	Autumn 1 – My Connections	Autumn 2 – My Safety and Choices	Spring 1 – Health and Wellbeing	Spring 2 – Online Wellbeing and Awareness	Summer 1 – Growing Up and Staying Well	Summer 2 – My Future, Our World
KS1	Why are families important for helping us feel loved, safe, and secure? What makes a caring and happy family? Why are friendships important? How can we help others feel included? Why do friendships sometimes have problems, and how can we solve them? How can we tell if a family or friendship situation feels unsafe or upsetting?	How can I share and be safe with others? What is personal space and how can we keep safe? Is it ok to keep secrets? Who can we talk to if something makes us feel unsafe or unsure? How can we recognise dangers around us and how can we keep safe? How can we stay safe near roads, railways and water, including following simple safety rules?	How can we recognise different feelings and talk about them? What activities help us feel happy and well? What should we do if we feel lonely, sad, or worried, and who can help? How can we be kind to others and understand how bullying affects people? What does a healthy diet look like, and why is it important for our bodies? Why is being active good for our bodies and minds?	What is the internet and how do people use it? How can we be kind and respectful if I am online? How much time should we spend online? Why are some apps, videos and games not suitable for us? Who should I share information with? What should I do if I see something that makes me feel uncomfortable?	How can we keep our body clean and healthy? How can we look after our teeth? How can we stay safe in the sun? Why do we need good sleep, and how can we develop healthy bedtime routines? How can I understand me and my body? How can change or loss make us feel different emotions?	What are class rules? (British Values) What groups of communities am I part of? What is the environment? How can we look after the environment? Where does money come from? How do we make choices about spending money?
LKS2	What qualities make a friendship trusting, respectful, and enjoyable? How can we tell when a friendship is becoming unkind or unhealthy? Why is it important to think about other people's needs, and why can balancing everyone's needs be difficult? What are healthy boundaries in relationships, and how can we respect them? How can we express our feelings safely and manage conflict? What is the difference between being assertive	How can we understand privacy and body boundaries? How can we recognise when a situation, relationship or request is unsafe? What are the risks of smoking, vaping, alcohol and other harmful substances? How can we recognise hazards in different places and make safer choices? How can we stay safe near roads, railways and water by using safety codes and spotting danger? How can we safely respond to injuries and know what to do when someone needs basic first aid?	How can different emotions affect us? How do we know if our feelings and behaviour are appropriate? What can we do to look after our general wellbeing each day and practice healthy routines? What does self-care look like for me and how can I communicate my needs? How can we build regular physical activity into our routines and why is it important? What makes a healthy relationship with food, and how do we make choices about eating?	How do online relationships compare with in-person relationships, and what are their advantages and disadvantages? How can we tell if online relationships or information are trustworthy, especially from people we've never met? How can we use privacy settings and careful sharing to protect our information online? Why is there a minimum age for social media, and how does it help keep children safe? What happens when something is shared online, and why might people behave differently when online?	How can we talk about our own boundaries and understand that our bodies belong to us? How does the human body change as we grow? How do our bodies change and why is personal hygiene important? How do vaccines work, and why are immunisations offered to protect our health? Why are regular dental check-ups and good oral hygiene important? How can we improve the quality of our sleep, and how does poor sleep affect our body and mood?	How do rules and laws protect us? What's the difference between my local British communities and global communities? How do we look after our money? What are the links between work and money? What are the rights of the child? What is sustainability?

	and being controlling, and how can we be kind without forgetting our own needs?			How can negative experiences online impact wellbeing?		
UKS2	Why is it important to respect others, especially people who are different from us? What practical skills can we use to build strong, healthy relationships in different situations? How do good manners and courtesy help us get along with others? What is self-respect, and how can we develop our confidence and identity? What kinds of bullying exist (including online), how does bullying affect people, and what should we do if we see it? What are stereotypes, why are they harmful, and how can we challenge them and ask for help when we feel unsafe?	How can we identify unsafe relationships, understand who to trust and how to respond safely? How can we report unsafe situations or things that concern us? What are the facts and risks of legal and illegal harmful substances, including nicotine addiction and vaping products? How do we assess risks in different environments and take steps to keep ourselves and others safe? How can we apply the water safety code and understand risk around roads and railways? How do we make an efficient emergency call and use basic first-aid skills to help with common injuries?	How can we understand and talk about a wide range of emotions, including feeling worried or low? What is the impact of bullying, including cyberbullying, on wellbeing, and how can we help ourselves or others? How can we keep ourselves mentally and physically healthy through active lifestyles and positive wellbeing habits? What are the risks of being inactive, and how can we make healthy choices to protect our physical health? How can we plan and prepare healthy meals and understand the effects of poor diet on the body? How do rest, hobbies, community involvement, and supportive relationships contribute to long-term wellbeing?	How can we show responsibility and respect through our online behaviour and understand its impact on others? How can we make respectful choices online, even when people are anonymous or pressure us? How can too much screen time or certain online content affect our mental and physical wellbeing? Why are some websites, games, apps, and online activities age-restricted, and what risks do they protect us from? How can we recognise online risks such as scams, monetisation in games, financial harm, or addictive behaviours? How can we take a critical approach to online information, understand how it is targeted, protect our data rights?	What can we do to protect our long-term health? How can change, loss or bereavement impact our wellbeing, and how do people respond differently? What's normal for my body and my health? How do we maintain good personal hygiene during puberty, and why is it important? What are the physical and emotional changes of puberty? How are babies made?	How are rules and laws made and changed? What is Fairtrade? How do people manage money? How can I develop my enterprise skills? Why is it important to be critical of the media online and offline? What is racism? What do I want to be?