

Curriculum Code Key

Relationships Education

Code	Strand
FPC	Families and people who care for me
CF	Caring friendships
RKR	Respectful, kind relationships
OSA	Online safety and awareness
BS	Being safe

Health Education

Code	Strand
GW	General wellbeing
WO	Wellbeing online
PHF	Physical health and fitness
HE	Healthy eating
DATV	Drugs, alcohol, tobacco and vaping
HP	Health protection and prevention
PS	Personal safety
BFA	Basic first aid
DB	Developing bodies

2. Whole-School Progression Model

Area	Nursery	Reception	KS1	Lower KS2	Upper KS2
Self-awareness	Recognise that they are unique	Describe positive qualities	Identify similarities and differences	Explain how identity is influenced	Reflect on identity, diversity and personal values
Feelings	Name basic feelings	Identify feelings and trusted adults	Describe feelings and simple coping strategies	Explain causes and effects of emotions	Apply strategies for managing emotions and pressure
Families	Identify people who care for them	Recognise different families	Describe different family structures	Understand adoption, fostering and different relationships	Discuss diversity, commitment and respectful relationships
Friendship	Begin to play cooperatively	Develop kindness and cooperation	Identify qualities of friendship	Resolve disagreements	Negotiate, compromise and manage unhealthy relationships
Respect	Recognise similarities/differences	Celebrate difference	Understand inclusion	Challenge stereotypes and prejudice	Explain discrimination and promote mutual respect
Safety	Identify unsafe situations	Identify trusted adults	Use basic safety strategies	Assess danger and risk	Evaluate risk and make informed decisions
Online safety	Begin to recognise safe device use	Know who to tell if worried	Keep personal information private	Evaluate online content and behaviour	Understand permanence, pressure, manipulation and digital risk
Health	Recognise basic needs	Make healthy choices	Understand food, sleep, hygiene and exercise	Explain how lifestyle affects health	Apply knowledge to long-term wellbeing
Developing bodies	Notice growth and change	Name body parts correctly	Understand privacy and body boundaries	Understand puberty and physical changes	Understand puberty, reproduction, consent and related safety
Drugs	Recognise unsafe products	Understand medicine safety	Understand medicines and basic risks	Understand alcohol, tobacco and drugs	Understand vaping, alcohol, drugs, addiction and legal issues
First aid	—	—	Begin basic awareness	Basic first aid	Consolidate first aid and emergency response
Resilience	Persevere with challenges	Set simple goals	Develop perseverance	Apply resilience strategies	Independently apply coping, resilience and goal-setting strategies

NURSERY

Me and My Relationships

Key progression

Children begin to recognise themselves as unique individuals, identify feelings and understand that people have relationships with people who care for them.

Codes	Lesson / Resource	Key Learning
RKR8, DB2	Marvellous Me!	Recognise that we are unique; identify facial features and body parts; share likes and dislikes; explore using the senses.
RKR8, GW3, GW4	I'm Special	Speak positively about themselves; identify feelings and recognise that people experience feelings differently.
FPC1, FPC2, FPC3, CF3	People Who Are Special to Me	Talk about families and special people; identify people who care for them.
FPC1, FPC2, FPC3, CF3	People Who Are Special to Me – updated	Describe different homes and identify people who care for and protect them.
MyHappyMind	Meet the Brain	Understand that the brain helps us learn, think and do things; recognise that brains grow when we learn.

Valuing Difference

Codes	Lesson / Resource	Key Learning
RKR8, GW1	Me and My Friends	Recognise similarities and differences; talk about things they and their friends are good at.
FPC1, FPC2, FPC3, CF1	Friends and Family	Recognise differences within and between families.
CF1, CF2, CF4, RKR1, RKR5	Including Everyone	Understand that differences are positive; practise kindness and inclusion.
MyHappyMind	Celebrate	Explore character strengths, teamwork, friendship, exploring and learning.

