

Term	Autumn			Spring			Summer		
Topic	Health and Wellbeing			Relationships			Living in the Wider World		
	Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and Emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Environment	Money
Y1	What keeps our bodies healthy / hygiene routines.	Recognising what they are good at / change and loss and how it feels.	Keeping safe at home, household products / how to ask for help.	Recognising feelings in self and others / sharing feelings.	Secrets and keeping safe /special people.	Respecting similarities and differences in others / sharing views and ideas.	School and class rules / everyone is unique and the same in some ways.	Looking after the local environment.	Where money comes from / how to use money - saving and spending.
Y2	Making healthy choices / feelings / managing feelings	Recognising what they are good at / setting goals. Growing, changing and being independent. Being able to name correct parts of body (including external genitalia)	Keeping safe in different situations / how to ask for help if they are worried about something / privacy in context	Behaviour / bodies and feelings can be hurt	Listening to others and playing cooperatively / appropriate and inappropriate touch / teasing and bullying.	Respecting similarities and differences in others / sharing views and ideas.	School and class rules / respecting their own and others' needs / group and communities they belong to / people who work in the community / getting help in an emergency.	Looking after the local environment.	Where money comes from / saving and spending money / making choices / keeping track of money spent/saved.

Y3	What makes a balanced diet / opportunities for making their own choices with food / what influences their food choices / habits.	Recognising what they are good at / setting goals. Describing feelings, conflicting feelings and how to manage feelings.	School rules on health and safety / basic emergency aid /people who help them to stay healthy and safe.	Recognising feelings in others / responding to how others are feeling.	Positive healthy relationships and friendships / maintaining friendships / actions affect ourselves and others /working collaboratively .	Recognising and responding to bullying.	Discuss and debate health and wellbeing issues. Being part of the community and who works in the community.	Responsibilities, rights and duties.	Enterprise; what it means, developing skills in enterprise.
Y4	What makes a balanced lifestyle and making choices / drugs common to everyday life / germs and hygiene.	Recognising what they are good at / setting goals. Changes that happen in life and feelings associated with change.	How to keep safe in the local area and online / people who help them stay safe and healthy.	Keeping something confidential or secret / when to break confidence / recognise and manage dares.	Acceptable and unacceptable physical contact / solving disputes and conflicts amongst peers.	Listen and respond effectively to people / share points of view.	Discuss and debate health and wellbeing issues. Appreciating difference and diversity in the UK and around the world.	Sustainability of the environment across the world.	Role of money / managing money (saving and budgeting)/ what is meant by interest and loan.
Y5	What positively and negatively affects health and well-being / making informed choices / benefits of a balanced diet / different influences on	Recognising what they are good at / setting goals. Intensity of feelings / managing feelings / changes at puberty. Coping with change and	Strategies for managing personal safety in the local environment / online safety / including sharing images / mobile phone safety.	Responding to feelings in others.	Actions have consequences of actions / working collaboratively / negotiation and compromise / giving feedback.	Listening to others / raising concerns and challenges.	Discuss and debate health and wellbeing issues. Rules and laws / changing rules and laws / anti-social behaviour / respecting and resolving differences.	Different rights / responsibilities and duties.	Importance of finance in people's lives / being a critical consumer / looking after money / interest / loan / debt management of money / tax

	food/ skills to make choices.	transition / bereavement and grief.							
Y6	Images in the media and reality / how this can affect people's feelings / risks and effects of drugs.	Recognising what they are good at / setting goals and aspirations. Changes at puberty / human reproduction / roles and responsibilities of parents.	Independence / increased responsibility / keeping safe / influences on behaviour / resisting pressure / rights to protect their body and speaking out (Include FGM) / who is responsible for their health and safety / where to get help and advice	Confidentiality and when to break confidence / managing dares.	Different types of relationships / positive and healthy relationships / maintaining relationships / recognising when a relationship is unhealthy (include forced marriage) / committed, loving relationships / marriage. Acceptable and unacceptable physical touch / personal boundaries and the right to privacy.	Listening to others / raising concerns and challenges. What makes people the same or different / recognising and challenging stereotypes/ discrimination and bullying.	Discuss and debate health and wellbeing issues. Human rights / the rights of a child / cultural practices and British law. Being part of a community / groups that support communities. Being critical of what is in the media and what they forward to others.	How resources are allocated / effect of this on individuals, communities and the environment.	Enterprise /setting up an enterprise.