

Term	<b><u>Autumn</u></b>			<b><u>Spring</u></b>			<b><u>Summer</u></b>		
Core Theme	<b>Health and Wellbeing</b> (minimum 10 lessons)			<b>Relationships</b> (minimum 10 lessons)			<b>Living in the Wider World</b> (minimum 10 lessons)		
Topics	Growing and Changing	Healthy Lifestyles	Keeping Safe	Feelings and emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Environment	Money
<b>Year 1</b>	Recognising what they are good at  Setting goals  Change and loss and how it feels	What helps keep bodies healthy  Hygiene routines	Keeping safe around the household products  How to ask for help if you are worried about something	Recognising feelings in self and others  Sharing feelings	Secrets and keeping safe  Special people in our life	Respecting similarities and differences in others  Sharing views and ideas	Everybody is unique in some ways and the same in some ways	Recycling  Plastic pollution	Where does money come from?  How to use money  Saving and spending money
<b>Year 2</b>	Recognising what they are good at  Setting goals  Growing, changing and becoming more independent	Healthy choices  Different feelings  Managing feelings	Keeping safe in different situations  How to ask for help if they are worried  Privacy in different contexts	Behaviour  Bodies and feelings can be hurt	Listening to others and playing cooperatively  Appropriate and inappropriate touch  Teasing and bullying	Respecting similarities and differences in others  Sharing views and ideas	Groups and communities that they belong to	Environment change  Climate change/Global warming	Where money comes from  Saving and spending money  Making choices  Keeping track of money spent/saved
<b>Year 3</b>	Recognising what they are good at  Setting goals	What makes a balanced diet  Opportunities for making own	School rules on health and safety	Recognising feelings in others	Positive healthy relationships and friendships	Recognising and responding to bullying	Discuss and debate health and wellbeing issues	Responsibilities  Rights and duties	Enterprise - role of money

	Describing feelings/conflicting feelings and how to manage feelings	choices with food  What influences their food choices and habits	Basic emergency aid People who help them stay safe and healthy	Responding to how others are feeling	Maintaining friendships Actions have repercussions  Working collaboratively		Being part of a community  Who works in a community		
Year 4	Recognising what they are good at  Setting goals	What makes a balanced lifestyle and making choices  Drugs - common to everyday life  Hygiene and germs	How to keep safe in local area and online  People who help them stay healthy and alive	Keeping something confidential or secret  When to break a confidence  Recognise and manage dares	Acceptable and unacceptable physical contact  Solving disputes and conflicts amongst peers	Listen and respond effectively to people  Share points of view	Discuss and debate health and wellbeing issues  Appreciating difference and diversity in the UK and around world	Sustainability of the environment across the world	Role of money, managing money (saving and budgeting)  What is meant by interest and loan
Year 5	Recognising what they are good at and setting goals and aspirations  Intensity of feelings. Managing complex feelings  Coping with change and transition and bereavement and grief	What positively and negatively affects health and wellbeing  Making informed choices  Benefits of a balanced diet  Different influences on food	Strategies for managing personal safety in the local environment  Online safety including sharing of images and mobile phone safety	Responding to feelings in others	Actions have consequences  Working collaboratively.  Negotiation and compromise - giving feedback	Listening to others  Raise concerns and challenges	Discuss and debate health and wellbeing  Rules and laws - changing rules and laws  Anti-social behaviour  Respecting and resolving differences	Different rights; responsibilities and duties	Importance of finance in people's lives  Being a critical customer  Looking after money  Interest, loan, debt management, money and taxes

Year 6	<p>Recognising what they are good at</p> <p>Setting goals</p>	<p>Images in the media and reality; how this can affect how people feel</p> <p>Risks and effects of drugs</p>	<p>Independence increased</p> <p>Keeping safe and influences on behaviour</p> <p>Resisting pressure</p> <p>Rights to protect their body and speaking out</p> <p>Where to get help and advice</p>	<p>Confidentiality and when to break confidence</p> <p>Managing dares</p>	<p>Different types of relationships</p> <p>Positive and healthy relationships</p> <p>Maintaining relationships - recognising when a relationship is unhealthy</p> <p>Acceptable and unacceptable physical touch</p> <p>Personal boundaries and right to privacy</p>	<p>Listening to others</p> <p>Raising concerns and challenge</p> <p>What makes people the same and different</p> <p>Recognising and challenging stereotypes</p> <p>Discrimination and bullying</p>	<p>Discuss and debate health and wellbeing issues</p> <p>Human rights</p> <p>Fake news - being critical of what is in the media and what they forward to others</p>	<p>How resources are allocated. Effect of this on individuals, communities and environment</p>	<p>Enterprise - Dragon's Den</p> <p>Managing money</p> <p>Budgeting</p>
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