

Cranford Primary School

Our curriculum will continue to teach important values such as respect, kindness, responsibility and inclusion.

Children will learn about:

- Building positive friendships and relationships
- Respecting different people, cultures and beliefs
 - Physical and mental health
 - Staying safe, including online safety
- Understanding and managing feelings and emotions
 - Healthy lifestyles and making good choices
- Age-appropriate relationships and health education

Autumn 1 Year 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Making friends: playing and learning together</p> <p>This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.</p> <p>Your lessons: Ground rules, rule! – KS1 Learning and playing together – KS1 Friendship and bullying – KS1 L1: Let’s be friends L2: Let’s make up L3: Let’s be kind Consent – KS1 L1: Asking for permission</p>	<p>Mental health and Wellbeing</p> <p>This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.</p> <p>Your lessons: Foundations for Wellbeing – Y1 L1: Noticing feelings L2: Distraction L3: Paying attention to pleasant feelings L4: Helpful and unhelpful thoughts L5: Reacting</p>	<p>Celebrating me, you and our families</p> <p>This unit explores similarities and differences, as well as everyone’s individuality. Pupils look at different families, and how family members can show care and love for each other.</p> <p>Your lessons: Personal identity – KS1 L1: All different, all special Belonging and community – KS1 L1: Sameness and difference Families – KS1 L1: What makes a family? L2: Different families</p>	<p>Safety at home</p> <p>This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines</p> <p>Your lessons: Keeping safe at home – KS1 L1: Keeping safe at home Drug education – KS1 L1: Keeping safe L2: Keeping healthy L3: Medicines and household products</p>	<p>Being healthy</p> <p>This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.</p> <p>Your lessons: Keeping safe: Sun safety – KS1 L1: Keeping safe in the sun The sleep factor – KS1 L1: Ready for sleep Food for thought – KS1 L1: Keeping healthy with food and drink Dental health – KS1 L1: Looking after our teeth The importance of handwashing – KS1</p>	<p>Showing kindness to ourselves and others</p> <p>This unit revisits learning about feelings, and explores the importance of kindness.</p> <p>Your lessons: OHID: Every mind matters – KS1 L1: Emotions L2: Kindness L3: Self-care</p>

Autumn 1 Year 2	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and wellbeing This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).</p>	<p>Mental health and wellbeing This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).</p>	<p>Me, my body and staying safe This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.</p>	<p>Keeping safe outside the home This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to</p>	<p>Money and work This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.</p>	<p>Looking back and moving on</p>
<p>Your lessons: Foundations for Wellbeing – Y2 L1: Noticing and naming feelings L2: Different distractions L3: Changing thoughts and feelings L4: Managing unhelpful thoughts L5: Reactions and responses Change, loss and grief – KS1 L1: What happens when things change?</p>	<p>Your lessons: CEOP: Jessie and Friends – KS1 L1: Watching videos L2: Sharing pictures L3: Playing games BBFC: Watch out! – KS1 L1: Helping to make good viewing choices L2: Keeping viewing choices safe</p>	<p>Your lessons: Medway: Changing and growing up – KS1 L1: My special people L2: Growing up – the human life cycle L3: Everybody's body NSPCC: Talk PANTS – 5-7 L1: PANTS power L2: More PANTS power</p>	<p>Your lessons: Road and rail safety – KS1 L1: Crossing the road L2: Keeping safe around railways COMING SOON Emergencies lesson Environment agency – KS1 L1: Caring for the environment</p>	<p>Your lessons: The Careers and Enterprise Company: Careers explorers – KS1 L1: Strengths and interests L2: Different jobs Money and wellbeing – KS1 L1: What is money? L2: Money choices</p>	<p>Your lessons: Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons. Embracing change and new challenges – KS1 L1: Moving to a new class</p>

Autumn 1 Year 3	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Me, my friends and belonging</p> <p>This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.</p>	<p>Mental health and wellbeing</p> <p>Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.</p>	<p>Building healthy habits</p> <p>This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.</p>	<p>Making choices online</p> <p>This unit explores how to protect information online and make choices about online content, including understanding age ratings</p>	<p>Keeping safe out and about</p> <p>This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water</p> <p>This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.</p>	<p>Looking back and moving on</p>
<p>Your lessons: Personal identity – KS2 L1: Personal identity Medway: Changing and growing up – Y3 L1: What makes a good friend L2: Falling out with friends Belonging and community – Y3-4 L2: Belonging to a community</p>	<p>Your lessons: Foundations for Wellbeing – Y3 L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries L5: Managing responses</p>	<p>Your lessons: Food for thought – KS2 L1: Healthier eating and drinking habits L2: Healthier eating – choices and influences L3: Ready, set, cook! Dental health – KS2 L1: Exploring dental health</p>	<p>Your lessons: NSCS: CyberSprinters – KS2 L1: Creating and managing passwords L2: Protecting your devices BBFC: Let's watch a film – KS2 L1: What can we watch? L2: Can we c</p>	<p>Your lessons: Keeping safe: Sun safety – KS2 L1: Managing risk in the sun Road and rail safety – KS2 L4: Risks and keeping safe Environment agency – KS2 L1: Canals and rivers L2: Flood alert! St John's Ambulance: First aid – KS2 L1: Allergies L4: Bites and stings L7: Calling for help</p>	<p>Your lessons: L4-6 Transition</p>

Autumn 1 Year 4	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and Wellbeing</p> <p>Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.</p>	<p>Exploring ways to manage risk</p> <p>This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.</p>	<p>Money matters and news literacy</p> <p>This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.</p>	<p>Forming respectful relationships</p> <p>This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.</p>	<p>Me, my body and growing up</p> <p>This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe.</p>	<p>Families and growing together</p> <p>This unit supports pupils' understanding of diverse family structures, and how families can change.</p>
<p>Your lessons:</p> <p>Foundations for Wellbeing – Y4 L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm Change, loss and grief – Y3-4 L2: How do people manage change and loss?</p>	<p>Your lessons:</p> <p>Firework safety – KS2 L1: Firework safety Keeping safe at home – KS2 L2: Keeping safe at home Road and rail safety – KS2 L3: Independently crossing the road Exploring risk in relation to gambling – KS2 L1: Exploring risk Drug education – Y3-4 L1: Medicines and household products L2: Smoking, vaping and alcohol</p>	<p>Your lessons:</p> <p>Money and wellbeing – Y4 L1: How money is used L2: Making decisions about money Guardian Foundation: NewsWise – ages 7-9 L4: How news affects feelings L6: Fake or real news? L7: Questioning images in the news</p>	<p>Your lessons:</p> <p>Friendship and bullying – Y3-4 L1: Valuing friendships L2: Friendship challenges L3: What is bullying OHID: Every mind matters – KS2 L1: Kindness</p>	<p>Your lessons:</p> <p>Medway: Changing and growing up – Y4-5 L1: Time to change L2: Menstruation and wet dreams L3: Personal hygiene L4: Emotions and feelings NSPCC: Talk PANTS – ages 7-9 L1: Building confidence</p>	<p>Your lessons:</p> <p>Families – KS2 L1: Family relationships L2: Diverse families L3: Family changes Committed relationships and family life – KS2 L1: Marriage and partnership</p>

Autumn 1 Year 5	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Friendships, stereotypes and bullying</p> <p>This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.</p> <p>Your lessons: Friendship and bullying – Y5-6 L1: Including others L2: Positive and respectful friendships L3: Bullying and its impact Belonging and community – Y5-6 L3: Challenging stereotypes L4: Addressing extremism</p>	<p>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.</p> <p>Your lessons: Foundations for Wellbeing – Y5 L1: Noticing and naming emotions L2: Directing attention and managing distractions L3: Changing thinking habits L4: Rumination and worry L5: Managing reactivity</p>	<p>Positively engaging with our world</p> <p>This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.</p> <p>Your lessons: Guardian Foundation: NewsWise – ages 9-11 L3: Managing feelings about the news L5: Spotting fake news L6: Understanding that news is targeted UCL: Climate change – empathy and agency – KS2 L1: Connecting with nature L2: Everyday actions L3: Doing it together</p>	<p>Respecting boundaries</p> <p>This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.</p> <p>Your lessons: Consent – KS2 L1: Giving and seeking permission L2: Personal boundaries L3: Appropriate and inappropriate touch</p> <p>NSPCC: Talk PANTS – ages 9-11 L6: How can the PANTS rule help us?</p>	<p>Safe connections</p> <p>This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.</p> <p>Your lessons: CEOP: Play, like, share – ages 8-10 L1: Block him right good, Alfie! L2: Who’s Magnus? L3: They have fans, we have friends! CEOP: Connect – Y5-6 L1: Respectful relationships L2: Socialising online NCA: Making the right CyberChoices – Y5-6</p>	<p>Embedding healthy habits and learning first aid</p> <p>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.</p> <p>Your lessons: Melanoma Fund: Sunguarding schools – KS2 Sure: Breaking limits – KS2 L1: Confident mover L2: Team player L3: Goal setter St John’s Ambulance: First aid – KS2 L2: Asthma L9: Head injuries</p>

Autumn 1 Year 6	Autumn 2	Spring 1	Spring 2	Summer 2	
<p>Mental health and Wellbeing</p> <p>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.</p> <p>Your lessons: Foundations for Wellbeing – Y6 L1: Regulating emotions L2: Managing distraction L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing stress Change, loss and grief – Y5-6 L3: How do people manage loss and support each other?</p>	<p>Drug education: assessing risk and managing influences</p> <p>This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.</p> <p>Your lessons: Drug education – Y5-6 L1: Medicines L2: Legal and illegal drugs L3: Influences and pressure L4: Tobacco, vaping and alcohol in the media Female genital mutilation – Y5-6* L1: Keeping safe – FGM</p>	<p>Managing money and online spending</p> <p>This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.</p> <p>Your lessons: Money and wellbeing – Y6 L1: Money and emotional wellbeing L2: Being a critical consumer Exploring risk in relation to gambling – KS2 L2: Chancing it! Online financial harms – KS2 L1: Spending influences L2: Wellbeing and support</p>	<p>Developing our AI Literacy</p> <p>This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.</p> <p>Your lessons: Understanding AI: Rights, safety and wellbeing lessons L1: What is AI? L2: How does AI affect our rights? L3: What is an AI chatbot? Home office – Digital deception: Understanding deepfakes – Y5-6 L1: The impact of generative AI L2: The ethics of AI images Pick your pics – Y5-6 L1: Pick your pics</p>	<p>Changes in puberty (and sex education*)</p> <p>This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.</p> <p>Your lessons: Medway: Changing and growing up – Y6 L1: Puberty recap L2: Puberty – change and becoming independent L3: Positive, healthy relationships L4: How a baby is made* The sleep factor – KS2 L1: Getting a good night's sleep</p>	<p>Looking to the future This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.</p> <p>Your lessons: The Careers and Enterprise Company: Careers explorers – KS2 L1: Job skills L2: Choosing a career L3: Career routes Embracing change and new challenges – Y6 L1: Moving to secondary school</p>

