|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
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| **Nursery** | **Me and My Relationships**  I am special and people who are special to me. | **Valuing Difference**  Friends, Family and Including everyone | **Keeping Myself Safe**  People who keep me safe, Staying safe indoors and outdoors, What’s safe to go into my body | **Rights and Responsibilities**  Looking after myself, others and the environment  **Being My Best**  What does my body need? | **Being My Best**  I can do it! | **Growing and Changing**  When I was a baby.  Girls, Boys and families  Growing and changing in nature |
| **Reception** | **Me and My Relationships**  What makes me special  Me and my special people  Who can help me?  My feelings | **Valuing Difference**  Same and different  Families  Same and different homes  Kind and Caring | **Keeping Myself Safe**  What is safe to go onto my body?  Keeping myself safe (medicines)  Staying safe indoors and outdoors.  Online safety  People who keep me safe | **Rights and Responsibilities**  Looking after my special people and my friends  Being helpful at home  Caring for our world  Looking after money  **Being My Best**  Yes I can  Healthy Eating  Healthy mind | **Being My Best**  Move your body  A good night’s sleep | **Growing and Changing**  Seasons  Life stages , life stages, who will I be?  Where do babies come from?  Getting bigger  Me and My body – girls and boys |
| **Year 1** | **Me and My Relationships**  Why we have rules  Feelings  Our special people  Friends  How are you listening? | **Valuing Difference**  Same or different?  Unkind, tease or bully?  Who are our special people?  It isn’t fair!  **Keeping Myself Safe**  Who can help? | **Keeping Myself Safe**  Good or bad touches  Sharing pictures  **Rights and Responsibilities**  Harold's wash and brush up  Around and about the school | **Rights and Responsibilities**  Taking care of something  Harold's money  How should we look after our money?  **Being My Best**  I can eat a rainbow  Eat well  Catch it! Bin it! Kill it!  Harold learns to ride his bike | **Being My Best**  Pass on the praise!  Harold has a bad day  **Growing and Changing**  Surprises and secrets  Keeping privates private | **Growing and Changing**  Inside my wonderful body  Then and now  Who can help? |
| **Year 2** | **Me and My Relationships**  How are you feeling today?  Bullying or teasing?  Don’t do that!  Types of bullying  Being a good friend | **Valuing Difference**  What makes us who we are?  How do we make others feel?  Special people  When someone is feeling left out  **Keeping Myself Safe**  I don’t like that | **Keeping Myself Safe**  Fun or not?  Should I tell?  Some secrets should never be kept.  **Rights and Responsibilities**  Getting on with others | **Rights and Responsibilities**  When I feel like erupting  Feeling safe  Environment  Playing games  **Being My Best**  You can do it!  My day | **Being My Best**  Harold's postcard - My body needs…  **Growing and Changing**  A helping hand  Haven't you grown | **Growing and Changing**  My body, your body  Respecting privacy  Basic first aid |
| **Year 3** | **Me and My Relationships**  As a rule  My special pet  Looking after our special people  Dan’s Dare  Friends are special | **Valuing Difference**  Families and friends  Respect and challenge  Friends and neighbours  Celebrating differences  Zeb | **Keeping Myself Safe**  Safe or unsafe?  None of Your Business  Help or harm?  **Rights and Responsibilities**  Helping each other to stay safe | **Rights and Responsibilities**  Our helpful volunteers  Harold's environment project  Recount task  Can Harold afford it?  **Being My Best**  Derek Cooks Dinner  Poorly Harold | **Being My Best**  For or against?  I am fantastic!  Getting on with your nerve  Top talents | **Growing and Changing**  Relationship Tree  Body space  Secret or surprise |
| **Year 4** | **Me and My Relationships**  Ok or not ok? (x2)  Different feelings  When feelings change.  Under pressure | **Valuing Difference**  Can you sort it?  Islands  What would I do?  The people we share our world with  **Keeping Myself Safe**  Danger, risk, hazard? | **Keeping Myself Safe**  How dare you!  Medicines  Know the norms  **Rights and Responsibilities**  Who helps us stay healthy and safe? | **Rights and Responsibilities**  It’s your right  How do we make a difference?  In the News  Safety in numbers  **Being My Best**  What makes me ME!  Making choices | **Being My Best**  SCARF hotel  Harold’s 7 Rs  Basic First aid  **Growing and Changing**  **RSE -** My feelings are all over the place | **Growing and Changing**  **RSE** All change  **RSE** Preparing for changes at puberty  Together |
| **Year 5** | **Me and My Relationships**  Give and take  How good a friend are you?  Relationship Cake Recipe  Our emotional needs  Communication | **Valuing Difference**  Happy Being Me  The land of the Red People  Is it true?  It could happen to anyone  **Keeping Myself Safe**  Spot bullying | **Keeping Myself Safe**  Decisions dilemmas  Play, like, share  Would you risk it?  Smoking: what is normal? | **Rights and Responsibilities**  Fact or opinion?  Rights, responsibilities and duties  Spending wisely  Lend us a fiver!  Local councils  **Being My Best**  My school community | **Growing and Changing**  **RSE -** Changing bodies and feelings  **RSE -** Growing up and changing bodies  **Being My Best**  Getting fit  It all adds up! | **Growing and Changing**  How are they feeling?  Our feelings  Stop, start, stereotypes |
| **Year 6** | **Me and My Relationships**  Working Together  Let’s negotiate  Friendship problems  Behave yourself  Don’t force me  Acting appropriately | **Growing and Changing**  Helpful or unhelpful?  I look great  Media manipulation  **RSE -** making babies  **RSE -** Is it normal  Pressure online  Dear Ash | **Valuing Difference**  Ok to be different  We have more in common than not  Respecting differences  Tolerance and respect for others Challenging gender stereotypes | **Keeping Myself Safe**  Think before you click!  Traffic Lights  To share or not to share?  What sort of drug is…?  Alcohol | **Being My Best**  Wellbeing  What’s the risk?  (x2) | **Rights and Responsibilities**  Two sides to every story  Fakebook friends  Jobs and taxes  Democracy |