



Year Group	EYFS	Unit 1 Title	Being me in my world
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Builds on...	Pre- school experience(varied)	Prepares for...	Celebrating difference
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Key Skills Covered (taken from EYFS Framework)	Main Knowledge Gained
<ul style="list-style-type: none"> • I can express a preference • I can speak in a group • I can make choices 	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities

Year Group	EYFS	Unit 2 Title	Celebrating difference (incl anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can express an opinion • I can show understanding • I can play cooperatively • I can share • I can show sensitivity • I can form positive relationships • I can develop respect • I can collaborate 	Identifying talents Being special Families Where we live Making friends Standing up for yourself

Year Group	EYFS	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference	Prepares for...	Healthy me
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<ul style="list-style-type: none"> ● I can express a preference ● I can speak in a group ● I can make choices ● I can express an opinion ● I can show understanding 	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals
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Year Group	EYFS	Unit 4 Title	Healthy me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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<ul style="list-style-type: none"> ● I can express a preference ● I can speak in a group ● I can make choices ● I can express an opinion ● I can express a feeling ● I can share 	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety
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Year Group	EYFS	Unit 5 Title	Relationships
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Builds on...	Healthy me	Prepares for...	Changing me
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<ul style="list-style-type: none"> ● I can express a preference ● I can speak in a group ● I can make choices ● I can express an opinion ● I can express a feeling ● I can show understanding ● I can collaborate ● I can adapt my behaviour 	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend
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<ul style="list-style-type: none"> • I can play cooperatively • I can share • I can show sensitivity • I can form positive relationships • I can develop respect 	
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Year Group	EYFS	Unit 6 Title	Changing me
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Builds on...	Relationships	Prepares for...	Yr1
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<ul style="list-style-type: none"> • I can express a preference • I can speak in a group • I can make choices • I can express an opinion • I can express a feeling • I can show understanding • I can collaborate • I can show sensitivity • I can form positive relationships • I can develop respect 	<p>Bodies</p> <p>Respecting my body</p> <p>Growing up</p> <p>Growth and change</p> <p>Fun and fears</p> <p>Celebrations</p>
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Year Group	1	Unit 1 Title	Being me in my world
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Builds on...	EYFS Curriculum	Prepares for...	Celebrating difference
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can give examples based on my experience and new learning 	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter

Year Group	1	Unit 2 Title	Celebrating difference (including anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can listen • I can identify similarities and differences 	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone

Year Group	1	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference (incl anti-bullying)	Prepares for...	Healthy me
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can explore and explain • Resilience 	Setting goals Identifying successes and achievements Learning styles



<ul style="list-style-type: none"> Listening 	<ul style="list-style-type: none"> Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feeling of success
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Year Group	1	Unit 4 Title	Healthy Me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> I can explain I can listen I can apply what I've learned and give examples 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness



Year Group	1	Unit 5 Title	Relationships
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Builds on...	Healthy Me	Prepares for...	Changing me (incl sex ed)
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can listen • I can give examples to show I can apply what I've learned 	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships

Year Group	1	Unit 6 Title	Changing me (incl sex ed)
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Builds on...	Relationships	Prepares for...	Year 2
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can listen • I can compare • I can apply what I have learned • I can identify change 	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition



Year Group	2	Unit 1 Title	Being me in my world
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Builds on...	Yr1	Prepares for...	Celebrating difference
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can compare • I can listen 	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings

Year Group	2	Unit 2 Title	Celebrating difference (including anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can listen • I can empathise 	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends

Year Group	2	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference (incl anti-bullying)	Prepares for...	Healthy me
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Key Skills Covered	Main Knowledge Gained
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<ul style="list-style-type: none"> ● I can explain ● I can listen ● I can cooperate ● I can persevere 	Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success
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Year Group	2	Unit 4 Title	Healthy Me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> ● I can explain ● I can compare ● I can express myself ● I can make choices and give reasons 	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food



Year Group	2	Unit 5 Title	Relationships
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Builds on...	Healthy Me	Prepares for...	Changing me (incl sex ed)
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can listen • I can express myself • I can solve problems 	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships

Year Group	2	Unit 6 Title	Changing me (incl sex ed)
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Builds on...	Relationships	Prepares for...	Year 3
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can use the correct terminology • I can explain • I can express myself • I can recognise differences 	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition



Year Group	3	Unit 1 Title	Being me in my world
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Builds on...	Yr2	Prepares for...	Celebrating difference
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> ● I can explain ● I can listen ● I can empathise 	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives

Year Group	3	Unit 2 Title	Celebrating difference (including anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> ● I can describe ● I can explain ● I can listen ● I can solve problems 	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments



Year Group	3	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference (incl anti-bullying)	Prepares for...	Healthy me
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can show resilience • I can evaluate • I can listen 	Difficult challenges and achieving success Dreams and ambitions New challenges Motivations and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting

Year Group	3	Unit 4 Title	Healthy Me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can identify how to keep safe • I can express myself • I can make informed choices 	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices



Year Group	3	Unit 5 Title	Relationships
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Builds on...	Healthy Me	Prepares for...	Changing me (incl sex ed)
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can listen • I can empathise 	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends

Year Group	3	Unit 6 Title	Changing me (incl sex ed)
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Builds on...	Relationships	Prepares for...	Year 4
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can recognise changes • I can challenge 	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition



Year Group	4	Unit 1 Title	Being me in my world
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Builds on...	Yr3	Prepares for...	Celebrating difference
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can make decisions • I can question 	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision making Having a voice What motivates behaviour

Year Group	4	Unit 2 Title	Celebrating difference (including anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can challenge • I can problem-solve • I can explain 	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions



Year Group	4	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference (incl anti-bullying)	Prepares for...	Healthy me
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can plan • I can set goals • I can explain 	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes

Year Group	4	Unit 4 Title	Healthy Me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can recognise uncomfortable feelings • I can explain • I can listen 	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength



Year Group	4	Unit 5 Title	Relationships
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Builds on...	Healthy Me	Prepares for...	Changing me (incl sex ed)
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> I can recognise feelings I can explain 	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength

Year Group	4	Unit 6 Title	Changing me (incl sex ed)
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Builds on...	Relationships	Prepares for...	Year 5
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> I can summarise I can explain I can offer suggestions I can challenge 	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change



Year Group	5	Unit 1 Title	Being me in my world
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Builds on...	Y4	Prepares for...	Celebrating difference
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can make comparisons • I can explain • I can plan 	Planning for the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating

Year Group	5	Unit 2 Title	Celebrating difference (including anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can show respect • I can show empathy 	Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures



Year Group	5	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference (incl anti-bullying)	Prepares for...	Healthy me
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can compare • I can reflect • I can explain 	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation

Year Group	5	Unit 4 Title	Healthy Me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can summarise • I can make informed choices 	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour



Year Group	5	Unit 5 Title	Relationships
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Builds on...	Healthy Me	Prepares for...	Changing me (incl sex ed)
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can compare • I can explain • I can negotiate • I can be assertive • I can apply strategies I have learned 	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities Online gaming and gambling Reducing screen time Dangers of online grooming SMARTT internet safety rules

Year Group	5	Unit Title	Changing me (incl sex ed)
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Builds on...	Relationships	Prepares for...	Year 6
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can summarise • I can express myself • I can learn to accept change 	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (incl IVF) Growing responsibility Coping with change Preparing for transition



Year Group	6	Unit 1 Title	Being me in my world
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Builds on...	Year5	Prepares for...	Celebrating difference
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can empathise • I can understand the impact of choices and decisions 	Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Groups dynamics Democracy, having a voice Anti-social behaviour Role-modelling

Year Group	6	Unit 2 Title	Celebrating difference (including anti-bullying)
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Builds on...	Being me in my world	Prepares for...	Dreams and goals
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can show empathy 	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy



Year Group	6	Unit 3 Title	Dreams and goals
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Builds on...	Celebrating difference (incl anti-bullying)	Prepares for...	Healthy me
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can identify and apply skills I have learned 	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments

Year Group	6	Unit 4 Title	Healthy Me
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Builds on...	Dreams and goals	Prepares for...	Relationships
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can explain • I can understand the impact of other people's choices • I can identify and apply skills I've learned 	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress



Year Group	6	Unit 5 Title	Relationships
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Builds on...	Healthy Me	Prepares for...	Changing me (incl sex ed)
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can identify when others are experiencing feelings • I can explain • I can be assertive • I can offer strategies • I can take responsibility 	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use

Year Group	6	Unit Title	Changing me (incl sex ed)
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Builds on...	Relationships	Prepares for...	Year 7
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Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> • I can describe and explain • I can recognise feelings • I can reflect 	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition