

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