

	Relationships			Living in the wider world			Health and Wellbeing		
	Autumn Term			Spring Term			Summer Term		
Year 3	Growing and Changing: Personal strengths and achievements; managing and re-framing setbacks	Keeping safe: Risks and hazards; safety in the local environment and unfamiliar places	Belonging to a Community: The value of rules and laws; rights, freedoms and responsibilities	Respecting ourselves and others: Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	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	Physical health and Mental wellbeing: Health choices and habits; what affects feelings; expressing feelings	Families and Friendships: What makes a family; features of family life	Money and work: Different jobs and skills; job stereotypes; setting personal goals
Year 4	Respecting ourselves and others: Respecting differences and similarities; discussing difference sensitively	Keeping safe: Medicines and household products; drugs common to everyday life	Belonging to a Community: What makes a community; shared responsibilities	Families and Friendships: Positive friendships, including online	Media literacy and digital resilience: How data is shared and used	Physical health and Mental wellbeing: Maintaining a balanced lifestyle; oral hygiene and dental care	Money and work: Making decisions about money; using and keeping money safe	Physical health and Mental wellbeing: Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Safe relationships: Responding to hurtful behaviour; managing confidentiality; recognising risks online
Year 5	Families and Friendships: Managing friendships and peer influence	Belonging to a Community: Protecting the environment; compassion towards others	Money and work: Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Safe relationships: Physical contact and feeling safe	Keeping safe Keeping safe in different situations, including responding in emergencies, first aid	Respecting ourselves and others: Responding respectfully to a wide range of people; recognising prejudice and discrimination	Growing and changing and Mental wellbeing: Personal identity; recognising individuality and different qualities; mental wellbeing	Growing and Changing: Physical and emotional changes in puberty; external genitalia; personal hygiene routines;	Media literacy and digital resilience: How information online is targeted; different media types, their role and impact
Year 6	Belonging to a Community: Valuing diversity; challenging discrimination and stereotypes	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	Safe relationships: Recognising and managing pressure; consent in different situations	Physical health and Mental wellbeing: Health and ways to take care of it; managing change, loss and bereavement; managing time online	Money and work: Influences and attitudes to money; money and financial risks	Media literacy and digital resilience: Evaluating media sources; sharing things online	Growing and Changing: Human reproduction and birth; increasing independence; managing transition	Families and Friendships: Attraction to others; romantic relationships; civil partnership and marriage

Sholing Junior School – Long Term Planning

