Golden threads - Healthy Relationships Health and Wellbeing Living in the Wider World

	Autumn		Spring		Summer	
Assembly	Respect – What does that mean to us?	Being healthy – How do we do it?	Money – Looking after pennies to make pounds.	How do we look after the people around us?	What does it mean get old?	Looking after the world – What are the threats and can we counter them?
Ash	Who can help me at school?	How can we be healthy?	Who helps us?	What makes a good friend?	What changes as we get older?	What makes our school community?
Chestnut	Who is special to us?	What helps us stay healthy?	What can we do with money?	What is the same and different about us?	Who helps to keep us safe?	How can we look after each other and the world?
Elm	What Makes a good friend?	What helps us stay safe?	What jobs do people do?	What is bullying?	What helps us grow and stay healthy?	How do we recognise our feelings?
Larch	How can we be good friends?	What keeps us safe?	What makes a community?	What are families like?	Why should we eat well and look after our teeth?	Why should we keep active and eat well?
Oak	How do we treat each other with respect?	What strengths, skills and interests do we have?	How do our choices effect the environment?	How can we manage our feelings?	How will we grow and change? (including menstruation)	How can we manage risk in different places?
Pine	How can friends communicate safely?	What makes up a person's identity? (inc sexuality)	What decisions can people make with money?	How can we help in an accident or emergency?	How can we be healthy as we grow? (inc puberty)	What jobs would we like?
Sycamore	How do friendships change as we grow?	How can drugs common to everyday life affect health?	How does the media influence people?	What will change as we become more independent?	How can we be healthy as we grow? (inc puberty)	How does the media and technology influence people?