Families and people who care for me Curriculum content:	**One Life Coverage:**
1. That families are important for children growing up safe and happy because they can provide love, security and stability.	HT1 lesson 4 – all
2. The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	HT1 lesson 4- all
3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	HT1 lesson 4- al
4. That stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up.	HT1 lesson 4- all
5. That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	HT1 lesson 4- Y5, Y6
6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	HT1 lesson 4- Y5, Y6

Caring friendships Curriculum content:	**One Life Coverage:**
1. How important friendships are in making us feel happy and secure, and how people choose and make friends.	HT1 Lesson 5- all HT3 Lesson 3-all
2. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.	HT1 Lesson 5- KS2
3. That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.	HT1 Lesson 5- KS2
4. The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	HT1 Lesson 5- KS2 HT3 Lesson 3-all
5. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.	HT3 Lesson 3- all
6. How to manage conflict, and that resorting to violence is never right.	HT3 Lesson 3-all
7. How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.	HT3 Lesson 3-all

Respectful, kind relationships Curriculum content:	One Life Coverage:
1. How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated.	HT1 and general social fitness work
2. The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults.	HT2 Lesson 6
3. How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration	HT3 Lesson 4 Talk it Out
4. Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.	HT3 Lesson 3 & 4
5. That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.	HT2 Lesson 5 HT5 Lesson 3
6. Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships.	Each half term Talk it Out
7. The conventions of courtesy and manners.	HT5 Lesson 3
8. The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	HT1 -self-awareness
9. The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.	HT3 Lesson 4 HT5 Lesson 5 – online
10. What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.	HT4 Lesson 4
11. How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.	Each half term reflection

Online Relationships Curriculum content:	One Life Coverage:
1. That people sometimes behave differently online, including by pretending to be someone they are not.	HT4 Lesson 6
2. That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.	HT4 Lesson 6
3. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	HT4 Lesson 6
4. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	HT4 Lesson 6
5. How information and data is shared and used online.	HT4 Lesson 6

Being Safe Curriculum content:	One Life Coverage:
1. What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	HT2 Lesson 6
2. About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	HT6 Lesson 4
3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	HT2 Lesson 6
4. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	Meet and Greet HT2 Lesson 6
5. How to recognise and report feelings of being unsafe or feeling bad about any adult	HT6 Lesson 4
6. How to ask for advice or help for themselves or others, and to keep trying until they are heard.	HT Reflections
7. How to report concerns or abuse, and the vocabulary and confidence needed to do so.	HT Reflections
8. Where to get advice e.g. family, school and/or other sources.	HT Reflections

Mental Wellbeing Curriculum content:	One Life Coverage:
1. That mental wellbeing is a normal part of daily life, in the same way as physical health.	Central message
2. That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Reflection Friday – feelings wheel
3. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Reflection Friday
4. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	Reflection Friday
5. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	Reflection Friday
6. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	HT3 Lesson 6
7. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Talk it Out
8. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	HT3 Lesson 4
9. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	HT reflections
10. it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Morning Routine

ONE LIFE

Internet Safety and Harms Curriculum content:	One Life Coverage:
1. That for most people the internet is an integral part of life and has many benefits.	HT4 Lesson 6
2. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.	HT6 Lesson 2
3. How to consider the effect of their online actions on others and know	HT5 Lesson 5
4. How to recognise and display respectful behaviour online and the importance of keeping personal information private.	HT5 Lesson 5
5. Why social media, some computer games and online gaming, for example, are age restricted.	HT5 Lesson 5
6. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	HT4 Lesson 6
7. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	HT4 Lesson 6
8. Where and how to report concerns and get support with issues online.	HT4 Lesson 6

Physical Health and Fitness Curriculum content:	One Life Coverage:
1. The characteristics and mental and physical benefits of an active lifestyle.	Reflection Fridays
2. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Reflection Fridays
3. The risks associated with an inactive lifestyle (including obesity).	Reflection Fridays
4. How and when to seek support including which adults to speak to in school if they are worried about their health.	Reflection Fridays

Healthy Eating Curriculum content:	One Life Coverage:
1. What constitutes a healthy diet (including understanding calories and other nutritional content).	HT1 -Lesson 6
2. Understanding the importance of a healthy relationship with food.	HT1 -Lesson 6
3. The principles of planning and preparing a range of healthy meals.	HT1 -Lesson 6
4. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	HT1 -Lesson 6

Drugs, Alcohol and Tobacco Curriculum content:	One Life Coverage:
1. The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	HT5 Lesson 6

Health and Prevention Curriculum content:	One Life Coverage:
1. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	HT6 Lesson 5
2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	HT6 Lesson 5
3. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	Reflection Fridays
4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	HT6 Lesson 5
5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	HT5 Lesson 5
6. The facts and science relating to allergies, immunisation and vaccination.	HT5 Lesson 5

Basic First Aid Curriculum content:	One Life Coverage:
1. How to make a clear and efficient call to emergency services if necessary.	HT5 Lesson 6
2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	HT5 Lesson 6