

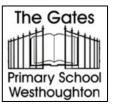


Year	Autumn		
		Spring	Summer
EYFS	Making relationships Turn taking, communicating appropriately, identifying important people (friends/family) Managing self Understanding of rules and following rules independently. Awareness of healthy and unhealthy.	Making relationships Continues to develop a wider awareness of their own feelings, such as 'jealous', 'worried' and 'frightened'; Begin to understand their actions have a consequence Managing self Developing a 'can do' attitude in line with the school's 'I can't do it yet' growth mind-set and Golden Goals of resilience.	Making relationships Responds appropriately to a wider range of feelings; beings to regulate their own feelings; shows sensitivity to the needs of others Managing self Confident to try new activities, shows independence and resilience, plays cooperatively with others, knows the importance of healthy food choices; manages basic personal hygiene
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		Cycle A 2022-2023	
	Autumn Relationships	Spring Living in the wider world	Summer Health and wellbeing
KS1	 Families and friendships-Role of different people; families; feelings care for Safe relationships- Recognising privacy; staying safe; seeking permission. 	Belonging to a Community- What rules are; caring for others' needs; looking after the environment Media literacy and digital resilience-	Physical health and Mental wellbeing- Keeping healthy; food and exercise, hygiene routines; sun safety Growing and





	Respecting ourselves and others- How behaviour affects other; being polite and respectful	Using the internet and digital devices; communicating online Money and work- Strengths and interests; jobs in the community	Changing- Recognising what makes them unique and special; feelings; managing when things go wrong Keeping safe- How rules and age restrictions help us; keeping safe online
LKS2	 Families and friendships- What makes a family; features of family life Safe relationships- Personal boundaries; safely responding to others; the impact of hurtful Behaviour Respecting ourselves and others- Recognising respectful behaviour; the importance of self-respect; courtesy and being polite 	Belonging to a Community- The value of rules and laws; rights, freedoms and responsibilities Media literacy and digital resilience- How the internet is used; assessing information online Money and work- Different jobs and skills; job stereotypes; setting personal goals	 Physical health and Mental wellbeing- Health choices and habits; what affects feelings; expressing feelings Growing and Changing- Personal strengths and achievements; managing and reframing setbacks Keeping safe- Risks and hazards; safety in the local environment and unfamiliar places
UKS2	Families and friendships- Managing friendships and peer influence Safe relationships- Physical contact and feeling safe	Belonging to a Community- Protecting the environment; compassion towards others Media literacy and digital resilience- How	Physical health and Mental wellbeing- Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Growing and



information

online is targeted; different media types,

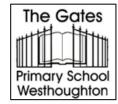
their role and

impact

Identifying job interests and aspirations;

what influences career choices; workplace stereotypes

Money and work-



Changing-

Personal identity; recognising individuality and different qualities; mental wellbeing

Keeping safe-

Keeping safe in different situations, including responding in emergencies, first aid

Year 5 only- Physical and emotional changes in puberty; external genitalia; personal hygiene routines;

Year 6 only - human reproduction and birth; increasing independence; managing transition

Cycle B 2023-2024

Spring Living in the wider world

Belonging to a Community-Belonging to a group; roles and responsibilities; being the same and different in the community

Media literacy and digital resilience-The internet in everyday life; online content and information

Money and work-

Summer Health and wellbeing

Physical health and Mental wellbeing-Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help

Growing and Changing-Growing older; naming body parts; moving class or year

KS1

Families and friendships-Making friends; feeling lonely and getting help

Safe relationships-

Autumn

Relationships

Respecting ourselves and others-

Responding respectfully to a wide range of

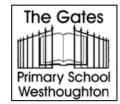
people; recognising prejudice and

discrimination

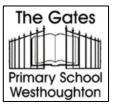
Managing secrets; resisting pressure and getting help; recognising hurtful behaviour

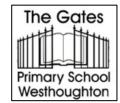
Respecting ourselves and others-





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	Recognising things in common and differences; playing and working cooperatively; sharing opinions	What money is; needs and wants; looking after money	Keeping safe- Safety in different environments; risk and safety at home; emergencies
LKS2	Families and friendships- Positive friendships, including online Safe relationships- Responding to hurtful behaviour; managing confidentiality; recognising risks online Respecting ourselves and others- Respecting differences and similarities; discussing difference sensitively	Belonging to a Community- What makes a community; shared responsibilities Media literacy and digital resilience- How data is shared and used Money and work- Making decisions about money; using and keeping money safe	Physical health and Mental wellbeing- Maintaining a balanced lifestyle; oral hygiene and dental care Keeping safe-Medicines and household products; drugs common to everyday life
UKS2	Families and friendships- Attraction to others; romantic relationships; civil partnership and marriage Safe relationships- Recognising and managing pressure; consent in different situations Respecting ourselves and others-Expressing opinions and respecting other points of view,	Belonging to a Community- Valuing diversity; challenging discrimination and stereotypes Media literacy and digital resilience- Evaluating media sources; sharing things online Money and work-	Physical health and Mental wellbeing- What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Growing and Changing- Increasing independence; managing transition





including discussing	Influences and attitudes to money; money and financial risks	Keeping safe- Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
		Year 5 only- Physical and emotional changes in puberty; external genitalia; personal hygiene routines;
		Year 6 only - human reproduction and birth; increasing independence; managing transition