		this differs from knowing
fir	re risks) that may	means; the benefits	healthy lifestyle;	personal behaviour		someone face to face; risks
са	ause harm, injury or	of living in a diverse	routines that support	can affect other		of communicating online
ris	sk in the home and	community; about	good quality sleep;	people; I can		with others not known
w	hat I can do to		the effects of lack of	recognise and model		face to face.



reduce risks and	valuing diversity	sleep on the body,	respectful behaviour	R15 – I am developing
keep safe.	within communities.	feelings, behaviour	online.	strategies for recognising
H30 – I can identify		and ability to learn.	R31 – I can recognise	and managing peer
the external genitalia		H13 – I understand	the importance	influence and a desire for
and internal		the benefits of the	of self respect and	peer approval in
reproductive organs		internet; the	how this can affect	friendships; to recognise
in males and females		importance of	my thoughts and	the effect of online actions
and know how the		balancing time online	feelings about	on others.
process of puberty		with other	myself; that	R23 -I know about why
relates to human		activities; strategies	everyone, including	someone may behave
reproduction.		for managing time	me, should expect to	differently online,
H40 – I understand		online.	be treated politely	including pretending to be
the importance of		H14 – I understand	and with respect by	someone they are not;
taking medicines		how and when to	others (including	strategies for recognising
correctly and using		seek support,	when on line and/or	risks, harmful content and
household products		including which	anonymous) in	contact; how to report
safely. (e.g. following		adults to speak to in	school and in wider	concerns.
instructions		and outside school, if	society; strategies	R24 – I know how to
carefully)		I am worried about	to improve or	respond safely and
		my health.	support courteous,	appropriately to adults



H42 – I understand	respectful	they may encounter(in all
about the	relationships.	contexts including on line)
importance of	H45 – I understand	whom I do not know.
keeping personal	that FGM is against	R28 –I know how to
information private;	British Law, what to	recognise pressure from
strategies for	do and whom to tell	others to do something
keeping safe on line,	if they think they or	unsafe or that makes me
including how	someone	feel uncomfortable and
to mange requests	else maybe at risk.	strategies for managing
for personal	L2 – I recognise that	this.
information or	there are human	R29 – where to get advice
images of	rights and	and report concerns if
themselves and	responsibilities.	worried about my own or
others; what to do if	L3 – I understand	someone else's personal
frightened or	about the	safety (including online).
worried by	relationship between	L1 –I recognise reasons for
something seen or	rights and	rules and
read online and how	responsibilities.	laws; consequences of not
to report concerns,	L10 – I understand	adhering to rules and
	about prejudice; how	laws.



inannronriato	to	a rocognico	L5 – I understand there are
inappropriate		o recognise	
content and contact.	be	ehaviours/actions	ways of carrying out
H43 – I understand	w	hich discriminate	shared responsibilities for
what is meant by	aį	gainst others; ways	protecting the
first aid; basic	of	f responding to it if	environment in school and
techniques for	11	witness or	at home; how everyday
dealing with	ex	xperience it.	choices can affect the
common injuries.			environment (e.g.
H44 – I know how to			reducing, reusing,
respond and react in			recycling; food choices)
an emergency			L15 – 1i can recognise
situation; how to			things appropriate to
identify situations			share and things that
that may require the			should not be shared
emergency services;			on social media; rules
know how to contact			surrounding distribution of
them and what to			images.
say.			
R25 – I can			
recognise different			



types of physical			
contact; what is			
acceptable and			
unacceptable; strate			
gies to respond to			
unwanted physical			
contact.			
R26 – I understand			
about seeking and			
giving permission			
(consent) in different			
situations.			
R28 – I can recognise			
pressure from others			
to do something			
unsafe or that makes			
me feel			
uncomfortable and			
have strategies for			
managing this.			



