

St. Catherine's C of E Primary School
PSHE—SEAL Planning KS1

	Autumn 1 New Beginnings	Autumn 2 Getting on falling out	Spring 1 Going for goals	Spring 2 Good to be me	Summer 1 Relationships	Summer 2 changes
Year One	<p>Belonging, self-awareness, managing my feelings, understanding others' feelings, making choices, understanding rights/responsibilities.</p> <p>1a - recognise what they like/dislike, fair/unfair, right/wrong.</p> <p>1b - share opinions and explain views.</p> <p>1c - recognise, name and deal with feelings in a positive way.</p> <p>2a-take part I discussions one-to-one and whole class.</p> <p>2b - debate topical issues.</p> <p>2c - recognise choices make recognise difference between right /wrong.</p> <p>2d - agree and follow rules for group/class and understand how they help.</p> <p>2e - Contribute to the life of the class/school.</p> <p>3a - Recognise how behaviour affects others.</p> <p>3b - Listen to others, work/ play co-operatively.</p> <p>4b Listen to others play and work co-operatively.</p> <p>4c - identify/respect peoples differences.</p>	<p>Friendship, seeing things from another point of view, working together, managing feelings (anger), resolving conflict.</p> <p>1a - recognise what they like/dislike, fair/unfair, right/wrong.</p> <p>1c - recognise, name and deal with feelings in a positive way.</p> <p>1d - To think about themselves, learn from experiences, recognise what good at.</p> <p>1e - To know how to set a simple goal.</p> <p>4a - recognise how their behaviour affects others.</p> <p>Care about others feelings see from their point of view.</p>	<p>Knowing myself, setting realistic goals, planning to reach goals, persistence, making choices, evaluation & review.</p> <p>1c - recognise, name deal with feelings positively.</p> <p>1d - think about themselves, learn from experience, recognise what good at.</p> <p>1e - To know how to set a simple goal.</p> <p>4a - recognise how their behaviour affects others.</p> <p>Care about others feelings see from their point of view.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, standing up for myself, making choices.</p> <p>1c - recognise, name and deal with feelings in a positive way.</p> <p>1d - To think about themselves, learn from experiences, recognise what good at.</p> <p>1e - how set simple goals.</p> <p>1h - to contribute to life of class/school.</p> <p>4b - Listen to others play and work co-operatively.</p> <p>4c - identify/respect peoples differences.</p> <p>4g - consider social/moral dilemmas in everyday lives.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, understanding the feelings of others.</p> <p>1a - recognise what they like/dislike, fair/unfair, right/wrong.</p> <p>1b - share opinions and explain views.</p> <p>1c - recognise, name and deal with feelings in a positive way.</p> <p>1d - think about themselves, learn from experience, recognise what good at.</p> <p>4a - recognise how their behaviour affects others.</p> <p>Care about others feelings see from their point of view.</p> <p>4c - identify/respect peoples differences.</p> <p>4d - Family/friends should care for eachother.</p> <p>4e - realise nature/ consequences racism/ bullying how respond ask help.</p> <p>4f - Differences/similarities due to cultural, ethnic, racial, religious , gender, disability.</p> <p>4g - Where get help support from.</p>	<p>Knowing myself, planning to reach a goal, making choices.</p> <p>1c - recognise, name deal with feelings positively.</p> <p>1d - To think about themselves, learn from experiences, recognise what good at.</p> <p>1e - how to set a simple goal.</p> <p>2a-take part I discussions one-to-one and whole class.</p> <p>2c - recognise choices make recognise difference between right /wrong.</p> <p>4a - recognise how their behaviour affects others.</p> <p>Care about others feelings see from their point of view.</p> <p>4c - identify/respect peoples differences.</p>
	Class code Unit 1Taking Part	Science QCA growth Hygiene hand washing.	Unit 5 Diverse World	Unit 6 Link to geography	Healthy eating/hygiene Unit 4 People who help us. Make local environment safe. Link to geography and DT.	Road safety Unit 5 Diverse World

