

	Autumn	Spring	Summer
Year 1 (A)	<ul style="list-style-type: none"> • My Identity (my hobbies, my likes and dislikes, my strengths and targets, my family, 'same and different' families, people and interests) • Managing extreme feelings and practising calming techniques • What it means to be a good friend and what should I be able to expect from my friends. • What it means to be bullied, how does it make people feel and who can I talk to about it? 	<ul style="list-style-type: none"> • Making Healthy Choices (food, drink, exercise and handwashing) • What to do if I don't feel very well. • E-safety* - what I use the internet for, how to keep myself safe and what to do if something makes me feel unhappy, unsafe or worried 	<ul style="list-style-type: none"> • Sun Safety* - why the Sun can damage my body and how to protect myself • Pants are private • Stranger Danger
Year 2 (B)	<ul style="list-style-type: none"> • My Identity (my culture, my beliefs and my traditions, 'same and different' - what should I be able to expect from my family?) • Managing my own feelings and supporting other people to manage theirs. Practising calming and mindfulness techniques. • My friendships, including managing conflict • Types of bullying, how it makes people feel and what to do if I, or my friends are being bullied. 	<ul style="list-style-type: none"> • Making, understanding and explaining Healthy Choices (revision of food, drink, exercise and hygiene and including dental health and sleep) • Feeling poorly - common ailments and what I can do to help me feel better • E-safety* - time spent online, how people may behave online, sharing information and reporting concerns 	<ul style="list-style-type: none"> • What to do in an emergency, including accessing the emergency services • My body belongs to me. Consent - saying 'no' and who I can talk to if something makes me uncomfortable
Year 3 (A)	<ul style="list-style-type: none"> • My Identity (reflecting on my strengths and achievements and setting myself appropriate targets and managing feelings of worry or stress) • Citizenship (my rights and responsibilities as a school, local, national and global citizen) • Rights and responsibilities within friendships • Types of bullying, its long-term impact and who I can talk to. How to avoid engaging in negative behaviour. 	<ul style="list-style-type: none"> • The mental and physical benefits of healthy eating and exercise (a balanced diet, types of exercise and planning/preparing healthy meals) • E-safety* - how people may behave differently online, keeping my identity private and how to report and manage negative experiences) • Staying safe out and about 	<ul style="list-style-type: none"> • Staying safe out and about with my family, friends or on my own - including use of 999 • Sun Safety* - using my knowledge of light and the potential consequences of Sun damage, to make and explain safe Sun choices. • Establishing and respecting boundaries with my friends, family, teachers and other adults.
Year 4 (B)	<ul style="list-style-type: none"> • My identity (what it means to be British, including diversity, British laws, culture and British Values) • Environmental citizenship - making sustainable decisions • Managing conflicts and challenges with my peers, not just my friends • Types of bullying including understanding stereotyping; the consequences of bullying and/or discriminatory behaviour and how to 	<ul style="list-style-type: none"> • Managing my own personal hygiene (handwashing, keeping clean, managing germs when I am ill, dental hygiene and managing common symptoms of illness) • E-safety* - age-restrictions on games and websites, how search engines work, keeping my information private/ protected and how to mute, block and report) • Swimming • Residential 	<ul style="list-style-type: none"> • Exploring trust and respect (respecting different people, lives, families, faiths and cultures) • My body belongs to me and how I look after it (healthy choices, looking after my health, appropriate and inappropriate touch, consent and reporting concerns)

	manage situations and protect my own and others' mental health		
Year 5 (A)	<ul style="list-style-type: none"> • My identity (characteristics of healthy friendships and family relationships, making decisions, setting goals and working towards achieving them) • Protecting and developing mental wellbeing (managing emotions and self-care techniques) • Managing peer pressure and making moral choices within friendships • My roles and responsibilities in relation to bullying including physical, emotional, homophobic, transphobic and cyber-bullying, and racism 	<ul style="list-style-type: none"> • Managing my personal hygiene using knowledge of bacteria, viruses, allergies, vaccination and sleep • Managing money (amounts, spending methods, interest and budgeting) • E-safety*- benefits/risks of internet use, rationing screen time, age restrictions, search engines, discerning trustworthy sources (including bias, false reporting and photoshopping), managing inappropriate/harmful content and protecting my data) • Swimming 	<ul style="list-style-type: none"> • Puberty* (body changes, emotional changes, menstruation and body confidence) • Managing illness and recognising changes in my body • Managing my friendships • Accessing the emergency services and the danger of hoaxes
Year 6 (B)	<ul style="list-style-type: none"> • My identity: who I am, my achievements and goals (including how I am going to achieve them), body confidence and how I engage with and respond to the media • Managing stress and anxiety (including friendships, exams, family difficulties, serious illness or bereavement) • Understanding and having an impact in school, locally, nationally and globally. • My changing relationships and friendships. Exploring why people might bully others and reducing behaviours which could lead to bullying, and developing understanding of bystander, stereotype, prejudice and discrimination. 	<ul style="list-style-type: none"> • Healthy lifestyles* - diet, nutrition, exercise and the risks of alcohol, smoking and drugs. • Managing money (types of bank accounts, managing and protecting my money and the potential impact of money on people's happiness, security and wellbeing) • E-safety* - taking personal responsibility online, understanding online relationships and protecting myself in relation to false news, photoshopping, trolling, chatrooms, sexting, harassment, grooming, radicalisation and abuse, including sources of support. • Residential 	<ul style="list-style-type: none"> • Staying safe on my own (at home or out and about) • Relationship types (family, friendships, romantic and physical and definition of LGBT) • Marriage • Sex education* and consent • First Aid • High school transition • Bikeability