

	AUTUMN - Relationships			SPRING – Living in the Wider World			SUMMER – Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and Changing (A Journey in Love)	Keeping safe
Year 1.	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.	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.
Year 2.	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.	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
Year 3.	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.	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.
Year 4.	Positive friendships, including online. ICT	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.	Maintaining a balanced lifestyle; oral hygiene and dental care.	Personal identity, recognising individuality and different qualities and different qualities, mental wellbeing.	Medicines and household products; drugs common to everyday life.
Year 5.	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 roles and impact.	Identifying job interests and aspirations what influences career choices workplace stereotypes.	Healthy sleep habits, sun safety, vaccinations, immunisations and allergies.	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.	Keeping safe in different situations including responding in emergencies, first aid and FGM
Year 6.	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.	What affects mental health and ways to take care of it. Managing change, loss and bereavement. Managing time online.	Human reproduction and birth; increasing independence; managing transition.	Keeping personal information safe; regulations and choices, drug use and the law, drug use and the media.