	R29 – I know where to get advice and report concerns if I am worried about my own or someone else's personal safety. (including online)					
Yea r 5	Autumn A Why is Richmond special?	Spring A Where does it come from and where does it go?	Summer A How do words make us feel?	Autumn B How do I care for my body and mind?	Spring B What legacy will I leave behind?	Summer B What makes a colourful world?
	Autumn 1 H25 – I understand about personal	Spring 1 H43–I know what is meant by first aid;	Summer 1	Autumn 1 H25 – I understand about personal	Spring 1 H43–I know what is meant by first aid;	Summer 1 H1 – I can make informed decisions about health.



identity; what	basic techniques for	H1 – I can make	identity; what	basic techniques for	H3 – I understand there
contributes to who	dealing with	informed decisions	contributes to who	dealing with	are choices that support a
	common injuries.	about health.		common injuries.	healthy lifestyle, and
we are (e.g.	•		we are (e.g.	•	• • •
ethnicity, family,	H44- I know how to	H3 – I understand	ethnicity, family,	H44- I know how to	recognise what might
gender, faith,	respond and react in	there are choices	gender, faith,	respond and react in	influence these.
culture, hobbies,	an emergency	that support a	culture, hobbies,	an emergency	H4 – I can recognise that
likes/dislikes)	situation; how to	healthy lifestyle, and	likes/dislikes)	situation; how to	habits can have both a
H26 – I understand	identify situations	recognise what	H26 – I understand	identify situations	positive and negative
that for some people	that may require the	might influence	that for some people	that may require the	effect on a healthy
gender identity does	emergency services;	these.	gender identity does	emergency services;	lifestyle.
not correspond with	know how to contact	H4 – I can recognise	not correspond with	know how to contact	H46 – I understand about
their biological sex.	them and what to	that habits can have	their biological sex.	them and what to	the risks and effects of
H27 – I can recognise	say.	both a positive and	H27 – I can recognise	say.	legal drugs common to
my individuality and		negative effect on a	my individuality and		everyday life (e.g.
personal qualities.	Spring 2	healthy lifestyle.	personal qualities.	Spring 2	cigarettes, e-
R32 –I know about		H46 – I understand	R32 –I know about		cigarettes/vaping, alcohol
respecting the	R1 – I can recognise	about the risks and	respecting the	R1 – I can recognise	and medicines) and their
differences and	that there are	effects of legal drugs	differences and	that there are	impact on health;
similarities between	different types of	common to everyday	similarities between	different types of	recognise that drug use
people	relationships (e.g.	life (e.g. cigarettes,	people	relationships (e.g.	can become a habit



and reco	ognising what	friendships, family	e-cigarettes/vaping,	and recognising what	friendships, family	which can be difficult to
they have		relationships,	alcohol and	they have in	relationships,	break.
	n with others	romantic	medicines) and their	common with others	romantic	H47 – I can recognise that
						_
	sically, in	relationships, online	impact on health;	e.g. physically, in	relationships, online	there are laws surrounding
persona	lity or	relationships)	recognise that drug	personality or	relationships)	the use of legal drugs and
backgro	und.	R18 – I can recognise	use can become	background.	R18 – I can recognise	that some drugs are illegal
		if a friendship	a habit which can be		if a friendship (online	to own, use and give to
L9 – I un	nderstand	(online or offline) is	difficult to break.	L9 – I understand	or offline) is making	others.
about st	tereotypes;	making them feel	H47 – I can recognise	about stereotypes;	them feel unsafe or	H48 – I understand why
how the	ey can	unsafe or	that there are laws	how they can	uncomfortable; how	people choose to use or
negative	ely influence	uncomfortable; how	surrounding the use	negatively influence	to manage this and	not use drugs (including
behavio	urs and	to manage this and	of legal drugs and	behaviours and	ask for support if	nicotine, alcohol and
attitude	s towards	ask for support if	that some drugs are	attitudes towards	necessary.	medicines)
others; s	strategies for	necessary.	illegal to own, use	others; strategies for	R24 – I can respond	H50 – I am aware of the
challeng	ging	R24 – I can respond	and give to others.	challenging	safely and	organisations that can
stereoty	/pes.	safely and	H48 – I understand	stereotypes.	appropriately to	support people concerning
		appropriately to	why people choose		adults I may	alcohol, tobacco and
Autum	n 2	adults I may	to use or not use	Autumn 2	encounter (in all	nicotine or other drug use;
R34 – I c	can discuss	encounter (in all	drugs (including	R34 – I can discuss	contexts including	people they can talk to if
and deb	ate topical			and debate topical	online)	they have concerns.



