

	Autumn: Relationships			Spring: Health and Wellbeing			Summer: Living in the wider world		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Growing and changing	Media literacy and digital resilience	Physical health and Mental wellbeing	Money and work	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	Recognising what makes them unique and special; feelings; managing when things go wrong	Using the internet and digital devices; communicating online	Keeping healthy; food and exercise, hygiene routines; sun safety	Strengths and interests; jobs in the community	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	Growing older; naming body parts; moving class or year	The internet in everyday life; online content and information	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	What money is; needs and wants; looking after money	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	Personal strengths and achievements; managing and reframing setbacks	How the internet is used; assessing information online	Health choices and habits; what affects feelings; expressing feelings	Different jobs and skills; job stereotypes; setting personal goals	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	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	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	How data is shared and used	Maintaining a balanced lifestyle; oral hygiene and dental care	Making decisions about money; using and keeping money safe	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	Personal identity; recognising individuality and different qualities; mental wellbeing	How information online is targeted; different media types, their role and impact	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	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	Human reproduction and birth; increasing independence; managing transition	Evaluating media sources; sharing things online	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Influences and attitudes to money; money and financial risks	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media