

| | Autumn | | | Spring | | | Summer | | |
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| | Health and Wellbeing | Relationships | Living in the Wider World | Health and Wellbeing | Relationships | Living in the Wider World | Health and Wellbeing | Relationships | Living in the Wider World |
| Y1 | Awareness of Feelings | All about Me | Being Different Money | Keeping Well and Clean | My Friendships | The Environment | Keeping Safe | My Family Losing and Finding | Looking After Myself |
| Y2 | Emotions and Feelings Healthy People | All About My Feelings | Money, shopping and saving | Keeping Safe | Making and Breaking Friendships | Special days | All about my body | Exploring our families | Global Food |
| Y3 | Emotions and Feelings | Peer influence/pressure | Me and my community | Healthy Lifestyles | Safe Relationships | Where do things come from? | Smoking Basic First aid Keeping Safe | Different families | Aspirations |
| Y4 | Mental Health and Wellbeing | Persuasion and pressure | Rights and responsibilities Media and Me | Healthy Lifestyles | Friendships / Inclusion | Local Community – shared responsibilities | Growing and Changing Drug Education - Alcohol and Decision making | Types of relationships | Aspirations Managing Money |
| Y5 | Mental Health and Wellbeing Personal Safety | Self-respect and personal goals Being Left out | Stereotypes and Diversity | Healthy lifestyles | Friendships and Coping with Bullying | Working together and aspirations Media literacy and digital resilience | Puberty Drug Education – Legal and Illegal Drugs | Relationships | What makes a Democracy? Money |
| Y6 | Mental Health and Wellbeing Healthy Lifestyles Drugs, risks and the media | Conflict Resolution | Protected Characteristics Celebration- supporting each other | Mental Health and Online Safety Moving on | Family Dynamics | Democracy and decisions Media literacy and digital resilience | Puberty and Relationships Sex Education | Relationships | Money and Me Aspirations, work and career |