

	Myself and others	Difference	Keeping safe	Rights and responsibilities	Being my best	Growing and changing
EYFS	Me Special People	Similarities and differences Kindness	People who help us	Friends The environment	Food Exercise Sleep	Life stages
Year 1 Year A	Feelings Asking for help Being a good friend	Similarities and differences How to treat others Bullying and getting help	Online safety Safe and unsafe touches Medicine safety Keep safe in my environment	Taking care of myself Taking care of money Taking care of the environment	Healthy eating Hygiene (simple routines)	My body parts Becoming independent
Year 2 Year B	Feelings/self-regulation Bullying -> hurtful words Our school rules	Unkind behaviour Developing respect People who help us Listening skills	Safe and unsafe secrets Appropriate touches Medicine safety	Online safety Self-regulation Looking after money (saving and spending)	Looking after my body Hygiene Exercise and Sleep	Life cycles Growing up and changing Privacy
Year 3 Year A	Rules and their purpose Friendship (including respectful relationships) Coping with loss	Diversity Respecting others My community (faiths, colour, jobs etc)	Decision making skills (peer pressure etc) Drugs Online safety	Personal strength, skills and achievements Looking after the environment Managing money	How do I keep myself healthy? Developing my skills What is empathy?	Relationships Changing bodies and puberty Keeping safe Safe and Unsafe secrets
Year 4 Year B	Positive healthy relationships Feelings in healthy relationships Bullying	Celebrating difference (religious and cultural) Understanding and challenging stereotypes	Understanding norms of drug use (cigarette and alcohol) Outside influences Online safety	Making a difference (helping others, the environment etc) Media influences Decisions about money	Making good choices about my health Taking care of my environment My skills and interests and goals	Body changes and puberty Difficult feelings Different types of relationships
Year 5 Year A	Feelings Friendship skills (compromise, cooperation etc) Emotional needs Coping with loss	Celebrating and recognising difference (religious and cultural) Influence and pressure of social media	Online safety Norms around the use of legal drug use Media and drug use. Support.	What are my rights and responsibilities? Making a difference Lending, borrowing and spending	Independence Keeping myself healthy Media awareness Helping my community	Difficult feelings Managing personal change How to help my feelings Getting help
Year 6 Year B	Assertiveness Cooperation Safe/unsafe touches Positive relationships (trusted people)	Prejudice/discrimination Bystander behaviour Gender stereotypes	Online safety (inappropriate content) Privacy -> how to report concerns Laws around drugs	Media bias and social media (personal information, accuracy of content) Earning and saving money Democracy	Aspirations and goals for the future (careers) My mental health	RSE Coping with change Body image Sex Ed. Self-esteem

Additional notes for progression documents:

- RSE links will be seen on progression documents highlighted in purple
- Internet safety links will be seen on progression documents written in blue