

|        | <b>AUTUMN 1</b>                                                  | <b>AUTUMN 2</b>                                                                         | <b>SPRING 1</b>                                                | <b>SPRING 2</b>                                                          | <b>SUMMER 1</b>                                                                      | <b>SUMMER 2</b>                                                      |
|--------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| EYFS   | Self regulation- my feelings                                     | Building relationships- special relationships                                           | Managing self- taking on challenges                            | Self regulation- listening and following instruction                     | Building relationships-my family and friends                                         | Managing self- my wellbeing                                          |
| YEAR 1 | My healthy self- how can we look after our emotions              | Connecting with others- How can I help myself and others feel safe and happy?           | The online world- how do we spend time online?                 | Citizenship- how can I help others and the environment?                  | Health Protection- how can I protect myself and others in daily life?                | Staying safe- how can I stay safe?                                   |
| YEAR 2 | My healthy self- How can we look after our bodies?               | Connecting with others- How can I build safe kind and caring relationships with others? | The online world- how can we stay safe online?                 | Citizenship- How do people belong to a community and earn money?         | Growing up- how can we look after and respect our bodies as we grow?                 | Staying Safe: How can I make safe choices in different places?       |
| YEAR 3 | My healthy self- How can I take care of my mind and body?        | Connecting with others- What helps us feel safe and included?                           | The online world- how should we communicate online?            | Citizenship- What rights and responsibility do we have?                  | Health Protection- how can we prevent injury and illness and respond if they happen? | Citizenship- what careers do people choose and why?                  |
| YEAR 4 | My healthy self- How can I make healthy choices?                 | Connecting with others- How can we respect each other?                                  | The online world- how can we decide who to trust online?       | Citizenship- How can I spend my money wisely?                            | Growing up- how will my body and emotions change as I grow up?                       | Staying Safe- what signs help me recognise what is safe or unsafe?   |
| YEAR 5 | My healthy self- How can I support my mind and body as I grow?   | Connecting with others- Why are healthy relationships important?                        | The online world- how am I influenced by what I see online?    | Citizenship- How can we make a difference in our communities and beyond? | Growing up- how can I manage the changes to my body and emotions as I grow up?       | Citizenship: How can we be in control of our money?                  |
| YEAR 6 | My healthy self- How do my choices today shape my future health? | Connecting with others- What does it mean to stand up for myself and others?            | The online world- how do I feel about the things I see online? | Citizenship- How can we protect everyone's rights?                       | Staying Safe: How can I stay safe as I grow?                                         | Sex education: How do people become parents and carers?<br>First Aid |