

## Health and Relationships Education Curriculum Map

|               | <b>Autumn 1</b>                            | <b>Autumn 2</b>                        | <b>Spring 1</b>           | <b>Spring 2</b>                                  | <b>Summer 1</b>                       | <b>Summer 2</b>  |
|---------------|--|--|---------------------------|--|---------------------------------------|--|
| <b>Year 3</b> | <b>Families and people who care for us</b> | <b>Online Safety and Relationships</b> | <b>Keeping Safe</b>       | <b>Respectful Relationships and keeping safe</b> | <b>Mental Wellbeing</b>               | <b>Healthy Lifestyles (linked to DT and science)</b>       |
| <b>Year 4</b> | <b>Caring Friendships</b>                  | <b>Online Safety and Relationships</b> | <b>Healthy Lifestyles</b> | <b>Respectful Relationships and keeping safe</b> | <b>Growing and Changing – puberty</b> | <b>Living in the Wider World – Looking after our world</b> |
| <b>Year 5</b> | <b>Families and people who care for us</b> | <b>Online Safety and Relationships</b> | <b>Healthy Lifestyle</b>  | <b>Respectful Relationships and being safe</b>   | <b>Mental Health and Wellbeing</b>    | <b>Keeping Safe</b>  |
| <b>Year 6</b> | <b>Caring Friendships</b>                  | <b>Online Safety and Relationships</b> | <b>Healthy Lifestyles</b> | <b>Respectful Relationships and being safe</b>   | <b>Growing and Changing – puberty</b> | <b>Living in the Wider World – Money matters</b>           |