



	Autumn			Spring		Summer	
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	
Y6	Media Resilience L11, L12, L13, L14, L15, L16 Positive and negative impact of internet use Reliability of media/internet sources Information sharing online; how this is used Text and image manipulation Strategies to evaluate and identify misinformation	MH Challenges H21, H22, H23, H29 Recognising MH warning sign Mental ill-health Managing change and loss Positive thinking	Global Citizenship R33, R34 Discussing and debating topical issues respectfully Listen/respond to people with different beliefs/traditions,	Attraction R1, R2, R25, R26 Types of relationships, attraction (emotionally, physically and sexually), appropriate physical contact, seeking and giving consent/permission	Drugs and alcohol H46, H47, H48, H49, H50 Risks of legal drugs (cigarettes, vaping, alcohol, medicines), impact on health, use becoming habit, laws around use of legal drugs, illegal drugs, why people choose to use or not use drugs, mixed messages in media, seeking help	Transition H24, H35, H36 problem solving for dealing with change including transition, developing independence, strategies to manage transition	
	Discrimination and Prejudice L9, R21, L10 Discrimination and how to challenge it Stereotypes, prejudice and discrimination Challenging stereotypes, prejudice and discriminatory behaviour	Pressure R22, R27, R28, R29 Recognising, managing and resisting pressure Privacy and personal boundaries within friendships Managing pressure around secrets Reporting concerns about personal safety	Values Defining, examining and explaining values Core Values of school British Values debate	Democracy in the UK How laws are created in the UK Democracy in the UK How people participate	Puberty H30, H31, H32, H34 Process of puberty Physical and emotional changes during puberty Correct terminology for external male and female genitalia Hygiene during puberty	Managing Money L17, L18, L19, L20, L21, L22, L23, L24 Decision making; saving/spending, value for money, influences, impact, prioritising Managing money: payment, tracking, risk, protecting Risks of gambling	
Y4	Bullying R19, R20, R30, R31 Define, recognise, impact of, consequences for, responding to hurtful/bullying behaviours Personal behaviour can impact others, Developing a sense of self-respect and respectful relationships	Changing Friendships R15, R16, R17, R18 Strategies for managing changing peer relationships Strategies to resolve disputes Recognising unsafe or uncomfortable friendships	Factors that impact MH H8, H16, H14, H13 Strategies to support mental health Sleeping routines Benefits of the internet/screen time	Rights and Responsibilities L2, L3, L4, L5 Rights and responsibilities Human rights Compassion for others Shared responsibilities (protecting environment)	Identifying risks H38, H39, H40, H41 Identifying, managing and minimising risk (Fire, at home, medicines, rail, water, road, firework)	Safe Online Behaviours H37, H42, R23, R24 Different online behaviours Managing information safely Media age restrictions Reporting concerns and responding safely to adults	
	Friendships R10, R11, R12, R13, R14 Strategies for building positive, healthy friendships Knowing people online/offline Included and excluded	Mental Health H15, H17, H18, H19, H20, Define and explain Mental health Describing, expressing, changing and intensity of feelings Strategies to respond to feelings appropriately and proportionately	Families R3, R5, R6, R7, R8, R9 Marriage/civil partnership and commitment Features and shared characteristics of positive family life Diverse family structures	Law and Authority L1 Recognising reasons for rules and laws Relate rules to rule of law Consequences for rule breaking	Diversity H25, H27, H28, R32, L6, L7, L8 Recognising individuality and a positive personal identity Respecting commonalities and differences with others Communities: living in, groups within, contributing to, diversity of		
Y2	Friendships R10, R11, R12, R21, R22, R23 R7, R24 Included/Excluded Kind/unkind/respectful/hurtful behaviours and bullying Similar/different Working and playing cooperatively	Change and Loss H26, H20, H27 Bodily changes from young to old managing change, transition, loss and bereavement	Self-regulation H17, H18, H19 Identifying ways of feeling good Strategies to manage emotions	Seeking Help R1, R9, R15, R18, R19, R20 Roles of others in our lives Strategies to ask for help Managing secrets Basic techniques for resisting pressure	Community L3, L4, L5 Caring for environment, groups I belong to, roles and responsibilities in a community	Safe in the community H32, H35, H36 Crossing roads Staying safe when out in public What to do in an accident or emergencies	Money L10, L11, L12, L13 L15 Forms, sources, choices, caring for money Saving and Spending Needs and Wants How jobs relate to money
	Myself and my emotions H11, H12, H13, H16, H21, H22, H23 Identifying, naming, describing and sharing feelings Impact of feelings on body/behaviour Developing a self-identity	Caring H13, H14, H15, R2, R3, R4, L6 Recognising others' feelings, People who love/care for us Family life Same/different	Animal Welfare L2 Needs and responsibilities for caring for animals	Safe L1, H24, H29, H30, H31, R5, R20 Recognising and minimising risk Strategies to manage challenges Home, Fire, Product safety Need for rules Telling an adult	Privacy H25, R13 Name private body parts respecting privacy PANTS rule	Permission R16, R17 Physical contact Asking and giving permission	Online Safety H9, H28, H34, R14, L7, L8, L9 Limiting screen time age restrictions Rules and strategies to stay safe online role of internet in everyday life positive online behaviours

Health (Delivered through PE across the year)					
Year 6					
H43					
First Aid Unit: St John's Ambulance					
Year 5					
H5	H9	H9	H10, H40	H10	H10
Good health, signs of illness	Bacteria and viruses that impact health	Personal hygiene	Using medicines responsibly	Vaccinations and immunisations	Allergies
Year 4					
H6	H6	H6	H11	H12	H44
Healthy diet			Sugars	Sun Safety	Emergencies
Year 3					
H1, H2	H3	H4	H7	H12	H44
Informed decisions	Choices and influences	Habits of a healthy lifestyle	Daily routines	Sun Safety	Emergencies
Year 2					
H1, H2	H3, H4	H10	H8	H6	H6
Healthy choices (retrieval)	Healthy routines	People who help us stay healthy	Sun Safety	Germs and allergies	Vaccinations and immunisations
Year 1					
H1	H2	H3	H8	H5, H37	
Healthy choices	Healthy choices	Effect of exercise	Sun Safety	Hygiene and germs	

