

Curriculum intent (overview) – To deepen students' skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.

Class - **Discovery Curriculum** - *Subjects/Lessons weekly*

6.7D

Year	2026 – 2027 Autumn 1	2026 – 2027 Autumn 2	2026 – 2027 Spring 1	2026 – 2027 Spring 2	2026 – 2027 Summer 1	2026 – 2027 Summer 2
2026- 2027	<u>Topic:</u> Self-Awareness <u>Focus:</u> Self-awareness; behaviour; friendships; relationships; working with others <u>Suggested Key Questions:</u> • <u>What things am I good at?</u> • <u>What are kind and unkind behaviours?</u> • <u>How can we work and play together?</u> • <u>Who are the people who are special to us?</u>	<u>Topic:</u> The World We Live In <u>Focus:</u> Communities; diversity; jobs; rules and laws; the environment; money <u>Suggested Key Questions:</u> • How do we respect people's differences? • What jobs do people do, and how do they help others? • What are rules and laws, and why are they important?	<u>Topic:</u> Changing and Growing <u>Focus:</u> Growing and changing; puberty; relationships; personal boundaries <u>Suggested Key Questions:</u> • What is the difference between a baby and an adult? • What changes happen during puberty? • What is appropriate touch, and how can I tell if something	<u>Topic:</u> Managing Feelings <u>Focus:</u> Feelings and emotions; emotional wellbeing; self-regulation; expressing feelings <u>Suggested Key Questions:</u> • What feelings can I identify? • How can I express my feelings? • What are strong feelings? • How can I manage strong feelings?	<u>Topic:</u> Self-Care, Support and Safety <u>Focus:</u> Self-care; personal safety; trust; online safety; public and private <u>Suggested Key Questions:</u> • How do we take care of ourselves? • How do we keep safe? • What is trust? • How do we keep safe online? • What is public? • What is private?	<u>Topic:</u> Healthy Lifestyles <u>Focus:</u> Healthy eating; physical health; wellbeing; self-care <u>Suggested Key Questions:</u> • What is healthy eating? • How can I take care of my physical health? • What can I do when I do not feel well? • Why is exercise and physical activity important? • How do sleep, rest, and hygiene

