

	Autumn 1 RSE My feelings	Autumn 1 PSHE		Autumn 2 RSE My body	Autumn 2 PSHE		Spring 1 RSE My relationships	Spring 1 PSHE		Spring 2 RSE My beliefs	Spring 2 PSHE		Summer 1 RSE My rights and responsibilities	Summer 1 PSHE		Summer 2 RSE Asking for help	Summer 2 PSHE
Y R	Identify feelings			Personal hygiene			Similarities and differences			Likes/dislikes and making choices			Privacy			Special people	
Y 1	Communicate about feelings	Independence  Likes and dislikes  Set simple goals  Class rules		Body parts  Personal hygiene	NSPCC  Healthy bodies		Listening to others  Cooperation	Anti-Bullying  How behaviour affects others  Working together and resolving problems		Differences and similarities between people	Sharing opinions  How we are unique  Identify special people in their life  Groups they belong to		Diseases and spreading them	Medicines  What physical contact is acceptable  Looking after the environment  Money - spending and saving  NSPCC		People who look after us	Safety – water, road, rail, fire etc  Privacy  Secrets and surprises
Y 2	Celebrate achievement and set goals			Growth and change			Teasing and bullying – their role			Unique families	Differences and similarities between people  Special people in their life  Groups they belong to  How we are unique		Physical contact - acceptable, comfortable and uncomfortable	Medicines  Diseases  Environment  Money  Respecting others		Secrets and surprises - not keeping a secret if it makes them uncomfortable	Rules – keeping safe  Asking for help when needed  Sharing views and opinions  Emergencies

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Y 3	Strengths and aspirational goals	Dares, challenges and stereotypes  How online images affect how people feel  Achievements and goals		Body changes	Tobacco, drugs and alcohol – habits  Balanced lifestyles		Attributes of positive healthy relationships	Divorce  Loss and change  How actions affect others  Resolving conflicts		Gender stereotypes	Differences and similarities between people  Being part of a community		Unwanted touch	Debate  Human rights and discrimination  Spending, saving, budgeting  Bacteria and viruses  Personal boundaries  Environment		Secrets and surprises	Risk, dangers and hazards  Emergencies  Sharing views and opinions  Secrets
Y 4	Recognise a wide range of emotions in themselves and others and ways to respond			Anticipate body changes – begin puberty			Acceptable and unacceptable physical behaviours			Similarities and differences  Family types  Personal identity			Marriage – commitment	Negative pressure and how to manage  Acceptable and unacceptable contact		Know when to ask for help to manage a situation	

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Y 5	Anticipate how their emotions might change as they move through puberty	How online images affect how people feel – media  High aspirations and goals		How body may change through puberty	Balanced lifestyles  Legal and illegal substance – habits		Healthy relationships – skills to manage and maintain	Bereavement  Loving relationships – marriage		Gender and sexual orientation	FGM and abuse  Values and customs of people		Keeping safe online	Bacteria and viruses  Environment  Acceptable and unacceptable contact		How to manage accidental exposure to upsetting online material	Managing risk and keeping safe  Emergencies  Where to ask for help
Y 6	Images in the media including online do not reflect reality and can affect how people feel about themselves	Dares, challenges and stereotypes		Sexual intercourse leads to reproduction – sexual organs			Discrimination and prejudice based language	How actions affect others  Bullying, discrimination  Resolving conflicts  Loss and change		FGM and illegal cultural practices			STIs	Debate and respecting other people's opinions  Personal boundaries  Debate  Environment  Finance		Knowing when, who and how to ask for help independently and with support	How to keep safe when using mobile phones  Secrets and confidentiality  Basic first aid