

CYCLE B 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 Respect 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	Rights and Respect 1 Taking care of things: Myself My money My environment	Being my Best 1 Growth Mindset Healthy eating Hygiene and health Cooperation	Growing and Changing 1 Getting help Becoming independent My body parts Taking care of self and others	Rights and Respect 2 Cooperation Self-regulation Online safety Looking after money – saving and spending	Being my Best 2 Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Growing and Changing 2 Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3/4	Rights and Respect 3 Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Being my Best 3 Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Growing and Changing 3 Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	Rights and Respect 4 Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Being my Best 4 Having choices and making decisions about my health Taking care of my environment My skills and interests	Growing and Changing 4 Body changes during puberty Managing difficult feelings Relationships including marriage
Y5/6	Rights and Respect 5 Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Being my Best 5 Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Growing and Changing 5 Managing difficult feelings Managing change How my feelings help keeping safe Getting help	Rights and Respect 6 Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Being my Best 6 Aspirations and goal setting Managing risk Looking after my mental health	Growing and Changing 6 Coping with changes Keeping safe Body Image Sex education Self-esteem