

	Year 3	Year 4	Year 5	Year 6
Family and relationships	<ul style="list-style-type: none"> • Introduction to RSE • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping 	<ul style="list-style-type: none"> • Introduction to RSE • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change 	<ul style="list-style-type: none"> • Introduction to RSE • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	<ul style="list-style-type: none"> • Introduction to RSE • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change
Safety and the changing body	<ul style="list-style-type: none"> • Basic first aid • Communicating safely online • Online safety • Fake emails • Drugs, alcohol & tobacco • Keeping safe out and about 	<ul style="list-style-type: none"> • Online restrictions • Share aware • Basic first aid • Privacy and secrecy • Consuming information online • The changing adolescent body (puberty) 	<ul style="list-style-type: none"> • Online friendships • Identifying online dangers • The changing adolescent body (puberty, including menstruation) • First aid • Drug education 	<ul style="list-style-type: none"> • Drugs alcohol & tobacco • First aid • Critical digital consumers • Social media • The changing adolescent body (puberty, conception, birth)
Health and wellbeing	<ul style="list-style-type: none"> • My healthy diary • Relaxation • Who am I? • My superpowers • Breaking down barriers • Dental health 	<ul style="list-style-type: none"> • Diet and dental health • Visualisation • Celebrating mistakes • My role • My happiness • Emotions • Mental health 	<ul style="list-style-type: none"> • Relaxation • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings • Healthy meals • Sun safety 	<ul style="list-style-type: none"> • What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation • Health concerns • Creating habits • The effects of technology on health

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Citizenship	<p>Responsibility</p> <ul style="list-style-type: none"> • Rights of the child • Rights and responsibilities • Recycling <p>Community</p> <ul style="list-style-type: none"> • Local community groups • Charity <p>Democracy</p> <ul style="list-style-type: none"> • Local democracy • Rules 	<p>Responsibility</p> <ul style="list-style-type: none"> • What are human rights? • Caring for the environment <p>Community</p> <ul style="list-style-type: none"> • Community groups • Contributing • Diverse communities <p>Democracy</p> <ul style="list-style-type: none"> • Local councillors 	<p>Responsibility</p> <ul style="list-style-type: none"> • Breaking the law • Rights and responsibilities • Protecting the planet <p>Community</p> <ul style="list-style-type: none"> • Contributing to the community • Pressure groups <p>Democracy</p> <ul style="list-style-type: none"> • Parliament 	<p>Responsibility</p> <ul style="list-style-type: none"> • Human rights • Food choices and the environment • Caring for others <p>Community</p> <ul style="list-style-type: none"> • Prejudice and discrimination • Valuing diversity <p>Democracy</p> <ul style="list-style-type: none"> • National democracy
Economic wellbeing	<p>Money</p> <ul style="list-style-type: none"> • Ways of paying • Budgeting • How spending affects others • Impact of spending <p>Career and aspirations</p> <ul style="list-style-type: none"> • Jobs and careers • Gender and careers 	<p>Money</p> <ul style="list-style-type: none"> • Spending choices/ value for money • Keeping track of money • Looking after money <p>Career and aspirations</p> <ul style="list-style-type: none"> • Influences on career choices 	<p>Money</p> <ul style="list-style-type: none"> • Borrowing • Income and expenditure • Risks with money • Prioritising spending <p>Career and aspirations</p> <ul style="list-style-type: none"> • Stereotypes in the workplace 	<p>Money</p> <ul style="list-style-type: none"> • Attitudes to money • Keeping money safe • Gambling <p>Career and aspirations</p> <ul style="list-style-type: none"> • What jobs are available • Career routes
Transition Identity	1 lesson	1 lesson	1 lesson	1 lesson
				<ul style="list-style-type: none"> • What is identity • Gender identity • Identity and body image