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• <u>How can we get on well with others?</u> • <u>How can I be a kind friend and member of a group?</u> <u>Key Skills and Knowledge:</u> <u>Intended Knowledge:</u> <u>Understanding that everyone has unique strengths, interests, and abilities</u> <u>Recognising the difference between kind and unkind behaviour</u> <u>Knowing how positive relationships help us work and play together</u> <u>Understanding who the important</u>	• <u>How can we care for the environment?</u> • <u>How do we belong to a community?</u> • <u>What can we do with money?</u> <u>Key Skills and Knowledge:</u> <u>Intended Knowledge:</u> <u>Understanding that people live in different communities and have different beliefs, backgrounds, and interests</u> <u>Recognising the importance of respecting differences and treating others fairly</u> <u>Knowing that people have</u>	<u>makes me feel uncomfortable?</u> • <u>What different relationships do people have in their lives?</u> • <u>How can I respect my own body and the bodies of others?</u> • <u>Who can I talk to if I have questions or worries about growing up?</u> <u>Key Skills and Knowledge:</u> <u>Intended Knowledge:</u> <u>Understanding that people grow and change throughout their lives</u> <u>Recognising the differences between babies, children, teenagers, and adults</u>	• <u>How do my feelings affect my behaviour?</u> • <u>Who can help me when I am finding my feelings difficult to manage?</u> <u>Key Skills and Knowledge:</u> <u>Intended Knowledge:</u> <u>Understanding that everyone experiences a range of feelings and emotions</u> <u>Recognising that feelings can change throughout the day and in different situations</u> <u>Knowing that strong feelings are a normal part of life</u>	<u>Key Skills and Knowledge:</u> <u>Intended Knowledge:</u> <u>Understanding the importance of looking after physical and emotional wellbeing</u> <u>Knowing ways to keep safe at home, school, in the community, and online</u> <u>Understanding what trust means and identifying trusted adults</u> <u>Recognising the difference between public and private places, information, and behaviours</u> <u>Knowing how and when to ask for help and support</u>	<u>help me stay healthy?</u> • <u>Who can help me stay healthy and well?</u> <u>Key Skills and Knowledge:</u> <u>Intended Knowledge:</u> <u>Understanding what a healthy lifestyle is</u> <u>Recognising the importance of eating a balanced diet</u> <u>Knowing how physical activity, sleep, hygiene, and healthy habits support wellbeing</u> <u>Understanding that everyone can feel unwell sometimes and may need support</u> <u>Recognising who can help us stay healthy</u>
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<u>people are in our lives</u> <u>Recognising the importance of cooperation, respect, and friendship</u> <u>Intended Skills:</u> <u>Self-awareness and self-reflection</u> <u>Identifying personal strengths and achievements</u> <u>Working cooperatively with others</u> <u>Showing kindness and respect</u> <u>Building positive relationships</u> <u>Communicating appropriately with others</u>	<u>different jobs and roles within society</u> <u>Understanding why rules and laws exist and how they help keep people safe</u> <u>Recognising ways to care for the environment</u> <u>Understanding the purpose and value of money in everyday life</u> <u>Intended Skills:</u> <u>Respecting and valuing diversity</u> <u>Identifying community roles and responsibilities</u> <u>Making responsible choices</u>	<u>Understanding that puberty is a normal part of growing up</u> <u>Knowing that bodies change physically and emotionally during puberty</u> <u>Recognising appropriate and inappropriate touch</u> <u>Understanding different types of relationships and the importance of respect</u> <u>Intended Skills:</u> <u>Identifying life stages and changes</u> <u>Communicating feelings and questions about growing up</u>	<u>Understanding the importance of expressing feelings appropriately</u> <u>Recognising different strategies that can help manage emotions</u> <u>Knowing who can provide support when feelings become difficult to manage</u> <u>Intended Skills:</u> <u>Identifying and naming emotions</u> <u>Expressing feelings appropriately</u> <u>Developing self-awareness</u> <u>Using strategies to regulate emotions</u> <u>Building resilience and coping skills</u>	<u>Intended Skills:</u> <u>Developing independent self-care routines</u> <u>Making safe choices in different situations</u> <u>Identifying trusted people who can help</u> <u>Using the internet safely and responsibly</u> <u>Recognising public and private situations</u> <u>Communicating worries and asking for support</u> <u>Key Vocabulary:</u> <u>Self-care, safety, trust, trusted adult, support, help, online, internet,</u>	<u>and what to do when we are ill</u> <u>Intended Skills:</u> <u>Making healthy food and drink choices</u> <u>Following personal hygiene routines</u> <u>Participating in physical activity</u> <u>Recognising signs of illness</u> <u>Communicating health needs</u> <u>Seeking help and support appropriately</u> <u>Key Vocabulary:</u> <u>Healthy, diet, exercise, physical activity, hygiene, sleep, rest, wellbeing, doctor,</u>
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<u>Key Vocabulary:</u> <u>Strengths, talents, kind, unkind, respect, friendship, cooperate, share, listen, help, caring, special</u> <u>Resources:</u> <u>"All About Me" templates</u> <u>Strengths and achievement cards</u> <u>Social stories about friendship and behaviour</u> <u>Emotion and feelings cards</u> <u>Circle time discussion prompts</u> <u>Books about kindness and relationships</u>	<u>Environmental awareness and stewardship</u> <u>Basic money management</u> <u>Communication and teamwork</u> <u>Key Vocabulary:</u> <u>Community, respect, diversity, inclusion, job, role, rules, law, environment, recycle, responsibility, money, spend, save, belong</u> <u>Resources:</u> <u>Community and diversity picture cards</u> <u>Local community photographs and maps</u>	<u>Recognising personal boundaries</u> <u>Respecting others' boundaries</u> <u>Building positive relationships</u> <u>Knowing when and how to seek help</u> <u>Key Vocabulary:</u> <u>Growth, change, baby, child, teenager, adult, puberty, body, emotions, hygiene, boundaries, respect, relationship, family, friend, trusted adult</u> <u>Resources:</u> <u>Life cycle and growth visuals</u>	<u>Seeking support when needed</u> <u>Key Vocabulary:</u> <u>Feelings, emotions, happy, sad, angry, worried, excited, nervous, calm, frustrated, express, regulate, manage, wellbeing, support</u> <u>Resources:</u> <u>Emotion cards and feelings charts</u> <u>Mood meters and wellbeing scales</u> <u>Social stories about emotions</u> <u>Calm-down toolkits</u> <u>Mindfulness and breathing cards</u> <u>Feelings journals or reflection sheets</u>	<u>personal information, public, private, boundaries, wellbeing, responsibility</u> <u>Resources:</u> <u>Self-care routine charts and checklists</u> <u>Trusted adult posters and templates</u> <u>NSPCC PANTS resources</u> <u>Online safety videos and activities</u> <u>Public and private sorting cards</u> <u>Social stories about safety and trust</u> <u>Communication cards and visual prompts</u>	<u>dentist, medicine, routine, health</u> <u>Resources:</u> <u>Eatwell Guide posters and food group visuals</u> <u>Healthy and unhealthy food sorting cards</u> <u>Hygiene resources (soap, toothbrushes, tissues)</u> <u>Exercise and movement videos</u> <u>Role-play doctor and dentist kits</u> <u>Social stories about healthy habits</u> <u>Daily routine charts</u> <u>Health and wellbeing books</u> <u>Suggested Activities:</u>
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<u>Teamwork and turn-taking games</u> <u>Visual behaviour prompts and reward charts</u> Suggested Activities: Role Play <u>Demonstrating kind and unkind behaviour</u> <u>Taking turns in games and activities</u> <u>Introducing yourself and sharing your interests</u> <u>Practising how to be a good friend</u>	<u>Career and jobs posters</u> <u>Environmental awareness videos</u> <u>Recycling materials and sorting resources</u> <u>Real or replica coins and notes</u> <u>Social stories about belonging and citizenship</u> <u>Scenario cards linked to community life</u> <u>Books about different cultures and communities</u> Suggested Activities: Role Play <u>Acting out different community jobs</u>	<u>Age-appropriate puberty education resources</u> <u>Social stories about growing up</u> <u>Relationship and family picture cards</u> <u>Hygiene products and self-care resources</u> <u>Trusted adult support network templates</u> <u>Videos explaining physical and emotional changes</u> <u>Safeguarding and personal boundary resources</u>	<u>Videos about emotions and self-regulation</u> <u>Trusted adult support templates</u> Suggested Activities: Role Play <u>Practising how to tell someone how you feel</u> <u>Asking a trusted adult for help</u> <u>Responding appropriately to different emotions</u> <u>Exploring ways to calm down when upset</u>	<u>Safety scenario cards</u> <u>Emotion and wellbeing resources</u> Suggested Activities: Role Play <u>Asking a trusted adult for help</u> <u>Practising personal care routines</u> <u>Responding to unsafe situations</u> <u>Demonstrating safe online behaviour</u> <u>Identifying when information should be kept private</u> Scenario-Based Learning <u>"Someone online asks for your name and address —</u>	Role Play <u>Visiting the doctor or dentist</u> <u>Practising healthy daily routines</u> <u>Asking for help when feeling unwell</u> <u>Choosing healthy foods in a shop or café role-play</u> Scenario-Based Learning <u>"You have a tummy ache at school—what should you do?"</u> <u>"You can choose between fruit and sweets—what would be the healthier choice?"</u> <u>"You feel tired all the time—what might help?"</u>
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<u>Scenario-Based Learning</u> <u>"A friend is feeling sad—what could you do?"</u> <u>"Someone is left out of a game—how can you help?"</u> <u>"You disagree with a friend—what should you do?"</u>	<u>Using a role-play shop to practise spending money</u> <u>Following rules in classroom and playground scenarios</u> <u>Welcoming a new person into a group or community</u>	<u>Suggested Activities:</u> <u>Role Play</u> <u>Asking a trusted adult questions about growing up</u> <u>Demonstrating how to respect personal space</u> <u>Practising how to say "stop", "no", or "I don't like that"</u> <u>Identifying positive behaviours in different relationships</u>	<u>Scenario-Based Learning</u> <u>"You feel angry because something did not go your way—what could you do?"</u> <u>"You feel worried about trying something new—who could help you?"</u> <u>"A friend looks upset—how could you support them?"</u> <u>"You feel overwhelmed—what strategies could help you feel calm?"</u>	<u>what should you do?"</u> <u>"You feel worried about something at school—who can help?"</u> <u>"Someone asks you to keep a secret that makes you uncomfortable—what happens next?"</u> <u>"You are unsure whether something is public or private—how can you decide?"</u> <u>"A friend shares personal information online—what advice could you give?"</u>	<u>"You forgot to wash your hands before lunch—what should you do?"</u> <u>Practical / Interactive Activities</u> <u>Healthy versus unhealthy food sorting activity</u> <u>Create a "Healthy Me" poster</u> <u>Design a daily healthy routine timetable</u> <u>Exercise circuit or movement challenge</u> <u>Handwashing and hygiene demonstration</u> <u>Build a balanced meal using food cards</u>
<u>Practical / Interactive Activities</u> <u>Create a "What Makes Me Special" poster</u>	<u>Scenario-Based Learning</u> <u>"Someone celebrates different traditions from you—how can you show respect?"</u> <u>"You see litter in a park—what should you do?"</u> <u>"You have some money to spend—how will you decide what to buy?"</u>	<u>Scenario-Based Learning</u> <u>"You notice changes in your body—what can you do?"</u>	<u>Practical / Interactive Activities</u>	<u>Practical / Interactive Activities</u>	

