Relationships			Health and Wellbeing			Living in the Wider World		
Respecting Self & Others	Safe Relationships	Friends and Family	Physical & Mental Health	Growing and Changing	Keeping Safe	Belonging to a community	Media Literacy & Digital Resilience	Money & Work
Block: 1 & 4	Block 2 & 5	Block 3 & 6	Block: 1 & 4	Block 2 & 5	Block 3 & 6	Block: 1 & 4	Block 2 & 5	Block 3&6
Manners School Rules	Who keeps us safe	Who are our family	What is being healthy - food, active, good thoughts vs. bad thoughts.	Starting school - who I am now vs. being a toddler/baby	What is safety - home, street, awareness	What is a community; school, family, church	Internet rules - tell a parent if you see something scary	Jobs in our community
How behaviour affects others; manners and respectful	Recognising Privacy: staying safe seeking permission	Roles of different people; families; feeling cared for	Keeping health: food, exercise, routines, sun safety	identity; what makes them unique and special. Feelings; when things go wrong (not our own way)	Rules and age restrictions; keeping safe online (nightmares)	What rules are; caring for others' needs; looking after the environment	Using the internet & digital devices: Communicating online	Strengths and interests; jobs in the community
What we have in common and differences; sharing opinions; working cooperatively	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Making friends; feeling lonely, getting help	Important routines; sleep and dental. Managing feelings; asking for help	Growing older: Naming body parts. Coping with change; moving class, year	Safety in different environments: home; school, emergency services	Belonging to groups; roles and responsibilities in group; Same and different	The internet in everyday life; online content and information	What is money; needs and wants; looking after money
Recognising respectful behaviour; self respect; courtesy and being polite; dares	Personal boundaries; safely responding to others; how hurtful behaviour feels	What makes a family: features, caring, feeling safe	Health choices and habits: what is a habit. food, physical activity. What impacts feelings, how we express them.	Recognising our personal strengths and achievements. Reframing setbacks. Challenge.	Risks and hazards in local environment and unfamiliar places.	Value of rules and laws. Rights, freedom and responsibility	Sustainability of the environment across the world	Different jobs and skills; setting personal goals; work stereotypes
Differences and similarities (race, religion, ability); discussing difference sensitively (empathy and respect)	Responding to hurtful behaviour; including online; seeking help	Positive friendships; including online	Balanced lifestyle; food, physical health. Impact on mental health	Puberty: physical & emotional changes; hygiene; names of external parts; support with puberty.	Medicines & household products; drugs common to everyday life	What is a community; shared responsibilities	Your data: what is stored, how it is used; who has control of it.	Making decisions about money; keeping it safe
Respect a wide range of people; prejudice and discrimination (families)	Physical contact and feeling safe (boundaries)	Managing friendships; Peer Influence	Sleep habits; sun safety; vaccinations, immunisations and allergies	Personal Identity: importance of individuality and respecting different qualities. Mental wellbeing; strategies for healthy mental wellbeing (menstruation for yr 5 girls)	Keeping safe in different situations (park, online, people). Responding to emergencies. Basic First Aid	Protecting our environment; Compassion to others	How information online is targeted. Different media; their role and impact	Job interests and aspirations; what influences career choices
Expressing opinion and respecting other points of view and choices -	Recognising and managing pressure; consent in different	Attraction to others; romantic relationships, civil partnerships,	Understand changes in mental health; Recognising low mood and negative thoughts; reframing. Managing change; loss and	Increased independence; managing transition. Optional Sex Education.	Keeping personal information safe; social media and online. The law: drug use, online bullying, carrying knives and weapons (topical issues to be discussed).	Valuing diversity; discrimination, stereotypes; bullying	Trusted media sources; sharing online.	Influences and attitudes to money; money and financial risks