Keeping Safe

Codes	Lesson / Resource	Key Learning
FPC1, FPC4, PS1, PS2, GW3, GW4, BS7	People Who Help Me and Keep Me Safe	Identify trusted adults; recognise a 'funny tummy' feeling when something feels wrong; describe what makes them feel safe.
HP2, PS1, PS2	Safety Indoors and Outdoors	Identify dangers and ways to avoid injury; recognise safety signs, traffic lights and rules.
HP3, HP5, DATV1, PHF1	What's Safe to Go Into My Body?	Identify products that adults should use; understand that medicine should only be given by an appropriate adult.
MyHappyMind	Appreciate	Recognise things they are grateful for and express appreciation.

Rights and Respect

Codes	Lesson / Resource	Key Learning
HE1, HE2, HE3, HP3, HP4, HP5	Looking After Myself	Recognise healthy foods; understand the importance of handwashing; try new experiences.
CF5, RKR1, RKR6, GW4, FPC1	Looking After Others	Help at home; care for family members and friends.
RKR7	Looking After My Environment	Care for home, school and the natural environment.
MyHappyMind	Relate	Develop listening skills and practise listening when engaged in activities.

Being My Best

Codes	Lesson / Resource	Key Learning
PHF1, PHF2, HE1, HE2, HP4	What Does My Body Need?	Recognise the importance of food, water, exercise and sleep; make simple healthy choices.
PHF1, PHF2, HE1, HE2, HP4	Sleep and Teeth	Understand why sleep and toothbrushing are important.
MyHappyMind	Engage	Develop perseverance and understand simple goal-setting.

Growing and Changing

Codes	Lesson / Resource	Key Learning
DB1	Growing and Changing in Nature	Describe seasonal changes and life cycles.
RKR10, DB1, DB2	When I Was a Baby	Recognise how babies change and what babies need.
FPC1, FPC5, RKR10, DB1, DB2	Girls, Boys and Families	Recognise similarities and differences and develop inclusive play.

RECEPTION

Me and My Relationships

Codes	Lesson / Resource	Key Learning
RKR1, RKR5, RKR8, FPC1, FPC3, CF1	All About Me	Talk about interests and families; recognise similarities and differences.
FPC1, FPC3, RKR5, RKR8	What Makes Me Special?	Describe positive qualities; share interests; listen respectfully.
FPC1, FPC2, FPC3, CF1, RKR1, RKR5	Me and My Special People	Identify important people and adults who care for them.
FPC1, FPC2, CF1, CF2, CF3, RKR5, BS1, BS5, BS7, GW9	Who Can Help Me?	Recognise unsafe or unhappy situations and identify people who can help.
MyHappyMind	Meet the Brain	Understand the brain, how to look after it and how learning helps it grow.

Valuing Difference

Codes	Lesson / Resource	Key Learning
RKR1, RKR8	I'm Special, You're Special	Describe positive attributes and respect others' ideas.
CF2, CF3, CF4, FPC2, FPC3, FPC5, RKR1, RKR3, RKR4	I Am Caring	Demonstrate kindness and cooperation.

Codes	Lesson / Resource	Key Learning
CF1–CF5, FPC1–FPC5, RKR1, RKR4, RKR5, RKR8, GW3	Same and Different	Recognise similarities/differences and celebrate diversity.
FPC1, FPC2, FPC3, FPC4, RKR5	Same and Different Families	Discuss families, customs and traditions.
FPC3, FPC4, RKR5, RKR7	Same and Different Homes	Recognise different homes and what makes them safe and special.
MyHappyMind	Celebrate	Explore love, kindness, bravery, honesty, teamwork, friendship and learning strengths.

Keeping Safe

Codes	Lesson / Resource	Key Learning
HP2, HP4, HP5, GW4	What's Safe to Go Onto My Body?	Identify things that keep the body clean, safe and protected.
PHF1, PHF4, HE2, HE4, DATV1	Keeping Myself Safe	Make safe choices about unfamiliar products and understand medicine safety.
FPC1, HP2, PS1, PS2	Safe Indoors and Outdoors	Identify hazards and safe behaviours.
RKR2, RKR11, BS1–BS7	Listening to My Feelings	Recognise unsafe feelings, identify trusted adults and understand basic body boundaries.
FPC2, FPC4, FPC6, BS4, BS5, BS6, PS1, PS2	People Who Help to Keep Me Safe	Identify people who help in school and the community.
CF5, FPC1, FPC2, OSA3–OSA6, WO1, WO4, WO8, WO11	Keeping Safe Online	Recognise safe device activities and know who to tell if worried online.

