

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer Term
Year 1	Welcome to school Emergencies and getting help	People who care for us Rights, responsibilities and respect	Healthy Friendships Our bodies and boundaries	Our health Healthy food choices	We all have feelings Good and not so good feelings Managing our time safely whilst online
Year 2	Respecting uniqueness Our communities	Everyday safety Basic first aid	Learning about work Hand hygiene	Sharing photos online Online interactions and information sharing	Online friends Big feelings Keeping our teeth healthy
Year 3	World of work Spending and saving money	Road safety Individual and collective strengths	Physical activity Drugs	The Internet and everyday life Everyday feelings	Expressing feelings Strategies to support positive mental wellbeing Sun safety
Year 4	What makes a good friend? Respecting others	Resolving conflict and managing negative pressure Everyday safety and basic first aid	Money choices Volunteering and citizenship	Safely enjoying the online world Keeping personal information safe and private online	Understanding that not everyone is who they say they are online Managing feelings The environment
Year 5	Diverse communities Respectful relationships	Illness	Puberty - bodies and reproduction	Online content Online contact	Mental health and keeping well

		Nutrition and healthy eating	Puberty - changes		Managing challenges and change Exploring risk in everyday situations
Year 6	Different types of families Healthy and harmful relationships	Keeping your body safe Consent	Spending decisions Exploring risk in relation to gambling	Online friendships and keeping safe Skills for using the Internet safely	Social media Feelings and common anxieties when changing schools Changes from primary to secondary school