



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
National and international days/weeks	NATIONAL RECYCLE WEEK 21-27 Sept Macmillan coffee morning 25th September WORLD MENTAL HEALTH DAY 10th Oct 24 Negotiating rules.	CHILDREN IN NEED 13th Nov Giving, Charity, Help, support Anti-Bullying Week – 16th-20th Nov (Break the Silence) ROAD SAFETY WEEK 16th-22nd November	Holocaust Memorial Day – 27th Jan Children's Mental Health Week 1st-7th Feb SAFER INTERNET DAY 9th Feb	FAIRTRADE FORTNIGHT 22nd Feb – 7th March Spending decisions, Global neighbours, Help and support British Science Week – 8-12th March International Women's Day – 8th March	Walk to School Week – 17th – 23rd May National Sunscreen Day 27th May Mental Health Awareness Week – 17th 23rd May	Child Safety Week – 7-13th June HEALTHY EATING WEEK – 14th – 18th June
Main Topic	Healthy and Happy Friendships	Our Similarities and Differences	Caring and Responsibility	Families and Committed Relationships	Healthy Body, Healthy Mind	Coping with Change
Year 1	How can we make friends and get along? - Friendships - Feelings - Kind/unkind behaviours - Communicate Additional unit - Consent	How can we recognise and celebrate similarities and differences? - Special - Similarities and differences - Respect - Celebrate - Feelings and response	Can we think about our special people and how do they keep us safe? - Responsibilities - Needs GG 14/15 – Life on land and below water What groups do we belong to? - Groups - Community Maths link: What is money and what forms does it come in? - Money - Spending Additional unit - PANTS (5-7)	What is a family and why are families important and special? - Love - Care - Types - Family life - Differences - Safe - Worries Additional unit - Families	How are our bodies amazing and what do we know about our own body? - Healthy eating - physical activity - sleep - wellbeing - sun protection How can hygiene routines help stop the spread of germs? - Hygiene - Germes Additional unit - Health Education KS1, Lesson 1 and 2	How have we changed since we were born? - Young/old - Changes - Grow - Needs Additional unit - Keeping Safe at Home Additional unit - Embracing Change
Main Topic	Healthy and Happy Friendships	Our Similarities and Differences	Caring and Responsibility	Families and Committed Relationships	Healthy Body, Healthy Mind	Coping with Change
Year 2	What makes a happy friendship? - Characteristics - Friendship - Personal boundaries - Safe/unsafe situations - Unwanted touch - Worried/unsafe Additional unit - Consent	What can we learn about strengths, abilities and stereotypes? - Strengths - Abilities - Stereotypes - Unhelpful and unfair - Gender stereotypes - Challenged Science unit – Living things	What communities and groups do we belong to? - Environment - Care and respect - Responsibilities - Community GG 14/15 – Life on land and below water How can we explore the different roles and responsibilities people have in our community? - Groups - Community	What is family life? - Love - Care - Respect - Features - Family life - Worries - Help	How can we stay healthy? - Physical activity - Healthy - Wellbeing How can we look after our teeth? - Dental care - Dentist - Hygiene - Cleanliness Additional unit - Sun Safety	How do our bodies and needs change as we grow older? - Change - Growing - Independence - Achievements Additional unit - Road and Rail Safety Lesson 1 and Lesson 2

			- Responsibilities - Similarities/differences How can we classify our needs from our wants and how do people earn money? - Spending - Saving - Jobs - Earn - Strengths and interests			
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Year 3	How can we be a good friend? - Personal space - Resilience - Strategies Additional unit - Consent	Why is it important to value and respect one another? - Differences and similarities - Respect and value - Communities - Belong - Shared values Additional unit - Firework Safety	What are our responsibilities of care and respect? - Community - Groups - Contributions GG 8 – Decent work and economic growth How can people make choices about saving and spending? - Spending - Saving - Budgeting Additional unit - PANTS (7-9)	What is a committed relationship and how can they differ? - Online - Friendship - Romantic - Online - Relationship types	How can we maintain physical and mental wellbeing? - Habit - Positive - Negative - Lifestyle - Routines Additional unit - Health Education KS2 lesson 1 and 2	How can we cope with our feelings around changes? - Independence - Target setting - Aspirations - Target-setting - Goals Additional unit - Keeping Safe at Home
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Year 4	How can we solve friendship difficulties? - Qualities - Values - Issues - Manage - Respect - Personal boundaries Additional unit - Consent	What do we know about identity and diversity? - Similarities and differences - Society - Value and respect - Judgements - Dangers - Perspectives Additional unit - Firework Safety	What are our rights and responsibilities within our families and the wider society? - Diversity - Community - Value and respect - Benefits GG 8 – Decent work and economic growth	What sort of relationships can we experience in our everyday lives? - Marriage - Civil partnership - Legal - Commitment - Lifelong love and care Additional unit - Families	What are the influences on our health and wellbeing? - Routines - Dental care - Sleep - Exercise - Healthy diet Additional unit - Sun Safety	How do our bodies change as we enter puberty? - Conflicting emotions - Feelings - Transitions - Loss - Separation Additional unit - Water Safety
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Year 5	What is peer pressure? • Identity • Peer pressure • Real life and online • Informed choices • Emotional health and wellbeing • Support Additional unit - Consent	How can we celebrate our strengths and set our own goals? • Strengths and abilities • Appreciation • Differences • Future goals and aspirations • Risks and benefits • Internet • Safety Additional unit - Firework Safety	What are the effects of loneliness and isolation and how can we show care? • Stereotypes • Negative • Influence • Behaviours GG 5 – Gender equality Additional unit - Pick your pics Additional unit - PANTS (9-11)	What are the characteristics of healthy, positive and committed relationships? • Family structure • Love, security and stability • Single parents, same sex parents, step parents, blended families, foster parents • Healthy family life	How can we value our bodies and minds? • Hygiene routines • Cleanliness • Germs • Bacteria • Virus • Habits • Choices Additional unit - Health Education KS2 lesson 3 and 4	How can puberty changes affect our emotions and how can we manage this? • Puberty • Physical and emotional changes • Conflicting emotions Additional unit - Road and Rail Safety Lesson 3 and 4

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Year 6	How do relationships and feelings change when moving on? • Evolving relationships • Changes • Emotions • Risks • Staying safe Additional unit - Consent	What does respectful behaviour look like online and offline? • Online identities and behaviour • Identifying and responding to bullying • Feelings Additional unit - Firework Safety	How can we take more responsibility for self-care and who cares for us as we grow older? • Discriminate • Prejudice • Response What are the risks associated with money? • Won • Lost • Stolen • Gambling • Health Additional unit - Cyber Detectives	What is human reproduction and how can we start a family? • Commitment • Care • Trust • Safe	How can I be the healthiest me and how can I prevent and manage mental ill-health? • Medicines • Vaccines • Immunisations • Disease • Wellbeing Additional unit - Health Education KS2 lesson 5	How can I manage the increasing responsibilities and emotions of life changes? • Transitions • Separation • Emotional changes • Managing feelings • Aspirations and goals Additional unit - Embracing Change

Respect	Perseverance	Joy	Forgiveness	Kindness	Love
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