

	Autumn: Health and Wellbeing			Spring: Living in the wider world			Summer: Relationships		
	Physical health and mental wellbeing	Growing and changing	Keeping safe	Belonging to a community	Media literacy and digital resilience	Money and work	Families and friendships	Safe relationships	Respecting ourselves and others
Year 3	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	What makes a family; features of family life; exploring different types of families and who to go to for help and support.	Personal boundaries; safely responding to others (including appropriate and inappropriate contact and consent); the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect (including respecting the body differences between ourselves and others); courtesy and being polite
Year 4	Maintaining a balanced lifestyle; oral hygiene and dental care (linked to year 4 science)	Personal hygiene routine	Medicines and household products; drugs common to everyday life	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Positive friendships, including online, exploring healthy relationships	Responding to hurtful behaviour (unhappy and uncomfortable times in friendships); managing confidentiality; recognising risks online	Respecting differences and similarities; discussing differences sensitively
Year 5	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing; human life cycle, physical and emotional changes in puberty; external genitalia; support with puberty	Keeping safe in different situations, including responding in emergencies, first aid	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination
Year 6	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Reviewing how the body changes during puberty; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	Attraction to others; romantic relationships; civil partnership and marriage; how to get support if a friendship/relationship goes wrong	Recognising and managing pressure; consent in different situations; when to share information that is personal or private	Expressing opinions and respecting other points of view, including discussing topical issues