

	Year A & B		
EYFS	Autumn	Spring	Summer
	<u>Self-regulation: My feelings</u> Lesson 1: identify feelings Lesson 3: coping strategies Lesson 4&5 (combined): describe feelings and recognise facial expression	<u>Managing self: taking on challenges</u> Lesson 1: why do we have rules? Lesson 2: Building towers Lesson 5: Team races	<u>Building relationships: My family and friends</u> Lesson 1: festivals Lesson 2: sharing Lesson 3: what makes a good friend? Lesson 4: being a good friend
	<u>Building relationships: special relationships</u> Lesson 2: special people Lesson 3: sharing Lesson 4: I am unique Lesson 6: similarities and differences	<u>Self-regulation: listening to and following instructions</u> Select 3 of the 6 Lessons to best suit your cohort.	<u>Managing self: My well-being</u> Lesson 1: exercise Lesson 4: Being a safe pedestrian Lesson 5: eating healthily
	Year A		
Year 1/2	Autumn	Spring	Summer
Introductory Lesson (Year 1) - on transition days with new class	<u>Self-regulation: My family and friends (Year 1)</u> Lesson 1: What is family? Lesson 2: What are friendships? Lesson 5: Friendship problems Lesson 6: Healthy friendships Lesson 7: Gender stereotypes	<u>Building relationships: Health and well-being (Year 2)</u> Lesson 1: Experiencing different Emotions Lesson 5: Developing a growth mindset Lesson 6: Healthy diet Lesson 7: Looking after our teeth	<u>Building relationships: safety and changing body (Year 1)</u> Lesson 1: Adults in school Lesson 2: Adults outside school Lesson 3: Getting lost Lesson 4: Making an emergency phone call Lesson 5: Appropriate contact Lesson 6: Safety with substances

	<u>Managing self: economic well-being (Year 1)</u> Lesson 1: Introduction to money Lesson 4: Saving and spending	<u>Managing self: citizenship (Year 2)</u> Lesson 1: Rules beyond school Lesson 5: Similar yet different- my local community Lesson 7: Giving my opinion	
	Year B		
Introductory Lesson (Year 2) - on transition days with new class	<u>Self-regulation: My family and friends (Year 2)</u> Lesson 2: Families are all different Lesson 4: Unhappy friendships Lesson 5: Introduction to manners and courtesy Lesson 6: Change and loss Lesson 7: Gender stereotypes: Careers and jobs <u>Managing self: economic well-being (Year 2)</u> Lesson 3: Wants and needs Lesson 4: Looking after money	<u>Building relationships: Health and well-being (Year 1)</u> Lesson 1: Understanding my emotions Lesson 3: Ready for bed Lesson 5: Handwashing & personal Lesson 6: hygiene Lesson 6: Sun safety Lesson 7: Allergies <u>Managing self: citizenship (Year 1)</u> Lesson 1: Rules Lesson 4: Similar, yet different	<u>Building relationships: safety and changing body (Year 2)</u> Lesson 2: Communicating online Lesson 3: Secrets and surprises Lesson 4: Appropriate contact: My private parts Lesson 5: Appropriate contact: My private parts are Private Lesson 6: respecting personal boundaries Lesson 7: Road Safety Lesson 8: Staying safe with medicine
	Year A		
Year 3/4	Autumn	Spring	Summer
Setting ground rules and	<u>Self-regulation: My family and friends (Year 3)</u> Lesson 1: Healthy families	<u>Building relationships: Health and well-being (Year 4)</u> Lesson 1: Looking after our teeth	<u>Building relationships: safety and changing body (Year 3)</u> Lesson 1: First Aid: emergencies