	Respecting Self & Others Block: 1 & 4 Manners School Rules How behaviour affects others; manners and respectful What we have in common and differences; sharing opinions; working cooperatively Recognising respectful behaviour; self respect; courtesy and being polite; dares Differences and similarities (race, religion, ability); discussing difference sensitively (empathy and respect) Respect a wide range of people; prejudice and discrimination (families) Expressing opinion and respecting other points of	Respecting Self & Others Block: 1 & 4 Manners School Rules How behaviour affects others; manners and respectful What we have in common and differences; sharing opinions; working cooperatively Recognising respectful behaviour; self respect; courtesy and being polite; dares Differences and similarities (race, religion, ability); discussing difference sensitively (empathy and respect) Respect a wide range of people; prejudice and discrimination (families) Expressing opinion and respecting other points of	Respecting Self & Others Block: 1 & 4 Manners School Rules How behaviour affects others; manners and respectful What we have in common and differences; sharing opinions; working cooperatively Recognising pressure and getting help; recognising hurtful behaviour; self respect; courtesy and being polite; dares Differences and similarities (race, religion, ability); discussing difference sensitively (empathy and respect) Respect a wide range of people; prejudice and discrimination (families) Expressing opinion and respecting other points of Expressing opinion and respecting other points of Managing secrets; resisting pressure and getting help; recognising hurtful behaviour feels Personal boundaries; safely responding to others; how hurtful behaviour feels Responding to hurtful behaviour; including online; seeking help Positive friendships; including online Managing friends; feeling safe (boundaries) Attraction to others; romantic relationships, civil	Respecting Self & Others Block: 1 & 4 Block 2 & 5 Block 3 & 6 Block: 1 & 4 What is being healthy food, active, good thoughts vs. bad thoughts. Recognising Privacy: staying safe seeking permission and differences; sharing opinions; working cooperatively behaviour; self respect; courtesy and being polite; dares Differences and similarities (race, religion, ability); discussing difference sensitively (empathy and respect) Respect a wide range of people; prejudice and discrimination (families) Recognising and Expressing opinion and respecting other points of pressure; consent sepecting and family Block 2 & 5 Block 3 & 6 Block 3 & 6 Block 3 & 6 Block 3 & 6 What is being healthy food, active, good thoughts vs. bad thoughts. Relog of different people; families; feeling cared for safety propole; families; feeling lonely, getting help; responding to puttrul behaviour; feeling lonely, getting help was afely feeling lonely, getting help. What we have in common and getting help; responding to others; how hurtful behaviour; feeling lonely, getting help was afely feeling lonely, getting help. What makes a family: What makes a family: What makes a family: What makes a family: Friendships: What makes a family: What makes a family: Friendships: Friendships:	Respecting Self & Others Block: 1 & 4 Block: 2 & 5 Block: 3 & 6 Block: 1 & 4 Block: 2 & 5 Block: 3 & 6 Block: 1 & 4 Block: 2 & 5 Block: 3 & 6 Block: 1 & 4 Block: 2 & 5 Block: 2 & 5 Block: 2 & 5 Block: 3 & 6 Block: 3 & 4 Block: 2 & 5 Block: 3 & 4 Block: 2 & 5 Block: 2 & 4 Block: 2 & 5 Block: 2 & 4 Block: 2 & 5 Block: 2 & 4 Block: 2 & 5 Block: 2 & 4 Block: 2 & 5 Block: 2 & 4 Block: 2 & 5 Bloc	Respecting Self & Others Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 3 & 6 Block 3 & 6 Block 3 & 6 Block 2 & 5 Block 3 & 6 Block 3 & 6 Block 1 & 4 Block 2 & 5 Block 3 & 6 Block	Respecting Self & Others Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 1 & 4 Block 2 & 5 Block 3 & 6 Block	Respecting Self & Others Safe Relationships Friends and Family Physical & Mental Health Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 1 & 4 Block 2 & 5 Block 3 & 6 Block 1 & 4 Block 2 & 5 Bloc