

YEAR 1 LEARNING OBJECTIVES [Lessons added from Camden SoW]

AUTUMN TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6 DRUG WISE</b>
To set a goal	To understand how to keep teeth healthy	To understand how teeth change as we grow up	To understand the importance of food	To discuss a variety of food	To learn about what can go into our bodies and how it can make people feel
<b>7 DRUG WISE</b>	<b>8</b>	<b>9 ANTI- BULLYING WEEK</b>	<b>10 MENTAL HEALTH</b>	<b>11 MENTAL HEALTH</b>	<b>12 MENTAL HEALTH</b>
To learn about what goes onto our bodies and how it makes us feel	To understand why voting is important.	To be able to identify different behaviours which might be bullying	To identify a range of emotions	To understand positive and difficult emotions.	To understand positive and negative emotions

SPRING TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4 MENTAL HEALTH</b>	<b>5</b>	<b>6</b>
To sort wants and needs	To explore boy and girl needs and wants	To celebrate being me Difference and similarities	To recognise when I'm feeling worried or anxious and to have some strategies to cope	To teach children about personal information	To understand personal information
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
To learn who can help me keep safe and some of the key safety messages about keeping safe	To identify places and people who make me feel safe	To explain what a safe and inviting classroom looks like.	To identify how to keep safe at home	To understand 'bad' secrets.	

SUMMER TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
To identify the qualities of a good friend	To explain the importance of compliments	To recognise positive qualities in themselves.	To recognise achievements	To identify places and people who make me feel safe.	To identify the qualities of a good friend.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10 CAMDEN RSE SOW</b>	<b>11 CAMDEN RSE SOW</b>	<b>12 CAMDEN RSE SOW</b>
To identify what to say to a new friend.	To understand 'bad' secrets.	To understand some basic hygiene principles	To know they are growing and changing	To know that everyone grows and changes and babies become children and then adults	To know there are different types of family and that all families have a special role in children's lives

YEAR 2 LEARNING OBJECTIVES [Lessons added from Camden SoW]

AUTUMN TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5 DRUG WISE</b>	<b>6 DRUG WISE</b>
To set a goal	To identify healthy snack options.	To be able to recognise and name and the 5 groups from the Eatwell plate	To understand the benefits of eating at least 5 portions of fruit and vegetables.	To learn why medicines are taken	To learn where medicines come from

<b>7 DRUG WISE</b>	<b>8</b>	<b>9</b>	<b>10 MENTAL HEALTH</b>	<b>11</b>	<b>12</b>
To learn how to stay safe around medicines	To understand how the UK parliament is formed.	To identify what bullying is and how it makes people feel.	To explore feelings of loneliness and being included To learn how to help someone who is feeling lonely To be able to articulate feelings of loss	To understand conflict	To explain what to do when conflict escalates.

<b>13</b>
To explain how to resolve conflict

SPRING TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6 MENTAL HEALTH</b>
To explore needs and wants	To understand life in different countries	To explore how life in different around the world	To understand what personal information is	To understand who to trust online	Recognise a range of emotions and learn words to describe feelings

<b>7 MENTAL HEALTH</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Recognise a range of feelings in our lives and other people and to use words to describe a range of feelings	To explain how to keep safe around fire hazards	To identify the risks associated with fire	To explore gender stereotypes.	To explore gender stereotypes.

SUMMER TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4 CAMDEN RSE SOW</b>	<b>5 CAMDEN RSE SOW</b>	<b>6 CAMDEN RSE SOW</b>
To identify the qualities of a good friend	To understand and learn the PANTS rules	To understand that they have the right to say "no" to unwanted touch	To introduce the concept of male and female and gender stereotypes	To explore some of the differences between males and females	To name the body parts To know the correct names for body parts, including reproductive/sex parts