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Year Two	<p>Belonging, self-awareness, managing my feelings, understanding others' feelings, making choices, understanding rights/responsibilities.</p> <p>1a - recognise what they like/dislike, fair/unfair, right/wrong. 1b - share opinions and explain views. 1c - recognise, name and deal with feelings in a positive way. 1d - How to set a simple goal. 2a-take part I discussions one-to-one and whole class. 2b - debate topical issues. 2c - recognise choices make recognise difference between right /wrong. 2d - agree and follow rules for group/class and understand how they help. 2e - Contribute to the life of the class/school. 3a - Recognise how behaviour affects others. 3b - Listen to others, work/play co-operatively. 4b - Family/friends should care for eachother. 4c - identify/respect peoples differences.</p>	<p>Friendship, seeing things from another point of view, working together, managing feelings (anger), resolving conflict.</p> <p>1a - recognise what they like/dislike, fair/unfair, right/wrong. 1c - recognise, name and deal with feelings in a positive way. 1d - To think about themselves, learn from experiences, recognise what good at. 1e - how set simple goals. 2c - recognise choices make recognise difference between right /wrong. 2h - contribute to life class/school. 4a - Recognise behaviour affects others. Care about others feelings see things their point of view. 4b - Listen to others play and work co-operatively. 4c - identify/respect peoples differences. 4d - Family/friends should care for eachother.</p>	<p>Knowing myself, setting realistic goals, planning to reach goals, persistence, making choices, evaluation & review.</p> <p>1c - recognise, name deal with feelings positively. 1d - think about themselves, learn from experience, recognise what good at. 1e - To know how to set a simple goal. 4a - recognise how their behaviour affects others. Care about others feelings see things from their point of view.</p>	<p>.Knowing myself, understanding my feelings, managing my feelings, standing up for myself, making choices.</p> <p>1c - recognise, name and deal with feelings in a positive way. 1d - To think about themselves, learn from experiences, recognise what good at. 3d - the process of growing older and how peoples needs change.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, understanding the feelings of others.</p> <p>1a - recognise what they like/dislike, fair/unfair, right/wrong. 1b - share opinions and explain views. 1c - recognise, name and deal with feelings in a positive way. 1d - think about themselves, learn from experience, recognise what good at. 4a - recognise how their behaviour affects others. Care about others feelings see from their point of view. 4c - identify/respect peoples differences. 4d - Family/friends should care for eachother. 4e - realise nature/ consequences racism/ bullying how respond ask help. 4f - Differences/similarities due to cultural, ethnic, racial, religious , gender, disability. 4g - Where get help support from.</p>	<p>Knowing myself, planning to reach a goal, making choices.</p> <p>1c - recognise, name deal with feelings positively. 1d - To think about themselves, learn from experiences, recognise what good at. 1e - how to set a simple goal. 2a-take part I discussions one-to-one and whole class. 2c - recognise choices make recognise difference between right /wrong. 4a - recognise how their behaviour affects others. Care about others feelings see from their point of view. 4c - identify/respect peoples differences.</p>
	Class code Unit 1 Taking Part move on from Year One.	Drug education Link to science drug/ electrical safety.	Fire safety Liaison Officer Link to history.	Unit 5 Diverse World	Charities project	Unit 2 Making choices Unit 3 Animals and us.

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PSHE—SEAL Planning KS2

	Autumn 1 New Beginnings	Autumn 2 Getting on falling out	Spring 1 Going for goals	Spring 2 Good to be me	Summer 1 Relationships	Summer 2 changes
Year Three	<p>Belonging, self-awareness, understanding my feelings, understandings the feelings of others, managing my feelings, social skills, making choices, understanding rights and responsibilities.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2b - why & how rules laws made & enforced. Why need rules to suit situation how to help make/change rules.</p> <p>2d - there are different kinds responsibilities, rights, duties at home/school/community they can conflict.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4d - realise nature and consequences racism, teasing, bullying, aggressive behaviours and how to respond to them ask for help.</p>	<p>Friendship, seeing things others' point of view, working together, managing feelings (anger), resolving conflict.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>2f - Resolve differences by looking at alternatives, make decisions, explain choice.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4f - Differences/similarities between people arise from a number of factors, cultural, ethnic, racial, religious, gender, disability.</p>	<p>Knowing myself, setting realistic goals, planning to reach goals, persistence, making choices, evaluation & review.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>2f - Resolve differences by looking at alternatives, make decisions, explain choice.</p> <p>3e - to recognise the different risks in different situations and how to behave responsibly.</p>	<p>.Knowing myself, understanding my feelings, managing my feelings, standing up for myself.</p> <p>1a - talk and write about opinions explain their views issues affect themselves society.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, understanding the feelings of others, social skills, making choices.</p>	<p>Knowing myself, understanding my feelings, understanding the feelings of others, managing my feelings, planning to reach a goal, belonging to a community.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>2i - to appreciate the range of national, regional, religious, and ethnic identities in the UK.</p>
	Unit 8 rules belonging confidence	P.E. team skills rules. Unit 1 taking part in the community.	Link to science healthy eating health and safety. P.E. exercise Circle time discussion.	Link P.E. team games Circle time Unit 5 Diverse world.	Circle time Unit 5 diverse world.	Link to history settlers. Unit 11 Media.

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Year Four	<p>Belonging, self-awareness, understanding my feelings, understandings the feelings of others, managing my feelings, social skills, making choices, understanding rights and responsibilities.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2b - why & how rules laws made & enforced. Why need rules to suit situation how to help make/change rules.</p> <p>2d - there are different kinds responsibilities, rights, duties at home/school/community they can conflict.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4d - realise nature and consequences racism, teasing, bullying, aggressive behaviours and how to respond to them ask for help</p>	<p>Friendship, seeing things others' point of view, working together, managing feelings (anger), resolving conflict.</p> <p>1a - Talk/write about opinions, explain their views, issues affect themselves and society.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2a - Research, discuss and debate issues/problems/events.</p> <p>2c - Realise consequences anti-social aggressive behaviours, such as bullying racism on individuals and communities.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>2f - Resolve differences by looking at alternatives, making decisions and explaining choices.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4f - diffs/similarities of people due to cultural/ethnic/racial/religious diversity/gender/disability.</p>	<p>Knowing myself, setting realistic goals, planning to reach goals, persistence, making choices, evaluation & review.</p> <p>1a - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - face new challenges positively by collecting info, looking for help, making reasonable choices, taking action.</p> <p>3e - to recognise the different risks in different situations and how to behave responsibly.</p> <p>4a - recognise how actions affect themselves/others, care about other's feelings, see things from others point of view.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, standing up for myself.</p> <p>1a - talk and write about opinions explain their views issues affect themselves society.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, understanding the feelings of others, social skills, making choices</p> <p>.1a - talk/write about opinions. Explain views issues that affect themselves/society.</p> <p>1b - recognise worth as indivds identify positive things about selves their achievements. See mistakes make amends set personal goals.</p> <p>1c - face new challenges positively by collecting info, making responsible choices, taking actions.</p> <p>1d - puberty changes emotions how to deal with feelings positively.</p> <p>3a - healthy lifestyle benefits exercise/healthy eating. What affects mental health make informed choices.</p> <p>3b - bacteria viruses affect health simple routines can reduce their spread.</p> <p>3g - School rules re health safety basic emergency aid procedures and where to get help.</p>	<p>Knowing myself, understanding my feelings, understanding the feelings of others, managing my feelings, planning to reach a goal, belonging to a community.</p> <p>1a - talk and write about opinions explain their views issues affect themselves society.</p> <p>1c - face new challenges positively by collecting info, looking for help, making reasonable choices, taking action.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>3d - which commonly available substances/drugs are legal and illegal. Their effects/risks.</p> <p>3e - recognise the risks in different situations. Decide how to behave responsibly. Road use/acceptable bodily contact</p>
	Link to history Unit 10 local democracy (Unit 8)	Unit 7 Children's rights/human rights.	Unit 7 as before.	Fire safety Liaison Officer.	Unit 2 Making choices Link P.E. exercise/hygiene	Drug education.

