

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 1	What is the same and different about us? (including correct names for body parts and genitalia)	Who is special to us? (including how families are all different but share common features)	What helps us stay healthy? (including how to take care of themselves and why hygiene is important)	What can we do with money? (including where it comes from and the difference between needs and wants)	Who helps to keep us safe? (including who can help them and what to do if they feel worried about themselves or others)	How can we look after each other and the world? (including how to look after other people, animals and the local and global environment)
Year 2	What makes a good friend? (including how to make friends, resolve arguments and how to ask for help)	What is bullying? (including how words and actions can affect how people feel and how to report bullying)	What jobs do people do? (including how jobs help people to earn money, and that we all have strengths that enable us to do different jobs)	What helps us to stay safe? (including how rules keep us safe and how to identify unsafe situations)	What helps us grow and stay healthy? (including learning about a healthy diet, how to be physically active and how much rest/sleep they should have)	How do we recognise our feelings? (including how to recognise and name a range of feelings, and how to share and manage big feelings)
Year 3	How can we be a good friend? (including how friendships support wellbeing and how to seek support if they need it)	What keeps us safe? (including how to recognise hazards and keep themselves safe and that their body belongs to them and how to keep it safe)	What are families like? (including how families differ from each other: single parents, same sex parents, step-parents, blended families, foster and adoptive parents)	What makes a community? (including how they belong to different groups and what is meant by a diverse community)	Why should we eat well and look after our teeth? (including how to maintain good dental hygiene and how to make healthy choices)	Why should we keep active and sleep well? (including how regular physical activity benefits us and lack of it can affect health and wellbeing)
Year 4	What strengths, skills and interests do we have? (including how to recognise and develop their self worth by identifying positive things about themselves)	How do we treat each other with respect? (including the importance of being polite and courteous and recognising respectful behaviour)	How can we manage our feelings? (including how feelings change over time and how to manage these feelings and support themselves and others)	How will we grow and change? (including personal hygiene and how as we get older our bodies will start to change)	How can our choices make a difference to others and the environment? (including how everyday choices can affect the world around them and how they can behave in a caring and compassionate way)	How can we manage risk in different places? (how to keep safe in the local environment and how people can be influenced by others and how to manage this influence.)

Year 5	What makes up a person's identity? (including how personal qualities make up someones identity and that gender identity may not always match up to a person's biological sex)	What decisions can people make with money? (including how to keep track of money and how to make choices about spending and saving)	How can we help in an accident or emergency? (including how to carry out basic first aid and when to seek help)	How can friends communicate safely? (including how to use the internet and social media safely and what to do if they are worried)	How can drugs common to everyday life affect health? (including how some drugs are legal and some are illegal and the laws surrounding them)	What jobs would we like? (including the skills, attributes and qualifications needed for different jobs and how some jobs are paid more than others and some may be voluntary)
	Year 5 will also look at the changes in their body during puberty					
Year 6	How can we keep healthy as we grow? (including how mental and physical health are linked and how to make positive choices to support a healthy balanced lifestyle)	How can the media influence people? (including how social media can affect wellbeing, how to recognise unsafe content and what to do if they are worried)			What will change as we become more independent? How do friendships change as we grow? (including that people have different relationships in their lives including romantic or intimate and that people who are attracted to each other can be of any gender, ethnicity or faith. They will also learn about puberty and how babies are conceived – consent will be gained before Sex Education is taught)	

*Units may be taught in a different order