	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
	Roles of different	Recognising privacy;	How behaviour	What rules are;	Using the internet	Strengths and	Keeping healthy;	Recognising what	How rules and age
	people; families;	staying safe; seeking	affects others; being	caring for others'	and digital devices;	interests; jobs in the	food and exercise,	makes them unique	restrictions help us;
Year 1	feeling cared for	permission	polite and respectful	needs; looking after the environment	communicating online	community	hygiene routines; sun safety	and special; feelings; managing when things go wrong	keeping safe online
	Making friends;	Managing secrets;	Recognising things	Belonging to a group, roles and responsibilities. Being the same and different in a community	The internet in Everyday life: online content and information	What money is; needs and wants. Looking after money	important	Growing older;	Safety in different
Year 2	feeling lonely and getting help	resisting pressure and getting help How to recognise hurtful behaviour	in common and differences; playing and working cooperatively, sharing opinions				Medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Naming external body parts: including penis, testicles, vagina and breasts.	environments; risk and safety home and emergencies and how to react to them.
								moving class or year	

	What makes a	Personal boundar-	Recognising re-	The value of rules	How the internet	Different jobs and	Health choices and	Personal strengths	Risks and hazards;
	family; features of	ies; safely respond-	spectful behaviour;	and laws; rights,	is used;	skills; job ste-	habits; what affects	and achievements;	safety in the local
	ij icatares or	.cc, saidi, respond	op costar boriarioary	and larie, righter	assessing	55, job 600		and demotioned,	
	family life in modern Britain	ing to others; the	the importance of	freedoms and re-	information online	reotypes; setting	feelings; expressing	managing and re-	environment and
က		impact of hurtful	self-respect; courte-	sponsibilities		personal goals	feelings	framing setbacks	unfamiliar places
Year		behaviour	sy and being polite	·			_		·
¥									
	Positive	Responding to	Respecting differ-	What makes a	How data is shared	Making decisions	Maintaining a bal-	Physical and emo-	Medicines and
	friendships, including online	hurtful behaviour;	ences and similari-	community; shared	and used	about money; using	anced lifestyle; oral	tional changes in	household products;
	including offine	managing confiden-	ties; discussing dif-	responsibilities	and used	and keeping money	hygiene and dental	puberty; external	drugs common to
		tiality; recognising	ference sensitively	responsibilities		safe	care	genitalia; personal	everyday life
4		risks online	referree sensitively			Suic	care	hygiene routines;	everyddy me
Year								support with pu-	
>								berty	
	Managing friend-	Physical contact and	Responding respect-	Protecting the envi-	How information	Identifying job inter-	Healthy sleep	Personal identity;	Keeping safe in
	ships and peer	feeling safe	fully to a wide range	ronment; compas-	online is targeted;	ests and aspirations;	habits; sun safety;	recognising individ-	different situations,
	influence		of people; recognis-	sion towards others	different media	what influences	medicines, vaccina-	uality and different	including responding
ar 5			ing prejudice and		types, their role and	career choices;	tions, immunisations	qualities; mental	in emergencies, first
Yea			discrimination		impact	workplace stereo-	and allergies	wellbeing	aid
						types			
	Attraction to others;	Recognising and	Expressing opin-	Valuing diversity;	Evaluating media	Influences and	What affects mental		Keeping personal
	romantic relation-	managing pressure;	ions and respecting	challenging discrim-	sources; sharing	attitudes to money;	health and ways		information safe;
<u>r</u> 6	ships; civil partner-	consent in different	other points of view,	ination and stereo-	things online	money and financial	to take care of it;	Increasing indepen-	regulations and
Year	ship and marriage	situations	including discussing	types		risks	managing change,	dence; managing	choices; drug use
			topical issues				loss and bereave-	transition	and the law; drug
							ment; managing		use and the media
							time online		