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|  | **Autumn: Living in the world** | **Spring: Relationships and RSE** | **Summer: Health and Wellbeing** |
|  | **Key themes: Community, Media literacy and digital resilience, Money and work** | **Key themes: Families and Friendships****Safe relationships****RSE** | **Key themes: Physical Health,****Mental wellbeing, Keeping safe; Drugs and Alcohol, First aid**  |
| EYFS | * My class
* My school
* Me: Who am I?
 | * Our day
* Keeping ourselves clean
* Families
 | * Keeping Healthy
* Mental Health: Learn that feelings change
* Transition
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| Year 1  | * To understand the needs of others
* To look after the environment
* Anti-bullying
* What is the internet and why do we use it?
* To identify my own and others’ strengths and interests
* To learn about jobs and work in my community
 | * Growing and changing
* Family: Differences
* Family: Seeking support
* Basic Hygiene
* Respecting rules and boundaries
* Types of touch
 | * Keeping Healthy: Food and Drink
* Keeping Healthy: Physical Exercise
* Drugs and Alcohol Years 1/2: (Lesson 1- Keeping Safe: Things that go in and out of the body)
* Recognise and describe different feelings in themselves and others
* Mental Health: Learn that feelings change
* Daily Routines: Hygiene
* Growing and Changing: Transition
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| Year 2  | * To understand my role in a community
* To recognise diversity and equality in my community
* Anti-bullying
* To demonstrate how to use the internet to get information safely
* To learn about money
* To learn about spending and saving money
 | * How to make a friend
* How to be a good friend
* What causes and argument?
* Differences: Boys and Girls
* Differences: Male and Female (animals)
* Naming body parts
 | * Keeping Healthy
* Keeping Healthy Teeth
* Drugs and Alcohol Years 1/2: (Lesson 2- Keeping Healthy: Medicines)
* Drugs and Alcohol Years 1/2: (Lesson 3- Keeping Healthy: Medicines and Household Products)
* Mental Health: Learn that feelings change
* Mental Health: Learn about ‘big’ feelings and how to manage them
* Growing and Changing: Transitions
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| Year 3  | * To recognise the importance of rules and law in society
* To identify basic examples of human rights
* Anti-bullying
* To be safe online
* To understand the role of a job and work in our lives
* To challenge stereotypes in related to work
 | * Family: Differences
* Differences: Male and Female
* Personal Space
* Privacy and Boundaries
* Respect
 | * Healthy Choices: Eating habits
* Healthy Choices: Choices and Influences
* Drugs and Alcohol Years 3/4: (Lesson 1- Safety Rules and Risks: Medicine and Household Products)
* Keeping Safe
* Mental Health: Communicate Feelings
* Mental Health: Expressing feelings and emotions
* Transition with link to self-esteem
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| Year 4  | * To recognise I belong to a school and wider community
* To recognise those who contribute to my community
* Anti-bullying
* To recognise how data is shared
* To learn about money: budgeting and spending
* To recognise the positive and negative effect of spending money
 | * Healthy relationships
* Hurtful Behaviour
* How to manage pressure
* Growing and changing
* What is puberty?
* Puberty change and reproduction
 | * Balanced Healthy Lifestyle
* Oral Hygiene
* Drugs and Alcohol Years 3/4: (Lesson 1: Safety Rules and Risks: Medicine and Household Products)
* Drugs and Alcohol Years 3/4: (Lesson 2: Safety Rules and Risks: Alcohol and Smoking)
* Mental Health: Managing feelings and emotions in different situations and getting help, advice and support with feelings and emotions
* Growing and Changing: Transition
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| Year 5 | * To show compassion for the environment, animals and other living things
* To recognise how money and resources impact the environment
* Anti-bullying
* To recognise that information online is targeted
* To identifying job interests and aspirations; what influences career choices
* To consider workplace stereotypes
 | * Healthy relationships
* Physical touch
* Talking and Puberty
* Female and Male changes
* Puberty and Hygiene
* Equality and Gender identity
 | * Drugs and Alcohol Years 5/6: (Lesson 1 Managing Risks: Medicines)
* Drugs and Alcohol Years 5/6: (Lesson 2 Managing Risks: Legal and Illegal Drugs)
* Managing risks and emergency
* First Aid
* FGM
* Mental Health: What is mental health and how do we take care of it?
* Mental Health: Transition
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| Year 6 | * Valuing diversity; challenging discrimination
* Valuing diversity; challenging stereotypes
* Anti-bullying
* Evaluating media sources; sharing things online
* Influences and attitudes to money; money and financial risks
* Influences and attitudes to money; critical consumers
 | * Puberty: Male and Female changes
* Puberty and Hygiene
* Puberty and reproduction
* Communication in relationships
* Families, conception and pregnancy
* Online relationships
 | * Balanced Lifestyles
* Drugs and Alcohol Years 5/6: (Lesson 1 Managing Risks: Medicines)
* Drugs and Alcohol Years 5/6: (Lesson 2 Managing Risks: Legal and Illegal Drugs)
* Drugs and Alcohol Years 5/6: Managing Risk: Influences and Pressure
* Drugs and Alcohol Years 5/6: Media
* Managing Risks and Emergency
* First Aid
* Mental Health
* Transition: Mental Health and Practical
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