

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	How do I feel? How can I help myself feel better? How can I keep myself healthy and safe? How can I be a good friend? Who can help me?					
Y1	Who is special to me and why?	What makes us special and unique?	How can I keep myself safe?	What are my responsibilities?	What am I good at?	How am I growing and changing?
Y2	What makes a good friend?	How can we show kindness to others?	How can I help keep myself safe?	How can I help make the world a better place?	How can I look after my body and mind?	How do bodies change as we grow?
Y3	How can I solve problems without hurting anyone's feelings?	How are we the same and different?	How can I keep myself safe and healthy	What are my rights and responsibilities?	How can I keep healthy and look after myself?	How does my body change and why is it special?
Y4	How can I show respect in all my relationships?	Why is it good that we're all different?	What strategies help keep me safe and healthy?	How can I be a responsible citizen?	How can I keep my mind and body healthy?	What happens to our bodies and emotions as we grow?
Y5	How can I build positive and healthy relationships?	How can I challenge prejudice and discrimination?	How can I keep myself safe in different situations?	How can I contribute positively to society?	How can I achieve my goals and stay healthy?	How is my body and brain changing as I grow older?
Y6	How can I manage changing relationships?	How can I celebrate difference and challenge stereotypes?	How can I make safe choices for myself and others?	What does it mean to be a global citizen?	How can I plan for my future and keep myself healthy?	What changes might happen to me during puberty and how can I cope with them?