

	Autumn term		Spring term		Summer term		
Topic	Shared responsibilities and communities	Relationships	Health and wellbeing (physical and mental wellbeing)	Media literacy and digital resilience	Economic wellbeing: money	Safety	Ourselves, changing and growing
Year 3	Equality, justice, respect, rights, responsibilities, universal, human rights, wants, needs, rules, laws, protect.	Family, parents, same sex parents, half siblings, step families, relationships, friendships, online relationships, positive relationships, self-respect, personal boundaries, privacy, safe adult, bully, consequences.	Health, wellbeing, emotional, mental health, healthy and unhealthy choices, exercise, benefits, feelings, emotions, mind, body, effects.	Internet, positive and negative use, communication, online, online relationships, face-to-face relationships, risks, sharing, personal information, secure passwords, trust, private.	Jobs, careers, skills, qualities, interests, achievements, hobbies, goals, role models, money, aspirations.	Hazards, dangers, home, school, risks, safety rules, medicine, household products, emergency services.	Individuality, personal qualities, identity, self-worth, achievements, strengths, setbacks, help, strategies, change, grow.
	Respect, rights, responsibilities, community, diverse, groups,	friend, friendship, special, close, caring, valuable, honesty, compassion,	Balanced and healthy lifestyle, physically healthy, mentally healthy,	Internet, social media, online relationships, face-to-face	Jobs, money, salary, spending, choices, priorities, needs,	Safety, local environment, railway, roads, water,	race, sex, gender, family, faith, culture, hobbies,

Year 4	clubs, members, belong, activities, outsider, meetings, valued, welcome, compassion	different, similar, unique, qualities, important, positive relationships, good and bad secrets, confidential, bullying, online relationships, cyber bullying.	hygiene, risks, diet, positive attitude, feelings, emotions, body, mind, express, describe, intense, strong, oral hygiene, dental, plaque.	relationships, trust, online identity, digital footprint, personal and private information, online adverts.	wants, keeping track, ways to pay, cash, debit cards, cheques.	fireworks, road safety, pedestrian crossing, cycling, responsibilities, emergency services, 999 operators, first aid, smoke alarms.	likes/dislikes, body parts, personal qualities, individuality, change, grow, emotional wellbeing, interests and hobbies, male, female, private parts, penis, vagina, breasts, testicles.
Year 5	Sustainable, environment, future generation, pollution, green house gases, transport, effects, population, climate change, compassion.	Healthy friendship, challenges, change, disputes, trustworthy, peer influence, physical bullying, verbal bullying, cyber bullying, peer pressure, physical touch, Online relationships, face-to-face relationships, social media, safe adult.	Mental health, physical health, good health, nutrition, physical illness, habits, positive and negative effects, hygiene routine, sleep, bacteria, viruses, medicines, drugs, vaccinations, immunisations.	Internet, social media, purpose, facts, opinions, beliefs, trustworthy, sharing, gender, stereotypes, influence, advertisements, online content, discrimination, support and advice.	Jobs, future career, ambition, influences, decisions, personal interests, strengths and qualities, values, education, school, college, university, apprenticeships.	Risky, unsafe, emergency, choices, risk taking, dangerous behaviour, first aid, common injuries, emergency services, 999 operator, responsibility.	puberty, change, grow, mature, internal, reproductive organs, breasts, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, clitoris, labia, menstrual cycle, period, sanitary

							pads, tampons, Adam's apple, penis, testicles, scrotum pubic hair
Year 6	Stereotype, typical, discriminate, behaviour, characteristics, assumptions Equal rights, respect, prejudice, negative attitudes, consequences, gender stereotypes.	Emotional, romantic or sexual relationships, same sex relationship, different sex relationship, affection, healthy relationship, committed, marriage and civil partnership, responsibility, peer pressure, risks, consent, permission, conflict, disagreements, qualities and values.	Mental health, physical health, balance, ill-health, choices, influences, mixed or conflicting emotions, change, habits, intense feelings, appropriate and proportionate responses, problem-solving, challenges, personal network, advice, support.	Safe internet, communicating, connecting, learning, online images, manipulated, altered, social media, risks, challenges, age restrictions and regulations, online sharing, appropriate and inappropriate content, responsibilities.	Money, attitudes, value for money, influences, decisions, critical consumer, retailers, health and wellbeing, risks, fraud, gambling, debt.	Medicine, legal drugs, illegal drugs, human body, health, substance, law, habit, advice, support, influences, alcohol, smoking, positive and negative impact.	puberty, changing, growing, emotions, change, life cycle, reproduction, consent, commitment, female, male, human, reproduction, sexual intercourse, fertilised, sperm, ovum, penis, vulva, vagina, fallopian tubes, pregnancy, baby, foetus, uterus, womb, conception

