

Term 3

Y1

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- leadership and teamwork <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	Why is it important to be healthy and how do I take care of myself on a daily basis?	
Obj 3	What do I know about healthy and unhealthy foods including sugar intake? Emphasis on dental hygiene.	*
Obj 4	How much sleep should I have and why?	
Obj 5	How do we stay safe in the sun?	*
Obj 6	Understand that hand-washing is to protect other people as well as themselves- spread of germs.	
Obj 7	Emotions	*
Obj 8	Kindness	
Obj 9	Self-care	*

Being healthy / showing kindness to ourselves and others

Term 3

Y2

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- leadership and teamwork <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	What routines and habits do I have to keep myself healthy, physically and mentally? (including importance of sleep)	
Obj 3	Why is visiting the doctor and dentist so important? (Including how immunisations help us and dental hygiene routines)	*
Obj 4	How can I describe and share a range of feelings? Including strategies to calm down, feel good or change my mood.	
Obj 5	How do I manage big feelings including those associated with loss, change or bereavement? Including who I should talk to about getting help with understanding my feelings.	
Obj 6	Moving to a new class	
Obj 7	How can I recognise risk in everyday situations? (road safety, water safety, sun safety)	*
Obj 8	How can I keep myself safe at home? (electrical safety, fire safety, household medicines)	
Obj 9	How can I tell if something is potentially unsafe and what steps should I take to remove myself from danger?	*
Obj 10	What is meant by privacy? When might people want privacy? Importance of respecting others' privacy.	
Obj 11	How do I respond if there is an accident and someone is hurt including how to dial 999 and what to say?	*

Looking back and moving on / keeping safe

Term 3

Y3

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- leadership and teamwork <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	What are allergies and how can I take care of someone with them?	
Obj 3	Taking care of bites and stings	
Obj 4	How to call for help in an emergency	
Obj 5	How does school keep me safe	*
Obj 6	How do I recognise typical hazards at home and in school and how can I manage risk in these situations? (crossing roads, in the kitchen, playground hazards)	
Obj 7	Why is fire safety so important at home, especially the importance of smoke alarms?	
Obj 8	Why are safety rules from parents and other adults so important to follow?	
Obj 9	How do I keep myself safe in my local environment? (local roads, parks, water hazards eg Rainton Meadows)	*

Looking out for each other / keeping safe

Term 3

Y4

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- leadership and teamwork Use your own SB assessment to progress these skills in your class using resources from the SB website  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	What does good physical health look like and how can I recognise early signs of illness?	
Obj 3	How can I maintain a balanced healthy lifestyle, both physically and mentally?	
Obj 4	How do I maintain good oral hygiene and dental health? (Including: brushing, flossing, effects of foods/drinks and substances on teeth, and regular dentist visits)	*
Obj 5	What is changing about my body as I get older? Why is it important for me to have good personal hygiene habits now?	*
Obj 6	What do we mean by privacy and why is it so important that we respect this in others?	
Obj 7	Family relationships	*
Obj 8	Diverse families	
Obj 9	Family changes	*
Obj 10	Marriage and partnership	

Growing up / families

Term 3

Y5

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- leadership and teamwork <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	What is asthma and how do I take care of someone with it?	*
Obj 3	Basic first aid- head injuries- why are they so dangerous?	
Obj 4	How do medicines contribute to my health? (include how allergies are managed and why vaccines are important)	
Obj 5	How do we have a shared responsibility in keeping our environment clean with everyday hygiene routines? (hand washing, how viruses and bacteria spread)	
Obj 6	How can I take responsibility for my own safety? (when out in the community, around roads, around water)	
Obj 7	How do I tell the difference between positive risk-taking (eg trying a new sport) and dangerous behaviour?	
Obj 8	Basic first aid- recovery position, importance of stopping bleeds and how to bandage. How and when to call 999 and what to say.	
Obj 9	CEOP- block him right good, Alfie!	
Obj 10	Who's Magnus?	
Obj 11	They have fans, we have friends!	
Obj 12	Respectful relationships online	

Term 3

Y6

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- leadership and teamwork <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	What is AI?	
Obj 3	How does AI affect our rights?	*
Obj 4	What is an AI chatbot?	
Obj 5	The impact of generative AI	
Obj 6	The ethics of AI images	
Obj 7	Pick your pics	
Obj 8	Understand the right to protect their own bodies- consent. (including FGM being illegal in the UK)	*
Obj 9	Moving on to beyond primary – transition booklet	
Obj 10	Moving on to beyond primary – transition booklet	
Obj 11	Choosing a career	
Obj 12	Career routes	

AI Literacy / looking to the future