

| | Year 1 | Year 2 | Year 3 |
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| Relationships Families and Friendships | <ul style="list-style-type: none"> the roles of people who care for us in our lives different family structures, e.g. different parents how to share worries about something in their family | <ul style="list-style-type: none"> common features of positive family life, e.g. love/care making and maintaining good friendships resolving arguments and fallouts between friends | <ul style="list-style-type: none"> different family structures caring for and supporting family and friends what to do if relationships feel unsafe/unhappy |
| Safe Relationships | <ul style="list-style-type: none"> body privacy, unwanted and uncomfortable touch asking for and giving permission to touch others NSPCC Underwear Rules - PANTS | <ul style="list-style-type: none"> safe and unsafe relationships, e.g. bullying surprises, safe and unsafe secrets, resisting pressure how to share worries about unsafe relationships | <ul style="list-style-type: none"> privacy and personal boundaries, including online hurtful behaviours, including teasing and bullying strategies to respond to bullying, including online |
| Respecting Ourselves and Others | <ul style="list-style-type: none"> kind and unkind behaviour towards others respect for others and being respectful politeness, courtesy, sharing, taking turns | <ul style="list-style-type: none"> similarities and differences, including strengths human values and how these shape our character working together in play, work and discussion | <ul style="list-style-type: none"> self-respect and respect for others, e.g. politeness modelling respectful behaviour in different situations respect and courtesy in different cultures |
| Physical Health and Wellbeing | <ul style="list-style-type: none"> basic daily health routines, e.g. hygiene/dental care physical activity and the importance of sleep/rest healthy and unhealthy foods | <ul style="list-style-type: none"> routines/habits for maintaining good physical health medicines, vaccinations and immunisations food and drink – positive choices and swaps | <ul style="list-style-type: none"> food and nutrition, food groups, balanced diet healthy and unhealthy choices. including habits benefits and impact of exercise and physical activity |
| Mental Health and Well-Being | <ul style="list-style-type: none"> what makes us special / unique, likes and dislikes recognising different feelings and how they affect us asking for help when we experience different feelings | <ul style="list-style-type: none"> small/big, temporary and long-term feelings describing and sharing a range of feelings managing different feelings and asking for help | <ul style="list-style-type: none"> positive and negative impact on feelings expressing and managing feelings and emotions changing feelings over time, overcoming feelings |
| Growing and Changing Our Bodies | <ul style="list-style-type: none"> human growth from birth to age 5 the human body (basic body parts and senses) correct names for external genitalia | <ul style="list-style-type: none"> human life cycle, growing from young to old how our needs and bodies change as we grow up new opportunities and changes as we grow up | <ul style="list-style-type: none"> individual strengths, qualities and interests recognising common challenges to self-worth challenges and reframing setbacks |
| Keeping Safe | <ul style="list-style-type: none"> keeping safe in different contexts, e.g. road, play, sun rules and people who keep us safe in different ways basic first aid / contacting the emergency services | <ul style="list-style-type: none"> keeping safe in different situations, e.g. fire, water identifying risks in familiar and unfamiliar situations safety in the home, e.g. electrical, medicines, products | <ul style="list-style-type: none"> identifying hazards and risks in different situations safety in the home and local environment road safety, including Highway code/road signs |
| Media/Digital Literacy and Resilience | <ul style="list-style-type: none"> using digital devices and the internet safely keeping information about ourselves private reporting concerns about their use of the internet | <ul style="list-style-type: none"> using digital devices/internet safely in everyday life online content, inc. news, videos, games, education recognising factual/untrue internet content | <ul style="list-style-type: none"> positive use of digital devices and the internet online safety, inc. age-restrictions and passwords online content, e.g. search results, altered images |
| Money and Work | <ul style="list-style-type: none"> money , how it is used and how we can look after it jobs in the community, including people who help us different jobs at Manchester Airport | <ul style="list-style-type: none"> money, how we use it and how we pay for things needs and wants, spending and saving money jobs roles in cities and villages, strengths and skills | <ul style="list-style-type: none"> jobs in different sectors, e.g. industry, business common stereotypes related to work skills and attributes needed to do a job |
| Local and Wider Community | <ul style="list-style-type: none"> different communities and groups to which belong the needs of different people and groups looking after the environment (e.g. litter) and animals improving the local environment for the community | <ul style="list-style-type: none"> diversity, inclusion and equality of different groups rights & responsibilities in school and the community basic recycling of household materials, pollution pollution of oceans and seas | <ul style="list-style-type: none"> rules and laws in society (how laws are made) government and democracy rights and responsibilities, UN Rights of Child environment – recycling in various ways |

