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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | **What is the same and different about us?**  Ourselves and others; similarities and  differences; individuality; our bodies  PoS refs: H21, H22, H23, H25, R13, R23, L6, L14 | **Who is special to us?**  Ourselves and others; people who care for us; groups we belong to; families  PoS refs: L4, R1, R2, R3, R4, R5 | **What helps us stay healthy?**  Being healthy; hygiene; medicines; people who help us with health  PoS refs: H1, H5, H6, H7, H10, H37 | **What can we do with money?**  Money; making choices; needs and wants  PoS refs: L10, L11, L12, L13 | **Who helps to keep us safe?**  Keeping safe; people who help us  PoS refs: H33, H35, H36, R15, R20, L5 | **How can we look after each other and the world?**  Ourselves and others; the world around  us; caring for others; growing and  changing  PoS refs: H26, H27, R21, R22, R24, R25,  L2, L3 |
| **Year 2** | **What makes a good friend?**  Friendship; feeling lonely; managing  arguments  PoS refs: R6, R7, R8, R9, R25 | **What is bullying?**  Behaviour; bullying; words and actions;  respect for others  PoS refs: R10, R11, R12, R16, R17, R21,  R22, R24, R25 | **What jobs do people do?**  People and jobs; money; role of the  internet  PoS refs: L15, L16, L17, L7, L8 | **What helps us to stay safe?**  Keeping safe; recognising risk; rules  PoS refs: H28, H29, H30, H31, H32,  H34, R14, R16, R18, R19, R20, L1, L9 | **What helps us grow and stay healthy?**  Being healthy: eating, drinking, playing  and sleeping  PoS refs: H1, H2, H3, H4, H8, H9 | **How do we recognise our feelings?**  Feelings; mood; times of change; loss and  bereavement; growing up  PoS refs: H11, H12, H13, H14, H15,  H16, H17, H18, H19, H20, H24, H27 |
| **Year 3** | **How can we be a good friend?**  Relationships  Friendship; making positive friendships,  managing loneliness, dealing with arguments  PoS refs: R10, R11, R13, R14, R17, R18 | **What keeps us safe?**  Health and wellbeing  Keeping safe; at home and school; our bodies; hygiene; medicines and household products  PoS refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29 | **What are families like?**  Families; family life; caring for each other  PoS refs: R5, R6, R7, R8, R9 | **What makes a community?**  Community; belonging to groups;  similarities and differences; respect for  others  PoS refs: R32, R33, L6, L7, L8 | **Why should we eat well and look after our teeth?**  Being healthy: eating well, dental care  PoS refs: H1, H2, H3, H4, H5, H6, H11, H14 | **Why should we keep active and sleep well?**  Health and wellbeing  Being healthy: keeping active, taking rest  PoS refs: H1, H2, H3, H4, H7, H8, H13,  H14 |
| **Year 4** | **What strengths, skills and interests do we have?**  Self-esteem: self-worth; personal qualities; goal setting; managing set backs  PoS refs: H27, H28, H29, L25 | **How do we treat each other with respect?**  Relationships  Respect for self and others; courteous behaviour; safety; human rights  PoS refs: R19, R20, R21, R22, R25, R27,  R29, R30, R31, H45, L2, L3, L10 | **How can we manage our feelings?**  Feelings and emotions; expression of feelings; behaviour  PoS refs: H17, H18, H19, H20, H23 | **How will we grow and change?**  Growing and changing;  puberty  PoS refs: H31, H32, H34 | **How can our choices make a difference**  **to others and the**  **environment?**  Caring for others; the environment;  people and animals; shared  responsibilities, making choices and  decisions  PoS refs: L4, L5, L19, R34 | **How can we manage risk in different places?**  Keeping safe; out and about; recognising and managing risk  PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1,  L5, L15 |
| **Year 5** | **What makes up a person’s identity?**  Identity; personal attributes and qualities;  similarities and differences; individuality; stereotypes  PoS refs: H25, H26, H27, R32, L9 | **What decisions can people make with money?**  Money; making decisions; spending and  saving  PoS refs: R34, L17, L18, L20, L21, L22,  L24 | **How can we help in an accident or emergency?**  Basic first aid, accidents, dealing with  emergencies  PoS refs: H43, H44 | **How can friends communicate safely?**  Friendships; relationships; becoming  independent; online safety  PoS refs: R1, R18, R24, R26, R29, L11,  L15 | **How can drugs common to everyday life affect health?**  Drugs, alcohol and tobacco; healthy habits  PoS refs: H1, H3, H4, H46, H47, H48, H50 | **What jobs would we like?**  Careers; aspirations; role models; the future  PoS refs: L26, L27, L28, L29, L30, L31,  L32 |
| **Year 6** | **How can we keep healthy as we grow?**  Looking after ourselves; growing up;  becoming independent; taking more responsibility  PoS refs: H1, H2, H3, H4, H5, H6, H7,  H8, H11, H12, H13, H14, H15, H16,  H21, H22, H40, H46, R10 | | **How can the media influence people?**  Media literacy and digital resilience; influences and decision-making; online safety  PoS refs: H49, R34, L11, L12, L13, L14, L15, L16, L23 | | **What will change as we become more independent? How do friendships change as we grow?**  Different relationships, changing and  growing, adulthood, independence, moving to secondary school  PoS refs: H24, H30, H33, H34, H35,  H36, R2, R3, R4, R5, R6, R16 | |