Rights and Respect

Codes	Lesson / Resource	Key Learning
FPC1–FPC5, RKR5	Looking After My Special People	Recognise important people and appreciate that families differ.

Codes	Lesson / Resource	Key Learning
CF1, CF2, CF3, RKR1, RKR4, RKR6, RKR7	Looking After My Friends	Explain why friends matter and identify ways to help others.
RKR7, GW1	Caring for Our World	Care for the environment and understand why this matters.
WO6	Looking After Money	Recognise coins, understand simple uses of money and begin to recognise digital payments and online gaming risks.
MyHappyMind	Relate	Develop active listening, friendship and emotional awareness.

Being My Best

Codes	Lesson / Resource	Key Learning
CF2, RKR3, RKR8, GW3, GW4, GW5, GW9	Healthy Eating	Recognise healthy foods and the idea of moderation.
PHF1, PHF2, HE1, HP3, HP4, HP5	Move Your Body	Understand exercise, physical changes and wellbeing.
HP3, HP4, HP5	A Good Night's Sleep	Understand sleep and develop a healthy bedtime routine.
MyHappyMind	Engage	Set goals and develop perseverance.

Growing and Changing

Codes	Lesson / Resource	Key Learning
DB1, DB2	Life Stages	Recognise changes in humans and animals.
FPC2, FPC4, FPC5, CF6, RKR5, RKR6, DB1, DB2	Human Life Stages	Name stages from baby to older age; understand marriage/civil partnership as a commitment between adults.
FPC1, FPC2, FPC3, FPC5, RKR5, DB1, DB2	Where Do Babies Come From?	Understand that babies develop inside a mother's uterus and that families are different.
FPC3, PHF2, HE1, HE2, DB1, DB2, DB3	Getting Bigger	Recognise how bodies change as people grow.
RKR3, RKR10, BS2, BS3, DB1, DB2	Me and My Body – Girls and Boys	Use correct vocabulary for body parts, recognise private body parts and identify trusted adults.

YEAR 1

Me and My Relationships

Codes	Lesson	Progression
RKR2, RKR3, RKR6, RKR7	Why We Have Classroom Rules	Explain why rules keep people safe and support learning.
CF3	Good Friends	Identify qualities of friendship and strategies for making up.
MyHappyMind	Meet the Brain	Learn about the brain, neuroplasticity, Team H-A-P and Happy Breathing.

Valuing Difference

Codes	Lesson	Progression
FPC3, FPC4, RKR1, RKR2	Same or Different?	Identify similarities/differences and empathise with others.
CF2, CF4, CF5, CF7, RKR5, RKR6, RKR9, RKR11, GW7, OSA1, OSA6	Unkind, Tease or Bully?	Distinguish unkindness, teasing and bullying; recognise online bullying.
MyHappyMind	Celebrate	Understand character and character strengths.

Keeping Safe

Codes	Lesson	Progression
HP3	Super Sleep	Understand healthy sleep and sensible screen use.
FPC6, CF5, CF7, RKR11, BS5	Who Can Help?	Recognise feelings and physical signs of feeling unsafe and identify trusted adults.
FPC6, RKR8, BS1, BS2, BS5, BS6, BS7, DB2	Good or Bad Touches?	Learn PANTS principles, private parts, appropriate/inappropriate touch and saying no.
OSA3–OSA6, WO1, WO4, WO8, WO11	Sharing Pictures	Understand safe image sharing and seeking help online.

Codes	Lesson	Progression
DATV1, PS1	What Could Harold Do? Understand medicine safety.	
MyHappyMind	Appreciate	Develop gratitude and appreciation.

