

Cycle 1		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Families and Friendships		Living in the Wider World		Health and Well Being	
	Topic	<u>Families and Friendships</u>	<u>Respecting Ourselves and Others</u>	<u>Belonging to a Community</u>	<u>Money and Work</u>	<u>Physical Health and Mental Well Being</u>	<u>Keeping Safe</u>
	EYFS	My Family	All about Me	My class	People who help me	Keeping fit	Staying safe
	KS1	Roles of different people; families; feeling cared for	How behaviour affects others; being respectful and polite	What rules are; caring for others' needs;	Strengths and interests; jobs in the community	Keeping healthy; food and exercise	How rules and restrictions help us Keeping safe online
	L KS2	What makes a family; features of family life	Recognising respectful behaviour; the importance of self respect; courtesy and being polite	The values of rules and laws	Different jobs and skills, job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Risks and hazards; safety in the local environment and unfamiliar places
	U KS2	Managing friendships and peer influence	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Compassion towards others	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits, sun safety; medicines, vaccinations, immunisations and allergies	Keeping safe in different situations including responding in emergencies

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 2	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	<u>Families and Friendships</u>	<u>Safe Relationships</u>	<u>Belonging to a community</u>	<u>Media Literacy and digital resilience</u>	<u>Physical health and Mental well being</u>	<u>Growing and changing</u>
	EYFS	My Friends	People who help me	My school	Using a computer safely	Healthy eating	I am unique
	KS1	Making friends; feeling lonely and getting help	Recognising privacy; staying safe; seeking permission	Belonging to a group; roles and responsibilities	Using the internet and digital devices safely	Why sleep is important; medicines and keeping healthy	Recognising what makes them unique and special feelings managing when things go wrong
	L KS2	Positive friendships including online	Personal boundaries; safely responding to others	What makes a community	How the internet is used – Fake news	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal strengths and achievements; managing and reframing set backs
	U KS2	Attraction to others; romantic relationships	Physical contact and staying safe online	Compassion towards others	How information online is targeted	What affects mental health and ways to take care of it	Human reproduction and birth; increasing independence; managing transition

Cycle 3		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	<u>Respecting ourselves and others</u>	<u>Safe relationships</u>	<u>Money and work</u>	<u>Media Literacy and digital resilience</u>	<u>Keeping safe</u>	<u>Physical health and mental well being</u>
	EYFS	All about Me	My Family	Savings	Everyday technology	Safe zones	Hygiene
	KS1	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising privacy; staying safe; seeking attention	What money is; needs and wants; looking after money	The internet in everyday life; online content and information	Safety in different environments risk and safety at home emergencies	Why sleep is important; medicines and keeping healthy Keeping teeth healthy
	L KS2	Respecting similarities and differences; discussing difference sensitively	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Making decisions about money; using and keeping money safe	How data is shared and used	Medicines and household products; drugs common to everyday life	Maintaining a balanced lifestyle
	U KS2	Expressing opinions and respecting other points of view, including discussing topical issues	Physical contact and feeling safe	Influences and attitudes to money; money and financial risks	Evaluating media sources; sharing things online	Keeping personal information safe regulations and choices	What affects mental health and ways to take care of it

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 4	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	<u>Families and Friendships</u>	<u>Respecting ourselves and others</u>	<u>Belonging to a community</u>	<u>Media literacy and digital resilience</u>	<u>Keeping safe</u>	<u>Growing and changing</u>
	EYFS	My Family	Keeping me safe	Where I belong	Digital devices	Sharing information	Ourselves
	KS1	Families and feeling cared for	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Looking after the environment	Communicating online	Keeping safe out and about	Growing older naming body parts moving class or year group
	L KS2	Features of family life	Responding to hurtful behaviour managing confidentiality	Rights freedoms and responsibilities	How data is shared and used	FGM First aid	Physical and emotional changes in puberty personal hygiene
	U KS2	Civil partnerships and marriage	Recognising and managing pressure; consent in different situations	Protecting the environment	Evaluating media sources: sharing things online	Drug use First Aid	Personal identity individuality and different qualities mental well being transition