

Long Term Plan

Termly Themes	Topics	Coverage					
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn: Relationships	Families and Relationships	Roles of different people; families; feeling cared for; being a good friend	Making friends; feeling lonely and getting help; different families	What makes a family; features of family life; caring for each other	Positive friendships and relationships, including online	Managing friendships and relationships and peer influence	Attraction to others; romantic relationships; civil partnership and marriage
	Safe Relationships	Recognising privacy; staying safe; seeking permission	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Personal boundaries; safely responding to others; the impact of hurtful behaviour, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Recognising and managing pressure in different situations
	Respecting ourselves and others	How behaviour affects others; being polite and respectful	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting differences and similarities; discussing difference sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues
Spring: Living in the wider world	Belonging to a community	What rules are; caring for others' needs; looking after the environment and community	Belonging to a group; roles and responsibilities; being the same and different in the community	The value of rules and laws; rights, freedom, and responsibilities	What makes a community; shared responsibilities	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
	Media literacy and digital resilience	Using the internet and digital devices; communicating online	The internet in everyday life; online content and information	How the internet is used; assessing information online	How data is shared and used; digital footprints	How information online is targeted; different media types, their role and impact	Evaluating media sources; sharing things online
	Money and work	Strengths and interests; jobs in the community; what money is	Needs and wants; looking after money; how strengths and skills influence decisions	Different jobs and skills; job stereotypes; setting personal goals; income	Making decisions about money; using and keeping money safe; income and career choices	Identifying job interests and aspirations; what influences career choices; work stereotypes	Influences and attitudes to money; money and financial risks
Summer Health and Wellbeing	Physical health and mental wellbeing	Keeping healthy; food and exercise; hygiene and routines; sun safety; different feelings	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Health choices and habits; what affects feelings; expressing feelings	Maintaining a balanced lifestyle; oral hygiene and dental care; challenging feelings	Healthy sleep and habits; sun safety; medicines, vaccinations, immunisations and allergies	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
	Growing and changing	Recognising what makes them unique and special; feelings; managing when things go wrong; naming basic body parts	Growing older; naming body parts; moving class or year	Personal strengths and achievements; managing and reframing setbacks; how friendships change; how bodies change	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Personal identity; recognising individuality and different qualities; mental wellbeing; recap of puberty and personal hygiene	Keeping safe in different situations, including responding in emergencies, first aid and FGM; how a baby is made
	Keeping safe	How rules and age restrictions help us; keeping safe online and offline	Safety in different environments; risk and safety at home and online; emergencies	Risks and hazards; safety in the local environment and unfamiliar places	Medicines and household products; drugs common to everyday life; managing household risks	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media