Rights and Respect

Codes	Lesson	Progression
RKR5	Taking Care of Something	Develop responsibility.
WO6	Harold's Money	Understand sources and uses of money and ask adults before purchases.
MyHappyMind	Relate	Develop active listening and understanding of others' perspectives.

Being My Best

Codes	Lesson	Progression
HE1–HE4	I Can Eat a Rainbow	Recognise the importance of fruit and vegetables.
HE1–HE4	Eat Well	Use the Eatwell Guide and understand moderation.
HP4, HP5	Wash Up and Brush Up	Develop hygiene routines.
HP5	Catch It! Bin It! Kill It!	Understand infection and prevention.
MyHappyMind	Engage	Develop healthy habits, goals and perseverance.

Growing and Changing

Codes	Lesson	Progression
HP3, HP4, PHF1, PHF3, WO3	Healthy Me	Understand food, water, oxygen, exercise, sleep and screen use.
FPC6, CF5, CF7, RKR8, RKR11, BS1–BS7, DB2	Surprises and Secrets	Distinguish safe surprises from unsafe secrets and identify trusted adults.
BS3, BS6, DB2	Keeping Privates Private	Identify private body parts and how to keep them private.

Codes	Lesson	Progression
FPC6, CF2, CF4, CF5, CF7, RKR4–RKR11, OSA1, OSA5, OSA6, BS5–BS7, GW7	Who Can Help?	Recognise bullying and identify appropriate responses.

YEAR 2

Me and My Relationships

Codes	Lesson	Key Learning
RKR2, RKR3	Our Ideal Classroom	Contribute positively to classroom life and make pledges.
CF3, CF4, RKR5, RKR6, RKR9, OSA1, OSA4	Types of Bullying	Distinguish bullying from isolated unkind behaviour and understand online bullying.
CF1, CF2, CF4	Being a Good Friend	Recognise friendship and caring behaviours.
MyHappyMind	Meet the Brain	Develop understanding of the brain, neuroplasticity and emotional regulation.

Valuing Difference

Codes	Lesson	Key Learning
FPC1–FPC4	My Special People	Identify special people and explain why they matter.
RKR2, GW4	When Someone Is Feeling Left Out	Recognise exclusion and develop strategies to include others.
MyHappyMind	Celebrate	Identify, develop and share character strengths.

Keeping Safe

Codes	Lesson	Key Learning
PS1, DB2	How Safe Would You Feel?	Identify safe/unsafe situations and appropriate responses.
PS1, DB2	What Should Harold Say?	Practise 'Yes', 'No', 'I'll ask' and 'I'll tell'.
BS4, GW3	I Don't Like That!	Recognise body language, boundaries and unwanted touch.

Codes	Lesson	Key Learning
BS1, BS2, BS3, BS5, DB2	Should I Tell?	Distinguish safe and unsafe secrets.
OSA1, OSA2	Playing Games	Protect personal information and seek help online.
MyHappymind	Appreciate	Develop gratitude.

Rights and Respect

Codes	Lesson	Key Learning
CF4, CF6, RKR3, RKR5, RKR6, RKR9	Getting On With Others	Develop strategies for cooperation.
BS6, BS7, DB2	Feeling Safe	Identify people who can help and practise asking for help.
WO6	Harold Goes Camping	Understand needs, wants, saving and online gaming risks.
MyHappymind	Relate	Develop relationships, active listening and cooperation.

Being My Best

Codes	Lesson	Key Learning
HP5, HP6	Harold's Postcard	Understand germs, hygiene and vaccination.
PHF1, HE1, HP3	My Body Needs	Understand food, oxygen, exercise and sleep.
MyHappymind	Engage	Develop goal-setting and perseverance.

