

	AUTUMN			SPRING			SUMMER		
	Health & Wellbeing	Health & Wellbeing	Relationships	Relationships	Living in the Wider World	Living in the Wider World	Living in the Wider World	Relationships	Health & Wellbeing
	Physical health and Mental wellbeing	Keeping safe	Families and friendships	Safe relationships	Belonging to a community	Money and work	Media literacy and digital resilience	Respecting ourselves and others	Growing and changing
Year 1	Keeping healthy; food and exercise, hygiene routines; sun safety	How rules and age restrictions help us; keeping safe online	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	What rules are; caring for others' needs; looking after the environment	Strengths and interests; jobs in the community	Using the internet and digital devices; communicating online	How behaviour affects others; being polite and respectful	Recognising what makes them unique and special; feelings; managing when things go wrong
Year 2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Safety in different environments; risk and safety at home; emergencies	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Belonging to a group; roles and responsibilities; being the same and different in the community	What money is; needs and wants; looking after money	The internet in everyday life; online content and information	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Growing older; naming body parts; moving class or year
Year 3	Health choices and habits; what affects feelings; expressing feelings	Risks and hazards; safety in the local environment and unfamiliar places	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	The value of rules and laws; rights, freedoms and responsibilities	Different jobs and skills; job stereotypes; setting personal goals	How the internet is used; assessing information online	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Personal strengths and achievements; managing and re-framing setbacks
Year 4	Maintaining a balanced lifestyle; oral hygiene and dental care	Medicines and household products; drugs common to everyday life	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	What makes a community; shared responsibilities	Making decisions about money; using and keeping money safe	How data is shared and used	Respecting differences and similarities; discussing difference sensitively	Personal identity; recognising individuality and different qualities; mental wellbeing
Year 5	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Keeping safe in different situations, including responding in emergencies, first aid.	Managing friendships and peer influence	Physical contact and feeling safe	Protecting the environment; compassion towards others	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	How information online is targeted; different media types, their role and impact	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Physical and emotional changes in puberty; external genitalia; personal Hygiene routines; support with puberty
Year 6	What affects mental health & ways to take care of it; managing change, loss & bereavement; Managing time online	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Valuing diversity; challenging discrimination and stereotypes	Influences and attitudes to money; money and financial risks	Evaluating media sources; sharing things online	Expressing opinions and respecting other points of view, including discussing topical issues	Human reproduction and birth; increasing independence; managing transition

