	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	What is a friend?	How can I keep safe?	What are feelings?	What makes me special?	How can I be healthy?	What is a family? RSE
1	Who is special to us?	What is the same and different about us? RSE	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy? RSE	How do we recognise our feelings?
3	How can we be a good friend?	What keeps us safe?	What are families like? RSE	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change? RSE	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
5	What makes up a person's identity?	What decisions can people make with money?	(How can we help in an accident or emergency?) How will we grow and change? RSE	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? RSE How do friendships change as we grow?	

YEAR R		
Half term / Key question:	**Topic**	**In this unit of work, pupils learn...**
Autumn 1 What is a friend?	**Relationships** Build constructive and respectful relationships. Think about the perspectives of others.	• Know some things that makes a person a friend, for example: being kind, sharing, looking after you, playing with you. • Know some times that someone has been a good friend to them • Know some simple strategies for how to solve problems in friendships for example: take turns, share, listen to each other • Know how to listen to another person • Know how to show good manners • Know why it is important to use good manners
Autumn 2 How can I keep safe?	**Living in the wider world** being a safe pedestrian	• Know some ways we keep safe in school • Know some ways we keep safe at home (including hot water, household products, medicines) • Know how to keep safe as a pedestrian: • to recognise that some things are private and the importance of respecting • privacy; that parts of their body covered by underwear are private • about how to respond if physical contact makes them feel uncomfortable or • unsafe • Know what to do if something they see on online is worrying them

YEAR R		
Spring 1 What are feelings?	**Health and wellbeing** Express their feelings and consider the feelings of others. Identify and moderate their own feelings socially and emotionally.	• Know the names of different emotions such as: worried, sad, nervous, happy, excited • Know how to recognise different emotions in themselves and others • Know that it is normal to feel different emotions • Know how to calm themselves down if they are upset • Know that they should talk to an adult if they feel sad/worried/scared • Know that everyone has feelings • Know that it is ok to feel scared or worried • Be able to take part in short mindfulness sessions and be able to talk about how it makes them feel
Spring 2 What makes me special?	**Relationships** See themselves as a valuable individual. Show resilience and perseverance in the face of challenge.	• Know that they are both the same and different to other people in their class. • Know that they should not be unkind to someone because they are different. • Know that everyone should be treated fairly • Know that everyone should be treated the same, whether they are a boy or a girl. • Know what is meant by 'race'. • Know that no one should be judged by their skin colour. • Know that everyone should be treated fairly, no matter what their race is. • Understand what is meant by perseverance and resilience

YEAR R		
Summer 1 How can I be healthy?	**Health and wellbeing** Know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine •	• Know what being healthy means. • Know that there are different things they can do to keep healthy • Know some examples of healthy foods and unhealthy foods. • Know that healthy foods help us to stay well and helps our bodies grow. • Know that doing exercise helps to keep us healthy. • Know that you should brush your teeth twice a day to keep your teeth healthy • Know that having enough sleep helps to keep you healthy. • Know that if you have enough sleep, you will feel happy and have energy for the day.
Summer 2 What is a family?	**Relationships** Manage their own needs. • Personal hygiene	• Understand some areas in which they can look after themselves e.g. dressing and undressing • Explain why it is important to keep clean • Understand some basic hygiene routines • Identify different members of the family • Understand how members of a family can help each other • Know that there are different types of families • Know that the most important thing that a family can do is love each other

YEAR ONE

Half term / Key question:	Topic	In this unit of work, pupils learn...
Autumn 1 Who is special to us?	**Relationships** Ourselves and others; people who care for us; groups we belong to; families	• that family is one of the groups they belong to, as well as, for example, school, friends, clubs • about the different people in their family / those that love and care for them • what their family members, or people that are special to them, do to make them feel loved and cared for • how families are all different but share common features – what is the same and different about them • about different features of family life, including what families do / enjoy together • that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried
Autumn 2 What is the same and different about us?	**Relationships** Ourselves and others; similarities and differences; individuality; our bodies	• what they like/dislike and are good at • what makes them special and how everyone has different strengths • how their personal features or qualities are unique to them • how they are similar or different to others, and what they have in common (include race • to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private
Spring 1 What helps us stay healthy?	**Health and wellbeing** Being healthy; hygiene; medicines; people who help us with health	• how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy • why hygiene is important and how simple hygiene routines can

