



| | Relationships, Bullying, Radicalisation and Extremism | Online Safety including Cyber Bullying | Mental and Physical Wellbeing including Drugs, Alcohol and Tobacco | Sex and Relationships Education | Empowerment Approach | External Agencies |
|---------------|--|---|--|--|--|---|
| Year 3 | <p>Families are important for children growing up because they can give love, security and stability.</p> <p>Know how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. (based on cohort experiences and class discussions)</p> <p>Part of the Party – PDL text to promote celebration and acceptance of the LGBTQ+ community</p> <p>Different Dragon - PDL text to promote celebration and acceptance of the LGBTQ+ community and differences</p> <p>Super Duper You – PDL text to support celebration of acceptance of self and others</p> <p>Malalas Magic Pencil - English text to promote tolerance</p> | <p>Know that for most people the internet is an integral part of life and has many benefits.</p> <p>Understand about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p> <p>Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</p> <p>Know where and how to report concerns and get support with issues online.</p> <p>#Goldilocks – PDL text to promote online safety</p> | <p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Understand that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>Know what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Know what constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p> <p>Understand about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Ruby's Worry – PDL text to promote mental wellbeing</p> <p>Beautiful Oops – PDL text to promote growth mindset</p> <p>Eat Your Greens Goldilocks - – PDL text to promote healthy eating</p> | <p>Know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>Understand how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>Know where to get advice e.g. family, school and/or other sources.</p> | <p>Weekly retrieval assemblies and introducing new concepts</p> <p>Teaching About Our Brain – pupil work booklet and lessons focussed on implementing strategy throughout Autumn term</p> <p>Coaching conversations where necessary to ensure children are supported to acquire necessary skills they have not achieved yet.</p> <p>Reminders and prompts within the school environment to remind the children of the approach</p> <p>Prep4Best conversations prior to activities and changes to promote success</p> | <p>Flu immunisation</p> <p>Bushcraft</p> <p>Local stream visit – water safety focus</p> <p>PINS project (Partnership for Inclusion of Neurodiversity in Schools)</p> <p>Completion of my feelings about school survey</p> |



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| <p>Year 4</p> | <p>Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>Characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Know the importance of self-respect and how this links to their own happiness.</p> <p>Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p>Understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. (based on cohort experiences and class discussions)</p> <p>The Present – English text to promote celebration and acceptance of disability.</p> <p>The Hair Do That Got Away</p> <p>And Tango Makes Three - PDL text to promote celebration and acceptance of the LGBTQ+ community</p> <p>All Are Welcome - PDL text to promote celebration and acceptance of the LGBTQ+ community</p> <p>How to be a lion - PDL text to support celebration of acceptance of self and others</p> <p>The Boy at the Back of the Class – English text to promote acceptance and tolerance of refugees</p> | <p>Recognise why social media, some computer games and online gaming, for example, are age restricted.</p> <p>Chicken Clicking - PDL text to promote online safety</p> | <p>Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>Understand about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>After the Fall – PDL text to promote mental wellbeing</p> <p>The Jar of Happiness – PDL text to promote mental wellbeing</p> <p>Why Should I Brush My Teeth? – PDL text to promote oral hygiene</p> | <p>Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>Understand that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Know how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>Know about menstrual wellbeing including the key facts about the menstrual cycle</p> | <p>Weekly lower school Trickbox Assemblies on a Thursday run by class teachers</p> <p>Weekly Zones of Regulation lessons – teaching children to self-regulate and identify the emotions they are feeling.</p> | <p>Flu vaccination</p> <p>Swimming lessons The minimum requirement is that, by the time they are ready to leave Key Stage 2, every child is able to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations <p>In house pop up swimming pool to enhance this to 3 week intensive 45 minute daily sessions.</p> <p>Visitor linked to DT unit – healthy eating</p> <p>Police Assembly – Hate Crime awareness (December 2024)</p> |



