



PDW Curriculum Overview

Year ONE Outcomes

- Can discuss and describe a person that is, or people who are, special to them.
- Understands that families can be different.
- Can explain what bullying is, know it is wrong and know what to do if they are being bullied.
- Can discuss how behaviour can affect others, understanding politeness as an important behaviour trait.
- Can list ways to keep themselves safe.
- Can use the internet as a useful tool but understands that some content on the internet can be harmful.
- Knows and understands the NSPCC PANTS rule.
- Can list similarities and differences between boys and girls; naming the main body parts using correct terminology e.g. vagina and penis.
- Knows what makes them special and unique.
- Can describe personal hygiene routines, including the importance of cleaning teeth twice a day.
- Knows that healthy eating and exercise can keep them mentally and physically fit.
- Knows how to call the emergency services in an emergency.
- Knows that some household products and medicines are dangerous.

Families and Friendships	Safe Relationships and Respecting Ourselves and Others	Belonging to a Community
Media literacy and digital resilience	Physical Health and Mental Well Being -inc Money and Work	Growing and Changing Keeping Safe

Year TWO Outcomes

- Can recognise a range of feelings in themselves and others and discuss how to get help from others.
- Demonstrates a secure understanding of different family networks and structures being aware that not all families are/look the same.
- Has a secure understanding of the term 'bullying'.
- Recognises that they live in a diverse world and can celebrate the differences between themselves and others.
- Can identify and name the differences in individual private body parts.
- Understands the difference between mental well-being and physical well-being and can describe different ways to look after mental and physical health.
- Can describe risks to their safety in their immediate environment and knows how to manage them.
- Understands the dangers of household products and medicines.



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- Demonstrates a strong understanding of personal hygiene e.g. hand washing; catch it; bin it; kill it.
- Knows that money can be used for spending and saving.
- Can use the internet as a useful tool but understands that some content on the internet can be harmful.

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Year THREE Outcomes

- Understands why family life is important and the roles different members play or contribute.
- Understands what is meant by personal boundaries and can talk about the rights of a child.
- Can name and understand the feelings associated with different emotions. Is able to use strategies taught to manage feelings.
- Can recognise hurtful behaviour and the impact it may have on others (bullying) both offline and online.
- Recognises that images and information online can be altered or adapted and can list some reasons why this might happen.
- Understands how to report something seen or experienced online that concerns them e.g. images or content that worry them.
- Can explain how laws protect children's rights, keep them safe and the possible consequences of breaking them.
- Understands that mental wellbeing is important and can list things that contribute to their mental well-being (resting, playing and hobbies).
- Can recognise factors that contribute to a healthy and unhealthy lifestyle.
- Can recognise their interests, skills and achievements and how these might link to future jobs.
- Can list potential hazards at home, in school and in the local area.

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Year FOUR Outcomes

- Understands what a healthy friendship is and can build and maintain positive friendships.
- Understands that knowing someone online differs from knowing someone face to face
- Understands the risks associated with strangers (on and off-line).
- Can differentiate between playful teasing, hurtful behaviour, and bullying, including online, knowing how to respond.
- Can recognise differences between people such as gender, race, faith and can verbalise what they have in common with others e.g. shared values, likes and dislikes, aspirations.
- Understands that they belong to different communities as well as the school community and can discuss the different groups that make up and contribute to a community.
- Know how people make different spending decisions based on their budget, values, and needs.
- Can identify a wide range of factors that maintain a balanced, healthy lifestyle; physically and mentally.
- Has a secure understanding of the importance of good oral hygiene and dental health, including how to brush and floss correctly.
- Understands the importance of personal hygiene routines, including washing regularly and using deodorant.
- Can identify external genitalia and reproductive organs and is showing an increasing awareness about the physical and emotional changes during puberty.
- Knows the importance of taking medicines correctly and using household products safely.
- Can identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects.

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Year FIVE Outcomes

- Demonstrates a strong understanding of what makes a healthy friendship, how they make people feel included and strategies to help someone feel included.
- Is aware of strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication.
- Understands that friendships can change over time and the benefits of having new and different types of friends.
- Can identify what physical touch is acceptable, unacceptable, wanted, or unwanted in different situations.
- Understands that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about.



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- Knows the importance of listening and responding respectfully to a wide range of people.
- Understands the term discrimination.
- Knows the importance of protecting the environment and how everyday actions can either support or damage it.
- Can identify different types of media and their different purposes e.g. to entertain, inform, persuade, or advertise me media and online content promote stereotypes.
- Can discuss what might influence people’s decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values.
- Understands how to maintain a sense of well-being (sleep, being outdoors).
- Can manage risk in relation to sun exposure, including skin damage and heat stroke.
- Understands that some diseases can be prevented by vaccinations and immunisations.
- Understands that bacteria and viruses can affect health and can discuss how they can prevent the spread of bacteria and viruses with everyday hygiene routines.
- Is beginning to understand their own personal identity and what contributes to it.
- Can use basic first aid techniques.
- Can discuss the challenges of puberty with a trusted adult.
- Can identify external genitalia and reproductive organs and is showing an increasing awareness about the physical and emotional changes during puberty.
- Demonstrates an understanding that female genital mutilation (FGM) is against British law¹ and what to do and whom to tell if they think they or someone they know might be at risk of FGM.

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Year SIX Outcomes

- Understands what it means to be attracted to someone and the different kinds of loving relationships, how people who love each other can be of any gender, ethnicity, or faith.
- Demonstrates a good understanding of what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults.
- Can recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable.



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- Understands what consent means and how to seek and give/not give permission in different situations.
- Has a secure understanding of what prejudice means and how to differentiate between prejudice and discrimination.
- Knows how and why they need to protect personal information online, identifying potential risks of personal information being misused.
- Can discuss why social media sites have age restrictions, regulations for use and the reasons why some media and online content is not appropriate for children.
- Understands the important part money plays in people's lives.
- Has a secure understanding that mental health is just as important as physical health and that both need looking after.
- Can identify where they and others can ask for help and support with mental wellbeing in and outside school.
- Can address the transition to secondary school and how this may affect their feelings.
- Can identify the links between love, committed relationships and conception.
- Knows what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults.
- Knows how pregnancy occurs i.e. when a sperm meets an egg, and the fertilised egg settles into the lining of the womb.
- Is beginning to understand the laws relating to drugs common to everyday life and illegal drugs.

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