Growing and Changing

Codes	Lesson	Key Learning
GW3, GW8	Sam Moves House	Recognise feelings associated with change and loss.
BS3, DB1, DB2, DB3	My Body, Your Body	Identify private body parts and understand body differences.
BS2, DB2	Respecting Privacy	Understand physical and informational privacy.
BS1–BS4, GW3, DB2	Some Secrets Should Never Be Kept	Recognise unsafe touch/secrets and identify safety networks.
BFA1, BFA2	Basic First Aid	Begin age-appropriate first-aid education.

YEAR 3

Me and My Relationships

Codes	Lesson	Key Learning
WO5, WO7, WO9, OSA6	As a Rule	Understand rules, age restrictions and consequences.
BS1, PS1	Dan's Dare	Understand dares, pressure and strategies for staying safe.
CF1, CF3–CF7, RKR3, RKR6, RKR11	Friends Are Special	Explore friendship, disagreements and reconciliation.
MyHappyMind	Meet the Brain	Understand neuroplasticity, Team H-A-P, the amygdala, neurons and Happy Breathing.

Valuing Difference

Codes	Lesson	Key Learning
GW1, RKR8	My Community	Define community and recognise its benefits.
CF4, RKR1–RKR11, OSA1, OSA4–OSA6, GW7, WO8	Zeb	Explore prejudice and reasons people may be bullied.
FPC3, RKR1, RKR2, RKR6, RKR9, OSA1, OSA4–OSA6, GW7, WO8	Let's Celebrate Our Differences	Challenge name-calling and promote inclusion.
FPC1, FPC3, FPC4, FPC6, RKR10, RKR11	Family and Friends	Recognise different family structures, adoption, fostering and same-sex relationships.
MyHappyMind	Celebrate	Develop awareness and use of character strengths.

Keeping Safe

Codes	Lesson	Key Learning
BS4, PS1	Danger or Risk?	Define danger and risk and develop risk-management strategies.
HE4, DATV1	Alcohol and Cigarettes: The Facts	Understand key risks of alcohol and cigarettes and recognise that nicotine and alcohol are drugs.
OSA2–OSA6, WO1, WO3–WO11	Super Searcher	Evaluate online information and recognise online risks.
OSA1–OSA6, BS1, BS4–BS6, GW4, GW5, WO1–WO11	None of Your Business!	Protect personal information, images and identity online; understand permanence of online content.
MyHappymind	Appreciate	Develop gratitude and appreciation.

Rights and Respect

Codes	Lesson	Key Learning
BS7	Helping Each Other to Stay Safe	Identify people responsible for health and safety.
MyHappymind	Relate	Develop perspective-taking, friendship and active listening.

Being My Best

Codes	Lesson	Key Learning
HE1–HE4	Derek Cooks Dinner!	Understand food groups and balanced diet.
HP5	Poorly Harold	Understand infectious disease and prevention.
RKR1, RKR2, RKR3	For or Against?	Develop discussion, debate, empathy and evidence-based recommendations.
MyHappymind	Engage	Develop perseverance, resilience and positive habits.

Growing and Changing

Codes	Lesson	Key Learning
CF1, CF4, CF6, OSA1	Relationship Tree	Identify different relationships and healthy relationships.
BS3, BS6, DB2	Body Space	Understand personal space and appropriate boundaries.

Codes	Lesson	Key Learning
RKR8, BS1–BS6, GW3, GW4, DB2	Secret or Surprise	Distinguish safe and unsafe secrets and identify sources of help.
BFA1, BFA2	Basic First Aid	Develop age-appropriate first-aid knowledge.

YEAR 4

Me and My Relationships

Codes	Lesson	Key Learning
RKR3, RKR5, OSA1, OSA3, OSA4, OSA6, WO1, WO3–WO8, BS2	How Do We Make a Difference?	Understand rules, democracy, pupil voice and online gaming risks.
CF4–CF7, RKR1, RKR4–RKR6, RKR11, OSA1, OSA2, GW4	OK or Not OK?	Develop assertiveness and saying no.
CF4, RKR1, RKR6, RKR9, OSA5, OSA6, GW7, WO8	Under Pressure	Recognise peer pressure, bullying and strategies for responding.
MyHappymind	Meet the Brain	Develop understanding of the amygdala, habits, neural pathways and emotional regulation.

