

EYFS		KS 1 & 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Self regulation My feelings	Identifying my feelings Feelings jars Coping strategies Describing feelings Facial expressions Creating a calm corner	Family and relationships	Introduction to RSE What is family? What are friendships? Family and friends help and support each other Friendship problems Healthy friendships	Introduction to RSE Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners and courtesy Loss and change	Introduction to RSE Healthy families Friendships – conflict Effective communication Learning who to trust Respecting differences Stereotyping	Introduction to RSE Respect and manners Healthy friendships My behaviour Bullying Stereotyping Families in the wider world Loss and change	Introduction to RSE Build a friendship Resolving conflict Respecting myself Family life Bullying	Introduction to RSE Respect Developing respectful relationships Stereotyping Bullying Being me Loss and change
Building relationships Special relationships	My family Special people Sharing I am unique My interests Similarities and differences	Safety and the changing body	Getting lost Making an emergency call Asking for help Appropriate contact Medication Safety at home People who keep us safe	The internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education	Basic first aid Communication safely online Online safety Fake emails Drugs, alcohol and tobacco Keeping safe out and about	Online restrictions Share awareness Basic first aid Privacy and secrecy Consuming information online The changing adolescent body (puberty)	Online friendships Identifying online dangers The changing adolescent body (puberty including menstruation) First aid Drug education	Drugs, alcohol and tobacco First aid Critical digital consumers Social media The changing adolescent body (puberty, conception, birth)
Manging self Taking on challenges	Why do we have rules? Building towers Team den building Grounding Team races Circus skills	Health and wellbeing	Wonderful me What am I like? Ready for bed Relaxation Hand washing and personal hygiene Sun safety Allergies People who help us stay healthy	Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health	My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health	Diet and dental health Visualisation Celebrating mistakes My role My happiness Emotions Mental health	Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	What can I be? Mindfulness Taking responsibility for my health Resilience tool kit Immunisation Health concerns Creating habits The effects of technology on health
Self regulation Listening and following instructions	Simon says Listening to a story Pass the whisper Obstacle races Blindfold walk Treasure hunt	Citizenship	Responsibility Rules Caring for animals The needs of others Community Similar yet different Belonging Democracy Democratic decisions	Responsibility Rules beyond school Our school environment Our local environment Community Job roles in our local community Similar yet different: My local community Democracy School council Giving my opinion	Responsibility Rights of the child Rights and responsibilities Recycling Community Local community groups Charity Democracy Local democracy Rules	Responsibility What are human rights? Caring for your environment Community Community groups Contributing Diverse communities Democracy Local councillors	Responsibility Breaking the law Rights and responsibilities Protecting the planet Community Contributing to the community Pressure groups Democracy Parliament	Responsibility Human rights Food choices and the environment Caring for others Community Prejudice and discrimination Valuing diversity Democracy National democracy
Building relationships My family and friends	Festivals Sharing What makes a good friend? Being a good friend Teamwork Celebrating friendships	Economic wellbeing	Money Introduction to money Looking after money Banks and building societies Saving and spending Career and aspirations Jobs in schools	Money Where money comes from Needs and wants Wants and needs Looking after money Career and aspirations Jobs	Money Ways of paying Budgeting How spending affects others Impact of spending Career and aspirations Jobs and careers Genders and careers	Money Spending choices/value for money Keeping track of money Looking after money Careers and aspirations Influences on career choices Jobs for me	Money Borrowing Income and expenditure Risks with money Prioritising spending Careers and aspirations Stereotypes in workplace	Money Attitudes to money Keeping money safe Gambling Career and aspirations What jobs are available? Career routes
Managing self My wellbeing	What is exercise? Yoga and relaxation Looking after ourselves Being a safe pedestrian Eating healthily A rainbow of food							
Transition	Transition to Year 1		Transition to Year 2	Transition to Year 3	Transition to Year 4	Transition to Year 5	Transition to Year 6	Transition to Secondary
Identity								What is identity? Identity and body image