



SUMMER 2 < SUMMER 1 < SPRING 2 < SPRING 1 < AUTUMN 2 < AUTUMN 1

Changing Me:
Puberty, feelings & contraception to birth.
Self image
Body image
Puberty & Feelings
Sexting

Relationships:
Self & Body Image
Mental health
Technology Safety

Healthy Me:
How substances affect the body.
Healthy choices and their effects
Emotional/Mental health

Dreams & Goals:
Personal learning goals in and out of school

Celebrating Difference:
Perceptions of normality and understanding disability
Racism and types of bullying

Being me in my World:
Identifying goals for the year
Antisocial behaviour

Y6

AUTUMN 1 > AUTUMN 2 > SPRING 1 > SPRING 2 > SUMMER 1 > SUMMER 2 >

Being me in my World:
Planning the forthcoming year

Celebrating Difference:
Differences and how they can cause conflict and racism

Dreams & Goals:
Future dreams and the importance of money
Jobs and Careers

Healthy Me:
Healthy Choices, Smoking, Vaping & Alcohol
Antisocial behaviour

Relationships:
Self Recognition & Self Worth
Safer communities
Online gaming and the risks

Changing Me:
Body image, puberty for boys and girls and contraception.

Y5

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Changing Me:
Being unique & puberty

Relationships:
Jealousy, Love & Loss

Healthy Me:
Healthy friendships
Railway Safety
Smoking, Alcohol & Vapes

Dreams & Goals:
Hopes & Dreams and Overcoming disappointment

Celebrating Difference:
Challenging Assumptions
Understanding Bullying

Being me in my World:
Being part of a class team and being a school citizen

Y4

AUTUMN 1 > AUTUMN 2 > SPRING 1 > SPRING 2 > SUMMER 1 > SUMMER 2 >

Being me in my World:
Setting Personal Goals
Rules & Responsibilities

Celebrating Difference:
Families & their differences
Bullying and how to solve it

Dreams & Goals:
Difficult challenges & achieving success

Healthy Me:
Healthier friendships & group dynamics
Attitudes to drugs
Keeping Safe Online
Water Safety

Relationships:
Family roles & responsibilities, friendships & negotiation
Keeping Safe Online

Changing Me:
How Babies Grow
Inside Body Changes
Personal Hygiene
Family Stereotypes

Y3

< SUMMER 2 < SUMMER 1 < SPRING 2 < SPRING 1 < AUTUMN 2 < AUTUMN 1

Changing Me:
Life Cycles
Differences in Female/Male Bodies

Relationships:
Different types of Family

Healthy Me:
Excercise & Fitness Challenges
Healthy Eating & Nutrition
Safety in the home

Dreams & Goals:
Achieving Goals

Celebrating Difference:
Assumptions and Stereotypes about Gender
Understanding bullying

Being me in my World:
Hopes & Fears for the Year
Rights and Responsibilities

Y2

AUTUMN 1 > AUTUMN 2 > SPRING 1 > SPRING 2 > SUMMER 1 > SUMMER 2 >

Being me in my World:
Feeling special & Safe

Celebrating Difference:
Similarities & Differences
Bullying

Dreams & Goals:
Setting Goals

Healthy Me:
Motivation & Healthier choices
Medicine Safety
Road Safety

Relationships:
Belonging to a family & being a good friend.
People who help us
Celebrating Special Relationships

Changing Me:
Bodies
Life Cycles
Animal & Human
Female & Male
Differences

Y1