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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | Me and My Relationships | Valuing Difference | Keeping myself safe | Rights and responsibilities | Being my best | Growing and changing   * Getting bigger * Life stages * Where do babies come from |
| Year 1 | Me and My Relationships  Includes feelings/emotions/conflict resolution/friendships | Valuing Difference  Includes British Values focus | Keeping myself safe  Includes aspects of safe internet use, drugs and Relationships Education | Rights and responsibilities  Includes money/living in the wider world/environment | Being my best  Includes keeping healthy/Growth Mindset/goal setting/achievement | Growing and changing   * Introducing the correct names for genitals * ‘Private parts’ * Differences between what they can do and what a baby can do |
| Year 2 | Me and My Relationships  Includes feelings/emotions/conflict resolution/friendships | Valuing Difference  Includes British Values focus | Keeping myself safe  Includes aspects of safe internet use, drugs and Relationships Education | Rights and responsibilities  Includes money/living in the wider world/environment | Being my best  Includes keeping healthy/Growth Mindset/goal setting/achievement | Growing and changing   * Differences and similarities between boys and girls * Identify stages of growth |
| Year 3 | Me and My Relationships  Includes feelings/emotions/conflict resolution/friendships | Valuing Difference  Includes British Values focus | Keeping myself safe  Includes aspects of safe internet use, drugs and Relationships Education | Rights and responsibilities  Includes money/living in the wider world/environment | Being my best  Includes keeping healthy/Growth Mindset/goal setting/achievement | Growing and changing   * Bereavement * Personal hygiene |
| Year 4 | Me and My Relationships  Includes feelings/emotions/conflict resolution/friendships | Valuing Difference  Includes British Values focus | Keeping myself safe  Includes aspects of safe internet use, drugs and Relationships Education | Rights and responsibilities  Includes money/living in the wider world/environment | Being my best  Includes keeping healthy/Growth Mindset/goal setting/achievement | Growing and changing   * Puberty including menstruation * Changes (big life changes) * Changes in moods and feeling |
| Year 5 | Me and My Relationships  Includes feelings/emotions/conflict resolution/friendships | Valuing Difference  Includes British Values focus | Keeping myself safe  Includes aspects of safe internet use, drugs and Relationships Education | Rights and responsibilities  Includes money/living in the wider world/environment | Being my best  Includes keeping healthy/Growth Mindset/goal setting/achievement | Growing and changing   * Continue work on puberty, emotions and changes |
| Year 6 | Me and My Relationships  Includes feelings/emotions/conflict resolution/friendships | Valuing Difference  Includes British Values focus | Keeping myself safe  Includes aspects of safe internet use, drugs and Relationships Education | Rights and responsibilities  Includes money/living in the wider world/environment | Being my best  Includes keeping healthy/Growth Mindset/goal setting/achievement | Growing and changing   * Challenging gender stereotypes * How babies are made * Media manipulation |