

Term	Themes
Autumn 1	Caring Friendships and Respectful Relationships
Autumn 2	Families and people who care for me
Spring 1	Being Safe
Spring 2	Mental Wellbeing
Summer 1	Physical health and fitness Healthy Eating
Summer 2	Health and Prevention Basic First Aid Drugs, alcohol and tobacco

*Online Relationships & Internet Safety and harms covered through the ELT Curriculum

*Changing Adolescent body to be covered by Y5 and 6 through Science.

Autumn 1: Caring Friendships and Respectful Relationships

Rights Respecting Articles: 12, 13, 14, 15, 19, 30, 31

KS1	LKS2	UKS2
Who are my friends?	How have my relationships changed as I have grown up?	What are the important relationships in my life now?
How do my friends make me feel?	Why do friendships change?	Can some relationships be harmful? What should I do?
What makes a good friend?	How can I be a good friend?	What is love? How can we show love to others?
How are my friends different to me?	Why can it be fun to have a friend who is different to me?	What do the words lesbian and gay mean? Is this an insult?
How can I make my friend happy?	What are some of the bad ways people can behave to one another?	Are boys and girls expected to behave differently in relationships? Why?
How might friends be unkind? What can I do?	How can I make up with my friend when we have fallen out?	What is respect? How can I respect myself and others?

Autumn 2: Families and people who care for me		
Rights Respecting Articles: 5, 9, 18, 19, 20, 21, 24, 25, 26, 37, 39		
KS1	LKS2	UKS2
Who is in my family? Who looks after me?	Who is in my family? Who looks after me?	What are the different kinds of families and partnerships?
What does my family do for me?	What does my family give me?	Why are families important for having babies and bringing them up? Does this always look the same?
How are other families similar or different to mine?	What do families look like?	Can people of the same sex love one another? Is this ok?
Who do I look after?	What makes me feel secure?	Can anyone get married? Is this important to a family?
What is marriage?	Is marriage important?	What should I do if my family or friends don't see things the way I do?
Who can help me if I feel unsafe?	What is love? How can we show love to our families?	What do I do if my family are making me feel unsafe?

Spring 1: Being Safe		
Rights Respecting Articles: 3, 4, 5, 6, 19, 21, 24, 25, 27, 32, 33, 34, 35		
KS1	LKS2	UKS2
What are boundaries and why are they important?	What are my boundaries?	What are my boundaries?
What is the difference between a secret and a nice surprise?	When is it good or bad to keep secrets?	Should I keep a secret?
Which parts of my body are private?	What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?	What is the difference between safe and unsafe physical contact?
When is it OK to let someone touch me?	How can I say no if I don't like something someone does to me?	What do I do if an adult makes me feel unsafe or uncomfortable?
Who is responsible for keeping me safe?	Who can I talk to if I feel anxious or unhappy?	Who can I talk to if I want help or advice?
How can I realise I need help and how do I ask?	Where can I find out information or support?	How can I find reliable information about these things safely on the internet?

Spring 2: Mental Wellbeing

Rights Respecting Article: 13, 14, 15, 18, 23, 24, 27, 29, 31

KS1	LKS2	UKS2
What makes me feel good?	What different emotions can I feel?	What range of emotions do I feel?
What makes me feel bad?	What affects how I am feeling?	What is bullying? How could this affect someone's mental health?
How do I know how other people are feeling?	What does it mean to be lonely? What can I do?	What is loneliness? How can this affect people?
What should I do if I feel bad?	Why do my feelings change?	How can I cope with different feelings and mood swings?
How can I help my friends if they feel bad?	How can I cope with strong feelings?	What is self-care? How can I help myself feel good?
Who could help me to feel good?	Who can I speak to about my own or a friend's mental health?	Where can I find help and support for mental health?

Summer 1: Physical health and fitness Healthy Eating		
Rights Respecting Article: 24, 25, 26, 27		
KS1	LKS2	UKS2
What does it mean to be healthy?	How does an active and healthy lifestyle help me?	How does an active and healthy lifestyle help me physically and mentally?
What is exercise? What exercise do I do?	What is exercise? What do I already do and how can we be more active?	What is exercise? What do I already do and how can we be more active?
What is healthy eating?	What makes a healthy diet?	What makes a healthy diet? Should I worry about calories?
How can I create a healthy meal?	How can I create a healthy meal?	How can I make sure I have a balanced diet?
How could I be more active?	What might happen if I am not active and healthy?	What might happen if I am not active and healthy?
Who should help me stay healthy?	How can I get advice and support to be healthy?	How and when should I seek advice if I'm worried about my health?

