

Term Theme	Autumn: Living in the wider world			Spring: Health and Wellbeing		R	Summer: Relationships		H&W
	Belonging to a community	Media literacy digital resilience	Money and work	Physical health and mental well being	Keeping Safe	Families and relationships	Safe relationships	Respecting ourselves and others	Growing and changing
Year 1	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	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	Recognising what makes them unique and special; feelings; managing when things go wrong
Year 2	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	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	Growing older; naming body parts; moving class or year
Year 3	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	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	Personal strengths and achievements; managing and reframing setbacks
Year 4	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	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	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
Year 5	Protecting the environment;	How information	Identifying job interests and aspirations;	Healthy sleep habits; sun safety;	Keeping safe in	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range	Personal identity;

	compassion towards others	online is targeted; different media types, their role and impact	what influences career choices; workplace stereotypes	medicines, vaccinations, immunisations and allergies	different situations, including responding in emergencies, first aid and FGM			of people; recognising prejudice and discrimination	recognising individuality and different qualities; mental wellbeing
Year 6	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	money and financial risks What affects mental health and ways to take care of it; managing change, loss and 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	Expressing opinions and respecting other points of view, including discussing topical issues	Human reproduction and birth; increasing independence; managing transition