			To identify differences between males and females	Understand that a male and female are needed to make a new life	
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7 CAMDEN RSE SOW	8 CAMDEN RSE SOW	9	10	11	12
<p>To know about growing young to old</p> <p>To know that all living things, including humans start life as babies</p> <p>To identify ways they are growing and changing</p>	<p>To know that everyone needs to be cared for</p> <p>To know how they can care for others</p>	<p>To know about different types of families</p> <p>To know their home life is special</p>	<p>To understand pride</p>	<p>To recognise how it feels to be proud of someone else.</p>	<p>To explain why you are proud of someone else</p>

YEAR 3 LEARNING OBJECTIVES [Lessons added from Camden SoW]

AUTUMN TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4 DRUGWISE</b>	<b>5 DRUGWISE</b>	<b>6 DRUG WISE</b>
To set a goal	To understand what food groups make up meals.	To explain how food choices can contribute to tooth decay	To learn the definition of a drug and that drugs (including medicines) can be harmful to people	To learn about the effects and risks of smoking tobacco and secondhand smoke	To learn about the help available for people to remain smoke free or to quit smoking
<b>7</b>	<b>8</b>	<b>9 ANTI- BULLYING WEEK</b>	<b>10</b>	<b>11</b>	<b>12</b>
To explain why democracy is important	To developing an awareness and definition of bullying and unkindness.	Anti-bullying Week	To explore ways of resolving conflict.	To explore ways of resolving conflict.	To understand what to do is a conflict escalates

SPRING TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6 MENTAL HEALTH</b>
To understand the rights of a child	To understand the link between being paid to do a job and having money to spend	To make consumer choices and explain their decisions	To understand how to stay safe online	To understand how to stay safe online	Learn about a range of feelings, tell how other people are feeling and ask for help with our big feelings
<b>7 MENTAL HEALTH</b>	<b>8 MENTAL HEALTH</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12 CAMDEN RSE SOW</b>
Recognise, describe and express a larger range of feelings	Learn more about our body's response to different types of emotions and feelings	To explain how to keep safe when walking on roads.	To explain how to keep safe when walking on roads	To explore gender stereotypes	To explore gender stereotypes <b>Alternative</b> Camden RSE SOW LO: To know about stereotyping of males and females To understand the link between gender stereotyping and discrimination

<b>CAMDEN RSE SOW</b>
To explore family differences and challenge stereotyping To understand that people sometimes have stereotypes about families

SUMMER TERM

<b>1</b>	<b>2 CAMDEN RSE SOW</b>	<b>3 CAMDEN RSE SOW</b>	<b>4</b>	<b>5</b>	<b>6</b>
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To identify the qualities of a good friend	To know the biological differences between males and females	To understand how they are growing and changing	To know you can say no to bad touch	To identify positive thoughts.	To explore the concept of self-talk.
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<b>87</b>	<b>8</b>	<b>9 CAMDEN RSE SOW</b>	<b>10 CAMDEN RSE SOW</b>	
To explore healthy relationships.	To explore healthy relationships.	To explore healthy relationships.	To recap what a good friend is	

YEAR 4 LEARNING OBJECTIVES [Lessons added from Camden SoW]

AUTUMN TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4 DRUGWISE</b>	<b>5 DRUGWISE</b>	<b>6 DRUG WISE</b>
To set a goal	To understand that food gives us energy	To understand the importance of nutrients	To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them	To learn about the effects and risks of drinking alcohol	To learn about different patterns of behaviour that are related to drug use
<b>7</b>	<b>8</b>	<b>9 ANTI- BULLYING WEEK</b>	<b>10</b>	<b>11</b>	<b>12</b>
To explain the importance of asking questions.	To developing an awareness of the role of victims, bullies and bystanders.	Anti-bullying Week	To understand that not everything online is trustworthy.	To make decisions on what they trust online using agreed criteria	To understand how images are manipulated online.

