

Year Group	Autumn	Spring	Summer
EYFS	<p>Who are the special people who love and help me?</p> <p><i>Family and Friends</i></p> <ul style="list-style-type: none"> • Recognising my special people and family • Learning about friendship and being kind <p>What makes us and our class special?</p> <p><i>Beginning and Belonging</i></p> <ul style="list-style-type: none"> • Understanding what makes me special and welcoming others • Learning to play and work well together <p>How are we the same and different in my class?</p> <p><i>Me & My World</i></p> <ul style="list-style-type: none"> • Understanding who helps look after me and my school 	<p>What makes each of us special and different?</p> <p><i>Identities & Diversity</i></p> <ul style="list-style-type: none"> • Exploring similarities and differences between people • Learning about different families and ways of living <p>What helps our bodies grow strong healthy?</p> <p><i>Healthy Lifestyles</i></p> <ul style="list-style-type: none"> • Making healthy choices about food, exercise and sleep • Understanding what helps me feel healthy 	<p>How have I grown and changed?</p> <p><i>My Body & Growing Up</i></p> <ul style="list-style-type: none"> • Learning about my body and how it has changed • Understanding how to look after my body <p>How can we keep ourselves safe at school, home and out and about? <i>Keeping Safe</i></p> <ul style="list-style-type: none"> • Understanding safety rules at home, school and out and about • Learning when to say ‘No!’ and ask for help

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	<ul style="list-style-type: none"> • Learning about my neighbourhood and community 		
	<p>My Emotions</p> <ul style="list-style-type: none"> • Recognising and talking about feelings • Understanding emotions in myself and others 		
Year 1	<p>What makes someone a really good friend?</p> <p><i>Family and Friends</i></p> <ul style="list-style-type: none"> • Understanding what makes a good friend • Learning about my family and special people <p>How can we make sure everyone in our class feel happy and safe?</p> <p><i>Anti-bullying</i></p> <ul style="list-style-type: none"> • Understanding what bullying is and why it's never acceptable 	<p>Why is it wonderful that everyone in our community is different?</p> <p><i>Diversity and Communities</i></p> <ul style="list-style-type: none"> • Celebrating what makes me 'me' and understanding differences • Learning about my community and who helps people <p>What can we do everyday to keep our bodies healthy and strong?</p> <p><i>Healthy Lifestyles</i></p> <ul style="list-style-type: none"> • Understanding healthy eating and why food 	<p>How can we make safe choices when we play, explore and try new things?</p> <p><i>Personal Safety</i></p> <ul style="list-style-type: none"> • Identifying trusted adults and knowing when to ask for help • Understanding private body parts and unwanted touch <p><i>Managing Safety and Risk</i></p> <ul style="list-style-type: none"> • Understanding risky situations and how to stay safe • Learning about road safety, water safety and emergencies

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	<ul style="list-style-type: none"> • Learning how to get help if worried about bullying 	<p>is good for us</p> <ul style="list-style-type: none"> • Learning about the importance of exercise and sleep <p>Drug Education</p> <ul style="list-style-type: none"> • Understanding medicines and how they help us • Learning safety rules about medicines 	<p>What makes me, me?</p> <p>Relationships and Sex Education</p> <ul style="list-style-type: none"> • Naming main body parts and understanding how I've changed • Learning what babies and children need from families
Year 2	<p>Why do we have rules and how do they help everyone?</p> <p>Rights, Rules and Responsibilities</p> <ul style="list-style-type: none"> • Understanding who looks after me and their responsibilities • Learning how rules help us feel happy and safe <p>different feelings</p> <p>What should we do if someone is being bullied?</p>	<p>Working Together</p> <ul style="list-style-type: none"> • Recognising what I and others are good at • Learning to listen well and work in a group <p>What would you do if you had £5 to spend?</p> <p>Financial Capability</p> <ul style="list-style-type: none"> • Understanding different ways to earn and spend money • Learning about saving, spending and budgeting <p>What should you do if a situation doesn't feel safe?</p>	<p>How can we use technology in a safe a healthy way?</p> <p>Digital Lifestyles</p> <ul style="list-style-type: none"> • Understanding how I use technology and the internet • Learning about online identity and staying safe online <p>What changes have happened in your life as you've grown?</p> <p>Managing Change</p> <ul style="list-style-type: none"> • Understanding how my skills and responsibilities are changing

