

	Autumn Term		Spring Term		Summer Term	
Reception	<b>Relationships</b> Family	<b>Keeping safe and looking after myself</b>  <b>People who help me</b>  Making decisions  People we trust	<b>Feelings and attitudes</b>  Independence	<b>Mental wellbeing</b>  Recognising feelings	<b>Living in our world</b>  Responsibilities  <b>Life cycles</b>  Being unique	<b>My body and my health</b>  Naming body parts  Sun safety  Hand hygiene
Year 1	<b>Relationships</b> Friendship	<b>Keeping safe and looking after myself</b>  <b>People who help me</b> Food hygiene  People around us	<b>Feelings and attitudes</b> Good people	<b>Mental wellbeing</b> Exploring emotions	<b>Living in our world</b> Looking after our local area  <b>Life cycles</b> Changes	<b>My body and my health</b> Body parts  Keeping safe and healthy
Year 2	<b>Relationships</b> Changing relationships  Importance of relationships	<b>Keeping safe and looking after myself</b>  <b>People who help me</b> Body parts  People around us	<b>Feelings and attitudes</b> Changes	<b>Mental wellbeing</b> Importance of talking about our emotions	<b>Living in our world</b> Money and keeping it safe  <b>Life cycles</b> Babies of animals	<b>My body and my health</b> Body changes  Healthy diet and hygiene

Year 3	<b>Relationships</b> Friendships and Bullying	<b>Keeping safe and looking after myself</b>  <b>People who help me</b> Making the right choices  Trust	<b>Feelings and attitudes</b> Respect	<b>Mental wellbeing</b> Controlling emotions	<b>Living in our world</b> Democracy  Life cycles  Looking after animal babies	<b>My body and my health</b> Different bodies  Sleep
Year 4	<b>Relationships</b>  Respect  Family life	<b>Keeping safe and looking after myself</b>  <b>People who help me</b> Risk taking  Secrets	<b>Feelings and attitudes</b> Managing changes	<b>Mental wellbeing</b> Importance of exercise	<b>Living in our world</b> Importance of money  Life cycles  Getting older	<b>My body and my health</b>  Difference between boys and girls
Year 5	<b>Relationships</b> Types of relationships	<b>Keeping safe and looking after myself</b>  <b>People who help me</b> Puberty  Looking out for others	<b>Feelings and attitudes</b> Understanding and managing changes	<b>Mental wellbeing</b> Understanding why we experience emotions	<b>Living in our world</b> What can money be used for  Life cycles  Making babies	<b>My body and my health</b> Puberty  Body changes
Year 6	<b>Relationships</b> Maintaining relationships	<b>Keeping safe and looking after myself</b>  <b>People who help me</b> Alcohol and drugs	<b>Feelings and attitudes</b> Discrimination	<b>Mental wellbeing</b> Mental health problems	<b>Living in our world</b> Rules  Life cycles	<b>My body and my health</b> 'Normal' bodies  First Aid

		Trust			Sex and sexual intercourse	Hormones
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