

	Relationships			Living in the wider world			Health and Wellbeing		
	Families and Friendships	Safe Relationships	Respecting Ourselves & Others	Belonging to a Community	Media Literacy & Digital Resilience	Money and Work	Physical Health & Mental Wellbeing	Growing & Changing	Keeping Safe
Rec	Roles of different people; how to make friends	Staying safe; seeking permission	Kind/unkind behaviour; how our behaviour affects others	Know about different groups that people belong to	To know the role of the internet in everyday life	To know what money is; everyone has strengths (for work)	Know what keeping healthy means; to show resilience	Recognise what makes them unique; to understand likes/dislikes	Who keep us safe? Recognise risk in everyday situations
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising similarities and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Importance of sleep; medicines and keeping healthy; healthy teeth; managing feelings and asking for help	Growing older; animal life cycles; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; importance of self-respect; courtesy and politeness	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal identity; recognising individuality and different qualities; mental wellbeing	Medicines and household products;
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a range of people; recognising prejudice and discrimination	Protecting the environment; showing compassion	How information online is targeted; different media types, their role and impact	Identifying aspirations; and jobs; what influences careers; workplace stereotypes	Healthy sleep habits; sun safety; medicines, immunisations, vaccinations and allergies	Physical and emotional changes in puberty; personal hygiene routines; support with puberty	Keeping safe in different situations, responding in emergencies, first aid
Year 6	Relationships; partnerships and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	Mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction/birth; increasing independence; managing transition Parents may withdraw	Keeping personal information safe; regulations and choices; drug use and the law;