

EYFS					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Building relationships – my family and friends	Building relationships – special relationships	Self-regulation – listening and following instructions	Self-regulation – my feelings	Managing self – my wellbeing	SRE – Christopher Winter Project x3 lessons Managing self – taking on challenges

Wellbeing LTP 2025-2026 Years 1 - 4									
	Autumn: Relationships			Spring: Health and Wellbeing			Summer: Living in the wider world		
	Families and friendships	Safe relationships	Respecting ourselves and others	Physical health and Mental wellbeing	Growing and changing	Keeping safe	Belonging to a community	Media literacy and digital resilience	Money and work
Y1	- Roles of different people - families - feeling cared for	- Recognising privacy - staying safe - seeking permission	- How behaviour affects others - Being polite and respectful	- Keeping healthy - Food and exercise - Who keeps us healthy - Sun safety	- Different friends - Human life cycles - Different families - Asking for help	- How rules and age restrictions help us - Keeping safe online	- What rules are - caring for others' needs - looking after the environment	- Using the internet and digital devices - communicating online	- Strengths and interests - jobs in the community
Y2	- Making friends - feeling lonely and getting help	- Managing secrets - resisting pressure and getting help - recognising hurtful behaviour	- Recognising things in common and differences; - Playing and working cooperatively; - Sharing opinions - Permission and Consent	- Importance of sleep - Medicines and keeping healthy - Oral hygiene - Managing feelings and asking for help	- Gender stereotypes - Male and female differences - Human life cycles	- Risk and safety at home - Emergencies	- Belonging to a group - roles and responsibilities - being the same and different in the community	- The internet in everyday life - Online content and information	- What money is - needs and wants - looking after money
Y3	- What makes a family - features of family life	- Personal boundaries; - safely responding to others - the impact of hurtful behaviour	- Recognising respectful behaviour; - the importance of self-respect; - courtesy and being polite - Permission and Consent	- Health choices and habits - Exercise - Expressing and understanding feelings	- Being unique - Male and female bodies - Consent - Different types of families	- Risks and hazards - safety in the local environment and unfamiliar places	- The value of rules and laws - rights, freedoms and responsibilities	- How the internet is used - Assessing information online	- Different jobs and skills - job stereotypes - achievements
Y4	Positive friendships, including online	- Responding to hurtful behaviour - managing confidentiality - recognising risks online	- Respecting differences and similarities; - discussing difference - Permission and Consent	- Maintaining a balanced lifestyle - Physical health - Oral hygiene and dental care - Sleep	- Physical and emotional changes - support with puberty - Respect - Healthy relationships	- Medicines and household products - Drugs common to everyday life	- What makes a community - Shared responsibilities	How data is shared and used	- Making decisions about money - Using and keeping money safe

 Where consent is covered