

	Autumn term		Spring term		Summer term	
EYFS	Personal Social and Emotional Development					
	Health and Wellbeing	Family and Relationships	Citizenship	Safety and the changing body	Health and Wellbeing	Citizenship
	Show more confidence in new social situations. Play with other children, extending and elaborating play ideas. Follow and remember rules. Use the toilet independently. Manage own personal hygiene.	See themselves as a valuable individual. Build constructive and respectful relationships. Express feelings. Persevere in the face of challenge. Talk to solve conflicts and about own feelings.	Identify and moderate own feelings socially and emotionally. Think about the perspective of others. Explain reasons for rules, know right from wrong and try to behave accordingly.	Show an understanding of own and others feeling and begin to regulate behaviour accordingly. Form positive attachments to adults and friendships with peers.	Set and work towards simple goals. Can wait for what is wanted and control immediate impulses when appropriate. Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy foods. Work and play cooperatively and take turns with others.	Give focused attention and respond appropriately even when engaged in activity. Show an ability to follow instructions involving several ideas or actions. Confident to try new activities and show independence, resilience and perseverance in the face of challenge. Show sensitivity to own and others' needs.
Year 1/2 A	Family and Relationships	Health and Wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules (Y1) Friendships (Y1) Families are different (Y2) Healthy friendships (Y1) Gender stereotypes (Y1)	Understand emotions (Y1) Ready for bed (Y1) Handwashing & hygiene (Y1) Sun safety (Y1) Allergies (Y1)	Adults in school (Y1) Adults outside school (Y1) Make an emergency phone call (Y1) Appropriate contact (Y1) Safety with substances (Y1)		Rules (Y1) Everyone is unique (Y1) Local Community (Y2)	Introduction to money (Y1) Wants and needs (Y2)
Year 1/2 B	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules (Y2) Families are all different (Y2) Unhappy Friendships (Y2) Manners and Courtesy (Y2) Change and loss (Y2) Friendship Problems (Y1) Gender stereotypes in jobs (Y2)	Different emotions (Y2) Develop a growth mindset (Y2) Healthy diet (Y2) Look after our teeth (Y2)	Communicate online (Y2) Secrets and surprises (Y2) Appropriate contact: My private parts are private (Y1) Staying safe with medicine (Y2)		Rules beyond school (Y2) Giving my opinion (Y2) Democratic decisions (Y1)	Looking after money (Y2) Saving and spending (Y1)

Year 3/4 A	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules (Y3) Healthy families- Boundaries (Y3) Friendship conflicts (Y3) Conflict vs bullying (Y3) Learning who to trust (Y3) Respecting differences (Y3) Stereotyping gender (Y3)	My healthy diary (Y3) Diet and dental health (Y3) Celebrating Mistakes (Y4) My Happiness (Y4)	First Aid: emergencies and calling for help (Y3) Cyberbullying (Y3) Drugs, alcohol and tobacco (Y3) Keeping safe out and about (Y3) Privacy and Security (Y4)		Rights of the child (Y3) Local council and democracy (Y3) Human Rights (Y3)	Ways of paying (Y3) Impact of money (Y3) Jobs and careers (Y3)
Year 3/4 B	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules Respect and manners Healthy friendships Bullying Stereotypes: Disability Change and loss	Resilience: Breaking down problems (Y3) Look after our teeth (Y4) Emotions (Y4) Mental health (Y4)	Internet safety: Age restrictions (Y4) Risks of sharing information online (Y4) Introduce puberty (Y4) Tobacco (Y4)		Diverse communities (Y4) Charity (Y3)	Keep track of money (Y4) Career choices (Y4)
Year 5/6 A	Safety and the changing body		Citizenship	Health and wellbeing	Family and relationships	Economic wellbeing
	Online friendships (Y5) Staying safe online (Y5) Puberty (Y5) Menstruation (Y5) First Aid: Basic Life Support (Y6) Alcohol (Y6) Alcohol, drugs and tobacco: Making decisions (Y5)		Breaking the law (Y5) Parliament (Y5) Prejudice and discrimination (Y6)	Importance of rest (Y5) Responsibility for feelings (Y5) Healthy meals (Y5) Sun safety (Y5)	Set ground rules (Y5) Marriage (Y5) Respect myself (Y5) Bullying (Y5) Stereotype: race & religion (Y5)	Risks with money (Y5)
Year 5/6 B	Safety and the changing body		Family and relationships	Health and wellbeing	Citizenship	Economic wellbeing
	Social media (Y6) Physical and emotional changes of puberty (Y6) First Aid: Bleeding (Y5)		Set ground rules (Y6) Friendship Skills (Y5) Family Life (Y5) Respectful relationships (Y6) Challenge stereotypes (Y6) Resolve conflict (Y6) Change and loss (Y6)	Responsibility for health (Y6) Technology affects health (Y6) Resilience toolkit (Y6) Immunisation (Y6) Physical health concerns (Y6)	Human rights (Y6) National democracy (Y6)	Attitudes to money (Y6) Job availability (Y6)
			Identity		Identity & body image (Y6)	

Family & Relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying, and the importance of challenging stereotypes.

Health & Wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

Safety & the Changing Body

Learning how to administer first aid in a variety of situations, safety around medicines, online safety, road safety and the changes that occur during puberty.

Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

Economic Wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Identity

Considering what makes us who we are whilst learning about gender and sexual identity and body image.