



Bramhope Primary School – Thematic Approach

<u>Year A</u>	Autumn Health and Wellbeing			Spring- Relationships			Summer –Living in the Wider World			Drugs Alcohol and Tabacco
	Physical Health and Mental Wellbeing	Keeping Safe	Growing and Changing	Families and friendships	Respecting Ourselves and Others	Safe relationships	Belonging to a community	Media literacy and digital resilience	Money and Work	
Year 1	Keeping healthy; food and exercise, hygiene routines; sun safety	How rules and age restrictions help us; keeping safe online	Recognising what makes them unique and special; feelings; managing when things go wrong.	Roles of different people; families; feeling cared for	How behaviour affects others; being polite and respectful	Recognising privacy; staying safe and seeking permission	What rules are; caring for other's needs; looking after the environment			What do we put into and onto our bodies
Year 2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Safety in different environments; risk and safety at home; emergencies	Growing older, naming body parts. Moving class / year	Making friends; feeling lonely and getting help	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Belonging to a group; roles and responsibilities; being the same and different in the community		What money is; needs and wants; looking after money.	Medicines and Me
Year 3/4	Healthy choices and habits	Risks and hazards; safety in the local environment and unfamiliar places	Personal strengths and achievements; managing and reframing setbacks	What makes a family; features of family life	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Personal boundaries; safely responding to others; the impact of hurtful behaviour	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Effects of drinking and smoking
<u>YEAR 4 ONLY</u>			Physical and emotional changes in 							

			puberty; external genitalia; personal hygiene routines; support with puberty							
Year 5 /6	Dealing with Feelings	Keeping safe in different situations, including responding in emergencies and first aid	Personal identity; recognising individuality and different qualities; mental wellbeing	Managing friendships and peer influence	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Physical contact and feeling safe	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	
YEAR 6 ONLY			 Human reproduction and birth; increasing independence; managing transition	Attraction to others; romantic relationships; civil partnership and marriage 						
Year B	Physical Health and Mental Wellbeing	Keeping Safe	Growing and Changing	Families and friendships	Respecting Ourselves and Others	Safe Relationships	Belonging to a community	Media Literacy and Digital Resilience	Money and Work	
Year 1 /2	SEE YEAR A									
Year 3 /4	Maintaining a balanced lifestyle; oral hygiene and dental care	Medicines and household products; drugs common to everyday life		Positive friendships, including online	Respecting differences and similarities; discussing difference sensitively	Responding to hurtful behaviour; managing confidentiality; recognising risks online	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	
YEAR 4 ONLY			 Physical and emotional							

			changes in puberty; external genitalia; personal hygiene routines; support with puberty							
Year 5 /6	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media			Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	
YEAR 6 ONLY			 Human reproduction and birth; increasing independence; managing transition	Attraction to others; romantic relationships; civil partnership and marriage 						



These sessions have sensitive content, safeguarding link