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|  | **Autumn** | **Spring** | **Summer** |
| **Respecting Others and Ourselves** | **Belonging to A Community** | **Ourselves, Growing and Changing** | **Families and Friendships** | **Media Literacy and Digital Resilience** | **Keeping Safe** | **Safe Relationships** | **Economic Wellbeing: Money and work** | **Physical and Mental Wellbeing** |
| Milestone 1 | 1W | How behaviour affects others; being polite and respectful | What rules are; caring for others’ needs; looking after the environment | Recognising what makes them unique and special; feelings; managing when things go wrong | Roles of different people; families; feeling cared for | Using the internet and digital devices; communicating online | How rules and age restrictions help us; keeping safe online | Recognising privacy; staying safe; seeking permission | Strengths and interests; jobs in the community | Keeping healthy; food and exercise, hygiene routines; sun safety |
| 2G | Recognising similarities/ differences; Zippy’s FriendsFeelingsCommunication | Belonging to a group; roles and responsibilities; being the same and different in the community | Growing older; naming body parts; moving class or year | Zippy’s FriendsMaking and Breaking Relationships & Conflict Resolution | The internet in everyday life; online content and information | Safety in different environments; risk and safety at home; emergencies | Zippy’s Friends Module 5Dealing with change and loss, Module 6 coping skills | What money is; needs and wants; looking after money | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help |

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| Milestone 2 | 3W | Apples’ Friends FeelingsApples’ Friends Listening Skills | Caring in our community – what can we do that benefits others | Transition – goals,  | Apples’ Friends FriendshipApples’ Friends Solving Problems | Free to Be MeOnline identity – what is safe to share? | Understand Age Restrictions – social media, TV, film | Managing secrets; resisting pressure and getting help;  | Choice and compromise within a budget – plan a party | Apples’ Friends changesApples’ Friends moving forward  |
| 4M | Recognising respectful behaviour; the importance of self-respect; courtesy and being polite | The value of rules and laws; rights, freedoms and responsibilities | Personal strengths and achievements; managing and reframing setbacks | What makes a family; features of family life | How the internet is used; assessing information online | Risks and hazards; safety in the local environment and unfamiliar places | Personal boundaries; safely responding to others; the impact of hurtful behaviour | Different jobs and skills; job stereotypes; setting personal goals | Maintaining a balanced lifestyle; oral hygiene and dental care |
| 4D | Respecting differences and similarities; discussing difference sensitively | What makes a community; shared responsibilities | Personal identity; recognising individuality and different qualities; mental wellbeing | Positive friendships, including online | How data is shared and used | Medicines and household products; drugs common to everyday life | Responding to hurtful behaviour; managing confidentiality; recognising risks online | Making decisions about money; using and keeping money safe | Health choices and habits; what affects feelings; expressing feelings |

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| Milestone 3 | 5B | Responding respectfully to a wide range of people; recognising prejudice and discrimination | Protecting the environment; compassion towards others | Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty  | Managing friendships and peer influence | How information online is targeted; different media types, their role and impact | Keeping safe in different situations, including responding in emergencies, first aid and FGM | Physical contact and feeling safe | Identifying job interests and aspirations; what influences career choices; workplace stereotypes | Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies |
| 6N | Expressing opinions and respecting other points of view, including discussing topical issues | Valuing diversity; challenging discrimination and stereotypes | Human reproduction and birth; increasing independence; managing transition | Attraction to others; romantic relationships; civil partnership and marriage | Evaluating media sources; sharing things online | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media | Recognising and managing pressure; consent in different situations | Influences and attitudes to money; money and financial risks | What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online |