issues, respect other people's point of view and constructively challenge those I	contexts including online) R26 – I know about seeking and giving permission (consent)	nicotine, alcohol and medicines) H50 – I am aware of the organisations that can support	issues, respect other people's point of view and constructively challenge those I	R26 – I know about seeking and giving permission (consent) in different situations.	Summer 2
disagree with. L17 – I can think about the different ways to pay for	in different situations. R29 – I know where to get advice and	people concerning alcohol, tobacco and nicotine or other drug use; people	disagree with. L17 – I can think about the different ways to pay for	R29 – I know where to get advice and report concerns if I am worried about	L26 – I understand that there is a broad range of different jobs/careers that people have; that people
things and the choices people have about this. L18 – I can recognise that people have	report concerns if I am worried about my own or someone else's personal safety (including	they can talk to if they have concerns. Summer 2	things and the choices people have about this. L18 – I can recognise that people have	my own or someone else's personal safety (including online). L11 – I can recognise ways in which the	often have more than one career/type of job during their life. L27 – I understand about stereotypes in the
different attitudes towards saving and spending money; what influences people's	online). L11 – I can recognise ways in which the internet and social media can be	L26 – I understand that there is a broad range of different	different attitudes towards saving and spending money; what influences people's	internet and social media can be used both positively and negatively. L15 – I can recognise	workplace and that a person's career aspirations should not be limited by them.
decisions; what			decisions; what	things appropriate to	



makes something 'good value for money'. L20 – I can recognise that people make spending decisions based on priorities, needs and wants. L21 – I know there are different ways to keep track of money. L22 – I know about risks associated with money (e.g. money can be won, lost or stolen) and ways of	used both positively and negatively. L15 – I can recognise things appropriate to share and things that should not be shared on social media; rules surrounding the distribution of images.	jobs/careers that people have; that people often have more than one career/type of job during their life. L27 – I understand about stereotypes in the workplace and that a person's career aspirations should not be limited by them. L28 – I understand what might influence people's decisions about a job or a career (e.g. personal	makes something 'good value for money'. L20 – I can recognise that people make spending decisions based on priorities, needs and wants. L21 – I know there are different ways to keep track of money. L22 – I know about risks associated with money (e.g. money can be won, lost or stolen) and ways of	share and things that should not be shared on social media; rules surrounding the distribution of images.	L28 – I understand what might influence people's decisions about a job or a career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) L29 – I understand that some jobs are paid more than others and money is one factor which may influence a person's job or
stolen) and ways of keeping money safe.		career (e.g. personal interests and values, family connections to	stolen) and ways of keeping money safe.		influence a person's job or career choice; that people may choose to do



L24 – I can identify	certain trades or	L24 – I can identify	voluntary work which is
		•	•
the ways that money	businesses, strengths	the ways that money	not paid.
can impact	and qualities, ways in	can impact	L30 – I can identify some
on people's feelings	which stereotypical	on people's feelings	of the skills that will help
and emotions.	assumptions can	and emotions.	me in my future career e.g.
	deter people from		teamwork, communication
	aspiring to certain		and negotiation.
	jobs)		L31 – I can identify the
	L29 – I understand		kind of job I would like to
	that some jobs are		do when I am older.
	paid more		L32 – I can recognise a
	than others and		variety of routes into
	money is one factor		careers (e.g. college,
	which may influence		apprenticeship, university)
	a person's job or		
	career choice; that		
	people may choose		
	to do voluntary work		
	which is not paid.		



	s t r t c r t t t v v v t t t t t t t t t t t t t	L30 – I can identify some of the skills that will help me in my future career e.g. teamwork, communication and negotiation. L31 – I can identify the kind of job I would like to do when I am older. L32 – I can recognise a variety of routes into careers (e.g. college, apprenticeship, university)		
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Yeo r 6	Autumn A Why is Richmond special?	Spring A Where does it come from and where does it go?	Summer A How do words make us feel?	Autumn B How do I care for my body and mind?	Spring B What legacy will I leave behind?	Summer B What makes a colourful world?
	H1 –I can make informed decisions about health. H2 – I understand about the elements of a balanced, healthy lifestyle. H3 – I know about the choices that support a healthy lifestyle, and recognise what	H49 – I understand there can be mixed messages in the media about drugs, including alcohol and smoking/vaping. R34- I can discuss and debate topical issues, respect other people's point of view and constructively challe	H24 – I have developed problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. H30 – I can identify the external genitalia and internal reproductive organs	H1 –I can make informed decisions about health. H2 – I understand about the elements of a balanced, healthy lifestyle. H3 – I know about the choices that support a healthy lifestyle, and recognise what	H49 – I understand there can be mixed messages in the media about drugs, including alcohol and smoking/vaping. R34- I can discuss and debate topical issues, respect other people's point of view and constructively challe	H24 – I have developed problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. H30 – I can identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.



might influence	nge those they	in males and females	might influence	nge those they	H33 –I understand the
these.	disagree with.	and how the process	these.	disagree with.	processes of reproductions
H4 – I can recognise	L11 – I can recognise	of puberty relates to	H4 – I can recognise	L11 – I can recognise	and birth as part of human
that habits can have	ways in which the	human	that habits can have	ways in which the	life cycles; how babies are
both positive and	internet and social	reproduction.	both positive and	internet and social	conceived and born (and
negative effects on a	media can be	H33 –I understand	negative effects on a	media can be	that there are ways to
healthy lifestyle.	used both positively	the processes of	healthy lifestyle.	used both positively	prevent babies from being
H5 – I understand	and negatively.	reproductions and	H5 – I understand	and negatively.	made); how babies need
what good physical	L12 – I know how to	birth as part of	what good physical	L12 – I know how to	to be cared for. (a basis
health means; how	assess the reliability	human life cycles;	health means; how	assess the reliability	understanding of
to recognise early	of sources of	how babies are	to recognise early	of sources of	contraception can be
signs of physical	information on line;	conceived and born	signs of physical	information on line;	taught at primary school
illness.	and how to make	(and that there are	illness.	and how to make	e.g. common forms of
H6 – I understands	safe, reliable choices	ways to prevent	H6 – I understands	safe, reliable choices	contraception like
what constitutes a	from the search	babies from being	what constitutes a	from the search	condoms and the pill)
healthy diet; how to	results.	made); how babies	healthy diet; how to	results.	School to decide if this is
plan healthy meals;	L13 – I understand	need to be cared	plan healthy meals;	L13 – I understand	cohort appropriate.
benefits to health	some of the ways	for. <mark>(a basis</mark>	benefits to health	some of the ways	H34 – I know where to get
and well being of	information and	understanding of	and well being of	information and data	more information, help
eating nutritionally	data is shared and	contraception can be	eating nutritionally	is shared and used	and advice about growing



rich foods; risks	used online,	taught at primary	rich foods; risks	online, including for	and changing, especially
associated with not	including for	school e.g. common	associated with not	commercial	about puberty.
eating a healthy diet	commercial	forms of	eating a healthy diet	purposes.	H35 –I understand about
including obesity and	purposes.	contraception like	including obesity and	L14 – I know how	the new opportunities and
tooth decay.	L14 – I know how	condoms and the	tooth decay.	information on the	responsibilities that
H7 – I understand	information on the	pill) School to decide	H7 – I understand	internet is ranked,	increasing independence
how regular	internet is ranked,	if this is cohort	how regular	selected and	may bring.
(daily/weekly)	selected and	appropriate.	(daily/weekly)	targeted at specific	H36 – I can employ
exercise benefits	targeted at specific	H34 – I know where	exercise benefits	individuals and	strategies to manage
mental and physical	individuals and	to get more	mental and physical	groups; that	transitions between
health (e.g. walking	groups; that	information, help	health (e.g. walking	connected devices	classes and key stages.
or cycling to school,	connected devices	and advice about	or cycling to school,	can share	R2 –I understand that
daily active	can share	growing and	daily active	information.	people may be attracted
mile); recognise	information.	changing, especially	mile); recognise	L15 – I can recognise	to someone emotionally,
opportunities to be	L15 – I can recognise	about puberty.	opportunities to be	things appropriate to	romantically and sexually;
physically active and	things appropriate	H35 –I understand	physically active and	share and things that	that
some of the risks	to share and things	about the new	some of the risks	should not be shared	people maybe attracted to
associated with an	that should not be	opportunities and	associated with an	on social	someone of the same or
inactive lifestyle.	shared on social	responsibilities that	inactive lifestyle.	media; rules	different sex to them; that
inderive mestyle.	media; rules	increasing	mactive mestyle.	surrounding	



H8 – I understand	surrounding	independence may	H8 – I understand	distribution of	gender identity and sexual
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how sleep	distribution of	bring.	how sleep	images.	orientation are different.
contributes to a	images.	H36 – I can employ	contributes to a	L16 – I understand	R3 – I understand marriage
healthy lifestyle;	L16 – I understand	strategies to manage	healthy lifestyle;	how text and images	and civil partnership are a
routines that support	how text and images	transitions between	routines that support	in the media and on	legal declaration of
good quality sleep;	in the media and on	classes and key	good quality sleep;	social media can be	commitment made by two
the effects of a lack	social media can be	stages.	the effects of a lack	manipulated or	adults who love and care
of sleep on the body,	manipulated or	R2 –I understand	of sleep on the body,	invented; strategies	for each other, which is
feelings, behaviour	invented; strategies	that people may be	feelings, behaviour	to evaluate the	intended to be life long.
and ability to learn.	to evaluate the	attracted to	and ability to learn.	reliability of sources	R4 – I know that forcing
H11 – I know how to	reliability of sources	someone	H11 – I know how to	and identity	anyone to marry against
maintain a good oral	and identity	emotionally,	maintain a good oral	misinformation.	their will is a crime; that
hygiene (including	misinformation.	romantically and	hygiene (including	L23 – I understand	help and support is
correct brushing and	L23 – I understand	sexually; that	correct brushing and	the risks involved in	available to people who
flossing); why regular	the risks involved in	people maybe attract	flossing); why regular	gambling; different	are worried about this for
trips to the dentist	gambling; different	ed to someone of the	trips to the dentist	ways money can be	themselves or others.
are essential; the	ways money can be	same or different sex	are essential; the	won or lost through	R5 –I know that people
impact of lifestyle	won or lost through	to them; that gender	impact of lifestyle	gambling-related	who love and care for each
choices on dental	gambling-related	identity and sexual	choices on dental	activities and their	other can be in a
care (e.g. sugar	activities and their		care (e.g. sugar	impact on health,	committed relationship



consumption/acidic	impact on health,	orientation are	consumption/acidic	wellbeing and future	(e.g. marriage), living
drinks such as fruit	wellbeing and future	different.	drinks such as fruit	aspirations.	together but also may love
	U U			aspirations.	• · ·
juices, smoothies	aspirations.	R3 – I understand	juices, smoothies		apart.
and fruit teas; the		marriage and civil	and fruit teas; the		R6 – I understand that a
effect of smoking)		partnership are a	effect of smoking)		feature of positive family
H12 – I understand		legal declaration of	H12 – I understand		life is caring relationships;
about the benefits of		commitment made	about the benefits of		about the different ways in
sun exposure		by two adults who	sun exposure		which people care for one
and risks of over		love and care for	and risks of over		another.
exposure; how to		each other, which is	exposure; how to		R16 – I understand how
keep safe from sun		intended to be life	keep safe from sun		friendships can change
damage and		long.	damage and		overtime, about making
sun/heat stroke and		R4 – I know that	sun/heat stroke and		new friends and the
reduce the risk of		forcing anyone to	reduce the risk of		benefits of having
skin cancer.		marry against their	skin cancer.		different types of friends.
H13 – I know about		will is a crime; that	H13 – I know about		
the benefits of the		help and support is	the benefits of the		
internet; the		available to people	internet; the		
importance of		who are worried	importance of		
balancing online		about this for	balancing online		