Valuing Difference

Codes	Lesson	Key Learning
CF6, RKR8, GW5, BS1, BS3, BS5, DB2	Islands	Understand personal space and non-verbal signals.
FPC3, CF4–CF7, RKR1–RKR11, OSA1, OSA4, OSA6, BS1	What Would I Do?	Explore difference, aggression, bullying and online behaviour.
RKR10, RKR11, OSA5, OSA6, WO3, WO8, WO9	That's Such a Stereotype!	Identify and challenge stereotypes, including media stereotypes.
MyHappymind	Celebrate	Identify, apply and grow character strengths.

Keeping Safe

Codes	Lesson	Key Learning
PHF3, WO3, WO9, BS4, BS5, HE4, PS1, PS2, HP2, DATV1 CF6, RKR4, RKR6, RKR9, OSA1, GW5, BS1, BS7 HP5, DATV1	Danger, Risk or Hazard? How Dare You! Medicines: Check the Label	Distinguish danger, risk and hazard and manage risk. Recognise dares and develop refusal strategies. Understand medicines as drugs and safe medicine use.
HE4, DATV1 CF2, CF6, RKR1, RKR4, RKR6, RKR9, OSA3, OSA4, OSA6, PS2, DATV1 OSA3–OSA6, WO4, WO7–WO9 MyHappymind	Know the Norms Keeping Ourselves Safe Picture Wise Appreciate	Understand risks of smoking and alcohol and challenge misconceptions about use. Identify and manage risk. Understand safe image sharing and consent. Develop gratitude and appreciation.

Rights and Respect

Codes	Lesson	Key Learning
GW9, PHF4, BS6, BS7, DB2 RKR3, OSA5, OSA6, WO3, WO7, WO9, WO11 MyHappymind BFA1, BFA2	Who Helps Us Stay Healthy and Safe? In the News! Relate Basic First Aid	Understand community responsibilities. Understand influence and distinguish factual information from opinion. Develop perspective-taking, friendship and active listening. Consolidate age-appropriate first-aid knowledge.

Growing and Changing

Codes	Lesson	Key Learning
GW3, GW4, GW9 RKR8, GW3, GW4, BS1–BS6, DB2	Moving House Secret or Surprise?	Understand change and strategies for managing it. Reinforce safe/unsafe secrets and help-seeking.

Codes	Lesson	Key Learning
FPC3, FPC4, FPC5, CF1, CF4–CF7, RKR1, RKR11	Together	Understand marriage/civil partnership as a freely entered commitment, including same-sex and opposite-sex partnerships.

YEAR 5

Me and My Relationships

Codes	Lesson	Key Learning
CF2, CF3, CF4	Give and Take	Understand negotiation and compromise.
CF2–CF7, RKR3–RKR6, RKR11	Relationship Cake Recipe	Identify healthy and unhealthy relationships and sources of support.
OSA1, OSA3–OSA6, GW7, WO2, WO4	Communication	Understand that online communication can be misunderstood and requires respect.
MyHappyMind	Meet the Brain	Understand stress, the amygdala, neural pathways, habits and brain health.

Valuing Difference

Codes	Lesson	Key Learning
RKR1–RKR11	Happy Being Me	Understand exclusion, discrimination and respect for difference.
RKR1, RKR2, RKR6, RKR9, RKR10, OSA1, OSA3–OSA6, BS1, WO3, WO4, WO7–WO9	Is It True?	Evaluate online information and recognise misleading content.
FPC3, CF2, RKR1, RKR2, RKR4, RKR5	The Land of the Red People	Understand diversity, communities, faiths and mutual respect.
MyHappyMind	Celebrate	Identify, apply and develop character strengths.

