

Theme	Health and Wellbeing			Relationships	Living in the Wider World		Health and Wellbeing
	Autumn 1 & 2			Spring 1 & 2	Summer 1 & 2		
Topic	Wellbeing	Identity and community	Healthy Choices	Healthy relationships	Digital Lives	Aspiration and Money	My Body and Me
Yr 1	- Meet your emotions - My healthy mind toolkit - All experiences are important - Taking care of my body	- Celebrating ourselves - Celebrating our similarities and differences - How can we help everyone to feel included at our school?	- How can we walk to fun places safely? - How can we stay safe and have fun at home? - How can we stay safe whilst out and about? - Being safe everywhere	- How do families look after each other? - How do I feel when I am safe? - How can I be kind and respectful to friends and family? - What makes a great friend?	- Enjoying the online words - Feeling safe online - Getting help when we are online - Choosing when to share online - Finding a balance online	- What is money and where does it come from? - What can we spend money on? - Can we buy everything we want? - Where is a safe place to keep money? - Will I be good at something straight away? - How can I get better at things over time? - How can I spend money carefully?	
Yr 2	- How many emotions are there? - Change and loss are a part of life - Delicious food fuels my body - Do we all need the same things to stay healthy? - The right way to get things wrong	- Every family is special - What helps us to be ourselves? (challenging stereotypes) - Rules help to keep us safe and keep things fair	- Keeping clean and healthy - How can I stay safe around medicines and chemicals? - How can I be helpful in an emergency? - I love my teeth, what can we do to keep them healthy?	- Fun surprises, uncomfortable secrets - Making decisions that feel good for me - How can we make our school a happy place for everyone (inclusion and anti- bullying) - How can we tell if someone is a friend or stranger?	- Choosing what we do online - How can I talk to people safely and kindly online? - Sharing photos and videos - Spotting lies and what to do about it - How to be a great web searcher - Staying safe online	- What are we good at? - Why do people have jobs? - What different jobs are there in the world? - What makes someone good at a job? - What kind of job might I do in the future? - How can we look after the world we live in?	- How are bodies change as we get older (including naming genitals) - Sensitive and special parts of our bodies
Yr 3	- We all have powerful emotions - How many ways are there to exercise?	- The amazing cultures in our class and community - how do we treat everyone kindly and with respect?	- Can I remember how to stay healthy? - How can I enjoy a walk or cycle near roads and railways	- What can people do to help their families? - Our bodies belong to us	- Healthy online friendships - Feeling uncomfortable online - Wellbeing in an online world	- How do we pay for things? - How do we decide what to spend and when to save?	

	• A healthy and mindful week • I am wonderful	• how can we include everyone? • How can we care for our world?	• How can I prepare for an adventure in all weathers and places? • How can I face challenges to have fun and achieve my dreams?	• Do friends always want the same things? • Should we behave the same way with everyone we meet?	• Choosing what to do and what to share • Deciding who to trust online • What would a perfect online world be like?	• What is the most important thing money can buy? • Does money change how happy we are? • What does good value for money mean? • What are my hopes and dreams for the future?	
Yr 4	• Changing our batteries (the importance of sleep) • My strong emotion toolkit • Celebrating healthy and delicious food from across the world • What makes life so amazing? • Making marvellous mistakes	• How does the Equality Act allow us to live our best lives? • How can we keep a positive view of other people (challenging stereotypes) • How can everyone achieve their potential? • How do our values shape our identity? • Do we all have the same values? (British Values) • Why are communities important?	• How can I take control of my wellbeing? • What are germs and how can I keep them out of my body? • How can I explore natural places safely?	• How can friends help us to be our true selves? • How can I tell people what I want and need kindly? • What do we need when we lose a loved one? • How do the people around us influence us? • Challenging negative influence	• Who uses the internet? • Using social media safely • Connecting to trusted people online • Is the internet a fair place? • Too good to be true? Spotting online fakes • Can we know what is real online?	• How can we keep our money safe? • What does it mean to be a good citizen? • What jobs are there in our community? • How do I get the job I want?	
Yr 5	• How do we look after our mental health? • How can I share what is in my head and my heart? • What is special about me?	• Considering all of our needs (supporting neurodiversity) • What does the path to equality look like? • How can we listen to other people's experiences better? • How can we live authentically? (exploring stereotypes) • Being an amazing ally • What environments do we need to thrive? (the social model of disability)	• How can I make good choices about smoking and vaping? • How do people become addicted? • How can we stay safe around fire? • How can I respond quickly to emergencies? • Staying safe on adventures?	• What does a healthy friendship feel like? • How does it feel when relationships change? • How do we fix a friendship that has gone wrong? (Conflict resolution)	• Red flags online • Deciding what to share online • Comparing ourselves to others on social media • How social media companies use our data • Influence and Power online • Staying safe in group chats • How can I thrive online?	• How do people choose when to buy something? • How do we know how much money we have? • What would I like to do other than work when I'm older? • How can I match my skills with a job that I love? • How can we be ethical shoppers?	• What is puberty? • What is menstruation? • Why do we need to clean more during puberty?

		What gives us value?					
Yr 6	- Change is important - How can I stay as healthy as possible for my whole life? - Staying regulated	- How can we appreciate and respect people without judgement? (Challenging unconscious bias) - Why is our heritage important? - What do we need to feel like we belong? - Why is it important to love authentically? - How do we express our identity? - How can we build healthy communities?	- Why are vaccines so important? - How can I perform basic first aid?	- Feeling empowered to say what we want (Consent and boundaries) - How do we surround ourselves with people who respect and care about us? - How can we help each other to grow and be our true selves? - How can we stay true to ourselves, whilst learning from other people?	- Motivation and manipulation online - Do I live in an echo chamber? - Can I spot an online fake? - What are the dangers of misinformation?	- What skills do I need to do the things I want to do? - How can we protect our money? - What are my dreams for my future and how do I get there? - How do I manage my money day-to-day?	- How do males and females change during puberty? - Do you ever feel pressure to look a certain way? - Sexual reproduction (right to withdraw)

Key:

Contextual Lesson

Recap Lesson

Greater Depth Lesson