

Autumn 1 A Victorian Education	Autumn 2 What Price Progress?	Spring 1 Our Place in Space	Spring 2 Highgate N6	Summer 1 Benin - An African Kingdom	Summer 2 A Village School
<ul style="list-style-type: none"> • To build upon knowledge around maintaining a healthy lifestyle (including the benefits of a balanced diet and exercise) • Understand link between health eating and positive mental health • To build upon understanding of the spread of bacteria and disease • To know the risks associated with smoking 	<ul style="list-style-type: none"> • Understand about children's rights - embracing difference and challenging stereotypes • To have an understanding of issues surrounding positive body image, how to achieve this. • To have an understanding of the importance of mental 'health' 	<ul style="list-style-type: none"> • To be aware of different types of relationships, including marriage, friendship and families. • Skills that develop effective relationships are discussed 	<ul style="list-style-type: none"> • To understand the nature and consequences of racism, teasing, bullying, cyber bullying and aggressive behaviours, how to respond to them and who to ask for help 	<ul style="list-style-type: none"> • To understand how the body changes as children reach puberty • To recognise, as they reach puberty, how emotions can change and how to deal with their feelings towards themselves and others in a positive way • To know the key male and female body parts associated with conception and pregnancy. • To recognise what kind of physical contact is acceptable or unacceptable • To understand about menstruation • To understand that wet dreams are a natural/normal part of growing up 	<ul style="list-style-type: none"> • Define conception and understand the importance of implantation in the womb. • To understand what pregnancy is, where it occurs and how long it takes