Keeping Safe

Codes	Lesson	Key Learning
RKR5, PS2	Decision Dilemmas	Apply decision-making to risky situations.
DATV1	Vaping: Healthy or Unhealthy?	Understand health risks of vaping and critically assess media information.
RR1, RR6, OR1, OR2, OR3, OR5, MW8, ISH4, ISH5	Spot Bullying	Respond to face-to-face and online bullying and support others.
OSA1–OSA6, BS1, BS4, WO1–WO11	Play, Like, Share 1	Understand privacy, online identity and digital relationships.
OSA1–OSA6, BS1, BS4, WO1–WO11	Play, Like, Share 2	Recognise cyberbullying, online pressure and appropriate responses.
MyHappymind	Appreciate	Develop an attitude of gratitude.

Rights and Respect

Codes	Lesson	Key Learning
BS1	Independence and Responsibility	Understand personal responsibility for health and safety.
OSA6, WO5	Star Qualities	Recognise that media portrayals may not reflect real life.
MyHappymind	Relate	Develop empathy, active listening and healthy relationships.

Being My Best

Codes	Lesson	Key Learning
BFA1, BFA2	Basic First Aid including Sepsis Awareness	Develop age-appropriate first-aid and emergency awareness.
MyHappymind	Engage	Consolidate positive habits, resilience and goal-setting.

Growing and Changing

Codes	Lesson	Key Learning
FPC6, RKR8, OSA4, BS2, BS3, DB1–DB3, HP4	Growing Up and Changing Bodies	Understand puberty and products associated with menstruation.
BS3, DB1, DB2, DB3	Changing Bodies and Feelings	Use correct terminology for external sexual organs and challenge puberty myths.
FPC2, FPC4, RR1–RR4, CAB1	Help, I'm a Teenager!	Recognise physical responses to emotions and develop resilience/help-seeking.
RR1, RR6, RR7, RKR1, RKR6, RKR9, RKR10, RKR11, OSA1, OSA6, WO4, WO8	Stop, Start Stereotypes	Challenge gender stereotypes and recognise online bullying.

YEAR 6

. Me and My Relationships

SCARF lesson	RHSE codes	Health Education codes	Key learning
Assertiveness Skills	CF6, RKR2, RKR4, RKR5, RKR8	—	Assertive behaviours; peer influence and pressure; resisting pressure
Don't Force Me	FPC3, FPC4, FPC5, FPC6, RKR1, RKR5, RKR8, BS3, BS4, BS5, BS6	DB2	Commitment; marriage/civil partnership; freedom to choose relationships
Acting Appropriately	RKR4, RKR5, RKR6, RKR9, BS1–BS7	DB2	Appropriate/inappropriate touch; recognising when physical contact is unacceptable
MyHappyMind – Meet the Brain	—	GW/General wellbeing	How the brain works; feelings; healthy habits; looking after mental wellbeing
PS Wells – Expectations (theirs)	—	GW/General wellbeing	Expectations of secondary school; managing expectations; challenging myths
It's a Puzzle	RKR8, OSA1–OSA6, BS1, BS2, BS4, WO4, WO5, WO8, WO9, WO11	WO/Wellbeing online	Personal information; respectful online communication; sharing images; permanence of online content; seeking help

2. Valuing Difference

SCARF lesson	RHSE codes	Health Education codes	Key learning
Tolerance and Respect for Others	RR1, RR2, RR5, CF4, RKR1, RKR2, RKR5	—	Prejudice; discrimination; diversity; faiths and beliefs; mutual respect
Advertising Friendships!	CF1–CF7, FPC1, FPC4, RKR8, RKR11	GW1	Friendships and acquaintances; positive friendships; different relationships
We Have More in Common Than Not	RKR1, RKR4, RKR5, RKR6, RKR9, OSA1	—	Similarities and differences; bullying; bystander behaviour; supporting others
MyHappyMind – Celebrate	—	General wellbeing	Character strengths; virtues; recognising strengths and areas for growth
Boys Will Be Boys? Challenging Gender Stereotypes	CF4, RKR1, RKR2, RKR5	—	Stereotypes; gender stereotypes; influence of media and digital platforms
PS Wells – Coping with Change	—	GW/General wellbeing	Coping strategies; managing challenges associated with transition to secondary school

