



Year	Autumn												Spring												Summer											
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Year 3	Healthy and Happy Relationships Being a good friend and respecting personal space. Strategies for resilience						Similarities and Differences Respecting and valuing differences. Shared values of communities						Caring and Responsibility Our responsibilities and ways we can care and show respect for others						Families and Committed Relationships Exploring the importance of commitment in relationships and how families can change and alter over times including separation and loss						Healthy Bodies, Healthy Mind Maintaining physical and mental well-being through healthy eating, sleep and keeping clean						Coping with Change Coping with feelings around the changes in our lives					
Year 4	Healthy and Happy Relationships Solving relationship difficulties. How to act if someone invades your personal space or boundaries						Similarities and Differences Identity and diversity. Seeing different perspectives and not making judgements based on appearance						Caring and Responsibility Rights and responsibilities within families and wider society, including the UN convention and the rights of the child						Families and Committed Relationships The range of relationships we experience in our everyday life. How to identify each relationship and understand the difference between the types of relationships we may encounter						Healthy Bodies, Healthy Mind Influences of our health and well-being, including friends and through the media and an awareness of how these can affect personal choices						Coping with Change How our bodies change as we enter puberty, including hygiene and menstruation.					
Year 5	Healthy and Happy Relationships Identity and peer pressure in real life and online. Positive emotional health and well-being						Similarities and Differences Celebrating strengths, setting goals and keeping ourselves safe online						Caring and Responsibility How our needs change and the effects of loneliness and isolation. Ways in which we can show care in the community						Families and Committed Relationships The characteristics of healthy relationships and how these develop as we grow older						Healthy Bodies, Healthy Mind Our unique bodies and self-acceptance - valuing our bodies and min; lifestyle habits 9 Including alcohol, tobacco and drugs) and their effect and well-being						Coping with Change How puberty can affect emotions and feelings - how do we manage this?					
Year 6	Healthy and Happy Relationships How relationships evolve as we grow and how to cope with a wider range of emotions						Similarities and Differences Identity and behaviour online and offline. Reflecting on how people feel if they don't fit in						Caring and Responsibility How we can take more responsibility for self-care and who cares for us as we get older, including secondary school.						Families and Committed Relationships How diverse family units are and how to manage emotions						Healthy Bodies, healthy mind Being the best me; ongoing self-care of bodies and mind, including ways to manage mental health						Coping with Change Transition (including secondary school) and ways to manage the increasing responsibilities and effects of life changes					