**CYCLE 1**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer:** |
| Year 1 & 2 | Mental and Emotional Health1. What makes me happy? What are feelings?
2. What is the difference between good secrets and bad secrets?
3. How does my behaviour affect others?

Healthy Lifestyles1. Where does food come from?
2. How do I look after my teeth?
3. How do I keep clean?
 | Keeping Safe1. What are the rules for keeping me safe in familiar and unfamiliar environments?
2. What are rules about household substances?
3. What is an emergency and what do I do?

Relationships and SexEducation1. Who are the people in my life who love and care for me?
2. What are the differences and similarities between people?
3. What are the similarities between girls and boys?
 | Living in the Wider World1. What are class rules? (British Values)
2. Where does our money come from?
3. What is the environment?
 |
| Year 3 & 4 | Mental and Emotional Health 1. How do my feelings affect my behaviour? How can I manage my feelings?
2. *What are the ways we communicate online?*
3. What am I good at?

Covered within E Safety unit | Keeping Safe1. How do I manage risks in my life?
2. What is self-control?
3. What is the difference between legal and illegal drugs? Are all drugs harmful?

Living in the Wider World 1) What are the rights of the child? 2) How do we look after our money? 3) What is sustainability? | Relationships and SexEducation1. What is personal space?
2. What does a healthy relationship look like?
3. Why is being equal important in relationships?

Healthy Lifestyles (*This can be covered in science)* 1. *What is a healthy diet? What is an unhealthy diet?*
2. *How do I keep safe in the sun?*

*Why is personal and oral hygiene important?* |
| Year 5 | Keeping Safe (bullying)1. How do I respond to dares?
2. What are ‘habits’?
3. Who or what influences me?

Living in the Wider World1. How and why do we make and change rules?
2. What is Fair Trade?
3. How can I combine sustainability with fair trade using my enterprise skills?
 | Healthy Lifestyles1. How can we stop the spread of infection?
2. Why are vaccinations important?
3. Why is it important to know about nutritional content of food?
 | Mental and Emotional Health1. What is mental health?
2. How do I negotiate and compromise?
3. How do I stay safe on a mobile or tablet?
4. How can I be happy being me? (body image)

Relationships and SexEducation1. What is puberty?
2. What are the different relationships in my life?
3. What is unwanted touch?
4. What changes happen in my life?
 |
| Year 6 | Keeping Safe1. How do drugs affect the mind and body?
2. How do I manage peer pressure?
3. What are basic emergency first aid skills?

 Living in the Wider World1. Why is it important to be critical of the media online and offline?
2. How do people manage money?
3. What do I want to be?
 | Healthy Lifestyles1. How is my mental and physical wellbeing connected?
2. How do I keep physically healthy?
3. Can I plan and prepare a healthy meal?
 | Mental and Emotional Health1. How can I challenge negative thoughts and feelings?
2. What is stereotyping?
3. How can the internet positively and negatively affect our mental health?

Relationships and SexEducation1. What is unwanted touch?
2. What changes happen in my life?
3. What happens in a loving relationship and what is forced marriage?
4. How is a baby made?
 |

**CYCLE 2**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer:** |
| Year 1 & 2 | Mental and Emotional Health1. What is the difference between small feelings and big feelings?
2. How can I keep safe online?
3. What makes others happy? What is the different between joking, teasing and

bullying?Healthy Lifestyles1. Why do I eat?
2. Why should I be active?
3. How can I prevent diseases spreading?
 | Keeping Safe1. How do medicines help us when we are unwell?
2. How do I keep safe at home?
3. What is my responsibility for keeping myself and others safe?

Relationships and SexEducation1. What is private? (body parts)
2. What happens when the body grows young to old?
3. What is fair, unfair, kind and unkind? (friendship)
 | Living in the Wider World1. What groups and communities am I a part of?
2. How do we make choices about spending money?
3. How can we look after the environment?
 |
| Year 3 & 4 | Mental and Emotional Health1. What is resilience?
2. What does it mean to have responsibility over my choices and actions?
3. What is discrimination?

Healthy Lifestyles Recap on previous science unit – Healthy Eating1. How do I make sure I get good quality sleep?
2. What is fuel for the body? Does all food provide the same amount?

How do I know if I’m physically ill? | Keeping Safe (Links with science electricity)1. What happens when I breathe smoke in the air?
2. How do I recognise risks in my life?
3. What do I do in an emergency?

Living in the Wider World1. How do rules and law protect me?
2. What is the difference between my local British communities and global communities?

What are the links between work and money? | Relationships and SexEducation1) What is diversity?2) Do boys and girls have different roles?3) What changes happen to my body? |
| Year 5 | Keeping Safe (bullying)1. How do I respond to dares?
2. What are ‘habits’?
3. Who or what influences me?

Living in the Wider World1. How and why do we make and change rules?
2. What is Fair Trade?
3. How can I combine sustainability with fair trade using my enterprise skills?
 | Healthy Lifestyles1. How can we stop the spread of infection?
2. Why are vaccinations important?
3. Why is it important to know about nutritional content of food?
 | Mental and Emotional Health1. What is mental health?
2. How do I negotiate and compromise?
3. How do I stay safe on a mobile or tablet?
4. How can I be happy being me? (body image)

Relationships and SexEducation1. What is puberty?
2. What are the different relationships in my life?
3. What is unwanted touch?
4. What changes happen in my life?
 |
| Year 6 | Keeping Safe1. How do drugs affect the mind and body?
2. How do I manage peer pressure?
3. What are basic emergency first aid skills?

 Living in the Wider World1. Why is it important to be critical of the media online and offline?
2. How do people manage money?
3. What do I want to be?
 | Healthy Lifestyles1. How is my mental and physical wellbeing connected?
2. How do I keep physically healthy?
3. Can I plan and prepare a healthy meal?
 | Mental and Emotional Health1. How can I challenge negative thoughts and feelings?
2. What is stereotyping?
3. How can the internet positively and negatively affect our mental health?

Relationships and SexEducation1. What is unwanted touch?
2. What changes happen in my life?
3. What happens in a loving relationship and what is forced marriage?
4. How is a baby made?
 |