

	Cycle A								
	Autumn Relationships			Spring Living in the wider world			Summer Health and Wellbeing		
Year Groups	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies

<p>Year 3/4</p> <p>Year 3</p>	<p>What makes a family; features of family life</p>	<p>Personal boundaries; safely responding to others; the impact of hurtful behaviour</p>	<p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>The value of rules and laws; rights, freedoms and responsibilities</p>	<p>How the internet is used; assessing information online</p>	<p>Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Health choices and habits; what affects feelings; expressing feelings</p>	<p>Personal strengths and achievements; managing and reframing setbacks</p>	<p>Risks and hazards; safety in the local environment and unfamiliar places</p>
<p>Year 5/6</p> <p>Year 5</p>	<p>Managing friendships and peer influence</p>	<p>Physical contact and feeling safe</p>	<p>Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p>Protecting the environment; compassion towards others</p>	<p>How information online is targeted; different media types, their role and impact</p>	<p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>	<p>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p>	<p>Keeping safe in different situations, including responding in emergencies and first aid</p>