



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me and My Relationships What makes me special People close to me Getting help Valuing Difference Similarities and difference Celebrating difference Showing kindness Zones of Regulation (Colour Monster)		Keeping Myself Safe Keeping my body safe Safe secrets and touches People who help to keep us safe Rights and Responsibilities Looking after things: friends, environment, money Anti-Bullying Week		Being my Best Keeping my body healthy – food, exercise, sleep. Growth Mindset Growing and Changing Cycles, Life stages Girls and boys – similarities and difference	
Year 1	Me and My Relationships Feelings Getting help Classroom rules Special people Being a good friend Valuing Difference Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help Zones of Regulation (1-4)		Keeping Myself Safe How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep Rights and Responsibilities Taking care of things: Myself My money My environment Anti-Bullying Week		Being my Best Growth Mindset Healthy eating Hygiene and health Cooperation Growing and Changing Getting help Becoming independent My body parts Taking care of self and others	
Year 2 (Year A)	Me and My Relationships Feelings Getting help Classroom rules Special people Being a good friend Valuing Difference		Keeping Myself Safe How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep Rights and Responsibilities Taking care of things:		Being my Best Growth Mindset Healthy eating Hygiene and health Cooperation Growing and Changing Getting help Becoming independent	



	<p>Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help Zones of Regulation (1-4)</p>	<p>Myself My money My environment Anti-Bullying Week</p>	<p>My body parts Taking care of self and others</p>
<p>Year 3/4 (Year A)</p>	<p>Me and My Relationships Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss Valuing Difference Recognising and respecting diversity Being respectful and tolerant My community Zones of Regulation - Review</p>	<p>Keeping myself safe Managing risk Decision-making skills Drugs and their risks Staying safe online Valuing Difference Rights and Responsibilities Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money Anti-Bullying Week</p>	<p>Being my best Keeping myself healthy and well Celebrating and developing my skills Developing empathy Growing and Changing Relationships Keeping safe Safe and unsafe secrets <i>Understanding in broad terms that their bodies will change and that this is called puberty: understand how the onset of puberty can have emotional as well as physical impact;</i></p>
<p>Year 3/4 (Year B)</p>	<p>Me and My Relationships Healthy relationships Listening to feelings Bullying Assertive skills Valuing Difference Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes Zones of Regulation - Review</p>	<p>Keeping Myself Safe Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety Rights and Responsibilities Making a difference (different ways of helping others or the environment) Media influence</p>	<p>Being my best Having choices and making decisions about my health Taking care of my environment My skills and interests Growing and Changing Managing difficult feelings Relationships including marriage</p>



		Decisions about spending money Anti-Bullying Week	
Year 5 / 6 (Year A)	Growing and Changing Managing difficult feelings (Puberty) Managing change How my feelings help Keeping safe Getting help Zones of Regulation - Review Me and My Relationships Feelings Friendship skills, including compromise Assertive skills Recognising emotional needs	Keeping myself safe Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills Rights and Responsibilities Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending Anti-Bullying Week	Being my Best Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community Valuing Difference Recognising and celebrating difference, including religions and cultural Influence and pressure of social media
Year 5 / 6 (Year B)	Me and My Relationships Assertiveness Cooperation Safe/unsafe touches Positive relationships Growing and Changing Coping with changes Keeping safe Body Image Self-esteem Zones of Regulation - Review	Keeping Myself Safe Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) Rights and Responsibilities Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy Anti-Bullying Week	Being my Best Aspirations and goal setting Managing risk Looking after my mental health Valuing Difference Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping