



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy – food, exercise, sleep. Growth Mindset	Cycles Life stages
Year 1/2 (Year A)	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation Being kind and helping others Celebrating differences People who help us Listening Skills		Safe and unsafe secrets. Appropriate touch Medicine safety Cooperation Self-regulation Online safety Looking after money – saving and spending		Growth Mindset Looking after my body Hygiene and health Exercise and sleep Life cycles Dealing with loss Being supportive Growing and changing Privacy	
Year 1/2 (Year B)	Feelings Getting help Classroom rules Special people Being a good friend Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help		How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep Taking care of things: Myself My money My environment		Growth Mindset Healthy eating Hygiene and health Cooperation Getting help Becoming independent My body parts Taking care of self and others	



<p>Year 3/4 (Year A)</p>	<p>Healthy relationships Listening to feelings Bullying Assertive skills Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</p>	<p>Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p>	<p>Having choices and making decisions about my health Taking care of my environment My skills and interests Managing difficult feelings Relationships including marriage Year 4 only - Changing bodies and puberty</p>
<p>Year 3/4 (Year B)</p>	<p>Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss Recognising and respecting diversity Being respectful and tolerant My community</p>	<p>Managing risk Decision-making skills Drugs and their risks Staying safe online Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money</p>	<p>Keeping myself healthy and well Celebrating and developing my skills Developing empathy Relationships Keeping safe Safe and unsafe secrets Year 4 only - Changing bodies and puberty</p>
<p>Year 5</p>	<p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs Managing difficult feelings Sex education Body changes during puberty Managing change How my feelings help keeping safe Getting help</p>	<p>Recognising and celebrating difference, including religion and cultural Influence and pressure of social media Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p>	<p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community</p>



Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health Coping with changes Keeping safe Body Image Self-esteem
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