

	Autumn: Relationships and Health Education		Spring: Living in the Wider World		Summer: Relationships and Health Education	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception:	Who am I?	What do I need to do to be healthy?	What is a rule and do we need them?	What makes me special?	How can I keep myself safe?	Who is important to me?
Year 1	Who is there to help me?	What things does a healthy person do?	What are rules and why do we have them?	What will I bring to my community?	What is personal safety?	What do we have in common?
Year 2	What is a good friend?	What things make us healthy and what things might harm our bodies?	What are rights and responsibilities?	What is money?	How does being safe make me feel?	How do I recognise risk?
Year 3	How do we make our relationships safe and fair?	What are healthy habits and why are they important?	How do communities make a difference?	How do I make informed choices about money?	How do I keep my body safe?	Who is there to help me when I think there's a risk?
Year 4	Why are respectful relationships important?	What action can I take to look after my health?	What is citizenship?	How can I support my community?	What changes happen as I grow up?	What can I do about risks?
Year 5	What are the consequences of unhealthy and unfair relationships?	How do different parts of our bodies impact our health?	What is global citizenship?	What do I want to do when I grow up? What is the media?	What can I expect during puberty?	How do we respond to change, risk and harm?
Year 6	How can I maintain healthy relationships?	How are our physical health and mental health connected?	How do we create equality for all citizens?	How can I be prepared for work in the future? How do I stay critical online?	How is my body preparing for adulthood?	How do relationships change as we grow up?
<i>Optional themed lessons within this term:</i>	<i>Anti-Bullying Week, Black History Month</i>	<i>Road Safety Week, Children in Need, Christmas</i>	<i>Safer Internet Day</i>	<i>International Women's Day</i>	<i>Children's Mental Health Week</i>	<i>Pride Month</i>

<b>Colour Code:</b>	Health and Wellbeing	Living in the Wider World	Relationships
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