| | Year 4 | Year 5 | Year 6 |
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| Families and Friendships | <ul style="list-style-type: none"> strategies to build different positive relationships face-to face and online friendships sharing concerns about friendships, including online | <ul style="list-style-type: none"> resolving issues and challenges with family and friends different types of friendship over time inclusive friendships and friendship groups | <ul style="list-style-type: none"> changing relationships, including friendships loving and romantic relationships, including LGBT marriage and civil partnerships, inc. forced marriage |
| Safe Relationships | <ul style="list-style-type: none"> recognise playful/hurtful teasing and bullying responding to hurtful behaviour and bullying managing peer pressure, secrets and dares | <ul style="list-style-type: none"> managing peer approval and peer influence acceptable and unacceptable contact/secrets abuse – Speak Out, Stay Safe (NSPCC programme) | <ul style="list-style-type: none"> healthy and unhealthy friendships responding to pressure and dares, including online permission and consent |
| Respecting Ourselves and Others | <ul style="list-style-type: none"> equality, diversity and inclusion, including disability similarities and differences, including shared values LGBT identity and relationships | <ul style="list-style-type: none"> Equality Act 2010 – protected characteristics discrimination, including racism, sexism, homophobia bullying, trolling and harassment | <ul style="list-style-type: none"> personal character, behaviour and values being a role model for others managing discussions and disagreements, inc online |
| Physical Health | <ul style="list-style-type: none"> smoking and drugs and their effect on human body common illnesses and how they are treated dental health and care, sugar consumption | <ul style="list-style-type: none"> medicines, allergies, diseases, viruses, bacteria benefits of physical/outdoor activity and sleep food and eating, including nutritional values | <ul style="list-style-type: none"> drugs, including drugs, tobacco and alcohol heart health, including physical activity and exercise positive choices for physical health (revision) |
| Mental Health and Well-Being | <ul style="list-style-type: none"> managing and expressing a wider range of emotions situations or events that can affect mental health worries and anxiety and to overcome them | <ul style="list-style-type: none"> positive mental health strategies, boosting mood relationship between physical and mental health change, loss, grief and bereavement | <ul style="list-style-type: none"> challenges and situations affecting mental health positive mental health strategies (secondary school) common mental health issues and seeking support |
| Growing and Changing Our Bodies | <ul style="list-style-type: none"> parts of the body, including reproductive organs personal hygiene, including using deodorant organ function, including digestion | <ul style="list-style-type: none"> physical and emotional changes during puberty menstruation | <ul style="list-style-type: none"> preparing for changes at secondary school (transition) preparing for the change during adolescence increasing independence and responsibility |
| Keeping Safe | <ul style="list-style-type: none"> assessing risk in familiar and unfamiliar situations common injuries and basic first aid safe use of medicines | <ul style="list-style-type: none"> risk assessments, positive risk-taking/danger taking responsibility for own actions and safety emergencies and contacting the emergency services | <ul style="list-style-type: none"> keeping safe at secondary school online safety, including all forms of social media Female Genital Mutilation and reporting concerns |
| Media/Digital Literacy and Resilience | <ul style="list-style-type: none"> online activity and digital footprint how organisations use personal data/advertising internet search results | <ul style="list-style-type: none"> how news is presented through different media recognising fact, bias, opinion, fake news recognising unsafe and suspicious online content | <ul style="list-style-type: none"> content, conduct and contact rules and dangers sharing personal data and privacy (e.g. GDPR) positive and negative use of social media |
| Money and Work | <ul style="list-style-type: none"> spending decisions based on needs, wants, budget budget planning, including using spreadsheets managing money | <ul style="list-style-type: none"> small business/enterprise project jobs and careers in different sectors, industries influences career and job choices | <ul style="list-style-type: none"> the role of money in people’s lives taxes, national insurance, vat, debt, gambling, scams saving, spending and value for money, consumerism |
| Local and Wider Community | <ul style="list-style-type: none"> Fundamental British Values, respect and tolerance community groups, including volunteering/donating food and farming and the environment, Fair Trade local government, e.g. councillors and MPs | <ul style="list-style-type: none"> Stereotypes and challenging inequality allocation of resources and global dependence Environment - Energy and Global Warming Laws, the courts, crime and punishment | <ul style="list-style-type: none"> Social injustice, discrimination and apartheid Extremist views and global extremism Global environment – deforestation Political systems, e.g. democracy, USA vs UK |