Long Term Overview

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| **Year Group** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Year 1** | Awareness of feelings  All about me  Being different  Money | Keeping well and clean  My friendships  The Environment | Keeping Safe  My family  Losing and finding  Looking after myself |
| **Year 2** | Healthy people  All about my feelings  Money, shopping and saving | Keeping safe  Making and breaking friendships  Coping with conflict  Special days | About my body  Exploring our families  Global food |
| **Year 3** | Emotions and feelings  Peer influence/pressure  Me and my community | Healthy Lifestyles  Safe Relationships  Where do things come from? | Drug Education - Smoking & Basic First Aid  Keeping safe  Different Families  Aspirations  Managing money |
| **Year 4** | Mental Health and Wellbeing  Persuasion and pressure  Media and Me | Healthy Lifestyles  Friendships / Inclusion  Local Community – shared responsibilities | Growing and Changing  Drug Education - Alcohol and Decision making  Types of relationships  Aspirations  Managing Money |
| **Year 5** | Mental Health and Wellbeing  Personal Safety  Self-Respect and Personal Goals  Being Left Out  Stereotypes and Diversity | Healthy lifestyles  Friendships and Coping with Bullying  Working together and aspirations  Media literacy and digital resilience | Puberty  Drug Education – Legal and Illegal Drugs  Relationships  What makes a Democracy?  Money |
| **Year 6** | Healthy Lifestyles  Drug Education – Drugs, risks and the Media  Conflict resolution  Celebration – supporting each other  Protected Characteristics and Bullying | Moving on  Mental Health and Online Safety  Family Dynamics  Democracy and decisions  Media literacy and digital resilience | Puberty and Relationships  Sex Education  Relationships  Money and Me  Aspirations, work and career |