



Year	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me (including SRE)
1	Rights and responsibilities Choices, and consequences Safe environments Achievements Feelings	Differences between myself and others. Making friends. What is bullying?	Achieving goals. Identifying obstacles. Succeeding with challenges. Storing feelings.	Being healthy and unhealthy Keeping myself clean Using medicine Recognising feelings	My family and different types of family What makes a good friend Appropriate physical contact Special people to me Being a good friend	Body changes from birth Parts of the body Differences between boys and girls.
2	Hopes and fears Rights and responsibilities, Listen and contributing to discussion Worries and what to do Working co-operatively.	The difference between boys and girls. Right and wrong. Accepting and celebrating differences. Being special and unique.	Choosing realistic goals. Being resilient. Working as a group. Solving problems.	Feeling stressed or anxious How to relax Healthy snacks Using medicine safely Caring for my body	Different types of family Conflict between friend groups When to keep secrets Trusting others	Life cycles and growing older Physical differences between boys and girls Different types of touch
3	Set personal goals. Rules, actions and responsibilities. The emotions of myself and others. Behaviour, rewards and consequences.	Different types of family. Family conflicts. Giving and receiving compliments. Problem-solving bullying. People who can care for me	Dreams and ambitions Challenges and obstacles. My learning process. Achieving dreams and managing frustration.	Exercise and health Calories, fat and sugar Keeping safe Respecting my body	Family roles Friendship Skills Staying safe online	How boys and girls bodies change during puberty How babies grow and what they need to live.
4	Attitudes and actions School community and democracy through the school council. Being included and excluded. Welcoming and valuing others.	Making assumptions. Witnessing bullying. First impressions. What makes me unique?	Hopes and dreams Planning and setting goals Dealing with disappointment. Resilience and positive attitudes.	Friendship groups peer pressure Smoking and alcohol Tapping into my inner strength	Feeling jealous Special Relationships Boyfriends/Girlfriends	What I inherit from my parents Parts of the male and female body
5	Facing new challenges positively and setting goals. Rights and responsibilities as a British citizen. Choices about my behaviour.	Direct and indirect bullying. Different cultures and racism. Helping and supporting others.	Jobs and careers. Dreams and goals Planning for the future Education and the future	The effects of smoking and alcohol. First-Aid procedures Body Image Eating Disorders	Online communities Staying safe online Spending time online	Body image Changes for girls and boys How babies can be made
6	Identify goals for this year Understand fears and worries about the future Universal rights for all children Wants and needs	Being different-what is normal? Disabilities Empathy with Others Anti-Bullying	Learning strengths and difficulties. Reaching goals. Motivating myself and others. Stretching boundaries and challenging myself. Empathising with others	Making healthy choices Taking responsibility for own well-being Mental health and illness Stress and pressure Drug and alcohol misuse Gangs	Taking care of mental health Stages of grief and loss Power and control Using technology safely	Self-esteem Changing during Puberty Looking after yourself Physical and mental health Conception and Pregnancy