Overview of Units SEQUENCED MODEL

SAMPLE STRUCTURE									
Relationships			**Living in the wider world**			**Health and Wellbeing**		
Autumn Term			**Spring Term**			**Summer Term**		
	All about me / **My school community**			**What do People do all day?** / **Friendships and Health**			**My feelings and Growing Up** / **Staying Safe**	
Year 1	**Families and Friendships**: Roles of different people; families; feeling cared for.	**Belonging to a Community**: What rules are; caring for others' needs; looking after the environment	**Growing and changing** Recognising what makes them unique and special; feelings; managing when things go wrong	**Safe Relationships:** Recognising privacy; staying safe; seeking permission	**Physical health and Mental wellbeing**: Keeping healthy; food and exercise, hygiene routines; sun safety	**Media literacy and digital resilience**: Using the internet and digital devices; communicating online	**Money and work:** Strengths and interests; jobs in the community	**Keeping safe**:How rules and age restrictions help us; keeping safe online	**Respecting ourselves and others**: How behaviour affects others; being polite and respectful
Year 2	**Physical health and Mental wellbeing**: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	**Families and Friendships** Making friends; feeling lonely and getting help	**Media literacy and digital resilience**: The internet in everyday life; online content and information	**Keeping safe**: Safety in different environments; risk and safety at home; emergencies	**Belonging to a Community**: Belonging to a group; roles and responsibilities; being the same and different in the community	**Respecting ourselves and others**: Recognising things in common and differences; playing and working cooperatively; sharing opinions	**Growing and changing** Growing older; naming body parts; moving class or year	**Safe Relationships**: Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	**Money and work**: What money is; needs and wants; looking after money
Year 3	**Physical health and Mental wellbeing**: Health choices and habits; what affects feelings; expressing feelings	**Belonging to a Community**: The value of rules and laws; rights, freedoms and responsibilities	**Families and Friendships**: What makes a family; features of family life	**Media literacy and digital resilience**: How the internet is used; assessing information online	**Safe Relationships**: Personal boundaries; safely responding to others; the impact of hurtful behaviour	**Growing and changing:** Personal strengths and achievements; managing and reframing setbacks	**Respecting ourselves and others** Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	**Money and work**: Different jobs and skills; job stereotypes; setting personal goals	**Keeping safe**: Risks and hazards; safety in the local environment and unfamiliar places
Year 4	**Families and Friendships**: Positive friendships, including online	**Physical health and Mental wellbeing** Maintaining a balanced lifestyle; oral hygiene and dental care	**Media literacy and digital resilience**: How data is shared and used	**Safe Relationships:** Responding to hurtful behaviour; managing confidentiality; recognising risks online	**Keeping safe**: Medicines and household products; drugs common to everyday life	**Belonging to a Community**: What makes a community; shared responsibilities	**Growing and changing:** Personal identity; recognising individuality and different qualities; mental wellbeing	**Respecting ourselves and others**: Respecting differences and similarities; discussing difference sensitively	**Money and work:** Making decisions about money; using and keeping money safe
Year 5	**Money and work**: Identifying job interests and aspirations; what influences career choices; workplace stereotypes	**Families and Friendships:** Managing friendships and peer influence	**Growing and changing**: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	**Belonging to a community:** Protecting the environment; compassion towards others	**Safe Relationships:** Physical contact and feeling safe	**Physical Health & wellbeing:** Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	**Media literacy and digital resilience:** How information online is targeted; different media types, their role and impact	**Keeping safe**: Keeping safe in different situations, including responding in emergencies, first aid and FGM	**Respecting ourselves and others:** Responding respectfully to a wide range of people; recognising prejudice and discrimination
Year 6	**Physical health and Mental wellbeing**: What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	**Belonging to a Community:** Valuing diversity; challenging discrimination and stereotypes	**Families and Friendships** Attraction to others; romantic relationships; civil partnership and marriage	**Growing and changing:** Human reproduction and birth; increasing independence; managing transition	**Media literacy and digital resilience**: Evaluating media sources; sharing things online	**Safe Relationships**: Recognising and managing pressure; consent in different situations	**Keeping safe**: Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	**Respecting ourselves and others**: Expressing opinions and respecting other points of view, including discussing topical issues	**Money and work:** Influences and attitudes to money; money and financial risks