time with other	themselves or	time with other	
activities; strategies	others.	activities; strategies	
for managing time	R5 –I know that	for managing time	
online.	people who love and	online.	
H14 – I know how	care for each other	H14 – I know how	
and when to seek	can be in a	and when to seek	
support, including	committed	support, including	
which adults to	relationship (e.g.	which adults to	
speak to in and	marriage), living	speak to in and	
outside school, if	together but also	outside school, if	
they are worried	may love apart.	they are worried	
about their health.	R6 – I understand	about their health.	
H15 – I know that	that a feature of	H15 – I know that	
mental health, just	positive family life is	mental health, just	
like physical health,	caring relationships;	like physical health,	
is part of daily	about the different	is part of daily	
life; the importance	ways in which people	life; the importance	
of taking care of	care for one	of taking care of	
mental health.	another.	mental health.	



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	H16 – I am aware	R16 – I understand	H16 – I am aware	
	about strategies and	how friendships can	about strategies and	
	behaviours that	change overtime,	behaviours that	
	support mental	about making new	support mental	
	health- including	friends and the	health- including	
	how good quality	benefits of having	how good quality	
	sleep, physical	different types of	sleep, physical	
	exercise/time	friends.	exercise/time	
	outdoors, being		outdoors, being	
	involved in		involved in	
	community groups,		community groups,	
	doing things for		doing things for	
	others, clubs, and		others, clubs, and	
	activities, hobbies		activities, hobbies	
	and spending time		and spending time	
	with family and		with family and	
	friends can support		friends can support	
	mental health		mental health	
	and well being.		and well being.	



H21 – I can recognise	H21 – I can recognise
warning signs about	warning signs about
mental health	mental health
and well being and	and well being and
how to seek support	how to seek support
for themselves and	for themselves and
others.	others.
H22 – I can recognise	H22 – I can recognise
that anyone can	that anyone can
experience mental ill	experience mental ill
health; that most	health; that most
difficulties can be	difficulties can be
resolved with help	resolved with help
and support; and	and support; and
that it is important	that it is important
to discuss feelings	to discuss feelings
with a trusted adult.	with a trusted adult.
H40 – I understand	H40 – I understand
about the	about the
importance of taking	importance of taking
	warning signs about mental health and well being and how to seek support for themselves and others. H22 – I can recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult. H40 – I understand about the



medicines correctly	medicines cor	rectly	
and using household	and using hou	sehold	
products safely (e.g.	products safel	y (e.g.	
following	following		
instructions	instructions		
carefully)	carefully)		
H46 –I am aware of	H46 –I am awa	are of	
the risks and effects	the risks and e	ffects	
of legal drugs	of legal drugs		
common to everyday	common to ev	eryday	
life (e.g. cigarettes,	life (e.g. cigare	ttes,	
e-circarettes/vaping,	e-circarettes/\	aping,	
alcohol and	alcohol and		
medicines) and their	medicines) and	d their	
impact on health;	impact on hea	lth;	
recognise that drug	recognise that	drug	
use can become	use can becom	ne	
a habit which can be	a habit which	can be	
difficult to break.	difficult to bre	ak.	



R10 – I understand	R10 – I understand
about the	about the
importance of	importance of
friendships,	friendships,
strategies for	strategies for
building positive	building positive
friendships; how	friendships; how
positives friendships	positives friendships
support well being.	support well being.