

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	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
	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help How to recognise 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 a 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 external body parts: including penis, testicles, vagina and breasts. moving class or year	Safety in different environments; risk and safety home and emergencies and how to react to them.

