|  |  |  |  |
| --- | --- | --- | --- |
|  | **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** |
| EYFS | * My class * My school * Me: Who am I? | * Our day * Keeping ourselves clean * Families | * Keeping Healthy * Mental Health: Learn that feelings change * Transition |
| Year 1 | * To understand the needs of others * To look after the environment * Anti-bullying * 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 | * Growing and changing * Family: Differences * Family: Seeking support * Basic Hygiene * Respecting rules and boundaries * Types of touch | * Keeping Healthy: Food and Drink * Keeping Healthy: Physical Exercise * Drugs and Alcohol Years 1/2: (Lesson 1- Keeping Safe: Things that go in and out of the body) * Recognise and describe different feelings in themselves and others * Mental Health: Learn that feelings change * Daily Routines: Hygiene * Growing and Changing: Transition |
| Year 2 | * To understand my role in a community * To recognise diversity and equality in my community * Anti-bullying * To demonstrate how to use the internet to get information safely * To learn about money * To learn about spending and saving money | * How to make a friend * How to be a good friend * What causes and argument? * Differences: Boys and Girls * Differences: Male and Female (animals) * Naming body parts | * Keeping Healthy * Keeping Healthy Teeth * Drugs and Alcohol Years 1/2: (Lesson 2- Keeping Healthy: Medicines) * Drugs and Alcohol Years 1/2: (Lesson 3- Keeping Healthy: Medicines and Household Products) * Mental Health: Learn that feelings change * Mental Health: Learn about ‘big’ feelings and how to manage them * Growing and Changing: Transitions |
| Year 3 | * To recognise the importance of rules and law in society * To identify basic examples of human rights * Anti-bullying * To be safe online * To understand the role of a job and work in our lives * To challenge stereotypes in related to work | * Family: Differences * Differences: Male and Female * Personal Space * Privacy and Boundaries * Respect | * Healthy Choices: Eating habits * Healthy Choices: Choices and Influences * Drugs and Alcohol Years 3/4: (Lesson 1- Safety Rules and Risks: Medicine and Household Products) * Keeping Safe * Mental Health: Communicate Feelings * Mental Health: Expressing feelings and emotions * Transition with link to self-esteem |
| Year 4 | * 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 | * Healthy relationships * Hurtful Behaviour * How to manage pressure * Growing and changing * What is puberty? * Puberty change and reproduction | * Balanced Healthy Lifestyle * Oral Hygiene * Drugs and Alcohol Years 3/4: (Lesson 1: Safety Rules and Risks: Medicine and Household Products) * Drugs and Alcohol Years 3/4: (Lesson 2: Safety Rules and Risks: Alcohol and Smoking) * Mental Health: Managing feelings and emotions in different situations and getting help, advice and support with feelings and emotions * Growing and Changing: Transition |
| Year 5 | * 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 | * Healthy relationships * Physical touch * Talking and Puberty * Female and Male changes * Puberty and Hygiene * Equality and Gender identity | * Drugs and Alcohol Years 5/6: (Lesson 1 Managing Risks: Medicines) * Drugs and Alcohol Years 5/6: (Lesson 2 Managing Risks: Legal and Illegal Drugs) * Managing risks and emergency * First Aid * FGM * Mental Health: What is mental health and how do we take care of it? * Mental Health: Transition |
| Year 6 | * 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 | * Puberty: Male and Female changes * Puberty and Hygiene * Puberty and reproduction * Communication in relationships * Families, conception and pregnancy * Online relationships | * Balanced Lifestyles * Drugs and Alcohol Years 5/6: (Lesson 1 Managing Risks: Medicines) * Drugs and Alcohol Years 5/6: (Lesson 2 Managing Risks: Legal and Illegal Drugs) * Drugs and Alcohol Years 5/6: Managing Risk: Influences and Pressure * Drugs and Alcohol Years 5/6: Media * Managing Risks and Emergency * First Aid * Mental Health * Transition: Mental Health and Practical |