

Core Theme	Health and Wellbeing <i>Minimum of 10 lessons</i>			Relationships <i>Minimum of 10 lessons</i>			Living in the Wider World <i>Minimum of 10 lessons</i>		
	Healthy Lifestyles	Healthy Relationships	Keeping Safe	Feelings and Emotions	Growing and Changing	Valuing Difference	Rights and Responsibilities	Environment	Money
Year 1	What helps keep bodies healthy; hygiene routines	Secrets and keeping safe; special people in their lives	Keeping safe around household products; how to ask for help if worried about something	Recognising feelings in self & others; sharing feelings	Recognising what they are good at; setting goals. Change and loss and how it feels	Respecting similarities & differences in others; sharing views and ideas	Group and class rules; everybody is unique in some ways and the same in others	Looking after the environment (CROSS YEAR 6P PROJECT WITH Y2)	Where money comes from; how to use money; saving and spending money
Year 2	Healthy choices; different feelings; managing feelings	Listening to others and playing cooperatively; appropriate and inappropriate touch; teasing and bullying	Keeping safe in different situations; how to ask for help if worried about something; privacy in different contexts	Behaviour; bodies and feelings can be hurt	Recognising what they are good at; setting goals. Growing, changing and being more independent; names for body parts (including external genitalia)	Respecting similarities & differences in others; sharing views and ideas	Group and class rules; respecting their own and others' needs; groups and communities they belong to; people who work in the community; getting help in an emergency	Looking after the environment (CROSS YEAR 6P PROJECT WITH Y1)	Where money comes from; how to use money; saving and spending money; making choices; keeping track of money saved/spent
Year 3	What makes a balanced diet; opportunities for making own choices with food; what influences their food choices; habits	Positive, healthy relationships and friendships; maintaining friendship; actions affect ourselves and others; working collaboratively	School rules on health and safety; basic emergency aid; people who help them stay healthy and safe	Recognising feelings in others; responding to how others are feeling	Recognising what they are good at; setting goals. Describing feelings; conflicting feelings and how to manage feelings	Recognising and responding to bullying	Discuss and debate health & wellbeing issues. Being a part of the community and who works in the community	Responsibilities, rights & duties	Enterprise- what it means; developing skills in an enterprise project (CROSS YEAR 6P PROJECT WITH Y6)
Year 4	What makes a balanced lifestyle and making choices; drugs common to everyday life; hygiene and germs	Acceptable and unacceptable physical contact; solving disputes and conflict amongst peers	How to keep safe in local area and online; people who help them stay healthy and safe	Keeping something confidential or secret; when to break a confidence; recognise and manage dares	Recognising what they are good at; setting goals. Changes at puberty. Changes that happen in life and feelings associated with change	Listen and respond effectively to people; share points of view	Discuss and debate health & wellbeing issues. Appreciate difference & diversity in the UK and around the world	Sustainability of the environment across the world	Role of money; managing money (saving and budgeting); what is meant by interest and loan
Year 5	What positively and negatively affects health and wellbeing; making informed choices; benefits of a balanced diet; different influences on food; skills to make choices	Actions have consequences; working collaboratively; negotiation and compromise; giving feedback	Strategies for managing personal safety in the local environment; online safety; including sharing images; mobile phone safety	Responding to feelings in others	Recognising what they are good at; setting goals aspirations. Intensity of feelings; managing complex feelings. Coping with change and transition; bereavement and grief.	Listening to others; raise concerns and challenge	Discuss and debate health & wellbeing issues.	Different responsibilities, rights & duties	Importance of finance in people's lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax
Year 6	Images in the media and reality; how this can affect how people feel; risks and effects of drugs	Different types of relationships; positive & healthy relationships (including forced marriage); committed loving relationships including marriage; Acceptable and unacceptable physical touch; personal boundaries and rights to privacy	Independence; increased responsibility; keeping safe; influences on behaviour; resisting pressure; rights to protect their body and speaking out (including against FGM); who is responsible for their health and safety; where to get help & advice	Confidentiality and when to break a confidence; managing dares	Recognising what they are good at; setting goals aspirations. Changes at puberty (recap Y4); Human reproduction; roles and responsibilities of parents.	Listening to others; raise concerns and challenge. What makes people the same or different; recognising and challenging stereotypes; discrimination and bullying	Discuss and debate health & wellbeing issues. Human rights; the rights of a child; cultural practices and British law; Being a part of the community and groups that support communities. Being critical of what is in the media and what they forward to others	How resources are allocated; effect of this on individuals, communities & the environment	Enterprise- what it means; developing skills in an enterprise project (CROSS YEAR 6P PROJECT WITH Y2)

