



The Cornwall Independent School

2026/2027



Year Group	Autumn		Spring		Summer	
Year 1/2	<u>Autumn 1</u> Mental health and well being. Noticing and naming feelings. Different distractions. Changing thoughts and feelings. Managing unhelpful thoughts. Reactions and responses. Managing change, loss and grief.	<u>Autumn 2</u> Keeping safe online Making safe choices about what the children watch and share online. Watching videos, sharing pictures, playing games, making good viewing choices and keeping viewing choices safe.	<u>Spring 1</u> Me, my body and staying safe Changing and growing up. Pupils are introduced to the names of the private body parts, including genitalia, and learn how the talk PANTS rules can help to keep children safe.	<u>Spring 2</u> Money and work Exploring people's strengths and interests and what this means for the jobs they might choose. Exploring the difference between needs and wants and how jobs can help people earn money.	<u>Summer 1</u> Keeping safe outside the home Road and rail safety. Getting help in an emergency. Water safety. Caring for the environment.	<u>Summer 2</u> Looking back and moving on Consolidating learning. Foundations for wellbeing. Embracing change and new challenges.
Year 3/4	<u>Autumn 1</u> Me my friends and belonging Friendship and respect. What makes a healthy relationship and recognising unhealthy relationships. Changing friendships and making new friendships.	<u>Autumn 2</u> Mental Health and Wellbeing Exploring emotions, understanding distraction and managing thoughts and emotions. Managing worries and managing responses in different situations.	<u>Spring 1</u> Building Healthy Habits Healthy eating and drinking habits. Exploring dental health. Understanding the benefits of regular physical activity.	<u>Spring 2</u> Making Choices online Creating and managing passwords. Protecting your devices. Making choices about what we watch online, understanding age ratings. Understand how some games can charge for playing and ways to avoid being scammed.	<u>Summer 1</u> Keeping safe out and about Sun safety Road and rail safety. Water safety. Canals and rivers Flood alert.	<u>Summer 2</u> Looking out for each other St Johns Ambulance First Aid Allergies Stings Calling for help

Year 5/6	<u>Autumn 1</u> Mental health and well being. Regulating emotions, managing distractions, developing positive habits. Managing ruminations and worry. Managing stress. Change, loss and grief	<u>Autumn 2</u> Money and wellbeing Money and emotional wellbeing. Bring a critical consumer. Exploring risk in relation to gambling. Online financial harms. Spending influences. Wellbeing and support	<u>Spring 1</u> Drug Education Medicines Legal and illegal drugs Influences and pressure Tobacco, vaping and alcohol in the media.	<u>Spring 2</u> Developing our understanding of AI What is AI? How does it affect our rights? What is an AI chatbox? Digital deception - understanding deepfakes. The impact of generative AI and the ethics of AI images.	<u>Summer 1</u> Changes in Puberty Puberty recap Managing change and independence. Positive, healthy relationships. How a baby is made (letters must go home prior to this unit and parents have the right to withdraw pupils)	<u>Summer 2</u> Looking to the future Job skills, choosing a career, career routes Embracing change of moving into the secondary school phases.
Secondary Phase						
Year 7	<u>Autumn 1</u> Emotional wellbeing: managing change and transition Thriving in secondary school. Goal setting. Managing emotions, managing reactions. Developing positive thinking habits. Managing rumination and worry. Managing tension and stress.	<u>Autumn 2</u> Friendship and bullying Friendship and empathy. Bullying and bystanders. Friendship challenges. Similarities, differences and peer influence. Coercive friendships.	<u>Spring 1</u> Families and changing relationships Understanding changing relationships. Roles in the family. Managing change, loss and grief. Learning about family courts.	<u>Spring 2</u> Puberty and keeping safe Puberty and emotional changes. Menstrual wellbeing. Testicular health. Taking care of the vulva. Making disclosures. FGM- keeping safe (this may be better covered in a later year- highlight if not covered)	<u>Summer 1</u> Influences on relationships Healthy and unhealthy relationships. Managing conflict. Introduction to consent. Making choices- deciding what to watch. Relationships on-screen. Managing challenging content.	<u>Summer 2</u> Financial Decisions Making spending decisions. Budgeting. Getting a job. The impact of inflation. The critical consumer. Decision making- budgeting for a summer holiday.

