	Autumn 1 (8-week term)	Autumn 2 (7-week term)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
Year 5 LTP	**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.	**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.	**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.	**Safe connections (online safety)** This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.	**Puberty and respecting boundaries** This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. We discuss puberty and the physical changes of our body including the menstrual cycle.	**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.
Year 5 STP	1)Safeguarding lesson 2) Including others 3) Bullying and its impact (Changing faces -visual differences and ITV interview)	1)Mental health vs. physical health (defining and understanding mental health- include how physical activity effect wellbeing)	*Guardian Foundation- NewsWise-* 1)Managing feelings about the news 2) Fake news and targeted news	1) CEOP-play like share videos 1 2) CEOP-play like share video 2 &3 3) AI- What is AI? How does AI affect our rights? What is an AI chatbot?	*Medway –* 1)Changes and growing up -Time to change - 2)Menstruation and nocturnal ejaculation 3)Personal hygiene	*Melanoma Fund: Sunguarding schools –* 1)Medicines and vaccination 2) Substances and risks

	4) Positive and respectful relationships 5)Challenging stereotypes- addressing extremism 6) Valuing friendships (year 4 map) 7)Racism	2) Noticing and naming emotions 3)Directing attention and managing distractions 4)Changing thinking habits (growth mindset-PMA) 5) Rumination and worry 6)Managing reactivity	3)Connecting with nature (Climate change) 4)Everyday actions (Climate change & CA) 5) Doing it together (CA)	4)CEOP -Connect: Respectful relationships 5)NCA: Make the Right Cyber Choices: Socialising online	4) Giving and seeking permission 5) Personal boundaries 6) Inappropriate touch (PANTS) 7) FGM (primary level) (new)	3) Sun safety (melanoma fund – sun guarding schools) 4)First aid (St. John's ambulance)- asthma and head injuries 5) SAFESIDE TRIP 6)Water safety lesson (move from Y6)
Year 6 LTP	**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.	**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.	**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.	**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.	**Careers** This unit helps pupils explore the world of work by identifying their strengths, setting career goals and learning about different employment sectors. Pupils will investigate a range of industries and career pathways to help	**Online Safety and Digital Citizenship** This unit helps pupils develop the knowledge and skills needed to stay safe, responsible and respectful online. It explores current online risks facing young people, including social media, misinformation, online relationships and digital

					inform their future aspirations.	wellbeing, preparing pupils for increased independence as they move through school.
Year 6 STP	*Foundations for Wellbeing – Y6* 1) Safeguarding lesson 2)regulating emotions 3) Managing stress 4)Grief and how do people managing loss support one another *Sure: Breaking Limits-* 5)Confident mover 6) Team player 7) Goal setter	*Medway: Changing and growing up – Y6* 1)Puberty recap 2)Puberty and becoming independent 3)Positive healthy relationships 4) How a baby is made*The parental right to withdraw applies to sex education. 5) FGM (primary level) (new) 6) The sleep factor – Getting a good night's sleep	1)Money and emotional wellbeing 2)Being a critical consumer 3)Exploring risk in relation to gambling-Chancing it! *Online financial harms –* 4)Spending influences 5)Wellbeing and support 6) Pupil voice-understanding taxes	*Drug education – Y5-6* 1)Legal and illegal drugs 2) Influences and pressure 3)Tobacco, vaping 4) alcohol and alcohol in the media	*The Careers and Enterprise Company: Careers explorers –* 1)Strengths and qualities (job skills) 2)Goal setting (choosing a career) 3)Public sector-identification and examples 4)Private sector-identification and examples 5)Construction and food 6)retail and tourism 7) NHS and medical jobs	1)Social Media and Digital Footprints 2)Identifying Misinformation and Fake News 3)Online Relationships and Communication 4)Cyberbullying and Online Harms 5)Gaming, Influencers and Digital Wellbeing 6)Staying Safe and Seeking Help Online

