

	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	Keeping safe
Year 1	How do we feel cared for? Roles of different people; families; feeling cared for	How can we communicate safely? Recognising privacy; staying safe; seeking permission	How do we decide how to behave? How behaviour affects others; being polite and respectful	How can we look after each other and the world? What rules are; caring for others' needs; looking after the environment	How do we keep safe online? Using the internet and digital devices; communicating online	What jobs do people do? Strengths and interests; jobs in the community	What helps us stay healthy? Keeping healthy; food and exercise, hygiene routines; sun safety	What makes us special? Recognising what makes them unique and special; feelings; managing when things go wrong	Who helps to keep us safe? How rules and age restrictions help us; keeping safe online
Year 2	What makes a good friend? Making friends; feeling lonely and getting help	How do we treat each other with respect? Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	What is the same and what is different about us? Recognising things in common and differences; playing and working cooperatively; sharing opinions	What makes a community? Belonging to a group; roles and responsibilities; being the same and different in the community	How do we keep safe? The internet in everyday life; online content and information	What can we do with money? What money is; needs and wants; looking after money	What helps us stay healthy? Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	How will we grow and change? Growing older; naming body parts; moving class or year	What helps us to stay safe? Safety in different environments; risk and safety at home; emergencies
Year 3	What are families like? What makes a family; features of family life	How can we be a good friend? Personal boundaries; safely responding to others; the impact of hurtful behaviour	How do we treat others with respect? Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.	What are the rules that keep us safe? The value of rules and laws; rights, freedoms and responsibilities	How do we keep safe? How the internet is used; assessing information online	What jobs do people do? Different jobs and skills; job stereotypes; setting personal goals	What strengths, skills and interests do we have? Health choices and habits; what affects feelings; expressing feelings	How do we recognise our feelings? Personal strengths and achievements; managing and reframing setbacks	How can we manage risk in different places? Risks and hazards; safety in the local environment and unfamiliar places
Year 4	How do friendships change as we grow? Positive friendships, including online	How do we treat others with respect? Responding to hurtful behaviour; managing confidentiality; recognising risks online	What is the same and what is different about us? Respecting differences and similarities; discussing difference sensitively	What are we responsible for? What makes a community; shared responsibilities	How can we manage risk? How data is shared and used	What can we do with money? Making decisions about money; using and keeping money safe	Why should we eat well and look after our teeth? Maintaining a balanced lifestyle; oral hygiene and dental care	How will we grow and change? Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	How do we keep safe? Medicines and household products; drugs common to everyday life

Year 5	How do friendships change as we grow? Managing friendships and peer influence	How can we communicate safely? Physical contact and feeling safe	What is the same and what is different about us? Responding respectfully to a wide range of people; recognising prejudice and discrimination	How can our choices make a difference to others and the environment? Protecting the environment; compassion towards others	How can media influence people? How information online is targeted; different media types, their role and impact	What jobs would we like? Identifying job interests and aspirations; what influences career choices; workplace stereotypes	How can drugs common to everyday life affect health? Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	What makes up a person's identity? Personal identity; recognising individuality and different qualities; mental wellbeing	How do we keep others safe? Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	What makes a happy and healthy relationship? Attraction to others; romantic relationships; civil partnership and marriage	What are the rules that keep us safe? Recognising and managing pressure; consent in different situations	How do we treat others with respect? Expressing opinions and respecting other points of view, including discussing topical issues	What does discrimination mean? Valuing diversity; challenging discrimination and stereotypes	How can media influence people? Evaluating media sources; sharing things online	What decisions can people make with money? Influences and attitudes to money; money and financial risks	What helps us stay mentally healthy? What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.	What are my responsibilities as I grow? Human reproduction and birth; increasing independence; managing transition.	How to keep ourselves safe as we grow? Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media