

Overview of topics

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Being Me in My World (Feeling special and safe)	Celebrating Difference (Similarities and differences)	Dreams and Goals (Tackling new challenges)	Healthy Me (Keeping clean)	Relationships (Making friends)	Changing me (Terminology for body parts)
2	Being Me in My World (Hopes and fears)	Celebrating Difference (Gender stereotypes)	Dreams and Goals (Perseverance/strength)	Healthy Me (Healthy eating and nutrition)	Relationships (Different types of family)	Changing me (Increasing Independence)
3	Being Me in My World (Self-identity and worth)	Celebrating Difference (Recognising words can hurt)	Dreams and Goals (Achieving success)	Healthy Me (Exercise and fitness)	Relationships (Roles and responsibilities)	Changing me (How babies grow)
4	Being Me in My World (Rights/responsibilities)	Celebrating Difference (Judging by Appearance)	Dreams and Goals (Overcoming Disappointment)	Healthy Me (Peer Pressure)	Relationships (Love and Loss)	Changing me (Being Unique)
5	Being Me in My World (Citizenship)	Celebrating Difference (Rumours & name calling)	Dreams and Goals (The importance of money)	Healthy Me (Smoking and Alcohol)	Relationships (Building self-esteem)	Changing me (Puberty and how a baby is born)
6	Being Me in My World (Democracy & having a voice)	Celebrating Difference (Perceptions of normality)	Dreams and Goals (Making a difference)	Healthy Me (Exploitation & gang culture)	Relationships (Power and control)	Changing me (Puberty, conception, respect & consent)