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|  | **Advent 1**  Pupil Elections  World Mental Health Day | **Advent 2**  Anti-Bullying Week  Staying 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 and  getting help; resolving arguments. | **Health and Wellbeing: Physical health and mental wellbeing**  Why sleep is important; hygiene; food and sugar;  medicines and keeping healthy; keeping teeth  healthy. | **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 and  skills; 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 strengths  and 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 respectful  behaviour; 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 differences  and similarities; other traditions and beliefs; images in the media; discussing difference sensitively. | **Health and Wellbeing: Physical health and Mental wellbeing**  Maintaining a balanced  lifestyle; 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 reproduction  and 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. |