



Subject	Autumn 1 Link to Real PE Personal Cog	Autumn 2 Link to Real PE Social Cog	Spring 1 Link to Real PE Cognitive Cog	Spring 2 Link to Real PE Creative Cog	Summer 1 Link to Real PE Applying Physical Cog	Summer 2 Link to Real PE Health & Fitness Cog
EYFS	Settling into school Knowing about myself My family and friends 'Treasure Boxes'	Making relationships Being a good friend 'Elf on the shelf'	Understanding feelings and emotions Understanding choices and consequences Self-regulation 'Goldilocks'	Sharing with friends Looking after ourselves Effects of exercise 'The Princess and the Wizard'	Looking ahead to the future Reflection on the year How to care for others (including animals) 'Celebration Assembly'	Relationships Transition Summer safety How to care for others (inc animals)
Year 1	Relationships Identify family and People who Care about us eg teachers	Relationships Being Safe in school	Health education Identify and name the key emotions	Relationships Understand what respect is	Health education Understand how to stay clean	Relationships Transition
Year 2	Relationships Understand family and People who Care e.g	Relationships Being Safe and following rules at school and home	Health education Understand what can change my emotions	Relationships Understand the importance of showing respect	Health education Understand what to do in an emergency	Relationships Transition
Year 3	Relationships Explore my rights and responsibilities at home	Relationships Understand the importance of being safe	Health education Know the meaning of health and well being	Relationships Take practical steps to improve or support respectful relationships	Health education Understand the importance of sleep and dental hygiene	Health education Understanding differences
Year 4	Relationships Understand aspects of healthy family life	Relationships Making safe choices	Health education Understand the importance of well- being and mental health	Relationships Understand that everyone is different	Health education Understand basic first aid skills	Health education Changes
Year 5	Relationships Recognise that all families are different	Relationships Understand the consequences of not being safe	Health education Develop strategies to deal with mental health and well being	Relationships Identify appropriate ways to respond respectfully to situations	Health education Confidently implement first aid techniques	Health education Puberty
Year 6	Relationships Understand the importance of communities	Relationships Understand the boundaries put in place to keep people safe	Health education Understand the importance of a healthy mental health	Relationships Building respectful relationships and recognising boundaries	Health education Differentiate between risks, dangers and hazards	Health education Reproduction