

|             | <b>Autumn: Health and Wellbeing</b>   |   |  | <b>Spring: Relationships</b>   |  |   | <b>Summer: Living in the wider world</b>  |  |  |
|-------------|---|---|--|--|--|---|---|--|--|
|             | <b>Physical health and Mental wellbeing</b>   | <b>Growing and changing</b>   | <b>Keeping safe</b>  | <b>Families and friendships</b>  | <b>Safe relationships</b>  | <b>Respecting ourselves and others</b>  | <b>Belonging to a community</b>   | <b>Media literacy and digital resilience</b>                                     | <b>Money and work</b>  |
| <b>Yr 1</b> | Keeping healthy; food and exercise, hygiene routines; sun safety  | Recognising what makes them unique and special; feelings; managing when things go wrong | How rules and age restrictions help us; keeping safe online  | Roles of different people; families; feeling cared for                       | Recognising privacy; staying safe; seeking permission                                | How behaviour affects others; being polite and respectful   | What rules are; caring for others' needs; looking after the environment                         | Using the internet and digital devices; communicating online                     | Strengths and interests; jobs in the community   |
| <b>Yr 2</b> | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help | Growing older; naming body parts; moving class or year                                  | 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 | Recognising things in common and differences; playing and working cooperatively; sharing opinions | Belonging to a group; roles and responsibilities; being the same and different in the community | The internet in everyday life; online content and information                    | What money is; needs and wants; looking after money  |
| <b>Yr 3</b> | Health choices and habits; what affects feelings; expressing feelings   | Personal strengths and achievements; managing and reframing setbacks                    | 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    | Recognising respectful behaviour; the importance of self-respect; courtesy and being polite       | The value of rules and laws; rights, freedoms and responsibilities                              | How the internet is used; assessing information online                           | Different jobs and skills; job stereotypes; setting personal goals                               |
| <b>Yr 4</b> | Maintaining a balanced lifestyle; oral hygiene and dental care  | personal hygiene routines;  | Medicines and household products; drugs common to everyday life  | Positive friendships, including online                                       | Responding to hurtful behaviour; managing confidentiality; recognising risks online  | Respecting differences and similarities; discussing difference sensitively                        | What makes a community; shared responsibilities   | How data is shared and used  | Making decisions about money; using and keeping money safe                                       |
| <b>Yr 5</b> | Healthy sleep habits; sun safety; medicines, vaccinations and allergies   | Personal identity; recognising individuality and different qualities; mental wellbeing  | Keeping safe in different situations, including responding in emergencies, first aid and FGM             | Managing friendships and peer influence                                      | Physical contact and feeling safe  | Responding respectfully to a wide range of people; recognising prejudice and discrimination       | Protecting the environment; compassion towards others   | How information online is targeted; different media types, their role and impact | Identifying job interests and aspirations; what influences career choices; workplace stereotypes |
| <b>Yr 6</b> | What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online | increasing independence; managing transition  | 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                   | Expressing opinions and respecting other points of view, including discussing topical issues      | Valuing diversity; challenging discrimination and stereotypes                                   | Evaluating media sources; sharing things online                                  | Influences and attitudes to money; money and financial risks                                     |

