

	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 7 weeks	Spring 2 5 weeks	Summer 1 6 weeks	Summer 2 7 weeks
Year 1	Citizenship 1.Rules 2.Caring for others: animals 3.The needs of others 4.Similar, yet different 5.Belonging 6.Democratic decisions	Family and relationship 1. What is family? 2. What are friendships? 3. Recognising other people's emotions 4. Working with others 5. Friendship Problems 6. Healthy Friendships 7. Gender stereotypes	Health and wellbeing 1.Understanding my emotions 2. What am I like? 3.Ready for bed 4.Relaxation 5.Handwashing and Personal Hygiene 6.Sun safety 7.Allergies	Health and wellbeing 8.People who keep us healthy Online safety and relationships – Project Evolve 1.Asking Permission 2. Communicating with people I know online 3. Being kind to other people Economic wellbeing 1. Introduction to money 2. Looking after money	Economic wellbeing 3. Banks and building societies 4. Saving and spending 5. Jobs in school Safety and the changing body 1.Adults in school 2. Adults outside of school 3.Getting lost	Safety and the changing body 4.Making an emergency phone call 5. Appropriate contact 6. Safety with substances 7.Safety at home 8.People who help to keep us safe Transition 1. Strengths and transition
Year 2	Citizenship 1.Rules beyond school 2.Our school environment 3.Our local environment 4.Jobs in our local community 5.Similar, yet different 6.School Council	Citizenship 7.Giving my opinion Family and relationship 1. Families offer stability and love 2. Families are all different 3. Other peoples' feelings 4. Unhappy friendships 5. Manners and Courtesy 6. Change and Loss	Family and relationship 7. Gender stereotypes: Careers and Jobs Health and wellbeing 1.Experiencing different emotions 2.Being active 3.Relaxation: breathing exercises 4.Steps to success 5.Developing a growth mind-set 6.Healthy diet	Health and wellbeing 7.Looking after our teeth Online safety and relationships – Project Evolve 1. Communicate with people I don't know 2. Consent and asking for permission 3. Right to say 'no' Economic wellbeing 1. Where money comes from 2. Needs and wants	Economic wellbeing 3. Wants and needs 4. Looking after money 5. Jobs Safety and the changing body 1.Introduction to the internet 2.Communicating online 3.Secrets and surprises	Safety and the changing body 4.Appropriate contact: my private parts 5. Appropriate contact: my private parts are private 6.Road safety 7.Crossing roads safely 8.Staying safe with medicine Transition 1. Transition
Year 3	Citizenship 1.Rights of the child 2.Rights and responsibilities 3.Recycling 4.Local community groups 5.Charity 6.Local democracy	Citizenship 7.Rules Family and relationship 1.Healthy Families 2. Friendship Conflict 3. Friendship: Conflict vs Bullying 4. Effective Communication 5. Learning who to trust 6. Respecting differences in others	Family and relationship 7. Stereotyping: gender 8. Stereotyping: age Health and wellbeing 1.My healthy diary 2.Relaxation: Stretches 3.Wonderful me 4.My superpowers 5.Resilience: Breaking down barriers	Health and wellbeing 6.Diet and dental health Online safety and relationships – Project Evolve 1. Similar likes and interests online 2. Changing your mind about trusting anyone 3. Giving and gaining permission Economic wellbeing 1. Ways of paying	Economic wellbeing 2. Budgeting 3. How spending affects others 4. Impact of spending 5. Jobs and careers 6. Gender and careers Safety and the Changing Body 1.First aid: emergencies and calling for help	Safety and the changing body 2.First aid: bites and stings 3.Cyberbullyin 4.Fake emails 5.Drugs, alcohol and tobacco: making choices 6. Drugs, alcohol and tobacco: influences 7.Keeping safe out and about Transition 1. Coping strategies
Year 4	Citizenship 1. What are human right? 2.Caring for the environment 3.Community 4.Contributing 5.Diverse communities 6.Local councillors	Family and relationship 1.Respect and Manners 2.Healthy friendships 3.How my behaviour affects others 4. Bullying 5. Stereotypes: Gender 6. Stereotypes: Disability 7. Families in the wider world	Family and relationship 8. Change and Loss Health and wellbeing 1.Looking after our teeth 2.Relaxation: Visualisation 3.Celebrating mistakes 4.Meaning and purpose: my role 5.My happiness 6.Emotions	Health and wellbeing 7. Mental health Online safety and relationships – Project Evolve 1. Strategies for safe and fun experiences 2. Healthy and unhealthy online behaviours 3. Other people's thoughts, feelings and beliefs.	Economic wellbeing 1. Spending choices 2. Keeping track of money 3. Looking after money 4. Influences on career choices 5. Changing jobs Safety and the Changing Body 1.Internet safety: age restrictions	Safety and the changing body 2.Share aware 3.First aid: asthma 4.Privacy and secrecy 6.Growing up 7.Introducing puberty 8.Tobacco Transition 1. Setting goals
Year 5	Citizenship 1.Breaking the law 2.Rights and responsibilities 3.Protecting the planet 4.Contributing to the community 5.Pressure groups 6.Parliament	Family and relationship 1.Build a friend 2. Friendship skills 3. Marriage 4. Respecting myself 5. Family life 6. Bullying 7. Stereotyping: Gender	Family and relationship 8. Stereotyping: Race and Religion Health and wellbeing 1.Relaxation: yoga 2.The importance of rest 3.Embracing failure 4.Going for goals 5.Taking responsibility for my feelings 6.Healthy meals	Health and wellbeing 7.Sun safety Online safety and relationships – Project Evolve 1. Harmful communication 2. Seeking help 3. Supporting others Economic wellbeing 1. Borrowing 2. Income and expenditure	Economic wellbeing 3. Risks with money 4. Prioritising spending 5. Stereotypes in the workplace Safety and the changing body 1.Online friendships 2.Staying safe online 3.Puberty	Safety and the changing body 4.Menstruation 3.Puberty 4.Menstruation 5.Emotional changes in puberty 6.First aid: bleeding 7.Alcohol, drugs and tobacco: making decisions Transition 1. Roles and responsibilities
Year 6	Citizenship 1.Human rights 2.Food choices and the environment 3.Caring for others 4.Prejudice and discrimination 5.Valuing diversity 6.National democracy	Family and relationship 1.Respect 2.Respectful relationships 3.Stereotypes: Attitudes 4.Challenging stereotypes 5.Resolving conflict 6.Change and loss Health and wellbeing 1. What can I be?	Health and wellbeing 2.Relaxation: Mindfulness 3.Taking responsibility for my health 4.Impact of technology on health 5.Resilience toolbox 6.Immunisation 7.Good and bad habits 8.Physical health concerns	Online safety and relationships – Project Evolve 1. Positive and negative impact 2. Respecting boundaries 3. Sharing privately online 4. Sharing inappropriate images Identity (New unit) 1. What is identity? 2. Identity and body image	Economic wellbeing 1. Attitudes to money 2. Respecting money safe 3. Gambling 4. What jobs are available? 5. Career routes Safety and the Changing Body 1.Alcohol 2.Critical digital consumers	Safety and the changing body 3.Social media 4.Physical and emotional changes in puberty 5.Conception 6.Pregnancy and birth 7.First aid: choking 8.First aid: basic life support Transition 1. Dealing with change

Also need to supplement these lessons with Focus Week's on themes:

- Anti-Bullying Week (November)
- Children's Mental Health Week (February)
- Online Safety (February) – Project evolve
- Mental Health Awareness Week (May)
- Finance education (June) – Economic Wellbeing unit
- Healthy Eating (June)
- Physical Activity (TBC by school)