	Autumn Term			**Spring Term**			**Summer Term**		
Themes	Keeping safe [Health and Wellbeing]	Families and friendships [Relationships]	Belonging to a community [Living in the wider world]	Physical health and mental wellbeing [Health and Wellbeing]	Media literacy and digital resilience [Living in the wider world]	Respecting ourselves and others [Relationships]	Safe Relationships [Relationships]	Money and Work [Living in the wider world]	Growing and Changing [Health and Wellbeing]
EYFS	*Keeping Safe – (in the dark, bonfire safety)	*Relationships- Emotions Understanding what a family means	Finding out about people who can help us at school and near home	*Healthy lifestyles – basic hygiene, dressing and going to toilet	Technology use and simple online safety rules	Self-confidence Valuing differences	Keeping Safe – seeking help from trusted adults	Jobs in familiar environments e.g. school, shops	Hygiene Transition to Year 1
1	How rules and age restrictions help us; keeping safe online	Roles of different people; families; feeling cared for	What rules are; caring for others' needs; looking after the environment	Keeping healthy; food and exercise, hygiene routines; sun safety	Using the internet and digital devices; communicating online	How behaviour affects others; being polite and respectful	Recognising privacy; staying safe; seeking permission	Strengths and interests; jobs in the community	Recognising what makes them unique and special; feelings; managing when things go wrong
2	Safety in different environments; risk and safety at home; emergencies	Making friends; feeling lonely and getting help	Belonging to a group; roles and responsibilities; being the same and different in the community	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	The internet in everyday life; online content and information	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	What money is; needs and wants; looking after money	Growing older; naming body parts; moving class or year
3	Risks and hazards; safety in the local environment and unfamiliar place	What makes a family; features of family life	The value of rules and laws; rights, freedoms and responsibilities	Health choices and habits; what affects feelings; expressing feelings	How the internet is used; assessing information online	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Different jobs and skills; job stereotypes; setting personal goals	Personal strengths and achievements; managing and reframing setbacks
4	Medicines and household products; drugs common to everyday life	Positive friendships, including online	What makes a community; shared responsibilities	Maintaining a balanced lifestyle; oral hygiene and dental care	How data is shared and used	Respecting differences and similarities; discussing difference sensitively	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Making decisions about money; using and keeping money safe	Personal identity; recognising individuality and different qualities; mental wellbeing
5	Keeping safe in different situations, including responding in emergencies, first aid	Managing friendships and peer influence	Protecting the environment; compassion towards others	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	How information online is targeted; different media types, their role and impact	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Physical contact and feeling safe FGM	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
6	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Attraction to others; romantic relationships; civil partnership and marriage	Valuing diversity; challenging discrimination and stereotypes	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Evaluating media sources; sharing things online	Expressing opinions and respecting other points of view, including discussing topical issues	Recognising and managing pressure; consent in different situations	Influences and attitudes to money; money and financial risks	Human reproduction and birth; increasing independence; managing transition