

CYCLE A Half-termly unit titles	1	2	3	4	5	6
EYFS	Me and my Relationships What makes me special People close to me Getting help	Valuing Difference Similarities and difference Celebrating difference Showing kindness	Keeping Safe Keeping my body safe Safe secrets and touches People who help to keep us safe	Rights and Respects Looking after things: friends, environment, money	Being my Best Keeping by body healthy – food, exercise, sleep Growth Mindset	Growing and changing Cycles Life stages Girls and boys – similarities and difference
Y1/2	Me and my Relationships 1 Feelings Getting help Classroom rules Special people Being a good friend	Valuing Difference 1 Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Keeping Safe 1 How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Me and my Relationships 2 Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Valuing Difference 2 Being kind and helping others Celebrating difference People who help us Listening Skills	Keeping Safe 2 Safe and unsafe secrets Appropriate touch Medicine safety
Y3/4	Me and my Relationships 3 Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Valuing Difference 3 Recognising and respecting diversity Being respectful and tolerant My community	Keeping Safe 3 Managing risk Decision-making skills Drugs and their risks Staying safe online	Me and my Relationships 4 Healthy relationships Listening to feelings Bullying Assertive skills	Valuing Difference 4 Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Keeping Safe 4 Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety
Y5/6	Me and my Relationships 5 Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Valuing Difference 5 Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Keeping Safe 5 Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Me and my Relationships 6 Assertiveness Cooperation Safe/unsafe touches Positive relationships	Valuing Difference 6 Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Keeping Safe 6 Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)