

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y 1	Friendships: Roles of different people; families; feeling cared for. Recognising privacy; staying safe; seeking permission	Emotional wellbeing: How behaviour affects others; being polite and respectful	Shared responsibilities: What rules are; caring for others' needs; looking after the environment. Using the internet and digital devices; communicating online.	Economic wellbeing: Strengths and interests; jobs in the community	Physical Health: Keeping healthy; food and exercise, hygiene routines; sun safety Recognising what makes them unique and special; Feeling - managing when things go wrong.	Staying Safe How rules and age restrictions help us; keeping safe online
Y 2	Friendships: Making friends; feeling lonely and getting help Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Physical Health: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; Growing older; naming body parts;	Staying safe: Safety in different environments; risk and safety at home; emergencies The internet in everyday life; online content and information	Economic wellbeing: What money is; needs and wants; looking after money	Emotional wellbeing: Recognising things in common and differences; playing and working cooperatively; sharing opinions managing feelings and asking for help	Shared responsibilities: Belonging to a group; roles and responsibilities; being the same and different in the community moving class or year
Y 3	Friendships: Making and maintaining healthy friendships; Similarities and differences	Emotional wellbeing: Expressing and managing every day feelings; Seeking support for self or others	Staying safe: Trusted people and feeling safe; Keeping secrets and when to break confidentiality; Recognising and reporting feeling unsafe	Economic wellbeing: Attitudes and ideas about spending, saving and giving money; Wants and needs; Keeping money safe	Physical health: Healthy lifestyles; Physical exercise and its impact on mental wellbeing; Balanced diets and making choices; Sun safety	Shared responsibilities: Rights and responsibilities; Why we have rules; Responsibility for the local environment; Sustainability; Safety in different environments; Safety at home;
Y 4	Friendships: Managing conflict and repairing friendships; Feeling lonely; Friendship skills, including communicating safely online;	Communities: What makes a community; Diversity; Freedom of expression; Online communities;	Economic wellbeing: Budgeting; Saving; Spending decisions; How managing money makes us feel; How spending choices affect others	Families: Different types of relationships; Characteristics of healthy family relationships; Feeling safe and cared for	Growing and changing: Growing up; Diet and health; Sleep	Staying healthy: Dental health; Hygiene, germs; Basic first aid; Early signs of illness and seeking help

	Listening and responding; Respecting self and others	Identifying and responding to prejudice				
Y 5	Respect and bullying: Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination	Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others	Staying safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety,	Careers: Career types; challenging career stereotypes; Democracy and government	Substances: Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws	Keeping active: Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing
Y 6	Personal Identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities	Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	Health and hygiene: Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation	Managing change: Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support	Media literacy: How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling	Friendships and staying safe: Opportunities to connect online; The nature of online only friendships; Reporting harmful content and contact; Staying safe online
Y 7	Economic wellbeing: Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation	Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Substances: Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use	Careers: Developing enterprise skills; The world of work and young people's employment rights; Enterprise project	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent and personal safety (including FGM)	Friendships and diversity: Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; Bullying, including online

Y 8	<p>Careers:</p> <p>Life and career aspirations;</p> <p>Personal strengths and skills for employment; Stereotypes;</p> <p>Routes into careers; Progression routes;</p> <p>Online presence</p>	<p>Friendships and managing influences:</p> <p>Managing social influence, peer pressure and peer approval;</p> <p>Strategies to manage pressure to conform within a group and in relation to substance use.</p>	<p>Relationships:</p> <p>Stereotypes and expectations of gender roles, behaviour and intimacy;</p> <p>Consent in intimate situations; Introduction to contraception and sexual health.</p>	<p>First aid and keeping safe:</p> <p>First aid including CPR and defibrillator use; Personal safety including travel safety</p>	<p>Mental health and wellbeing:</p> <p>Attitudes to mental health and emotional wellbeing; Digital resilience;</p> <p>Body image;</p> <p>Healthy and unhealthy coping strategies;</p> <p>Seeking support for themselves and others</p>	<p>Moving forward:</p> <p>Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change</p>
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