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|  | **Advent 1**Pupil ElectionsWorld Mental Health Day | **Advent 2**Anti-Bullying WeekStaying Safe Online Day | **Lent 1**Children’s Mental Health Day; Safer Internet Day | **Lent 2** | **Pentecost 1**Pupil questionnaires | **Pentecost 2**Health and Fitness Week |
| **Year 1** | **Health and Wellbeing-****Physical health and mental wellbeing;**Recognising and naming feelings. | **Relationships-****Safe relationships:**Recognising privacy; staying safe; seeking permission. | **Health and Wellbeing-Keeping Safe;** How age restrictions help us; keeping safe on and offline; trusted adults; accidents.  | **Relationships- Families and friendships;** Roles of different people; families; feeling cared for; God’s family; saying sorry; different families; trusted adults.  | **Health and Wellbeing-** **Physical health and****mental wellbeing;**Keeping healthy; food and exercise, hygiene routines; sun safety. | **Health and Wellbeing-** **Growing and Changing** Recognising what makes them unique and special; likes and dislikes; feelings; naming body parts (inc external genitalia) NSPCC PANTS lesson; managing negative feelings.  |
| **Living in the Wider World-****Belonging to a Community;**What rules are; caring for others’ needs; looking after the environment; belonging to groups. | **Relationships: Respecting ourselves and others**Kind and unkind behaviour; playing cooperatively; respect.  | **Wider World: Media literacy & digital resilience**Using the internet and digital devices. | **Relationships: Respecting ourselves and others**How our behaviour affects others. |
| **Health and Wellbeing-Keeping Safe;** How rules keep us safe; keeping safe online. | **Wider World: Money and work**What money is; forms that money comes in; that money comes from different sources. |
| **Year 2** | **Health and Wellbeing: Physical health and mental wellbeing**Managing feelings; change and loss and death; and asking for help; sleep.  | **Relationships: Safe Relationships**Bullying; privacy; pretending to be someone else; managing secrets; resisting pressure and getting help. | **Health and Wellbeing: Keeping Safe**Safety in different environments; risk and safety at home. | **Relationships: Families and friendships** Making friends; feeling lonely andgetting help; resolving arguments.  | **Health and Wellbeing: Physical health and mental wellbeing** Why sleep is important; hygiene; food and sugar;medicines and keeping healthy; keeping teethhealthy. | **Health and Wellbeing: Keeping Safe**Safety in different environments; risk and safety at home; emergencies |
| **Relationships: Respecting ourselves and others**Kind and unkind behaviour, polite, respectful, courteous behaviour.  | **Health and Wellbeing: Keeping safe**Online safety  | **Wider World: Media literacy and digital resilience**Online content and information. | **Relationships: Respecting ourselves and others**Recognising things in common and differences; playing and working cooperatively; sharing opinions. | **Wider World: Belonging to a Community**Belonging to a group; roles and responsibilities; caring for others; the environment; being the same and different in the community. | **Health and Wellbeing: Growing and changing**Special and unique; growing older; moving class or year. |
| **Wider World: Money and work**Needs and wants. |
| **Year 3** | **Wider World: Belonging to a Community**The value of rules and laws; rights, freedoms and responsibilities, care and compassion.  | **Relationships: Safe Relationships** Personal boundaries; safely responding to others; the impact of hurtful behaviour. | **Relationships: Families and friendships**What makes a family; features of family life. | **Wider World: Money and Work**Different jobs andskills; job stereotypes;setting personal goals; positive traits.  | **Health and Wellbeing: Physical health and Mental wellbeing**Health choices and habits; balanced, healthy lifestyle, obesity, exercise benefits.  | **Health and Wellbeing: Growing and Changing**Personal strengthsand achievements; individuality; managing and reframing setbacks. |
| **Health and Wellbeing: Physical health and Mental wellbeing**Health choices and habits; what affects feelings; expressing feelings. | **Relationships: Respecting ourselves and others**Recognising respectfulbehaviour; the importance of self-respect; courtesy and being polite. | **Wider World: Media literacy and Digital resilience**How the internet is used positively and negatively. | **Health and Wellbeing: Keeping Safe** Risks and hazards; safety in the local environment and unfamiliar places. |
| **Year 4** | **Health and Wellbeing-****Relationships: Families and friendships**Positive friendships,including online. | **Relationships: Safe Relationships** Privacy and personal boundaries; pretending to be someone else online; NSPCC Shareaware sessions; sharing and chatting online; privacy and boundaries; responding to hurtful behaviour; managing confidentiality; recognising risks online; peer pressure. | **Relationships: Families and friendships** Loneliness and seeking support; positive friendships, including online; asking for support. | **Relationships: Respecting ourselves and others**Respecting differencesand similarities; other traditions and beliefs; images in the media; discussing difference sensitively. | **Health and Wellbeing: Physical health and Mental wellbeing**Maintaining a balancedlifestyle; habits; good physical health; tooth decay; oral hygiene.  | **Health and Wellbeing: Growing and Changing**Personal hygiene routines; sources of information; informed health decisions; managing risk. |
| **Health and Wellbeing: Physical health and Mental wellbeing**The importance of mental health. | **Wider World: Media literacy and Digital resilience**How information online is ranked and targeted.  | **Wider World: Money and Work**Making decisions about money; using and keeping money safe; spending decisions; needs and wants. | **Wider World: Belonging to a Community**Compassion; what makes a community; shared responsibilities. | **Health and Wellbeing: Keeping Safe**Drugs (medicines and household products); alcohol and tobacco, class transitions.  |
| **Year 5** | **Relationships: Families and friendships**Marriage and civil partnerships; managing friendships and peer influence; changes in friendships.  | **Relationships: Safe Relationships** Types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact; seeking and giving permission (consent); hurtful behaviour; healthy relationships; personal safety.  | **Health and Wellbeing: Keeping Safe** Keeping safe in different situations, including responding in emergencies and first aid. | **Relationships: Respecting ourselves and others**Different beliefs and lifestyles; recognising prejudice and discrimination; self-respect; respectful relationships.  | **Health and Wellbeing: Physical health and Mental wellbeing**Healthy sleep habits; bacteria and viruses; sun safety; medicines, vaccinations, immunisations and allergies | **Health and Wellbeing: Growing and Changing**Personal identity;recognising individuality and different qualities; puberty and menstruation.  |
| **Health and Wellbeing: Mental wellbeing**Mental health- sleep, exercise, hobbies.  | **Wider World: Media literacy and Digital resilience**Reliable sources. | **Wider World: Belonging to a Community**Shared responsibilities; protecting the environment; compassion towards others. |
| **Year 6** | **Health and Wellbeing: Physical health and Mental wellbeing**Mental health; feelings; seeking support; trusted adults; loss and death.  | **Relationships: Safe Relationships** Recognising and managing pressure; consent in different situations; personal safety; reporting concerns; advice and support.  | **Wider World: Belonging to a Community**Valuing diversity; challenging discrimination and stereotypes. | **Relationships: Families and friendships**Different types of relationships; different types of family structure; marriage and civil partnership; forced marriage.  | **Health and Wellbeing: Keeping Safe** Keeping personal information safe; regulations and choices; health worries; exercise; first aid.   | **Health and Wellbeing: Growing and Changing**Human reproductionand birth; support during puberty; increasing independence; managing transition. |
| **Relationships: Respecting ourselves and others**Expressing opinions and respecting other points of view, including discussing topical issues. | **Wider World: Media literacy and Digital resilience**Evaluating media sources; sharing things online. | **Health and Wellbeing: Keeping Safe** Regulations and choices; drug use and the law; drug use and the media; organisations who help.  |