3. Keeping Safe

SCARF lesson	RHSE codes	Health Education codes	Key learning
Rat Park	RKR8	GW1, GW2, GW4, GW5, GW6, GW9, GW10, HE4	Addiction; emotional needs; healthy ways of meeting needs
Drugs: It's the Law!	—	DATV1, HE4	Drug laws and reasons for laws
Alcohol: What Is Normal?	—	DATV1, HE4	Alcohol norms, misconceptions, effects and risks
MyHappyMind – Appreciate	—	General wellbeing	Gratitude; positive wellbeing; developing an attitude of gratitude

SCARF lesson	RHSE codes	Health Education codes	Key learning
Think Before You Click!	RKR8, OSA1–OSA6, BS1, WO5, __ WO8, WO9		Online safety, personal information, digital communication and seeking support
To Share or Not to Share?	OSA1–OSA6, BS1–BS6	GW7, WO2, WO4, WO5, WO8, WO10, WO11, DB2	Sharing images; privacy; sexual images of under-18s; online permanence; support

4. Rights and Respect

SCARF lesson	RHSE codes	Health Education codes	Key learning
‘Fakebook’ Friends	RKR8, OSA2, OSA6	GW2, WO5, WO9	Social media age limits; online identity; comparing online and real life
MyHappyMind – Relate	RKR/CF links through relationship development	General wellbeing	Active listening; character strengths; building positive relationships
PS Wells – Navigating	—	General wellbeing	Navigating new surroundings; timetables; systems and routines
PS Wells – Making Friends	CF/RKR	General wellbeing	Making and managing friendships
PS Wells – Structure/Life Changes	—	GW/General wellbeing	Secondary-school routines; managing change

5. Being My Best

SCARF lesson	RHSE codes	Health Education codes	Key learning
Five Ways to Wellbeing Project	CF3, RKR8	GW1, GW2, GW6, WO3, PHF2, PHF3, PHF4, HP1, HP3, HP4	Five ways to wellbeing; healthy lifestyle; applying wellbeing strategies

SCARF lesson	RHSE codes	Health Education codes	Key learning
What's the Risk? (1)	CF2, CF3, CF4, CF6, RKR1, RKR4, RKR5, RKR6, RKR9, OSA1, OSA4–OSA6, BS1, BS5	DATV1	Risk factors; alcohol; online risk; emotional consequences; seeking support
What's the Risk? (2)	FPC1, RKR5, OSA2–OSA4, OSA6, BS1, BS2, BS4	WO7, WO9, DB1	Risk-taking; emotional risks; reducing risk; sharing information safely
MyHappyMind – Engage —		General wellbeing	Reviewing wellbeing strategies; goal setting; developing healthy habits
PS Wells – Structure/Life Changes —		General wellbeing	New routines and managing life changes

6. Growing and Changing

SCARF lesson	RHSE codes	Health Education codes	Key learning
Media Manipulation	RKR1, RKR4, RKR10	OSA2, OSA4–OSA6, WO3, WO8	Stereotypes; media influence; body/behaviour expectations; challenging stereotypes
Pressure Online	—	OSA2–OSA6, BS1, BS3–BS5, WO9, DB2	Sharing images; peer pressure; online influence; perceived norms
Is This Normal?	RKR1, BS6	HE2, DB1, DB2, DB3	Puberty; physical/emotional changes; healthy attitudes to food; FGM; safeguarding
Making Babies	FPC3, FPC4, BS3, BS6, BS7	DB1, DB2, DB3	Puberty and reproduction; fertilisation; legal age of consent
PS Wells – Parent/Carer Support	FPC/RKR	General wellbeing	Communication with parents/carers around transition
PS Wells – WoW	RKR/CF	General wellbeing	Accessing support in secondary school
PS Wells – WoW / Reflection	RKR/CF	General wellbeing	Reflecting on transition; managing thoughts, feelings and emotions
PS Wells – Cross-Aged Teaching	RKR/CF	General wellbeing	Consolidating learning and supporting younger pupils