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	<u>Strengths and talents sharing circle</u> <u>Kind vs unkind behaviour sorting activity</u> <u>Friendship web activity</u>	<u>"Someone breaks a rule that keeps people safe—what could happen?"</u> <u>"A new child joins the class—how can you help them feel included?"</u>	<u>"You feel worried about growing up—who could help?"</u> <u>"Someone stands too close and makes you uncomfortable—what should you do?"</u>	<u>Feelings matching activity (emotion → situation)</u> <u>Create a "My Feelings Toolbox" with personal coping strategies</u> <u>Daily mood check-in chart</u> <u>Draw or write about different emotions</u> <u>Practise breathing and relaxation exercises</u>	<u>Create a "People Who Help Me" support network poster</u> <u>Public vs private sorting activity</u> <u>Daily self-care checklist challenge</u> <u>Internet safety matching game</u> <u>Circle of trust activity</u>	<u>Distance Learning Activities</u> <u>Online healthy lifestyle quizzes</u> <u>Create a digital poster called "How I Stay Healthy"</u> <u>Watch videos about healthy eating and exercise</u> <u>Record a short presentation about a healthy habit</u>
	<u>Team-building challenges</u> <u>Class kindness chart</u> <u>Draw and label people who are special to you</u>	<u>Practical / Interactive Activities</u> <u>Create a "My Community" poster</u>	<u>"A friend asks a question about growing up—how can you respond respectfully?"</u>	<u>Create a classroom display: "Ways to Manage Feelings"</u>	<u>Safe or unsafe scenario sorting</u> <u>Create a classroom safety charter</u>	<u>Complete a health diary at home</u> <u>Virtual discussion about ways to stay healthy</u>
	<u>Distance Learning Activities</u> <u>Create a digital "All About Me" presentation</u> <u>Record a short video about</u>	<u>Recycling and environmental sorting challenges</u> <u>Design a class charter of rules and responsibilities</u> <u>Community mapping activity</u>	<u>Order life stages from baby to adult</u> <u>Create a "Growing and Changing Timeline"</u>	<u>Distance Learning Activities</u> <u>Daily emoji or feelings check-ins</u>	<u>Distance Learning Activities</u> <u>Online safety quizzes and games</u>	