SPRING TERM

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5 MENTAL HEALTH</b>	<b>6 MENTAL HEALTH</b>
To understand what we spend money on	To understand ways to save and the benefits of saving	To understand the water crisis around the world.	To understand the water crisis around the world	Learn about the intensity of feelings Know how to recognise, identify, discuss and manage a range of feelings and emotions	Recognise and manage a range of emotions in ourselves and others Learn some positive coping strategies to help us manage our feelings
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
To identify and resist pressurising and manipulative behaviour	To understand how a child's online actions can affect others	To explain how to keep safe around water	To explain how to keep safe around water	To understand how stereotypes can label people	To understand how stereotypes can label people

SUMMER TERM

<b>1</b>	<b>2 CAMDEN RSE SOW</b>	<b>3 CAMDEN RSE SOW</b>	<b>4 CAMDEN RSE SOW</b>	<b>5 CAMDEN RSE SOW</b>	<b>6</b>
To identify the qualities of a good friend	To understand the main stages of the human lifecycle  To understand the changes that humans go through at the different stages	To know some of the basic facts about puberty  To know each person experiences puberty differently	To understand how puberty is linked to reproduction  To feel positive about puberty and growing up	To understand the importance of personal hygiene at puberty  To know about different items that help keep us clean	To understand aspects of discrimination
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>

To understand that every individual no matter what their gender should be treated with equal respect and opportunities	To understand a growth mind-set.	To understand a growth mind-set.	To understand rights in a friendship.	To understand responsibilities in a friendship	To understand rights and responsibilities in a friendship
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YEAR 5 LEARNING OBJECTIVES [Lessons added from Camden SoW]

AUTUMN TERM

1	2	3	4	5 MENTAL HEALTH	6
To set a goal	To review a day's menu and provide feedback on how it can be improved	To explain the function of nutrients and fibre	To explain the reasons it is important to keep hydrated.	<p>-Give children consistent and accessible language to talk about mental health and wellbeing</p> <p>-Ensure children know who the trusted adults in their life are and how to ask them for help and support</p> <p>-Ensure children understand the difference between a small, everyday feeling and a big feeling.</p> <p>-Give children the skills and techniques to be good listeners</p>	To explain that different types and portions of foods and drinks provide different amounts of energy.

7	8	9	10 ANTI-BULLYING	11 DRUG WISE	12 DRUG WISE
To identify and interpret information on food labels.	To explore the concept of fairness and how people decide what is fair and unfair.	To explore how and why people are excluded	Anti-bullying	To learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis	To learn about different influences on drug use – alcohol, tobacco and nicotine products

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To learn strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol

SPRING TERM

1	2	3	4	5 MENTAL HEALTH	6 MENTAL HEALTH
To understand deductions from payslips	To understanding budgeting	To understand reasons for migration.	To explore migration.	Either PSHE Association, Lesson 8	Inside Out-Getting To Know Your Feelings



				To learn about different ways of coping with uncomfortable and challenging thoughts and feelings <b>Or: Inside Out-Getting To Know Your Feelings Year 5 Lesson 1</b> Recognise a range of feelings and identify the intensity of those feelings. Understand how they can affect our bodies	<b>Lesson 2</b> Recognise and manage a range of complex emotions Learn some positive coping strategies to help us manage our feelings
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<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
To understand content which may be appropriate or inappropriate to share online	To identify appropriate people to turn to for help	To understand how to keep safe when cycling.	To understand how to keep safe when cycling.	To understand gender stereotypes.	To understand gender stereotypes.

SUMMER TERM

<b>1</b>	<b>2 CAMDEN RSE SOW</b>	<b>3 CAMDEN RSE SOW</b>	<b>4 CAMDEN RSE SOW</b>	<b>5 CAMDEN RSE SOW</b>	<b>6 CAMDEN RSE SOW</b>
To identify the qualities of a good friend	To think and talk about how they have grown and changed since they were babies	To know about the physical changes that happen at puberty	To understand what menstruation and wet dreams are To know how to manage menstruation and wet dreams	To know the importance of hygiene during puberty	To know how puberty affects emotions and behaviour To develop strategies for managing changes that happen at puberty

<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
To know how to deal with feelings in relationships	To understand the difference between religion and culture	To know I have the right to say no.	To develop a sense of belonging.	To develop a sense of belonging.	To develop a sense of belonging.

