

	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World
<b>Year 1</b>	1) What makes me happy? <b>1</b>	1) What are the rules for keeping me safe at school and outside?	1) What foods should I eat?	1) What are class rules? (British Values)
	2) What is the difference between good secrets and bad secrets?	2) What are rules about household substances?	2) How can I look after my teeth?	2) Where does our money come from?
	3) How does my behaviour affect others? <b>1</b>	3) What is an emergency and what do I do? <b>2</b>	3) Why is it important to wash my hands?	3) What is the environment?
<b>Year 2</b>	1) What is the difference between small feelings and big feelings? <b>2</b>	1) How do medicines help us when we are unwell? <b>3</b>	1) How do I keep myself healthy? <b>2</b>	1) What groups and communities am I a part of? <b>1</b>
	2) How can I keep safe online? <b>4</b>	2) How do I keep safe at home?	2) Why is it important to keep active? <b>3</b>	2) How do we make choices about spending money?
	3) What makes others happy? <b>2</b>	3) What is my responsibility for keeping myself and others safe?	3) How can I prevent diseases spreading?	3) How can we look after the environment? <b>3</b>
<b>Year 3</b>	1) How do my feelings affect my behaviour? How can I manage my feelings? <b>3</b>	1) What happens when I breathe smoke in the air?	1) What is a healthy diet? What is an unhealthy diet? <b>2</b>	1) How do rules and law protect me?
	2) What are the ways we are communicating online? <b>4</b>	2) How do I recognise risks in my life? <b>1</b>	2) How do I keep safe in the sun?	2) What is the difference between my local British communities and global communities?
	3) What am I good at?	3) What do I do in an emergency? <b>2</b>	3) Why is personal hygiene important? <b>1</b>	3) What are the links between work and money?
<b>Year 4</b>	1) What is resilience?	1) How do I manage risks in my life?	1) How do I make sure I sleep well?	1) What are the rights of the child?
	2) What does it mean to take responsibility for actions?	2) What is self-control?	2) What is fuel for the body?	2) How do we look after our money?
	3) What is discrimination? <b>3</b>	3) What is the difference between legal and illegal drugs? Are all drugs harmful?	3) How do I know if I'm physically ill? <b>4</b>	3) What is sustainability?
<b>Year 5</b>	1) What is mental health? <b>5</b>	1) How do I respond to dares?	1) How can we stop the spread of infection?	1) How are rules and law made and changed?
	2) How do I negotiate and compromise? <b>1</b>	2) What are 'habits'?	2) Why is it important to know about nutritional content of food? <b>2</b>	2) What is Fairtrade?
	3) How do I stay safe on a mobile or tablet? <b>2</b>	3) Who or what influences me? <b>3</b>		3) How can I develop my enterprise skills?
	4) How can I be happy being me? (body image)			4) What is racism?
<b>Year 6</b>	1) How can I challenge negative thoughts and feelings? <b>5</b>	1) How do drugs affect the mind and body?	1) How is my mental and physical wellbeing connected?	1) Why is it important to be critical of the media online and offline?
	2) What is stereotyping?	2) How do I manage peer pressure?	2) How do I keep physically healthy? <b>1</b>	2) How do people manage money?
	3) How can the internet positively and negatively affect our mental health?	3) What are basic emergency first aid skills? <b>2</b>	3) Can I plan and prepare a healthy meal? <b>2</b>	3) What do I want to be? <b>4</b>