

Key stage	Year group	Families and people who care for me	Caring friendships	Respectful relationships	Online relationships/ Internet safety and harms	Being safe	My body/Changing adolescent body	Mental wellbeing	Physical health and fitness	Healthy Eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid
KS1	YR R	What makes a family	Similarities and differences	Likes, dislikes and decisions	Watching videos online	Why are 'private parts' private?	What are the parts of the human body?	Describing and managing feelings		Be sugar smart!		Handwashing and hygiene	What is first aid?
KS1	YR 1	What makes a family special	Falling out and making up	Celebrating differences	Sharing pictures	Asking for help Safe Touching	What are the 'private parts' called? Inc. external genitalia	Understanding feelings and behaviours	Physical activity is fun!			Keeping our teeth healthy	Stay safe
KS1	YR2	Families come in different shapes and sizes!	When to share a secret	I am special!	Online 'friends' aren't always nice!	My body belongs to me	Growing up	Bullying is wrong		Be food smart!		Bad bacteria! Protecting and preventing	Emergency action
KS2	YR 3	How families care for one another	Falling out and making up	Stereotypes stink!	Sharing secrets	My body, my right	Growing up and my amazing body How different animals have babies.	Happy to be me!	Physical activity is fun!	Sci-Digestive system and healthy diet	Peer pressure pranks!	Be a sun safe super	What is first aid?
KS2	YR 4	Love and marriage	Peer pressure	Respecting different identities	Play, Like, Share	Public or private? To touch or not to touch?	Puberty predictions Periods Y4 Girls	Emotional responses		Be food smart!	Resisting peer pressure	Keeping my body clean and healthy	Stay safe
KS2	YR 5	Young carers What is love?	Fun friendships	Stamp out stereotypes!	Sharing information	Online conundrums!	Puberty and menstrual wellbeing	The emotional rollercoaster of puberty!	Doing a daily mile/ walk, bike, scoot to school		Informed choices	The sleep factor	Emergency action
	YR 6	Running away is never OK	The role of a friend in helping personal hygiene/ religious link to male circumcumsion. Reference made that female circumcision exists with no further teaching detail. Discuss FGM is illegal and rarely a health issue. Pantasauras Song.	Stamp out stereotypes!	Media messages and me Grooming and Sexting	When and how to get help	How a baby is conceived and born	Managing challenges and change		Be a food detective!	The law	STIs and catching them. Key message links to condoms preventing disease and pregnancy through the transmission of fluids in a similar way to infection.	Help save lives!