

	Autumn Term: Health and wellbeing			Spring Term: Relationships			Summer Term: Living in the wider world		
Year Group	Physical health and mental wellbeing	Growing and changing	Keeping safe	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work
<b>3</b>	Healthy choices and habits - What makes a balanced diet? What affects food choices?  Feelings; expressing feelings	Personal strengths and achievements; managing setbacks; growing older and changing: names of body parts	Risks and hazards; safety in the home, school, local environment and unfamiliar places; basic emergency first aid	What makes a family; features of family life; different sorts of families; same sex parents; what makes a friendship, healthy friendships	Personal boundaries; safely responding to others; the impact of hurtful behaviour; the meaning of consent, recognising and responding to bullying	Recognising and managing pressure; consent in different situations	The value of rules and laws; rights, freedoms and responsibilities  Valuing and respecting differences.	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals
<b>4</b>	Maintaining a balanced lifestyle; oral hygiene and dental care; Choices and habits affecting physical and mental health	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty; personal strengths	Medicines and household products; drugs common to everyday life	Positive friendships, including online;	Responding to hurtful behaviour; managing confidentiality; recognising risks online, unacceptable and acceptable contact; consent;	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities Valuing diversity .	How data is shared and used	Making decisions about money; using and keeping money safe
<b>5</b>	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies; what affects mental health	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others  Valuing diversity	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
<b>6</b>	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks