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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 anddifferences; individuality; our bodiesPoS 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; familiesPoS refs: L4, R1, R2, R3, R4, R5 | **What helps us stay healthy?**Being healthy; hygiene; medicines; people who help us with healthPoS refs: H1, H5, H6, H7, H10, H37 | **What can we do with money?**Money; making choices; needs and wantsPoS refs: L10, L11, L12, L13 | **Who helps to keep us safe?**Keeping safe; people who help usPoS refs: H33, H35, H36, R15, R20, L5 | **How can we look after each other and the world?**Ourselves and others; the world aroundus; caring for others; growing andchangingPoS refs: H26, H27, R21, R22, R24, R25,L2, L3 |
| **Year 2** | **What makes a good friend?**Friendship; feeling lonely; managingargumentsPoS refs: R6, R7, R8, R9, R25 | **What is bullying?**Behaviour; bullying; words and actions;respect for othersPoS refs: R10, R11, R12, R16, R17, R21,R22, R24, R25 | **What jobs do people do?**People and jobs; money; role of theinternetPoS refs: L15, L16, L17, L7, L8 | **What helps us to stay safe?**Keeping safe; recognising risk; rulesPoS 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, playingand sleepingPoS refs: H1, H2, H3, H4, H8, H9 | **How do we recognise our feelings?**Feelings; mood; times of change; loss andbereavement; growing upPoS refs: H11, H12, H13, H14, H15,H16, H17, H18, H19, H20, H24, H27 |
| **Year 3** | **How can we be a good friend?**RelationshipsFriendship; making positive friendships,managing loneliness, dealing with argumentsPoS refs: R10, R11, R13, R14, R17, R18 | **What keeps us safe?**Health and wellbeingKeeping safe; at home and school; our bodies; hygiene; medicines and household productsPoS refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29 | **What are families like?**Families; family life; caring for each otherPoS refs: R5, R6, R7, R8, R9 | **What makes a community?**Community; belonging to groups;similarities and differences; respect forothersPoS refs: R32, R33, L6, L7, L8 | **Why should we eat well and look after our teeth?**Being healthy: eating well, dental carePoS refs: H1, H2, H3, H4, H5, H6, H11, H14 | **Why should we keep active and sleep well?**Health and wellbeingBeing healthy: keeping active, taking restPoS 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 backsPoS refs: H27, H28, H29, L25 | **How do we treat each other with respect?**RelationshipsRespect for self and others; courteous behaviour; safety; human rightsPoS 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; behaviourPoS refs: H17, H18, H19, H20, H23 | **How will we grow and change?**Growing and changing;pubertyPoS refs: H31, H32, H34 | **How can our choices make a difference****to others and the****environment?**Caring for others; the environment;people and animals; sharedresponsibilities, making choices anddecisionsPoS refs: L4, L5, L19, R34 | **How can we manage risk in different places?**Keeping safe; out and about; recognising and managing riskPoS 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; stereotypesPoS refs: H25, H26, H27, R32, L9 | **What decisions can people make with money?**Money; making decisions; spending andsavingPoS refs: R34, L17, L18, L20, L21, L22,L24 | **How can we help in an accident or emergency?**Basic first aid, accidents, dealing withemergenciesPoS refs: H43, H44 | **How can friends communicate safely?**Friendships; relationships; becomingindependent; online safetyPoS refs: R1, R18, R24, R26, R29, L11,L15 | **How can drugs common to everyday life affect health?**Drugs, alcohol and tobacco; healthy habitsPoS refs: H1, H3, H4, H46, H47, H48, H50 | **What jobs would we like?**Careers; aspirations; role models; the futurePoS 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 responsibilityPoS 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 safetyPoS 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 andgrowing, adulthood, independence, moving to secondary schoolPoS refs: H24, H30, H33, H34, H35,H36, R2, R3, R4, R5, R6, R16 |