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|  | Autumn 1 | Autumn 2 | Spring 1  | Spring 2 | Summer 1 | Summer 2 |
| Reception  | **Me and My Relationships** All about meWhat makes me specialMe and my special peopleWho can help me?My feelingsMy feelings (2) | **Valuing Differences** I'm special, you're specialSame and differentSame and different familiesSame and different homesI am caringI am a friend | **Keeping Safe** What's safe to go onto my bodyKeeping Myself Safe - What's safe to go into my body (including medicines)Safe indoors and outdoorsListening to my feelingsKeeping safe onlinePeople who help to keep me safe | **Rights and Respect** Looking after my special peopleLooking after my friendsBeing helpful at home and caring for our classroomCaring for our worldLooking after money (1): recognising, spending, usingLooking after money (2): saving money and keeping it safe | **Being my Best** Bouncing back when things go wrongYes, I can!Healthy eatingMy healthy mindMove your bodyA good night's sleep | **Growing and Changing** SeasonsLife stages - plants, animals, humansLife Stages: Human life stage - who will I be?Where do babies come from?Getting biggerMe and my body - girls and boys |
| Year 1 | **Me and My Relationships** Why we have classroom rules? Thinking about feelingsOur feelings Feelings and bodies Our special people balloonsGood friends How are you listening?  | **Valuing Differences**Same or different?Unkind, tease or bully?Harold’s school rules Who are our special people?It is not fair! | **Keeping Safe**Healthy me Super sleep Who can help?Harrold loses Geoffrey  | **Rights and Respect** Around and about the school Taking care of something Harold’s money Basic first aid  | **Being my Best**I can eat a rainbow Eat well Catch it! Bin it! Kill it! Harold learns to ride his bike! Pass on the praise. Harold has a bad day | **Growing and Changing**Inside my body Who can help?Surprises and secrets |
| Year 2 | **Me and my Relationships** Our ideal classroom How are you feeling today?Let's all be happy!Being a good friendTypes of bullyingDon't do that!Bullying or teasing? | **Valuing Differences** What makes us who we are?My special peopleHow do we make others feel?When someone is feeling left outAn act of kindnessSolve the problem | **Keeping Safe** Harold's picnicHow safe would you feel?What should Harold say?I don't like that!Fun or not?Should I tell? | **Rights and Respect**Getting on with othersWhen I feel like eruptingFeeling safePlaying gamesHarold saves for something specialHarold goes camping How can we look after our environment? | **Being my Best** You can do it!My dayHarold's postcard - helping us to keep clean and healthyHarold's bathroomWhat does my body do?My body needs... Basic first aid | **Growing and Changing** A helping handSam moves awayHaven't you grown!My body, your bodyRespecting privacySome secrets should never be kept |
| Year 3 | **Me and my Relationships** As a ruleLooking after our special peopleHow can we solve this problem?Tangram team challengeFriends are specialThunksDan's dareMy special pet  | **Valuing Differences** Respect and challengeFamily and friendsMy communityOur friends and neighboursLet's celebrate our differencesZeb | **Keeping Safe** Safe or unsafe?Danger or risk?The Risk robotSuper SearcherHelp or harm?Alcohol and cigarettes: the factsRaisin challenge | **Rights and Respect**Helping each other to stay safeRecount taskOur helpful volunteersCan Harold afford it?Earning moneyHarold's environment projectLet's have a tidy up!  | **Being my Best** Derek cooks dinner! (healthy eating)Poorly HaroldBody team workFor or against?I am fantastic!Top talentsGetting on with your nerves!  | **Growing and Changing** Relationship treeBody spaceNone of your business!Secret or surprise?Basic first aid |
| Year 4 | **Me and my Relationships** Human machinesOk or not ok? An email from Harold!Different feelingsWhen feelings change Under pressure | **Valuing Differences** Can you sort it?What would I do?The people we share our world withThat is such a stereotype!Friend or acquaintance?Islands | **Keeping Safe** Danger, risk or hazard?How dare you!Keeping ourselves safeRaisin challenge Picture wiseMedicines: check the labelKnow the norms Traffic lights  | **Rights and Respect**Who helps us stay healthy and safe?It's your rightHow do we make a difference?In the news!Safety in numbersHarold's expenses Why pay taxes?Logo quiz | **Being my Best** What makes me ME!Making choicesSCARF hotelHarold's Seven RsMy school communityBasic first aidVolunteering is cool  | **Growing and Changing** Moving houseMy feelings are all over the place!All change!My changing body(Year 3)Preparing for changes at puberty Secret or surprise?Together |
| Year 5 | **Me and my Relationships** Collaboration Challenge!Give and takeCommunication How good a friend are you?Relationship cake recipeOur emotional needsBeing assertive | **Valuing Differences** Qualities of friendshipKind conversationsHappy being meThe land of the Red PeopleIs it true?Stop, start, stereotypesIt could happen to anyone | **Keeping Safe** Spot bullyingPlay, like, shareDecision dilemmasElla's diary dilemmaVaping: healthy or unhealthy?Would you risk it?'Thunking' about habitsDrugs: true or false? Smoking: what is normal?  | **Rights and Respect** What's the story?Fact or opinion?Mo makes a differenceRights, respect and dutiesSpending wiselyLend us a fiver!Local councils  | **Being my Best** It all adds up!Different skillsMy school community Independence and responsibilityStar qualities?Basic first aid, including Sepsis Awareness | **Growing and Changing** How are they feeling?Taking notice of our feelingsDear AshGrowing up and changing bodiesChanging bodies and feelingsHelp! I'm a teenager - get me out of here!Dear Hetty |
| Year 6 | **Me and my Relationships** Working togetherLet's negotiateSolve the friendship problemDan's day Behave yourselfAssertiveness skills Don't force meActing appropriately**Growing and Changing/Sex and Relationships Education**How can I be clean and healthy as my body starts to change? | **Valuing Differences** OK to be differentWe have more in common than notRespecting differencesTolerance and respect for othersAdvertising friendships!Boys will be boys? - challenging gender stereotypes**Growing and Changing/Sex and Relationships Education**Puberty – how is my body changing? (physically)Is this normal? | **Keeping Safe**Think before you click!It's a puzzle To share or not to share?Rat ParkWhat sort of drug is...?Drugs: it's the law!Alcohol: what is normal?Joe's story **Growing and Changing/Sex and Relationships Education**Male and Female reproductive systems Menstruation | **Rights and Respect**Two sides to every storyFakebook friendsWhat's it worth?Jobs and taxesHappy shoppers - caring for the environmentAction stations! Project PitchDemocracy in Britain 1 – ElectionsDemocracy in Britain 2 -How (most) laws are made**Growing and Changing/Sex and Relationships Education**Emotional Changes/HormonesRelationships and friendships  | **Being my Best** This will be your life!Our recommendationsWhat's the risk? Basic first aid, including Sepsis AwarenessFive Ways to Wellbeing project**Growing and Changing/Sex and Relationships Education**Media manipulationPressure onlinePeer-pressure | **Growing and Changing**I look great!Helpful or unhelpful? Managing change*(continue with any unfinished units)* |