Year 7 LTP	**Emotional wellbeing - Managing change and transition.** This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	**Friendship and bullying** This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents	**Families and changing relationships -**This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.	**Puberty and keeping safe** This unit recaps key puberty learning from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse	**Influences on relationships** This unit helps students consider influences on their expectations and attitudes towards – relationships, including online and media influences.	**Financial decisions** This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.
Year 7 STP	*Developing learning skills: Helping students thrive in a new key stage –* 1)Thriving in secondary school 2)Goal setting *Wellbeing for Life –* 3)Managing emotions 4)Managing reactions 5)Developing positive thinking habits	*Friendship and bullying –* 1)Friendship and empathy 2) Bullying and bystanders 3) Friendship challenges 4) Similarities, differences and peer influence *Home Office: Preventing Involvement in*	*Families and committed relationships –* 1)Understanding changing relationships 2) Roles in the family *Change, loss and grief –* 3)Managing change, loss and grief *Family Justice Young People's Board –* 4)Family Courts	1)Puberty and emotional changes 2)Menstrual wellbeing *Highgate School and NHS Barts –* 3) Testicular health *Canesten: The Truth Undressed –* 4) Taking care of the vulva	*Healthy relationships and sexual health –* 1) Healthy and unhealthy relationships 2) Managing conflict *Consent –* 3) Introduction to consent *BBFC: Making Choices –* 4) Deciding what to watch	*Financial Literacy and Inclusion Campaign (FLIC) –* 1)Making spending decisions 2) Budgeting 3) Getting a job 4) The impact of inflation 5)The critical consumer 6) Decision making: Budgeting for a summer holiday

	6)Managing rumination and worry 7)Managing tension and stress	*Serious and Organised Crime -* 5)Coercive friendships		*Home Office: Something's Not Right -* 5) Making disclosures *FGM –* 6) Keeping safe	5) Relationships on-screen 6) Managing challenging content	
Year 8 LTP	**Health and wellbeing -** In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.	**Personal safety and managing risk -** This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.	**Belonging and community -** This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.	**The online world -** This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.	**Healthy and unhealthy relationships -** This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.	**Transition** This unit supports pupils as they prepare to leave middle school and move on to high school. It explores the opportunities and challenges that come with change, helping pupils develop confidence, resilience and independence. Pupils learn strategies to build positive relationships and succeed in a new school environment.
Year 8 STP	*Food for thought –* 1)Making healthier choices	*Firework safety –* 1) Firework safety	*Belonging and community –*	*Online financial harms –*	*NSPCC: Talk Relationships –*	1)Looking Back and Moving Forward 2)Managing Change and Uncertainty

	Dental health – 2)Maintaining dental health *Physical activity –* 3)Being active! *The sleep factor –* 4) Healthier sleep habits *Climate change: empathy and agency –* 5) Climate change and wellbeing 6) Navigating different views	*MIB: Drive insured -* 2) Staying safe on the roads *Canal and River Trust: Water safety –* 3) Have you got their back? *British Heart Foundation –* 4) Classroom RevivR *Drug education –* 5) Understanding drugs 7) Tobacco and nicotine 8) 7) Alcohol and risk	1)Identity and community 2) Bias and stereotypes 3)Discrimination and the protected characteristics 4)Values and constrictive disagreement 5)Diverse and supportive communities	1)Click and pay: phones and financial risk 2) Gaming, social media and algorithms: The pressure to spend online 3) Money matters: Seeking help and support *Under the influence –* 4) The business of influence 5) Feeding the algorithm	1)Healthy relationships 2) Sexualised media 3) Safer online relationships 4) Sexual harassment and harmful sexual behaviour 5) Sharing of nudes 6) Consent 7) Preventing gender-based violence	3)Building Confidence in a New Environment 4)Making New Friends and Maintaining Relationships 5)High School Expectations and Responsibilities 6)Staying Safe and Seeking Support