

		Autumn Term – Relationships			Spring Term- Living in the Wider World			Summer Term- Health and Wellbeing		
		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 1/2	Rot A	Roles of different people; families and friends, feeling cared for	Managing secrets, recognising hurtful behaviour and resisting pressure	Recognising similarities and differences between people, playing and working co-operatively and sharing opinions	What rules are; caring for others' needs and looking after the environment	Using the internet and digital devices, communicating online	What money is; needs and wants; looking after money.	Keeping healthy; food and exercise, hygiene routines and sun safety	Recognising what makes us special, feelings and how to manage when things go wrong	Safety in different environments, risk and safety at home, emergencies.
	Rot B	Making friends, feeling lonely and getting help	Recognising privacy, staying safe, seeking permission	How behaviour affects others; being polite and respectful	Belonging to a group; roles and responsibilities, being the same and different in the community	The internet in everyday life, online content and information	Strengths and interests, jobs in the community	Why sleep is important; medicines and keeping healthy, teeth healthy, managing feelings and asking for help	Growing older, change, transitions	How rules and age restrictions help us; keeping safe online.
Year 3/4	Rot A	What makes a family; features of family life	Personal boundaries, safely responding to others, impact of hurtful behaviour	Recognising respectful behaviour, importance of self-respect, courtesy and being polite.	The value of rules and laws; rights, freedoms and responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.	Risks and hazards; safety in the local environment and unfamiliar places.
	Rot B	Positive friendships (including online)	Responding to hurtful behaviour, managing confidentiality and recognising risks online	Respecting differences and similarities and discussing difference sensitively.	What makes a community; shared responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes , setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements, managing and reframing setbacks	Medicines and household products; drugs common to everyday life.
Year 5/6	Rot A	Managing friendships and peer influence	Recognising and managing pressure, consent in different situations	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment, compassion towards others	Evaluating media sources; sharing things online	Identifying job interests and aspirations; what influences career choices; workplace stereotypes.	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Increasing independence, managing transition	Keeping personal information safe in different situations, including responding in emergencies, first aid and FGM.
	Rot B	Attraction to others; romantic relationships	Physical contact and feeling safe	Expression opinions and respecting other points of view, including discussing topical issues.	Valuing diversity, challenging discrimination and stereotypes	How information online is targeted; different media types, their role and impact	Influences and attitudes to money; money and financial risks.	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity, recognising individuality and different qualities; mental wellbeing	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media