

<u>Unit</u>	<u>Sub section</u>	<u>Year 5</u>	<u>Year 6</u>
			Changing bodies –puberty (1)
Health and wellbeing	Growing up	Changing bodies – Puberty (1)	Relationships (4)
		Changing emotions (2)	Let's talk about sex (5)
		Just the way you are (3)	Human reproduction (6)
	It's my body	Exercise tight, sleep tight (2)	Your body is your own (1) (Do not teach FGM element)
		Harmful substances (4)	Taking care of our bodies (3)
		Healthy choices (6)	How we think and feel about our bodies (5)
	Safety first	You are responsible (1)	In an emergency (4)
		What are the risks (2)	Home safe and sound (5)
		Making up your mind (3)	Outdoors playing it safe (6)
	Think positive	The cognitive triangle (1)	Choices and consequences (4)
		Thoughts are not facts (2)	Being present (5)
		Face your feelings (3)	Yes, I can (6)
	Living in the wider world	Aiming high	You can achieve anything (1)
Breaking down barriers (2)			The world of work (5)
Future focus (3)			Onwards and upwards (6)
Diverse Britain		Identities (1)	Local government (4)
		Communities (2)	National government (5)
		Respecting the law (3)	Making a difference (6)
Money matters		Look after it (1)	Budgeting (4)
		Critical consumers (2)	Money and emotional wellbeing (5)
		Value for money and ethical spending (3)	Money in the wider world (6)
One world		Global citizens (1)	Water (4)
		Global warming (2)	Biodiversity (5)

		Energy (3)	In our hands (6)
Relationships	Be yourself	You are unique (1)	The confidence trick (4)
		Let it out (2)	Do the right thing (5)
		Uncomfortable feelings (3)	Making amends (6)
	Digital wellbeing	My digital life (1)	Social media (4)
		Staying safe, healthy and happy online (2)	Saying no to online bullying (5)
		Online relationships (3)	Fake news (6)
	TEAM	Together everyone achieves more (1)	Care (4)
		Communicate (2)	Unkind behaviour (5)
		Compromise and collaborate (3)	Shared responsibilities (6)
	VIPs	People we love (1)	You decide (4)
		Think before you act (2)	Secrets (5)
		It's okay to disagree (3)	False friends (6)