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	<p>Anti-bullying</p> <ul style="list-style-type: none"> • Understanding what bullying is and how people might feel • Learning how to be assertive and get help 	<p>Managing Safety and Risk</p> <ul style="list-style-type: none"> • Learning my name, address and phone number • Understanding emergencies and how to stay safe 	<ul style="list-style-type: none"> • Learning how people feel during times of loss and change <p>Relationships and Sex Education</p> <ul style="list-style-type: none"> • Learning how babies change and grow • Understanding what babies need from families
	<p>My Emotions</p> <ul style="list-style-type: none"> • Recognising what I'm good at and what's special about me • Learning to describe and manage 		
Year 3	<p>What helps everyone feel like they belong in our class?</p> <p>Beginning and Belonging</p> <ul style="list-style-type: none"> • Taking responsibility for helping school be happy and safe • Building relationships and managing new situations <p>How can we make sure everyone feels safe, respected and valued?</p>	<p>How do our differences make our community stronger?</p> <p>Diversity and Communities</p> <ul style="list-style-type: none"> • Celebrating what we have in common and how we're different • Understanding stereotypes and why they're unfair <p>What choices can we make to keep our bodies and minds healthy?</p>	<p>How can we recognise risks and make safe choices?</p> <p>Personal Safety</p> <ul style="list-style-type: none"> • Recognising Early Warning Signs when I don't feel safe • Understanding personal boundaries and safe/unsafe secrets <p><u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • Understanding emotions in risky situations

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	<p>Anti-bullying</p> <ul style="list-style-type: none"> • Understanding different types of bullying and how power is used • Learning to be an ‘upstander’ and seek help 	<p>Healthy Lifestyles</p> <ul style="list-style-type: none"> • Understanding healthy eating and a balanced diet • Learning about active lifestyles and mental wellbeing <p><u>Drug Education</u></p> <ul style="list-style-type: none"> • Learning about medicines and how they help people • Understanding how to avoid spreading illnesses 	<ul style="list-style-type: none"> • Learning about road safety, fire safety and water safety <p>How can we take care of our bodies as we grow and change?</p> <p>Relationships and Sex Education</p> <ul style="list-style-type: none"> • Learning about male and female bodies and differences • Understanding how to keep myself clean and prevent illness
	<p>My Emotions</p> <ul style="list-style-type: none"> • Understanding mental wellbeing is as important as physical wellbeing • Learning to communicate emotions and manage uncomfortable feelings 		
Year 4	<p>Why do rules and responsibilities help communities work fairly?</p>	<p>How can we make safe choices with money?</p> <p>Financial Capability</p> <ul style="list-style-type: none"> • Understanding saving, spending and budgeting 	<p>How can we use technology in a way that is safe, balanced and positive?</p>

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	<p><i>Rights, Rules and Responsibilities</i></p> <ul style="list-style-type: none"> • Understanding rights and responsibilities at home and school • Learning about respect and democratic decision making <p>What can we do to stop bullying and make our school a place where everyone feels safe?</p> <p><i>Anti-bullying</i></p> <ul style="list-style-type: none"> • Understanding direct and indirect forms of bullying • Learning about bystanders and how to support people being bullied 	<ul style="list-style-type: none"> • Learning about value for money and impact of choices <p>How can we recognise risks and make responsible decisions to stay safe?</p> <p><i>Managing Safety and Risk</i></p> <ul style="list-style-type: none"> • Learning to make decisions in risky situations • Understanding how to take action in emergencies 	<p><i>Digital Lifestyles</i></p> <ul style="list-style-type: none"> • Understanding online identity and showing respect online • Learning about age restrictions and peer influence <p>How do humans grow and change for babies to adults?</p> <p><i>Relationships and Sex Education</i></p> <ul style="list-style-type: none"> • Learning about the main stages of the human life cycle • Understanding how families care for children
	<p>My Emotions</p> <ul style="list-style-type: none"> • Understanding mental wellbeing and how to look after it • Learning to communicate emotions and care for others' feelings 		

