

	<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>Theme</b>	Health & Wellbeing	Health & Wellbeing	Relationships and sex Education	Relationships and sex Education	Living in the wider world	Living in the wider world
<b>Topic</b>	Physical health & fitness	Drugs, alcohol & tobacco	Online & media	Intimate sexual relationships & sexual health	Financial choices	Media literacy & digital resilience
<b>Knowledge</b>	To know the positive associations between good physical and mental health, including knowledge of healthy eating and basic first aid.	To know the physical, mental and legal implications around abuse of a variety of substances and where to seek support.	To understand how to operate safely, legally and appropriately online. Be able to recognise risks and know how to respond.	To know how to maintain good sexual health and explore emotions and safe behaviours around the same.	To know how to manage finances; saving, budgeting and work contracts. Explore financial risks and laws around gambling.	To understand how personal data is generated, collated and shared. Develop strategies to critically assess bias and reliability of data.