



# The Federation of Middleham (VA) and Spennithorne (VC) CE Primary Schools

Executive Headteacher – Mrs Marie Mann

Blessed is the one who trusts in the Lord, whose confidence is in him.  
 They will be like a tree planted by the water that sends out its roots by the stream.  
 It does not fear when heat comes; its leaves are always green.  
 It has no worries in a year of drought and never fails to bear fruit.

Jeremiah 17: 7 - 8

## Cycle A 2023-2024

Year Group	Autumn 1 Me and My Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Growing and Changing	Summer 2 Being My Best
Reception	All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe	Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe	Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys	Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep
Year 1 & 2	Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends	What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem	Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey	Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special Harold goes camping How can we look after our environment?	Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets Keeping privates private	You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? My body needs... Basic first aid
Year 3 & 4	As a rule Looking after our special people How can we solve this problem? Tangram team challenge (OPTIONAL) Friends are special Thanks Dan's dare My special pet	Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands	Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts Raisin challenge (1)	Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Harold's expenses Why pay taxes? Logo quiz	Relationship tree Body space None of your business! Secret or surprise? My changing body (sperm and egg/periods) Basic first aid	What makes me ME! Making choices SCARF hotel! Harold's Seven Rs My school community Basic first aid Volunteering is cool

<b>Year 5 &amp; 6</b>	<p>Collaboration Challenge! Give and take Communication (OPTIONAL) How good a friend are you? Relationship cake recipe Our emotional needs Being assertive</p>	<p>OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes</p>	<p>Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it? 'Thinking' about habits Drugs: true or false? (OPTIONAL) Smoking: what is normal?</p>	<p>Two sides to every story Fakebook friends What's it worth? Jobs and taxes Happy shoppers - caring for the environment Action stations! Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made Community art</p>	<p><b>(Yr 5 ONLY)</b> How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here! Dear Hetty (OPTIONAL) <b>(Yr 6 ONLY)</b> I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies</p>	<p>This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project</p>
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**Cycle B 2024 - 2025**

Year Group	Autumn 1 Me and My Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Growing and Changing	Summer 2 Being My Best
<b>Reception</b>	<p>All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)</p>	<p>I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend</p>	<p>What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe</p>	<p>Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe</p>	<p>Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys</p>	<p>Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep</p>
<b>Year 1 &amp; 2</b>	<p>Our ideal classroom (1) Our ideal classroom (2) (OPTIONAL) How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that! Bullying or teasing?</p>	<p>Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons</p>	<p>Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?</p>	<p>Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid</p>	<p>A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept</p>	<p>I can eat a rainbow Eat well Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! Harold has a bad day</p>

Year 3 & 4	<p>An email from Harold! Ok or not ok? (part 1) Ok or not ok? (part 2) Human machines Different feelings When feelings change Under pressure</p>	<p>Family and friends My community Respect and challenge Our friends and neighbours Let's celebrate our differences Zeb</p>	<p>Danger, risk or hazard? Picture Wise How dare you! Medicines: check the label Know the norms Keeping ourselves safe Raisin challenge (2)</p>	<p>Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project Can Harold afford it? Earning money</p>	<p>Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid</p>	<p>What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid Volunteering is cool</p>
Year 5 & 6	<p>Working together Let's negotiate Solve the friendship problem Assertiveness skills (formerly Behave yourself - 2) Behave yourself Dan's day Don't force me Acting appropriately It's a puzzle</p>	<p>Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? It could happen to anyone</p>	<p>Think before you click! Traffic lights To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) Joe's story (part 2)</p>	<p>What's the story? Fact or opinion? Rights, responsibilities and duties Mo makes a difference Spending wisely Lend us a fiver! Local councils</p>	<p>(Yr 5 ONLY) How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here! Dear Hetty (Yr 6 ONLY) I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies</p>	<p>This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project</p>