KEY KNOWLEDGE & SKILLS LOCATOR

KEY-STAGE 1 (MAPLE CLASS) CYCLE A					
AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying. Programme of Study: **Friendships** 1, 2, 3, 4, 5 **Respecting self and others** 2, 3, 4, 5, 6, 7, 8, 9 **Safe relationships: consent, boundaries and trust** 1 **Personal safety and first aid** 1	**Mental health and wellbeing** This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them. Programme of Study: **Mental health and wellbeing** 1, 2, 3, 4, 5, 8	**Celebrating me, you and our families** This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other. Programme of Study: **Families** 1, 2, 3, 4 **Respecting self and others** 1, 2, 6, 7	**Safety at home** This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines. Programme of Study: **Keeping healthy and well** 1 **Personal safety and first aid** 1, 2, 6 **Drug education** 1, 2, 3	**Being healthy** This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety. Programme of Study: **Keeping healthy and well** 1, 2, 3, 4, 5, 6 **Physical activity and nutrition** 1, 2, 3, 4, 5, 6, 7 **Online life and safety** 7	**Showing kindness to ourselves and others** This unit revisits learning about feelings, and explores the importance of kindness. Programme of Study: **Respecting self and others** 7 **Mental health and wellbeing** 1, 3, 4, 8

KEY-STAGE 1 (MAPLE CLASS) CYCLE B					
AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying. Programme of Study: **Friendships** 1, 2, 3, 4, 5 **Respecting self and others** 2, 3, 4, 5, 6, 7, 8, 9 **Safe relationships: consent, boundaries and trust** 1 **Personal safety and first aid** 1	**Mental health and wellbeing** This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them. Programme of Study: **Mental health and wellbeing** 1, 2, 3, 4, 5, 8	**Keeping safe online** This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information). Programme of Study: **Safe relationships: consent, boundaries and trust** 4, 5, 6, 7, 8 **Online life and safety** 1, 2, 3, 4, 5, 6, 7, 8, 9	**Me, my body and staying safe** This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe. Programme of Study: **Families** 3, 4 **Safe relationships: consent, boundaries and trust** 1, 2, 3, 4, 5, 7, 8 **Changing and growing up** 1	**Money and work** This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants. Programme of Study: **Economic wellbeing** 1, 2, 3, 4, 5 **Careers education: aspiration, learning and work** 1, 2, 3, 4	**Keeping safe outside the home** This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to. Programme of Study: **Keeping healthy and well** 1 **Personal safety and first aid** 1, 2, 3, 4, 5, 6, 7 **Careers education: aspiration, learning and work** 3, 4

LOWER KEY STAGE 2 (SYCAMORE CLASS) CYCLE A					
AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
Me, my friends and belonging This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included. Programme of Study: **Friendships** 6, 7, 8, 9, 10, 11, 12, 13, 14 **Mental health and wellbeing** 17	**Mental health and wellbeing** Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries. Programme of Study: **Mental health and wellbeing** 9, 10, 12, 17, 21	**Building healthy habits** This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity. Programme of Study: **Keeping healthy and well** 7, 11 **Physical activity and nutrition** 8, 9, 10, 11, 12, 13, 14, 15 **Online life and safety** 17	**Making choices online** This unit explores how to protect information online and make choices about online content, including understanding age ratings. Programme of Study: **Online life and safety** 10, 11, 12, 15, 17, 21, 25, 27, 28, 29	**Keeping safe out and about** This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water. Programme of Study: **Friendships** 11 **Keeping healthy and well** 8, 11 **Personal safety and first aid** 8, 10, 11, 13	**Looking out for each other** This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services. Programme of Study: **Personal safety and first aid** 12, 13 **Drug education** 5

LOWER KEY STAGE 2 (SYCAMORE CLASS) CYCLE B					
AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
Forming respectful relationships This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of respect. Programme of Study: **Friendships** 6, 7, 8, 10, 13, 14 **Respecting self and others** 11, 12, 14, 15, 16 **Mental health and wellbeing** 11 **Online life and safety** 23 **Careers education: aspirations, learning and work** 5	**Exploring ways to manage risk** This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety. Programme of Study: **Friendships** 11 **Personal safety and first aid** 8, 9, 10, 11 **Drug education** 4, 5, 6, 7, 8	**Mental health and wellbeing** Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing. Programme of Study: **Mental health and wellbeing** 10, 13, 14, 19, 21	**Me, my body and growing up** This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe. Programme of Study: **Safe relationships: consent, boundaries and trust** 9, 12, 13, 14, 15, 16, 17, 18, 19 **Mental health and wellbeing** 9, 10, 11, 21 **Changing and growing up** 2, 3, 5	**Families and growing together** This unit supports pupils' understanding of diverse family structures, and how families can change. Programme of Study: **Families** 5, 6, 7, 8, 9	**Money matters and news literacy** This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions. Programme of Study: **Mental health and wellbeing** 10, 16 **Online life and safety** 10, 13, 17, 21, 24, 29 **Economic wellbeing** 6, 7, 10, 11

UPPER KEY STAGE 2 (OAK CLASS) CYCLE A					
AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
Friendships, stereotypes and bullying This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views. Programme of Study: **Friendships** 8, 9, 10, 11, 13, 14 **Respecting self and others** 10, 11, 12, 13, 14, 15, 16, 17, 18 **Safe relationships: consent, boundaries and trust** 14 **Online life and safety** 23, 24	**Drug education: assessing risk and managing influences** This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use. Programme of Study: **Keeping healthy and well** 10, 11 **Drug education** 4, 5, 6, 7, 8	**Developing our understanding of AI** This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use. Programme of Study: **Respecting self and others** 15 **Online life and safety** 11, 12, 13, 14, 15, 16, 17, 18, 22, 23, 24, 25, 26, 27, 28, 29	**Managing money and online spending** This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending. Programme of Study: **Online life and safety** 12, 15, 16, 17, 19, 21, 24, 25 **Economic wellbeing** 6, 7, 8, 9, 11	**Embedding healthy habits and learning first aid** This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid. Programme of Study: **Friendships** 10 **Respecting self and others** 10, 11 **Mental health and wellbeing** 14 **Keeping healthy and well** 8, 11 **Physical activity and nutrition** 8, 9, 10, 15 **Personal safety and first aid** 12, 13 **Drug education** 5 **Careers education: aspirations, learning and work** 5, 6	**Looking to the future** This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school. Programme of Study: **Mental health and wellbeing** 9, 10, 11, 16, 17, 20, 21 **Careers education: aspirations, learning and work** 5, 6, 7, 8, 9, 10, 11, 12

UPPER KEY STAGE 2 (OAK CLASS) CYCLE B					
AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
Mental health and wellbeing This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing. Programme of Study: **Mental health and wellbeing** 10, 12, 13, 14, 15, 17, 18, 20, 21	**Respecting boundaries** This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. Programme of Study: **Friendships** 14 **Safe relationships: consent, boundaries and trust** 9, 10, 11, 12, 13, 14, 15, 16, 17, 18	**Change, Loss & Grief Focus** **Mental health and wellbeing** This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school. Programme of Study: **Mental health and wellbeing** 10, 11, 12, 13, 14, 15, 17, 18, 19, 20, 21	**Safe connections** This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime. Programme of Study: **Friendships** 7, 11, 14 **Safe relationships: consent, boundaries and trust** 14, 19 **Mental health and wellbeing** 12 **Personal safety and first aid** 8 **Online life and safety** 10, 11, 12, 15, 16, 17, 19, 20, 22, 23, 24, 25, 26, 27, 28, 29	**Positively engaging with our world** This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing. Programme of Study: **Respecting self and others** 10, 12 **Mental health and wellbeing** 10, 11, 12, 16, 17, 21 **Online life and safety** 10, 12, 13, 17, 21, 28	**Looking to the future** This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school. Programme of Study: **Mental health and wellbeing** 9, 10, 11, 16, 17, 20, 21 **Careers education: aspirations, learning and work** 5, 6, 7, 8, 9, 10, 11, 12

Additional Year 6 Units

Changes in puberty *(and sex education*)* This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns. Programme of Study: **Mental health and wellbeing** 9, 10, 11, 21 **Keeping healthy and well** 9, 10, 11 **Physical activity and nutrition** 15 **Changing and growing up** 2, 3, 4, 5, 6 **Online life and safety** 17	**Bespoke package of visits and support based on the High School the children are transitioning to.**

NB: We do not teach Sex Education beyond the National Curriculum Science requirements.