

	Autumn: Living in the world	Spring: Relationships and RSE	Summer: Health and Wellbeing
	Key themes: Community, Media literacy and digital resilience, Money and work	Key themes: Families and Friendships Safe relationships RSE	Key themes: Physical Health, Mental wellbeing, Keeping safe; Drugs and Alcohol, First aid
Reception	<ul style="list-style-type: none"> To learn and use a zone of regulation interactive display To learn about my class To learn about my school To learn about my community/Hackney 	<ul style="list-style-type: none"> To recognise the importance of friendships To recognise the importance of saying sorry and forgiveness To recognise that all families are different 	<ul style="list-style-type: none"> Keeping healthy with food, drink, exercise and sleep Mental Health: Learn that feelings change To feel prepared for the transition to a new classroom setting
Year 1	<ul style="list-style-type: none"> To learn and use a zone of regulation interactive display To understand the needs of others To look after the environment Anti-bullying Week What is the internet and why do we use it? To identify my own and others' strengths and interests To learn about jobs and work in my community 	<ul style="list-style-type: none"> To introduce concept of growing and changing To learn about family and how they can be different To explore different types of families and who to ask for help To understand some basic hygiene principles To learn to respect rules and boundaries To learn about types of touch 	<ul style="list-style-type: none"> To learn to keep healthy with food and drink To learn about how being active can keep people healthy To learn about things that go into bodies or onto skin and how this can make people feel To recognise and describe different feelings in themselves and others To learn that feelings change and that not everyone experiences the same feeling in the same situation. To learn daily routines formed around hygiene To feel prepared for the transition to a new classroom setting
Year 2	<ul style="list-style-type: none"> To learn and use a zone of regulation interactive display To understand my role in a community To recognise diversity and equality in my community Anti-bullying Week To recognise the purpose and value of the internet in everyday life To learn about money To learn about spending and saving money 	<ul style="list-style-type: none"> To learn about how to make friends To learn about how to be a good friend To learn about which behaviours can cause an argument To introduce the concept of male and female and gender stereotypes and to identify differences between males and females To explore some of the differences between males and females and to understand how this is part of the lifecycle 	<ul style="list-style-type: none"> Keeping healthy with food and drink and an active lifestyle To learn about keeping teeth healthy To learn about medicines, and the people who help them to stay healthy To learn about the rules for keeping safe around medicines and other household products That feelings change and that not everyone experiences the same feeling in the same situation.

		<ul style="list-style-type: none"> To focus on sexual difference and name body parts 	<ul style="list-style-type: none"> To learn about 'big' feelings and how to manage them To feel prepared for the transition to a new classroom setting
Year 3	<ul style="list-style-type: none"> To learn and use a zone of regulation interactive display To recognise the importance of rules and law in society To identify basic examples of human rights Anti-bullying Week To be safe online To understand the role of a job and work in our lives To challenge stereotypes in related to work 	<ul style="list-style-type: none"> To explore different types of families To explore different types of families and who to go to for help and support To explore the differences between males and females and to name the body parts To consider touch and to know that a person has the right to say what they like and dislike To learn about privacy and boundaries To learn about respect 	<ul style="list-style-type: none"> To learn what makes a healthy diet and why this is important To learn about influences and making healthy choices when deciding what to eat or drink To learn about the safe use of medicines and household products To learn to keep safe To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good To learn ways of expressing feelings and emotions and why this important To feel prepared for the transition to a new classroom setting
Year 4	<ul style="list-style-type: none"> To learn and use a zone of regulation interactive display To recognise I belong to a school and wider community To recognise those who contribute to my community Anti-bullying To recognise how data is shared To learn about money: budgeting and spending To recognise the positive and negative effect of spending money 	<ul style="list-style-type: none"> To learn about healthy relationships To learn about hurtful behaviour To learn how to manage pressure To explore the human lifecycle To identify some basic facts about puberty To explore how puberty is linked to reproduction 	<ul style="list-style-type: none"> To learn how to plan and prepare a healthy meal To learn about the importance of regular, physical activity To learn about the importance of dental health routines To learn about the safe use of medicines and household products To learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health To learn about managing feelings and emotions in different situations and understand how to seek help, advice and support with feelings and emotions To feel prepared for the transition to a new classroom setting

Year 5	<ul style="list-style-type: none"> • To learn and use a zone of regulation interactive display • To show compassion for the environment, animals and other living things • To recognise how money and resources impact the environment • Anti-bullying • To recognise that information online is targeted • To identifying job interests and aspirations; what influences career choices • To consider workplace stereotypes 	<ul style="list-style-type: none"> • To learn about healthy relationships • To identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations • To explore the emotional and physical changes occurring in puberty • To understand male and female puberty changes in more detail • To explore the impact of puberty on the body and the importance of physical hygiene and explore ways to get support • To learn about equality and gender identity 	<ul style="list-style-type: none"> • To learn how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing • To learn about some of the risks and effects of legal and illegal drug use • To learn about first aid • To learn to manage risks and emergency • To learn how to seek help for themselves or others and how to report FGM concerns • To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times.
Year 6	<ul style="list-style-type: none"> • To learn and use a zone of regulation interactive display • Valuing diversity; challenging discrimination • Valuing diversity; challenging stereotypes • Anti-bullying • Evaluating media sources; sharing things online • Influences and attitudes to money; money and financial risks • Influences and attitudes to money; critical consumers 	<ul style="list-style-type: none"> • To explore the emotional and physical changes occurring in puberty • To explore the impact of puberty on the body and the importance of physical hygiene and explore ways to get support • To understand male and female puberty changes in more detail • To consider puberty and reproduction • To consider physical and emotional behaviour in relationships • To explore the process of conception and pregnancy • To explore positive and negative ways of communicating in a relationship 	<ul style="list-style-type: none"> • To learn about strategies to maintain a balanced lifestyle • To learn how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing • To learn about some of the risks and effects of legal and illegal drug use • To learn about the reasons why people use drugs; managing situations and peer influence • To learn that mixed messages about drug use in the media exist and that these can influence opinions and decisions • To learn about first aid • To learn to manage risks and emergency