

	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
R	All About Me; what makes me special; who is in my family; making new friends; being kind and caring; what makes a good friend; helping others	Trusted adults; recognising feelings; staying safe; asking for help; understanding privacy and boundaries; feeling safe and unsafe	Building confidence; sharing and turn-taking; using kind words and actions; respecting similarities and differences; including others	My school and class; people who help us; rules and routines; helping at home and school; celebrating differences and traditions	Using technology safely; asking before using devices; screen time; being kind online; talking to trusted adults about things we see online	What money is; needs and wants; people who work in our community; role play and enterprise activities	Healthy eating; exercise and movement; sleep and rest; brushing teeth; managing feelings and emotions; mindfulness and relaxation	My body belongs to me; how we change as we grow; looking after our bodies; emotions and feelings; babies and families; developing independence	Road safety; stranger safety; water safety; fire safety; playground safety; safe use of tools and equipment
1	Roles of different people; families; feeling cared for R1, R2, R3	Recognising privacy; staying safe; seeking permission R10, R11, R13	How behaviour affects others; being polite and respectful R12, R14	What rules are; caring for others' needs; looking after the environment L1, L2, L5	Using the internet and digital devices; communicating online L7, L8	Strengths and interests; jobs in the community L9, L10	Keeping healthy; food and exercise, hygiene routines; sun safety H1, H2, H3, H7	Recognising what makes them unique and special; feelings; managing when things go wrong H5, H8, H9, H11	How rules and age restrictions help us; keeping safe online H12, H13
2	Making friends; feeling lonely and getting help R6, R7, R9, R10, R11	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour R3, R4, R5, R6, R14, R15, R16	Recognising things in common and differences; playing and working cooperatively; sharing opinions R1, R2, R12, R13	Belonging to a group; roles and responsibilities; being the same and different in the community L1, L2, L3, L4, L6	The internet in everyday life; online content and information L7, L8	What money is; needs and wants; looking after money L10, L11, L12	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help H1, H2, H3, H4, H10, H11, H13, H16	Growing older; naming body parts; moving class or year H5, H8, H9	Safety in different environments; risk and safety at home; emergencies H6, H12, H14, H15
	What makes a family; features of family life R1, R2, R3, R4	Personal boundaries; safely responding to others; the impact of hurtful behaviour R19, R20, R21, R22, R23, R24	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite R12, R13, R14, R30	The value of rules and laws; rights, freedoms and responsibilities L1, L2, L3	How the internet is used; assessing information online L7, L8	Different jobs and skills; job stereotypes; setting personal goals L25, L26, L27	Health choices and habits; what affects feelings; expressing feelings H1, H2, H4, H5, H6	Personal strengths and achievements; managing and reframing setbacks H27, H28, H29, H30	Risks and hazards; safety in the local environment and unfamiliar places H38, H39, H40
	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality;	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used L8, L9	Making decisions about money; using and keeping money safe L17, L18, L20	Maintaining a balanced lifestyle; oral hygiene and dental care H1, H2, H5, H11	Physical and emotional changes in puberty; external genitalia;	Medicines and household products; drugs common to everyday life

4	R10, R11, R12, R18	recognising risks online R20, R22, R23, R24, R26, R27	R32, R33, R34	L4, L6, L7, L9				personal hygiene routines; support with puberty H30, H31, H32, H33, H34	H35, H36, H37
5	Managing friendships and peer influence R16, R17, R18, R19	Physical contact and feeling safe R21, R25	Responding respectfully to a wide range of people; recognising prejudice and discrimination R32, R33, R34	Protecting the environment; compassion towards others L4, L5	How information online is targeted; different media types, their role and impact L11, L12, L13	Identifying job interests and aspirations; what influences career choices; workplace stereotypes L27, L28, L29	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies H8, H9, H10, H35, H36	Personal identity; recognising individuality and different qualities; mental wellbeing H2, H3, H4, H5, H6	Keeping safe in different situations, including responding in emergencies, first aid and FGM H42, H43, H44, H45
6	Attraction to others; romantic relationships; civil partnership and marriage R4, R5, R6	Recognising and managing pressure; consent in different situations R20, R21, R22, R23, R24, R25	Expressing opinions and respecting other points of view, including discussing topical issues R30, R31	Valuing diversity; challenging discrimination and stereotypes R32, R33, R34, R35	Evaluating media sources; sharing things online L11, L12, L13, L14	Influences and attitudes to money; money and financial risks L18, L19, L20	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online H20, H21, H24, H25, H26	Human reproduction and birth; increasing independence; managing transition H30, H31, H33, H35	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media H37, H40, H43, H44