

1 <sup>ST</sup> CYCLE 2021-22	Autumn 1 Healthy and Happy Friendships	Autumn 2 Similarities and Differences	Spring 1 Caring and Responsibility	Spring 2 Families and Committed Relationships	Summer 1 Healthy Bodies, Healthy Minds.	Summer 2 Coping with Change
Years 1 & 2 (KS1)	(Y1) Making Friends and Getting Along. 1. Friends 2. Kindness 3. Getting along, sharing and turn taking	(Y1) Recognising strengths and respecting differences. 1. I am special 2. Who I am makes me unique 3. We don't all feel the same way	(Y1) Our Special People. 1. My special people 2. How our special people care for us 3. Keeping safe	(Y1) The importance of family. 1. My family 2. Our families 3. Superhero families!	(Y1) Amazing bodies. 1. My amazing body 2. Private body parts (introducing correct terminology) 3. Looking after our bodies	(Y1) Growing and changing. 1. Animal babies 2. How have we changed? 3. A future me
Years 3 & 4 (LKS2)	(Y3) Being a good friend. 1. What makes a good friend? 2. Personal space 3. Resilience	(Y3) Valuing and respecting one another. 1. Different but equal 2. Our school community 3. Valuing one another and considering people's feelings	(Y3) Responsibility and boundaries. 1. Being responsible 2. Responsibility and personal space 3. Caring and empathy	(Y3) Different types of committed relationships. 1. Commitment and marriage 2. All change! 3. Family changes: when parents separate	(Y3) Sleep, food and hygiene. 1. The power of sleep 2. Making healthy food choices 3. Germs!	(Y3) Coping with feelings when things change. 1. New changes 2. Feeling sad and showing empathy 3. Happiness
Years 5 & 6 (UKS2)	(Y5) Changing Friendships. 1. Identity 2. Peer pressure 3. Emotional health and wellbeing	(Y5) Celebrating strengths and setting goals. 1. Strengths and abilities 2. Setting goals 3. Online safety	(Y5) Caring in the community. 1. Changing needs 2. Feeling lonely 3. Why volunteer?	(Y5) Healthy, committed relationships. 1. Values of healthy relationships 2. Diversity in relationships 3. It's all about commitment	(Y5) Valuing our bodies and minds. 1. Valuing ourselves 2. Alcohol, tobacco and drugs 3. Keeping well	(Y5) Puberty and emotions. 1. Puberty 2. Puberty and emotions 3. Emotional changes: managing well
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Years 1 & 2 (KS1)	(Y2) What makes a happy friendship? 1. What makes a happy friendship? 2. Personal boundaries 3. Worries	(Y2) Strengths, abilities and stereotypes. 1. My strengths and abilities 2. Stereotypes 3. Whose job?	(Y2) Special people in our communities. 1. Community helpers 2. When we need help 3. Our communities and groups	(Y2) The diversity of families. 1. Who is in a family? 2. A happy family 3. Families of all kinds	(Y2) Staying safe and healthy. 1. Healthy feelings 2. Staying safe at home 3. Feeling poorly	(Y2) Growing up and setting goals. 1. When I am older 2. Looking at the changes ahead 3. Goals
Years 3 & 4 (LKS2)	(Y4) Solving friendship difficulties. 1. Qualities of a good friend 2. Solving friendship difficulties 3. Personal boundaries and	(Y4) Identity and diversity. 1. Being British 2. Making a judgement 3. A different point of view	(Y4) Rights and Responsibilities. 1. Our rights, our responsibilities 2. The UN Convention on the	(Y4) Families and other relationships. 1. Different relationships: boundaries and behaviour 2. Belonging	(Y4) Influences and personal choices. 1. Healthy influences 2. Making healthy choices 3. Dealing with feelings	(Y4) Puberty and hygiene. 1. What is puberty? 2. Understanding periods 3. Keeping clean as we grow

	permission		Rights of the Child 3. Family roles and responsibilities	3. Caring families		and change
Years 5 & 6 (UKS2)	(Y6) Relationships and feelings 1. Personal safety 2. Relationships and change 3. Wider emotions	(Y6) Respectful behaviour online and offline. 1. Identity online 2. Online bullying 3. Identities and belonging	(Y6) Responsible behaviour as we get older. 1. Taking care of myself 2. Looking after my money 3. Transition to secondary	(Y6) Starting a family. (Sex education*) 1. Starting a family 2. The impact of having a baby 3. When is it right?	(Y6) Being the best me. 1. Being the best me 2. Social media and our wellbeing 3. Taking care of our mental health	(Y6) Coping with emotional effects of life changes. 1. Body image 2. Puberty and changing relationships 3. Moving on