Signposting Year 3) - on transition days with new class	<p>Lesson 2: Friendship conflicts Lesson 3: Friendship: conflict vs bullying Lesson 5: Learning who to trust Lesson 6: Respecting differences in others Lesson 7: Stereotyping gender</p>	<p>Lesson 3: Celebrating mistakes Lesson 5: My happiness Lesson 6: Emotions Lesson 7: Mental health</p> <p><u>Managing self: economic well-being (Year 3)</u></p> <p>Lesson 1: Ways of paying Lesson 5: Jobs and careers</p>	<p>and calling for help Lesson 4: Cyberbullying Lesson 7: Influences Lesson 8: Keeping safe out and About</p> <p><u>Managing self: citizenship (Year 4)</u></p> <p>Lesson 1: What are human rights? Lesson 5: Diverse communities</p>
	Year B		
Setting ground rules and Signposting (Year 4) - on transition days with new class	<p><u>Self-regulation: My family and friends (Year 4)</u></p> <p>Lesson 1: Respect and manners Lesson 2: Healthy friendship Lesson 4: Bullying Lesson 6: Stereotypes: Disability Lesson 8: Change and loss</p> <p><u>Managing self: economic well-being (Year 4)</u></p> <p>Lesson 2: Keeping track of money Lesson 4: Influences on career choices</p>	<p><u>Building relationships: Health and well-being (Year 3)</u></p> <p>Lesson 1: My healthy diary Lesson 3: Health and wellbeing Lesson 5: Resilience: breaking down barriers Lesson 6: Diet and dental health</p> <p><u>Managing self: citizenship (Year 3)</u></p> <p>Lesson 1: Rights of the child Lesson 5: Charity Lesson 6: Local democracy</p>	<p><u>Building relationships: safety and changing body (Year 4)</u></p> <p>Lesson 1: Internet safety: Age restrictions Lesson 2: Share aware Lesson 4: Privacy and security Lesson 7: Introducing puberty Lesson 8: Tobacco</p>
	Year A		
Year 5/6	Autumn	Spring	Summer

Setting rules and Signposting - on transition days with new class	<u>Self-regulation: My family and friends (Year 5)</u> Lesson 2: Friendship skills Lesson 3: Marriage Lesson 4: Respecting myself Lesson 5: Family life Lesson 6: Bullying Lesson 8: Stereotypes: Race and religion	<u>Building relationships: Health and well-being (Year 6)</u> Lesson 3: Taking responsibility for my health Lesson 4: The impact of technology on health Lesson 5: Resilience toolkit Lesson 6: Immunisation Lesson 8: Physical Health Concerns <u>Managing self: economic well-being (Year 5)</u> Lesson 3: Risks with money	<u>Building relationships: safety and changing body (Year 5)</u> Lesson 1: Online friendships Lesson 2: Staying safe online Lesson 3: Puberty Lesson 4: Menstruation Lesson 6: First Aid: Bleeding Lesson 7: Alcohol, drugs and tobacco: Making decisions <u>Managing self: economic well-being (Year 6)</u> Lesson 2: Identity and body image
Year B			
Setting ground rules for RSE and PSHE- on transition days with new class	<u>Self-regulation: My family and friends (Year 6)</u> Lesson 1: Respect Lesson 2: Respectful relationships Lesson 4: Challenging stereotypes Lesson 5: Resolving conflict Lesson 6: Change and loss <u>Managing self: economic well-being (Year 6)</u> Lesson 4: What jobs are available	<u>Building relationships: safety and changing body (Year 6)</u> Lesson 1: Alcohol Lesson 3: Social media Lesson 4: Physical and emotional changes of puberty Lesson 8: First Aid: Basic life Support <u>Managing self: citizenship (Year 5)</u> Lesson 1: Breaking the law Lesson 6: Parliament	<u>Building relationships: Health and well-being (Year 5)</u> Lesson 2: The importance of rest Lesson 5: Taking responsibility for my feelings Lesson 6: Healthy meals Lesson 7: Sun safety <u>Managing self: citizenship (Year 6)</u> Lesson 1: Human rights Lesson 4: Prejudice and discrimination Lesson 6: National democracy