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Year 5	<p>How can we make sure everyone feels valued and included in our class?</p> <p><i>Beginning and Belonging</i></p> <ul style="list-style-type: none"> • Taking responsibility for helping others feel happy and safe • Building relationships and being resilient in new situations <p>What does it mean to be an upstander and not a bystander?</p> <p><i>Anti-bullying</i></p> <ul style="list-style-type: none"> • Understanding how people use exclusion or manipulation • Learning to be an assertive ‘upstander’ and prevent bullying 	<p>How can we challenge unfair treatment and stereotypes?</p> <p><i>Diversity and Communities</i></p> <ul style="list-style-type: none"> • Understanding how stereotypes influence my sense of identity • Learning about voluntary organisations and the media <p>Why do our bodies change during puberty?</p> <p>Why is it important to learn why how our bodies go and develop?</p> <p><i>Relationships and Sex Education</i></p> <ul style="list-style-type: none"> • Learning about male and female sexual parts and their functions • Understanding what happens during puberty 	<p>How can we recognise danger and make safe choices in different situations?</p> <p><i>Personal Safety</i></p> <ul style="list-style-type: none"> • Using Early Warning Signs to judge how safe I’m feeling • Understanding appropriate and inappropriate physical contact <p><u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • Understanding when taking risks might be good for mental health • Learning to carry out basic first aid <p>How can medicines help us and when might substances be harmful?</p> <p><i>Drug Education</i></p> <ul style="list-style-type: none"> • Learning about medicines, caffeine, alcohol and nicotine • Understanding illegal drugs and how to assess risk

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	<p>My Emotions</p> <ul style="list-style-type: none"> • Understanding mental wellbeing as part of daily life • Learning to manage strong emotions and recognise loneliness 		
Year 6	<p>What would happen if people had rights but no responsibilities?</p> <p><i>Rights, Rules and Responsibilities</i></p> <ul style="list-style-type: none"> • Understanding basic rights of children and adults • Learning about laws, democracy, councils and parliament <p>How can bullying affect people's mental health and confidence?</p> <p><i>Anti-bullying</i></p> <ul style="list-style-type: none"> • Understanding different forms of bullying on and offline • Learning how prejudice can lead to bullying 	<p>What can we learn from people whose lives are different to ours?</p> <p><i>Diversity and Communities</i></p> <ul style="list-style-type: none"> • Understanding how people's views affect my identity • Learning to show respect for different lifestyles and beliefs <p>How can understanding the risks make better decisions?</p> <p><i>Healthier Lifestyles</i></p> <ul style="list-style-type: none"> • Understanding balanced/unbalanced diet and associated risks 	<p>What responsibilities come with growing up and forming relationships?</p> <p><i>Relationships and Sex Education</i></p> <ul style="list-style-type: none"> • Learning about different ways babies are conceived and born • Understanding what adults think about before having children <p>What challenges and opportunities might come with moving to secondary school?</p> <p><i>Managing Change</i></p> <ul style="list-style-type: none"> • Learning strategies to thrive when moving to secondary school <p><i>Personal Safety</i></p>

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		<ul style="list-style-type: none"> • Learning about positive attitudes towards food and nutrition <p><u>Drug Education</u></p> <ul style="list-style-type: none"> • Understanding effects of medicines, caffeine, alcohol and nicotine • Learning about illegal drugs and how to respond assertively 	<ul style="list-style-type: none"> • Learning to recognise and report concerns of abuse or neglect • Understanding strategies to assess risk and feel safer
	<p>My Emotions</p> <ul style="list-style-type: none"> • Building a strong sense of identity and self-respect • Understanding mental ill health and self-care techniques 		