Year 8	<u>Autumn 1</u> Health and well being. Making healthy choices. Dental health. Physical activity. Healthy sleep habits. Climate change and wellbeing.	<u>Autumn 2</u> Personal Safety and managing risk Firework safety Staying safe on the roads Canal and river trust-water safety First Aid-British Heart Foundation-RevivR Drug education-understanding drugs, tobacco and nicotine. Alcohol and risk.	<u>Spring 1</u> Belonging and Community Identity and community Bias and stereotypes Discrimination and the protected characteristics Values and constrictive disagreement Diverse and supportive communities. HPV and the HPV vaccine education. (taught before vaccination team are in school in February)	<u>Spring 2</u> The online World Online financial harms. Phones and financial risk. Gaming, social media and algorithms, learning about the pressure to spend online. Money matters- how to seek help and support. Exploring online influences and algorithms.	<u>Summer 1</u> Healthy and Unhealthy relationships NSPCC unit covering- healthy relationships, sexualised media, safer online relationships, sexual harassment and harmful sexual behaviour, sharing of nudes , consent and ways to prevent gender-based violence.	<u>Summer 2</u> Managing Money How to open a bank account. Reading a bank statement. How to save money and how to use a bank card. Ways to manage debt and decision making around areas of banking.
Year 9	<u>Autumn 1</u> Mental Health and well being. Managing strong emotions. Managing distractions, disappointments and setbacks. Exploring unhealthy strategies. Healthy coping strategies.	<u>Autumn 2</u> Careers and future choices Navigating work, study and careers. Exploring career interests. Looking at work patterns and workplaces. Managing pressure and where to seek support. Preparing for GCSE options. Careers education- Opportunities, strengths and managing online presence.	<u>Spring 1</u> Drug Education Developing skills to manage situations involving alcohol, vapes or other substances. Lessons will focus on vaping , exploring attitudes around drugs, the law and managing risk , alcohol and cannabis and managing influence.	<u>Spring 2</u> Managing risk in relation to the law Learning about serious and organised crime. Exploring the causes and effects of cybercrime. Learning ways to stay safe using initiative- ACT for youth- Run, hide, tell scenarios.	<u>Summer 1</u> Intimate sexual relationships Learning about Consent and healthy, safe sexual relationships including using contraception. Learning about managing the ending of relationships.	<u>Summer 2</u> Navigating online harms Exploring online harms young people who may be exposed to, including sharing nudes. Understanding deepfakes and manipulated images including ways to tackle deepfakes. Thinking critically about misogyny, exploring harms and misconceptions and ways to respond to misogyny.

Year 10	<u>Autumn 1</u> Navigating the online world The impacts and risks of AI and digital technologies. Learning about misinformation, deepfakes and sharing images.	<u>Autumn 2</u> Independence, health choices and wellbeing Developing study skills Healthy life choices including diet/ physical activities and the importance of sleep. Women's wellbeing- menstruation. Understanding testicular cancer. Breast cancer awareness, signs, symptoms and self evaluation.	<u>Spring 1</u> Friendship, diversity and challenging extremism. Recognising and challenging bullying behaviour. Valuing diversity. Understanding and preventing extremism. Learning how and why people are drawn into extremist groups.	<u>Spring 2</u> Managing Influence Evaluate online content. Thinking critically about misogyny. Learning how to safely challenge misogynistic beliefs and attitudes. Online financial harms- gambling , controlled and uncontrolled spending online. Learning about financial exploitation.	<u>Summer 1</u> Exploring consent and recognising abuse. Learning about Consent, the impact of pornography. Learning about pressure, persuasion and coercion. Relationship rights and reporting abuse.	<u>Summer 2</u> Study, work and careers Navigating work, study and careers. Identifying career preferences and mapping a career path. Preparing for and reflecting on work experience.
Year 11	<u>Autumn 1</u> Life-long wellbeing Mental health and wellbeing. Managing distractions Seeking help and support. Managing stress and tension. Managing change, loss and grief.	<u>Autumn 2</u> Drugs and personal safety Drug education- assessing risk, managing influence and seeking help. Gangs- managing risks and staying safe. Learning about police strategies to tackle violence against women and girls.	<u>Spring 1</u> Safe relationships and sexual health Healthy and unhealthy relationships. Power and control. Setting boundaries and getting help. Learning about choices related to sex and contraception. Sexual health	<u>Spring 2</u> Families, fertility and pregnancy Long term commitments, legal status of marriage, parenting. Pregnancy outcomes and choices.	<u>Summer 1</u> Managing and maintaining health Body modifications- tattoos, piercings, sunbeds and cosmetic procedures. St John's ambulance basic life support skills. Exploring blood, organ and stem cell donation.	<u>Summer 2</u> GCSE exams