

Cycle B									
	Autumn Relationships			Spring Living in the wider world			Summer Health and Wellbeing		
Year Groups	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
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 things in common 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	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies

<p>Year 3/4</p> <p>Year 4</p>	<p>Positive friendships, including online</p>	<p>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p>	<p>Respecting differences and similarities; discussing difference sensitively</p>	<p>What makes a community; shared responsibilities</p>	<p>How data is shared and used</p>	<p>Making decisions about money; using and keeping money safe</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care</p>	<p>Personal identity; recognising individuality and different qualities; mental wellbeing</p>	<p>Medicines and household products; drugs common to everyday life</p>
<p>Year 5/6</p> <p>Year 6</p>	<p>Attraction to others; romantic relationships; civil partnership and marriage</p>	<p>Recognising and managing pressure; consent in different situations</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Valuing diversity; challenging discrimination and stereotypes</p>	<p>Evaluating media sources; sharing things online</p>	<p>Influences and attitudes to money; money and financial risks</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p>	<p>Increasing independence; managing transition</p>	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>