YEAR ONE		
		stop germs from being passed on • what they can do to take care of themselves on a daily basis, • e.g. brushing teeth and hair, hand washing
Spring 2 What can we do with money?	**Living in the wider world** Money; making choices; needs and wants	• what money is - that money comes in different forms • how money is obtained (e.g. earned, won, borrowed, presents) • how people make choices about what to do with money, including spending and saving • the difference between needs and wants - that people may not always be able to have the things they want • how to keep money safe and the different ways of doing this
Summer 1 Who helps to keep us safe?	**Health and wellbeing** Keeping safe; people who help us	• that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people • who can help them in different places and situations; how to attract someone's attention or ask for help; what to say • how to respond safely to adults they don't know • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say
Summer 2 How can we look after each other and the world?	**Living in the wider world** Ourselves and others; the world around us; caring for others; growing and changing	• how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively • the responsibilities they have in and out of the classroom • how people and animals need to be looked after and cared for • what can harm the local and global environment; how they and others can help care for it • how people grow and change and how people's needs change as they grow from young to old • how to manage change when moving to a new class/year group

YEAR TWO		
Half term / Key question:	**Topic**	**In this unit of work, pupils learn...**
Autumn 1 What makes a good friend?	**Relationships** Friendship; feeling lonely; managing arguments	• how to make friends with others • how to recognise when they feel lonely and what they could do about it • how people behave when they are being friendly and what makes a good friend • how to resolve arguments that can occur in friendships • how to ask for help if a friendship is making them unhappy
Autumn 2 What is bullying?	**Relationships** Behaviour; bullying; words and actions; respect for others	• how words and actions can affect how people feel • how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe • why name-calling, hurtful teasing, bulling and deliberately excluding others is unacceptable (include racism - read the book Our Skin - a first conversation about race) • how to respond if this happens in different situations • how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so
Spring 1 What jobs do people do?	**Living in the wider world** People and jobs; money; role of the internet	• how jobs help people earn money to pay for things they need and want • about a range of different jobs, including those done by people they know or people who work in their community • how people have different strengths and interests that enable them to do different jobs • how people use the internet and digital devices in their jobs and everyday life

YEAR TWO		
Summer 1 What can help us grow and stay healthy?	**Health and wellbeing** Being healthy: eating, drinking, playing and sleeping	• that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest • that eating and drinking too much sugar can affect their health, including dental health • how to be physically active and how much rest and sleep they should have everyday • that there are different ways to learn and play; how to know when to take a break from screen-time • how sunshine helps bodies to grow and how to keep safe and well in the sun
Summer 2 How do we recognise our feelings?	**Health and wellbeing** Feelings; mood; times of change; loss and bereavement; growing up	• how to recognise, name and describe a range of feelings • what helps them to feel good, or better if not feeling good • how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) • how feelings can affect people in their bodies and their behaviour • ways to manage big feelings and the importance of sharing their feelings with someone they trust • how to recognise when they might need help with feelings and how to ask for help when they need it

YEAR THREE

Half term / Key question:	Topic	In this unit of work, pupils learn...
Autumn 1 How can we be a good friend?	**Relationships** Friendship; making positive friendships, managing loneliness, dealing with arguments	• how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded • how to recognise if others are feeling lonely and excluded and strategies to include them • how to build good friendships, including identifying qualities that contribute to positive friendships • that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences • how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support
Autumn 2 What keeps us safe?	**Health and wellbeing** Keeping safe; at home and school; our bodies; hygiene; medicines and household products	• how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe • how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers • that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable • how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) • how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly) • how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns

YEAR THREE		
		• what to do in an emergency, including calling for help and speaking to the emergency services
Spring 1 What are families like?	**Relationships** Families; family life; caring for each other	• how families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents) • how common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays • how people within families should care for each other and the different ways they demonstrate this • how to ask for help and advice if family relationships are making them feel unhappy, worried or unsafe
Spring 2 What makes a community?	**Living in the wider world** Community; belonging to groups; similarities and differences; respect for others	• how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups • what is meant by a diverse community; how different groups make up the wider/local community around the school • how the community helps everyone to feel included and values the different contributions that people make • how to be respectful towards people who may live differently to • them
Summer 1 Why should we eat well and look after our teeth?	**Health and wellbeing** Being healthy: eating well, dental care	• how to eat a healthy diet and the benefits of nutritionally rich foods • how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist • how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health • how people make choices about what to eat and drink, including who or what influences these • how, when and where to ask for advice and help about healthy eating and dental care
Summer 2 Why should we keep active and	**Health and wellbeing** Being healthy: keeping active, taking rest	• how regular physical activity benefits bodies and feelings • how to be active on a daily and weekly basis - how to balance time online with other activities

YEAR THREE		
sleep well?		• how to make choices about physical activity, including what and who influences decisions • how the lack of physical activity can affect health and wellbeing • how lack of sleep can affect the body and mood and simple routines that support good quality sleep • how to seek support in relation to physical activity, sleep and • rest and who to talk to if they are worried

YEAR FOUR		
Half term / Key question:	**Topic**	**In this unit of work, pupils learn...**
Autumn 1 What strengths, skills and interests do we have?	**Health and wellbeing** Self-esteem: self-worth; personal qualities; goal setting; managing set backs	• how to recognise personal qualities and individuality • to develop self-worth by identifying positive things about themselves and their achievements • how their personal attributes, strengths, skills and interests contribute to their self-esteem • how to set goals for themselves • how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking
Autumn 2 How do we treat each other with respect?	**Relationships** Respect for self and others; courteous behaviour; safety; human rights	• how people's behaviour affects themselves and others, including online • how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return • about the relationship between rights and responsibilities • about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)* • the rights that children have and why it is important to protect these* • that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination • how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns
Spring 1 How can we manage our feelings?	**Health and wellbeing** Feelings and emotions; expression of feelings; behaviour	• how everyday things can affect feelings • how feelings change over time and can be experienced at different levels of intensity • the importance of expressing feelings and how they can be expressed in different ways

YEAR FOUR		
		• how to respond proportionately to, and manage, feelings in different circumstances • ways of managing feelings at times of loss, grief and change • how to access advice and support to help manage their own or others' feelings
Spring 2 How will we grow and change?	**Health and wellbeing** Growing and changing; puberty	• how puberty can affect emotions and feelings • how personal hygiene routines change during puberty • how to ask for advice and support about growing and changing and puberty
Summer 1 How can our choices make a difference to others and the environment?	**Living in the wider world** Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	• how people have a shared responsibility to help protect the world around them • how everyday choices can affect the environment • how what people choose to buy or spend money on can affect others or the environment • the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues • how to show care and concern for others (people and animals) • how to carry out personal responsibilities in a caring and compassionate way
Summer 2 How can we manage risk in different places?	**Health and wellbeing** Keeping safe; out and about; recognising and managing risk	• how to recognise, predict, assess and manage risk in different situations • how to keep safe in the local environment and less familiar locations (e.g. rail, water, road; fire/firework safety; and safe use of digital devices when out and about) • how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence • how people's online actions can impact on other people • how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online • how to report concerns, including about inappropriate online content and contact • that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law

YEAR FIVE		
Half term / Key question:	**Topic**	**In this unit of work, pupils learn...**
Autumn 1 What makes up our identity?	**Health and wellbeing** Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes	• how to recognise and respect similarities and differences between people and what they have in common with others • that there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes) • how individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex) • about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others • how to challenge stereotypes and assumptions about others
Autumn 2 What decisions can people	**Living in the wider world** Money; making decisions; spending and saving	• how people make decisions about spending and saving money and what influences them • how to keep track of money so people know how much they have to spend or save • how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans) • how to recognise what makes something 'value for money' and what this means to them • that there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions

YEAR FIVE		
Spring 1 How can we help in an accident or emergency? How do we grow and change?	**Health and wellbeing** Basic first aid, accidents, dealing with emergencies Growing and changing; Puberty	• how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions • that if someone has experienced a head injury, they should not be moved • when it is appropriate to use first aid and the importance of seeking adult help • the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services • about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams • how puberty can affect emotions and feelings • how personal hygiene routines change during puberty • how to ask for advice and support about growing and changing and puberty
Spring 2 How can friends communicate?	**Relationships** Friendships; relationships; becoming independent; online safety	• about the different types of relationships people have in their lives • how friends and family communicate together; how the internet and social media can be used positively Phil Bagge visit • how knowing someone online differs from knowing someone face-to-face • how to recognise risk in relation to friendships and keeping safe • about the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family Phil Bagge visit • how to respond if a friendship is making them feel worried, unsafe or uncomfortable • how to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety

YEAR FIVE		
Summer 1 How can drugs common to everyday life affect health?	**Health and wellbeing** Drugs, alcohol and tobacco; healthy habits	• how drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing • that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal • how laws surrounding the use of drugs exist to protect them and others • why people choose to use or not use different drugs • how people can prevent or reduce the risks associated with them • that for some people, drug use can become a habit which is difficult to break • how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use • how to ask for help from a trusted adult if they have any worries or concerns about drugs
Summer 2 What jobs would we like?	**Living in the wider world** Careers; aspirations; role models; the future	• that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime • that some jobs are paid more than others and some may be voluntary (unpaid) • about the skills, attributes, qualifications and training needed for different jobs • that there are different ways into jobs and careers, including college, apprenticeships and university • how people choose a career/job and what influences their decision, including skills, interests and pay • how to question and challenge stereotypes about the types of jobs people can do • how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions

YEAR SIX		
Half term / Key question:	**Topic**	**In this unit of work, pupils learn...**
Autumn 1 & 2 How can we keep healthy as we grow?	**Health and wellbeing** Looking after ourselves; growing up; becoming independent; taking more responsibility	• how mental and physical health are linked • how positive friendships and being involved in activities such as clubs and community groups support wellbeing • **RECAP** how to make choices that support a healthy, balanced lifestyle including: » how to plan a healthy meal » how to stay physically active » how to maintain good dental health, including oral hygiene, food and drink choices » how to benefit from and stay safe in the sun » how and why to balance time spent online with other activities » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep » how to manage the influence of friends and family on health choices • that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one • how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them • how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school • that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on • that anyone can experience mental ill-health and to discuss concerns with a trusted adult • that mental health difficulties can usually be resolved or managed with the right strategies and support • (that FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else ***Brief reference to this, unless you assess class needs more information about it)*

YEAR SIX		
Spring 1 & 2 How can the media influence people?	**Living the wider world** Media literacy and digital resilience; influences and decision-making; online safety	• how the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions • that not everything should be shared online or social media and that there are rules about this, including the distribution of images • that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions • how text and images can be manipulated or invented; strategies to recognise this • to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts • to recognise unsafe or suspicious content online and what to do about it • how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them • how to make decisions about the content they view online or in the media (including films/TV/ Social media) and know if it is appropriate for their age range • how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue • to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have • to discuss and debate what influences people's decisions, taking into consideration different viewpoints

YEAR SIX		
Summer 1 & 2 What will change as we become more independent? How do friendships change as we grow older?	**Relationships** Different relationships, changing and growing, adulthood, independence, moving to secondary school	• that people have different kinds of relationships in their lives, including romantic or intimate relationships • that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another • that adults can choose to be part of a committed relationship or not, including marriage or civil partnership • that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime • how puberty relates to growing from childhood to adulthood • about the reproductive organs and process - how babies are conceived and born and how they need to be cared for • that there are ways to prevent a baby being made[2] • how growing up and becoming more independent comes with increased opportunities and responsibilities • how friendships may change as they grow and how to manage this • how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing