



| Year/Half-termly unit titles | Autumn 1 Me and my Relationships | Autumn 2 Valuing Difference | Spring 1 Keeping Safe | Spring 2 Rights and Respect | Summer 1 Being my Best | Summer 2 Growing and Changing |
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| EYFS | What makes me special People close to me Getting help | Similarities and difference Celebrating difference Showing kindness | Keeping my body safe Safe secrets and touches People who help to keep us safe | Looking after things: friends, environment, money | Keeping by body healthy – food, exercise, sleep Growth Mindset | Cycles Life stages Girls and boys – similarities and difference |
| Y1 and 2 Cycle 1 | Feelings Getting help Classroom rules Special people Being a good friend | Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help | How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep | Taking care of things: Myself My money My environment | Growth Mindset Healthy eating Hygiene and health Cooperation | Getting help Becoming independent My body parts Taking care of self and others |
| Y1 and 2 Cycle 2 | Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation | Being kind and helping others Celebrating difference People who help us Listening Skills | Safe and unsafe secrets Appropriate touch Medicine safety | Cooperation Self-regulation Online safety Looking after money – saving and spending | Growth Mindset Looking after my body Hygiene and health Exercise and sleep | Life cycles Dealing with loss Being supportive Growing and changing Privacy |
| Y3 and 4 Cycle 1 | Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss | Recognising and respecting diversity Being respectful and tolerant My community | Managing risk Decision-making skills Drugs and their risks Staying safe online | Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money | Keeping myself healthy and well Celebrating and developing my skills Developing empathy | Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets |
| Y3 and 4 Cycle 2 | Healthy relationships Listening to feelings Bullying Assertive skills | Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes | Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety | Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money | Having choices and making decisions about my health Taking care of my environment My skills and interests | Body changes during puberty Managing difficult feelings Relationships including marriage |
| Y5 and 6 Cycle 1 | Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs | Recognising and celebrating difference, including religions and cultural Influence and pressure of social media | Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills | Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending | Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community | Managing difficult feelings Managing change How my feelings help keeping safe Getting help |
| Y5 and 6 Cycle 2 | Assertiveness Cooperation Safe/unsafe touches Positive relationships | Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping | Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) | Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy | Aspirations and goal setting Managing risk Looking after my mental health | Coping with changes Keeping safe Body Image Sex education Self-esteem |