<b>13</b>	<b>14</b>	<b>15</b>
To understand benefits of a growth mind-set.	To understand benefits of a growth mind-set.	To recap the qualities of a good friend

YEAR 6 LEARNING OBJECTIVES [Lessons added from Camden SoW]

AUTUMN TERM

1	2	3	4 DRUG WISE	5 DRUG WISE	6 DRUG WISE
To set a goal	To recap how to keep ourselves healthy	To explain some of the health benefits of being active.	To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs	To learn about assessing the level of risk in different situations involving drug use	To learn about ways to manage risk in situations involving drug use

7 MENTAL HEALTH	8	9	10 ANTI-BULLYING	11	12
<p>-Give children consistent and accessible language to talk about mental health and wellbeing</p> <p>-Ensure children know who the trusted adults in their life are and how to ask them for help and support</p> <p>-Ensure children understand the difference between a small, everyday feeling and a big feeling.</p> <p>-Give children the skills and techniques to be good listeners</p>	To understand how a parliamentary debate takes place in the House of Commons.	To explore ways in which human beings are similar and different	Anti-bullying	To understand what trust means when online	To know what to do if they have any concerns about something they experience online

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To understand the concept of appearance ideals

SPRING TERM

1	2	3	4	5 MENTAL HEALTH	6 MENTAL HEALTH
To know there are a range of salaries for different jobs.	To understand 'value for money'.	To understand stereotypes associated with homelessness	To understand hidden homelessness	<p><b>Either PSHE Association, Lesson 9</b></p> <p>To learn about some additional ways of coping with uncomfortable or</p>	<p><b>Inside Out-Getting To Know Your Feelings</b></p> <p><b>Year 6 Lesson 2</b></p> <p>Learn about anxiety, how it might affect a person's state of mental health</p>

				<p>challenging thoughts and feelings</p> <p><b>Or: Inside Out-Getting To Know Your Feelings, Year 6 Lesson 1</b></p> <p>Learn what mental health is and some of the things that can affect someone's mental health</p>	<p>Learn about change, how it might make us feel and what strategies we can use to cope with these feelings</p>
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<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Identify different tactics someone might use to manipulate another person online	Explain what to do if someone tries to pressure or manipulate them	To begin to identify risks and risky behaviour	To begin to identify risks and risky behaviour	To challenge gender stereotypes	To challenge gender stereotypes

SUMMER TERM

<b>1</b>	<b>2 CAMDEN RSE SOW</b>	<b>3 CAMDEN RSE SOW</b>	<b>4 CAMDEN RSE SOW</b>	<b>5 CAMDEN RSE SOW</b>	<b>6 CAMDEN RSE SOW</b>
To identify the qualities of a good friend	<p>To remind pupils about the physical, emotional and social changes that take place during puberty</p> <p>To dispel any myths about puberty</p> <p>To explore some of the concerns teenagers might have about puberty</p>	<p>To understand the qualities of a good friend</p> <p>To know the differences between a friendship and an intimate relationship</p> <p>To understand there are different types of adult relationships</p> <p>To explore the concept of a loving relationship and what is important in a loving relationship</p>	To understand the difference between a healthy and unhealthy relationship	To explore ways to communicate in a relationship and know when it is appropriate to share personal information	<p>A reminder of the names of the male and female reproductive parts</p> <p>To know what sexual intercourse is and how a baby is made</p> <p>To know that sexual intercourse is part of a sexual relationship</p>

<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>To know how a baby is made and grows (conception and pregnancy)</p> <p>To know what conception and pregnancy are</p>	<p>To know about the roles and responsibilities of being a parent</p> <p>To know some of the needs of babies</p>	To understand how beauty is portrayed around the world.	To know I have the right to say no.	To understand how to develop positive self-talk	To recap what a good friend is.