Summer 2: Health and Prevention
Basic First Aid
Drugs, alcohol and tobacco

Rights Respecting Article: 24, 25, 26, 27, 33

KS1	LKS2	UKS2
How do I know I'm healthy?	How can I make sure I'm healthy?	How do I know I'm healthy? What can be a sign something is wrong?
How can we stay safe in the sun?	How can we stay safe in the sun?	What are the risks of being in the sun? How can we reduce this risk?
Why is sleep important?	How can sleep affect our health?	How can sleep affect our health, mood and ability to learn?
Why do we go to the dentist?	Why is oral hygiene so important?	Why is oral hygiene so important? How can we make sure we keep healthy?
What are medicines?	What are medicines?	What are legal and illegal substances? What are some risks of these?
Who should I call if I have an emergency?	What is basic first-aid?	What is basic first-aid? How can we deal with common injuries?

Early Years		
	Nursery	Reception
Families and People who care for me Links to Understanding the World; specifically the aspect 'People and Communities'.	<ul style="list-style-type: none"> Nursery: Autumn 1 (both cycles)- 'Who am I? Where do I live?' / 'Do you want to be friends?' (ALL) 	<ul style="list-style-type: none"> Reception: Spring 1 – 'How can we celebrate?' church visit – wedding within Christianity and other religions (4) Reception: Autumn 2 - Introduction to Articles 9, 10 & 27 – home situations and arrangements (ALL)
Caring Friendships Links to Personal, Social, Emotional Development, specifically "Making Relationships"	<ul style="list-style-type: none"> Nursery: Autumn 1 (Cycle 2) 'Do you want to be friends?' (ALL) Nursery: Spring 2 – Introduce Article 4, 19, 27; right to be safe. 	<ul style="list-style-type: none"> Reception: Summer 1 - Articles 6, 11, 37, 40; recap the right to be safe. Reception: Summer 1 'Who's afraid of the Big Bad Wolf?' – stranger danger, who can I trust to talk to? (5)
Respectful relationships Links to Personal, Social, Emotional Development, specifically 'Managing Feelings and Behaviour'.	<ul style="list-style-type: none"> All EYFS Introduction to routines, behaviour expectations, consequences, e.g. hands up to speak, sitting appropriately, listening when others are speaking, kind hands etc (2, 3, 5, 8) All EYFS: Autumn 2 – 'Friendship Week' (6) 	
Online Relationships		<ul style="list-style-type: none"> Reception; 'Smartie the Penguin' linked with Safer Internet Day (3)
Being Safe Links to Personal, Social, Emotional Development, specifically "Making Relationships".	Nursery: Spring 2 – Introduce Article 4, 19, 27; right to be safe. ALL EYFS: Introduce boundaries and personal space such as closing toilet doors, 1 toilet per child, asking to give hugs, who are your duty bearers?	<ul style="list-style-type: none"> Reception: Summer 1 'Who's afraid of the Big Bad Wolf?' – Stranger danger, who can I trust to talk to? (5) Reception: Summer 1 - Articles 6, 11, 37, 40; recap the right to be safe
Mental Wellbeing Links to Personal, Social, Emotional Development, specifically 'Managing Feelings and Behaviour'	We address wellbeing and emotional awareness through a range of stories e.g. Elmer, The Smartest Giant in Town, The Bad-Tempered Ladybird.	Reception: Espresso – 'Angry Arthur' – managing feelings/emotions (2, 3, 4, 6, 9)
Physical Health and Fitness Links to Physical Development, specifically Health and Self-Care	Nursery: Spring 2 Cycle 1 – 'Why was the caterpillar so hungry?' ALL EYFS: 'Fitness Friday' (1, 2)	Reception; Summer 2 – 'How High Can I Jump?' Reception Summer 2 = Articles 15, 24, 27, 31 Right to leisure and to socialise. Reception: Annually – YogaBugs (1, 2)

Healthy Eating Links to Physical Development, specifically Health and Self-Care	Nursery: Spring 2 Cycle 1 – ‘Why was the caterpillar so hungry?’	Reception; Summer 2 – ‘How High Can I Jump?’ Reception Spring 2 – Articles 24, 27: Right to food and nutrition.
Health and Prevention Links to Physical Development, specifically Health and Self-Care	<ul style="list-style-type: none"> Teeth cleaning (4) Nursery – Summer 2 Cycle 1 ‘How many pebbles are on the beach?’ (2) ALL EYFS; toilet training, introduction to washing hands, tooth brushing, wiping nose and disposing of tissues. (5)	
Basic First Aid Links to Understanding the World; specifically the aspect ‘People and Communities’.		Reception; Autumn 1; ‘What is a Superhero?’ (1) Reception – Introduce emergency services; who/how would you contact in an emergency? (1)