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<u>something you are good at</u> <u>Online friendship and kindness quizzes</u> <u>Virtual show-and-tell about special people</u> <u>Digital poster: "How to Be a Good Friend"</u> <u>Complete a weekly kindness diary</u>	<u>Needs and wants money-sorting game</u> <u>Create an environmental awareness campaign</u> <u>Distance Learning Activities</u> <u>Create a digital presentation about your community</u> <u>Complete online quizzes about jobs, money, and the environment</u> <u>Watch videos about different careers and community roles</u> <u>Record a short video explaining how to care for the environment</u>	<u>Sort physical and emotional changes linked to puberty</u> <u>Relationship mapping activity (family, friends, trusted adults)</u> <u>Personal boundaries discussion using social scenarios</u> <u>Create a self-care and hygiene checklist</u> <u>Distance Learning Activities</u> <u>Watch age-appropriate videos about growing up</u> <u>Create a digital presentation on life stages</u> <u>Complete online quizzes about</u>	<u>Online wellbeing quizzes</u> <u>Create a digital poster: "How I Manage My Feelings"</u> <u>Watch and reflect on videos about emotions</u> <u>Record a short presentation explaining a calming strategy</u> <u>Complete an online feelings diary</u>	Create a digital "My Safety Plan" poster Record a short video explaining a self-care routine Virtual discussion about trusted adults Digital public/private sorting activities Complete a weekly wellbeing diary	
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