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| Year 5 | <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Understand the importance of permissionseeking and giving in relationships with friends, peers and adults.</p> <p>Understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. (based on cohort experiences and class discussions)</p> <p>Love is a Family – PDL text to promote celebration of different families.</p> <p>All You Need is Love - PDL text to promote celebration of different families.</p> <p>The Name Jar - PDL text to promote celebration of different cultures.</p> <p>Pride – English text to promote celebration and acceptance of the LGBTQ+ community</p> | <p>Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <p>Troll Stinks - PDL text to promote online safety</p> | <p>Can use simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Understand that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p> <p>Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p> <p>Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>Understand about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>Understand about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>George the Sun Safe Superstar – PDL text to promote sun safety</p> <p>The Most Magnificent Thing – PDL text to promote mental wellbeing</p> <p>The Heart and the Bottle – PDL text to promote mental wellbeing</p> | <p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>Know about menstrual wellbeing including the key facts about the menstrual cycle</p> <p>Know how babies are conceived</p> <p>Know how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</p> | <p>Weekly upper school Trickbox Assemblies on a Tuesday run by class teachers</p> <p>Weekly Zones of Regulation lessons – teaching children to self-regulate and identify the emotions they are feeling.</p> | <p>Flu vaccination</p> <p>Swimming lessons The minimum requirement is that, by the time they are ready to leave Key Stage 2, every child is able to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively • perform safe self-rescue in different waterbased situations <p>In house pop up swimming pool to enhance this to 3 week intensive 45 minute daily sessions.</p> <p>Fire service visit (November 2024)</p> <p>NSPCC Workshops (November 2024)</p> <p>Police Assembly – Hate Crime awareness (December 2024)</p> <p>Police visit focussing on online safety (June 2025)</p> |



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| Year 6 | <p>Understand how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these.</p> <p>Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> <p>Understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. (based on cohort experiences and class discussions)</p> <p>The Colour of Home - PDL text to promote celebration of different cultures.</p> <p>Prince Henry (YouTube) - PDL text to promote celebration of the LGBTQ+ community.</p> <p>My name is not refugee - PDL text to promote acceptance and tolerance of refugees</p> <p>Is it because? - PDL text to raise awareness of bullying.</p> | <p>Understand how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</p> <p>But It's Just a Game - PDL text to promote online safety</p> | <p>Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p> <p>Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <p>Know the facts and science relating to allergies, immunisation and vaccination.</p> <p>Understand about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>The Boy, the Mole, the Fox and the Horse – PDL text to promote mental wellbeing</p> <p>Fantastic Elastic Brain – PDL text to promote growth mindset</p> <p>Good Enough to Eat - – PDL text to promote healthy eating</p> | <p>Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>Know about menstrual wellbeing including the key facts about the menstrual cycle</p> <p>Know how babies are born</p> <p>Know that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</p> | <p>Weekly upper school Trickbox Assemblies on a Tuesday run by class teachers</p> <p>Weekly Zones of Regulation lessons – teaching children to self-regulate and identify the emotions they are feeling.</p> | <p>Flu vaccination</p> <p>PCSO Visit (November 2024)</p> <p>Bikeability</p> <p>NSPCC Workshops (November 2024)</p> <p>Train/bus visit to Portsmouth for WW2 trip – focus on rail/public transport safety</p> <p>Police Assembly – Hate Crime awareness (December 2024)</p> <p>Police visit focussing on online safety (June 2025)</p> |



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| Whole School | <p>Weekly No Outsiders Assemblies including celebration of protected characteristics</p> <p>Anti-bullying week/assembly</p> <p>Odd socks day</p> <p>Visits from PCSO to support message around the use of prejudicial and racist language</p> <p>Communication with parents regarding the use of language</p> | <p>Weekly sessions using Project Evolve exploring Online Safety</p> <p>Through assemblies and the use of online warriors</p> <p>Parent awareness sessions</p> <p>Monthly newsletter home related to Online Safety</p> <p>Safer Internet Day – February 2025</p> <p>Specific group and 1:1 activities responding to needs of cohorts</p> | <p>First Aid (Robert Mayne) - Know how to make a clear and efficient call to emergency services if necessary. Understand concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p> <p>Whole school fire drills</p> <p>Mental health awareness day assembly</p> <p>After school clubs – promotion of extra activity</p> <p>Sports day</p> <p>Gold Sports Mark Award – maintained again this year</p> | <p>NSPCC pants rule – PDL curriculum</p> | <p>Empowerment Ambassadors to support the implementation of the plan. Led by the Behaviour Lead.</p> <p>Parental information session – 19.11.2024.</p> <p>Weekly assemblies.</p> | <p>JRSO work taking place across the school</p> <p>Network Rail – Train Safety Awareness Assembly (October 2024)</p> <p>NSPCC abuse virtual assembly (November 2024)</p> <p>PINS project (Partnership for Inclusion of Neurodiversity in Schools) Completion of my feelings about school survey</p> |
| Revisited Yearly in PDL | <p><u>Online Relationships:</u> People sometimes behave differently online, including by pretending to be someone they are not. The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. Understand how information and data is shared and used online. (Repeat these objectives each year during online relationship lessons)</p> <p><u>Physical Health and Fitness:</u> Know the characteristics and mental and physical benefits of an active lifestyle. Understand the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. Know the risks associated with an inactive lifestyle (including obesity). Know how and when to seek support including which adults to speak to in school if they are worried about their health.</p> <p><u>Drugs, Alcohol and Tobacco:</u> Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> | | | | | |