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Year Five	<p>Belonging, understanding my feelings, managing my feelings, understandings the feelings of others, social skills, making choices, understanding rights and responsibilities.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2b - why & how rules laws made & enforced. Why need rules to suit situation how to help make/change rules.</p> <p>2e - Reflect on spiritual, moral, social, cultural issues imagine others' experience.</p> <p>3a - actions affect themselves and others, care about others feelings, see others points of view.</p> <p>3b - Be aware different types relationships, including marriage, friends, family, develop skills to be effective in relationships.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p>	<p>Friendship, seeing things others' point of view, working together, managing feelings (anger), resolving conflict.</p> <p>2a - Research, discuss and debate issues/problems/ events.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>2f - Resolve differences by looking at alternatives, making decisions and explaining choices.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p>	<p>Knowing myself, setting realistic goals, planning to reach goals, persistence, making choices, evaluation & review.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, making choices.</p> <p>1a - talk and write about opinions explain their views issues affect themselves society.</p> <p>1d - Recognise as approach puberty how feelings change and how to deal with feelings towards selves/family/others positively.</p> <p>2f - Resolve differences by looking at alternatives, making decisions and explaining choices.</p> <p>3e - o recognise the different risks in different situations and how to behave responsibly.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, understanding the feelings of others, social skills, making choices.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1d - Recognise as approach puberty how feelings change and how to deal with feelings towards selves/family/others positively.</p> <p>2e - Reflect on spiritual, moral, social, cultural issues imagine others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4d - realise nature and consequences racism, teasing, bullying, aggressive behaviours and how to respond to them ask for help</p> <p>4e - recognise and challenge stereotypes.</p>	<p>Knowing myself, understanding my feelings, understanding the feelings of others, managing my feelings, belonging to a community.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2e - Reflect on spiritual, moral, social, cultural issues imagine others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4b - Think about lives others in other places/times and people different values/customs.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4f - differences/similarities of people due to cultural/ethnic/racial/religious diversity/gender/disability.</p>
	<p>Geography uses water/ environment.</p> <p>Link history social reform</p> <p>Unit 1 Taking part.</p>	<p>Personal statements</p> <p>Unit 8 Rules and laws.</p>	<p>Unit 5 Diverse world.</p>	<p>Unit 5 Diverse world.</p>	<p>Sex education school nurse.</p>	<p>Unit 1 Taking part</p>

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Year Six	<p>Belonging, understanding my feelings, managing my feelings, understandings the feelings of others, social skills, making choices, understanding rights and responsibilities.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2b - why & how rules laws made & enforced. Why need rules to suit situation how to help make/change rules.</p> <p>2e - Reflect on spiritual, moral, social, cultural issues imagine others' experience.</p> <p>3a - actions affect themselves and others, care about others feelings, see others points of view.</p> <p>3b - Be aware different types relationships, including marriage, friends, family, develop skills to be effective in relationships.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p>	<p>.Friendship, seeing things others' point of view, working together, managing feelings (anger), resolving conflict.</p> <p>2a - Research, discuss and debate issues/problems/events.</p> <p>2c - Realise consequences antisocial, aggressive behaviours such as bullying/racism on individuals/communities.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>2f - Resolve differences by looking at alternatives, making decisions and explaining choices.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4d - realise nature and consequences racism, teasing, bullying, aggressive behaviours and how to respond to them ask for help</p> <p>4e - recognise challenge stereotypes.</p> <p>4f - diffs/similarities of people due to cultural/ethnic/racial/religious diversity/gender/disability.</p>	<p>Knowing myself, setting realistic goals, planning to reach goals, persistence, making choices, evaluation & review.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, making choices.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>3f - may be pressured to behave in an unacceptable/risky way by people you know. How to resist pressure and ask for help.</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p>	<p>Knowing myself, understanding my feelings, managing my feelings, understanding the feelings of others, social skills, making choices.</p> <p>2a - Research, discuss and debate issues/problems/events</p> <p>2e - reflect on spiritual, moral, social, cultural issues. Understand others' experience.</p> <p>3e - recognise the risks in different situations. Decide how to behave responsibly. Road use/ acceptable bodily contact</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4b - Think about lives others in other places/times and people different values/customs.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4f - differences/similarities of people due to cultural/ethnic/racial/religious diversity/gender/disability.</p>	<p>Knowing myself, understanding my feelings, understanding the feelings of others, managing my feelings, belonging to a community.</p> <p>1b - recognise their worth, identify positive things re themselves their achievements. See mistakes, make amends, set personal goals.</p> <p>1c - to face new challenges positively, collect info, seek help, make responsible choices, take action.</p> <p>2e - Reflect on spiritual, moral, social, cultural issues imagine others' experience.</p> <p>4a - understand actions affect themselves/others. Care about others feelings and see things from their point of view.</p> <p>4b - Think about lives others in other places/times and people different values/customs.</p> <p>4c - aware different types relationship marriage/friends/families. Develop skills have effective relationships.</p> <p>4f - differences/similarities of people due to cultural/ethnic/racial/religious diversity/gender/disability.</p> <p>3d - which commonly available substances/drugs are legal and illegal. Their effects/risks.</p> <p>3e - recognise the risks in different situations. Decide how to behave responsibly. Road use/ acceptable bodily contact</p>
	Class code Unit 10 Local democracy.	Own resources 4bcde Unit 11 Media	Answers book 2 Unit 2 Making choices Unit 5 diverse world	Fire safety Answers book 2	Answers book 2 Sex education	Lung puppets The bag video Police Liaison Officer Answers book 2 units 5, 12, 13.