

Citizenship overview – key National Curriculum links

Our Citizenship education includes the National Curriculum requirements for RSHE, Online Safety, PSHE (PSHE is taught, where necessary, dependent on the needs of the pupils) and national initiatives, including but not exclusive to, Anti-Bullying week, Children's Mental Health week, Online Safety Week, Water Safety Week and Road Safety Week.

	Autumn	Spring	Summer
Year 1	<p style="text-align: center;">Autumn 1 - Zones of Regulation Autumn 2 - Community – online safety</p> <ul style="list-style-type: none"> To familiarise and understand the Zones of Regulation system to manage emotions. To understand the importance of promoting general wellbeing and physical health. To understand the range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. To understand how to recognise feelings and use varied vocabulary to talk about their own and others' feelings. To understand how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. To understand the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. To understand that people sometimes behave differently online, including by pretending to be someone they are not. To understand how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. To understand that for most people the internet is an integral part of life and has many benefits. To understand about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. 	<p style="text-align: center;">Relationships- family & friends</p> <ul style="list-style-type: none"> To understand that families are important for children growing up because they can give love, security and stability. To understand the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. To understand how important friendships are in making us feel happy and secure, and how people choose and make friends. To understand that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. 	<p style="text-align: center;">Health & wellbeing – physical health</p> <ul style="list-style-type: none"> To understand the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. To understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. To identify the components of a balanced diet To understand about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. To understand about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. To understand how to make a clear and efficient call to emergency services if necessary. To know about hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. To know how to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.

<p>Year 2</p>	<p>Community – our community</p> <ul style="list-style-type: none"> To understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. To understand the conventions of courtesy and manners. To understand that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. To understand how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. To understand what makes a boy or a girl. 	<p>Relationships- family & friends</p> <ul style="list-style-type: none"> To understand the characteristics and appropriate boundaries in friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc. To understand about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. To understand about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. To understand that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. To understand where to get advice e.g. trusted adult 	<p>Health & wellbeing – understanding my feelings & growing up</p> <ul style="list-style-type: none"> To understand that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. To understand how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. To understand simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
<p>End point KS1</p>	<p>By the end of KS1, pupils will:</p> <ul style="list-style-type: none"> ✓ Understand the importance of healthy family life and friendships. ✓ Understand what bullying is. ✓ Know what privacy and consent is. ✓ Know where to report concerns and seek help. ✓ Know how to behave safely online. ✓ Understand who makes up our community. ✓ Understand the differences between boys and girls. ✓ Know what respect is. ✓ Know how to maintain good physical and mental health and hygiene. ✓ Recognise our different emotions. 		
<p>Year 3</p>	<p>Relationships – what makes a family</p> <ul style="list-style-type: none"> To understand that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. To understand that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. 	<p>Community – our community</p> <ul style="list-style-type: none"> To familiarise and understand the Zones of Regulation system to manage emotions. To understand practical steps they can take in a range of different contexts to improve or support respectful relationships. To understand the conventions of courtesy and manners. To understand that in school and in wider society they can expect to be treated with respect by others, and that in turn they should 	<p>Health & wellbeing – staying healthy</p> <ul style="list-style-type: none"> To understand the characteristics and mental and physical benefits of an active lifestyle, and the risks associated with an inactive lifestyle (including obesity). To understand what constitutes a healthy diet (including understanding calories and other nutritional content). To understand the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and

	<ul style="list-style-type: none"> To understand that change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently. 	<p>show due respect to others, including those in positions of authority.</p> <ul style="list-style-type: none"> To know how to recognise risk and keep safe around roads, railways, including level crossings. 	<p>tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <ul style="list-style-type: none"> To understand about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. To understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. To understand about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. To understand concepts of basic first aid, for example dealing with common head injuries.
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<p>Year 4</p>	<p>Relationships – healthy friendships and first aid</p>	<p>Community – online safety</p>	<p>Health & wellbeing – understanding my feelings</p>
	<ul style="list-style-type: none"> To familiarise and understand the Zones of Regulation system to manage emotions. To understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. To understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. To understand practical steps they can take in a range of different contexts to improve or support respectful relationships. To understand the importance of self-respect and how this links to their own happiness. To understand the importance of permission-seeking and giving in relationships with friends, peers and adults. To know how to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. 	<ul style="list-style-type: none"> To understand that people sometimes behave differently online, including by pretending to be someone they are not. To understand that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection. To understand the impact of their online behaviour on others, and how to recognise and display respectful behaviour online. To understand that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing, and how to report concerns. To understand how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the 	<ul style="list-style-type: none"> To understand that mental wellbeing is a normal part of daily life, in the same way as physical health. To understand that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. To understand how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. To understand it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

	<ul style="list-style-type: none"> To know the concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries. To know how to recognise risk and keep safe around water, including the water safety code (SWIMMING LESSONS). 	<p>importance of keeping personal information private. To know that they have rights in relation to sharing personal data, privacy and consent.</p> <ul style="list-style-type: none"> To understand that abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults. 	
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<p>End point LKS2</p>	<p>By the end of LKS2, pupils will:</p> <ul style="list-style-type: none"> ✓ Understand families are different and respect that. ✓ Be respectful of all differences in people, including physical, character, background and beliefs. ✓ Understand how to seek and give permission. ✓ Gain the skills to repair issues in friendship. ✓ Know how to treat others and expect to be treated with respect. ✓ Understand the impact of in person and online bullying on wellbeing. ✓ Understand that negativity occurs online. ✓ Know that personal information should be kept private. ✓ Identify poor, hygiene, diet and health risks and know how to improve it.
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<p>Year 5</p>	<p>Relationships – what makes a family</p> <ul style="list-style-type: none"> To familiarise and understand the Zones of Regulation system to manage emotions. To understand that marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong. To understand how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. To understand about the concept of privacy and the implications of it for both children and adults, including that it is not always right to keep secrets if they relate to being safe. To recognise when a relationship is harmful, and understand how to report concerns or abuse, and the vocabulary and confidence needed to do so. To understand where to get advice e.g. family, school and/or other sources. To understand that change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently. 	<p>Health & wellbeing – Physical wellbeing</p> <ul style="list-style-type: none"> To understand the principles of planning and preparing a range of healthy meals. To understand the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). To understand the importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn. To know about dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular check-ups at the dentist. To understand the importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity. 	<p>Health & wellbeing – Summer 1- Money Summer 2- Puberty</p> <ul style="list-style-type: none"> To understand why money is important, how to budget and that not everybody has the same amount of money. To understand why social media, some apps, computer games and online gaming, including gambling sites, are age restricted. To know the risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive. To understand that our personal details can be used to make money, and target us with advertising. To understand how different groups have their own motivations. To understand the information they find online, including from search engines, and know how information is selected and targeted. To understand key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
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	<ul style="list-style-type: none"> To know where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). 	<ul style="list-style-type: none"> To know how and when to seek support including which adults to speak to in school if they are worried about their health. To understand the importance of a healthy relationship with food. To understand the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. Also nicotine addiction in products such as pouches. To understand how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. To understand the facts and science relating to allergies, immunisation and vaccination. 	<ul style="list-style-type: none"> To know the correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts. To understand that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. To know the facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.
<h2>Year 6</h2>	<h3>Relationships – healthy friendships</h3> <ul style="list-style-type: none"> To understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. To understand how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.. To understand the importance of self-respect and how this links to their own happiness. To understand what a stereotype is, and how stereotypes can be unfair, negative or destructive. To understand the importance of permission-seeking and giving in relationships with friends, peers and adults. To understand isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. To understand the importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults. To understand how to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; 	<h3>Health & wellbeing – Mental wellbeing</h3> <ul style="list-style-type: none"> To familiarise and understand the Zones of Regulation system to manage emotions. To understand where to get advice e.g. family, school and/or other sources. To understand how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. To understand simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. To understand that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. To understand where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). To understand it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	<h3>Community – our community, online safety and Growing Up</h3> <ul style="list-style-type: none"> To understand the conventions of courtesy and manners To understand what prejudice is and the history of prejudice, and what to do if you encounter it. To know and understand how to be a great citizen. To know what makes us feel like we belong. To understand what it means to be British. <p>Online Safety:</p> <ul style="list-style-type: none"> To understand how to protect our identity. To understand the dangers for young people online To be able to analyse digital content. To understand that not everything they read is true or without bias. To understand how to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them. <p>Growing up: (optional SRE)</p> <ul style="list-style-type: none"> To know internal sex organs and use correct names of body parts including the penis, vulva, vagina, testicles, scrotum, nipples.

End point UKS2

how to manage feelings, including disappointment and frustration.

- To discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.

- To know basic facts about what happens during sex.
- To know the law states they should not have sex until 16 years old and have given consent.

By the end of UKS2, pupils will:

- ✓ Recognise how and where to seek help if any relationship is making them unhappy or they wish to report concerns.
- ✓ Know the concept of privacy and the impact of keeping secrets.
- ✓ Know their body belongs to them and the differences in contact.
- ✓ Understand how to trust others appropriately and manage conflict.
- ✓ Identify triggers and harmful substances which negatively impact their health, hygiene and wellbeing; and how to identify illness early.
- ✓ Understand self-care techniques.
- ✓ Understand the long-lasting impact that bullying has on wellbeing and how to seek support if they are worried about themselves or others.
- ✓ Understand changes in puberty and menstrual wellbeing.
- ✓ Understand concept of prejudice and belonging.
- ✓ Analyse digital content and understand bias online.
- ✓ Understand how to spend money effectively.