

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self-regulation: my feelings	Building relationships: special relationship	Managing self: taking on challenges	Self-regulation: listening and following instruction	Building relationships: my family and friends	Managing self: my wellbeing
EYFS: Reception	Can I identify my feelings? Can I express my feelings? Can I regulate my emotions? Can I describe my feelings?	Can I talk about my family? Can I talk about special people in my life? Can I share? Can I talk about me and my strengths? Can I talk about my interests? Can I talk about difference? <i>(Visit from a family member)</i>	Can I understand why we have rules? Can I demonstrate persistence? Can I work in a group? Can I regulate my emotions?	Can I show I am listening? Can I follow instructions? Can I listen and respond?	Can I listen to others? Can I show respect to others? Can I explain why sharing is important? Can I show kindness to others?	Can I explain what exercise is and why it's important? Why do I need to take care of myself? How can I be a safe pedestrian? What does healthy eating mean?
	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition Identity- Y6
Year 1	<i>Charter intro lesson</i> Can I explain what family is? Can I explain what friendship is? Can I describe different feelings and demonstrate how to respond to different emotions? Can I demonstrate teamwork? Can I suggest ways to overcome friendship issues? What is a stereotype?	What are feelings and how do I manage them? What am I like? Why does sleep matter? Why do we wash our hands? Can I discuss the five S's for sun safety? Can I explain why some foods can cause allergic reactions? Who can help us keep healthy? <i>(Visit from school nurse)</i>	Who are the adults in school who keep me safe? Is every adult safe? What do I do if I get lost? How do I get help if I need it? What is safe to put in my body? Can I spot dangers in my home? Who can help keep me safe? <i>(Visit from Fire Fighter)</i>	Why do I follow rules? How do I care for animals? <i>(Visit from an animal-pet)</i> What do babies need? How are we similar? How are we different? Do I belong? What is democracy?	What is money? How do I keep money safe? What is a bank? What is spending? What is saving? What jobs do the adults have in school? What jobs could I do?	CG Cohort lessons What are my strengths? What knowledge have I learnt this year? What skills have I developed this year? What are my dreams and hopes for next year?
Year 2	<i>Charter Intro lesson</i> Why do we have a family? Are families all the same? <i>(Visit from family member)</i> How do I respect others' feelings? What do I do if a friendship is making me sad? What is courtesy? How does loss and change affect us? What is a stereotype?	How do I deal with different emotions? What are the benefits of physical activity? What can breathing help me? What are my strengths? How do I overcome barriers? What is a healthy diet? Why do I need to look after my teeth? <i>(Visit from the dentist)</i>	What is the internet and how can it help me? How do I stay safe on the internet? What is a secret? What is privacy? What are safe and unsafe touches? How do I show respect to others? How do I stay safe on and near the roads? <i>(Practice crossing the roads near school)</i>	Why do we have rules? How can I look after our school environment? How does the community look after the local environment? What is the same and what's different between people in my local community? What is democracy and how does it work? How can I share my opinion?	Where does money come from? What do we need for healthy growth? How do we decide what we want? How can I manage my money? What are my skills and talents? How do I include others?	CG Cohort lessons What are my strengths? What knowledge have I learnt this year? What skills have I developed this year? What are my dreams and hopes for next year?
Year 3/4 Cycle A	<i>Charter Intro lesson</i> What do I do if I fall out with my friend? What is the impact of bullying? What is a bystander?	How do you lead a healthy lifestyle? Why is it important? What are the benefits of dental health?	Is being kind online important? What is cyberbullying? What can I share online? Can I explain the difference between public and private?	What are the benefits of recycling? What groups make a community? How does democracy work in our local area?	What influences our spending? What does good value for money mean? How do I budget and keep track of my money?	CG Cohort lessons What are my strengths? What knowledge have I learnt this year?

	<p>What is a stereotype? Why do stereotypes exist? What are the physical and emotional boundaries in a friendship? Why is trust important?</p>	<p>How does relaxing help the body? Who am I? Are mistakes useful? When should I give consent? What is important to me?</p>	<p>How do I help someone who has been stung or bitten? How can choices be influenced? Y4- what are the physical differences between children and adults? Y3- How do I stay safe on and near roads?</p>	<p>What happens when we break rules? What are the rights of a child? What are human rights? <i>(Visit from local MP)</i></p>	<p>How does money impact how I feel? What career am I Interested In? Can stereotypes limit people's career aspirations? <i>(Visit from a female fire fighter and a male nurse)</i></p>	<p>What skills have I developed this year? What are my dreams and hopes for next year?</p>
Year 3/4 Cycle B	<p><i>Charter Intro lesson</i> How do I resolve a problem with a friendship? What is a healthy family? Can I explain what stereotyping: gender is? How does my behaviour affect others? Why is listening important? Why do I need to show Courtesy and use manners?</p>	<p>What makes a healthy lifestyle? How do I keep my teeth healthy? <i>(Visit from the dentist)</i> What makes me feel calm? What are my strengths and how can I help others? How can i break down barriers? How do I communicate my feelings? What is mental health? Who can help my mental health?</p>	<p>What is a fake email? What age restrictions are there online? Can I trust all the information I read online? How does smoking affect your body? How can I support someone with asthma? How are choices influenced? Y4- what are the physical differences between children and adults? Y3- How do I stay safe on and near roads?</p>	<p>What are the benefits of reusing (linked to recycling) What contributes can groups in the community make? How does democracy work in our local area? How diverse is our local area? What are the rights of a child? What are charities and how can they support others? <i>(Visit from charity worker)</i></p>	<p>Where does money come from? How do people make money? What is the difference between wants and needs? Shall I save or spend? What is the benefit of banks and building societies? How do I get a job?</p>	<p>CG Cohort lessons What are my strengths? What knowledge have I learnt this year? What skills have I developed this year? What are my dreams and hopes for next year?</p>
Year 5/6 Cycle A	<p><i>Charter Intro lesson</i> <i>What do I form and maintain a positive friendship?</i> Can I win and lose respect? What is self-respect? Can I explain the concept of marriage? How does bullying start? How can I help? How has stereotyping changed over time? How do I challenge a stereotype?</p>	<p>What are the benefits of sleep? How can I embrace failure? Can I set different goals for the future? Am I responsible for my own feelings? Can I name the food groups to plan healthy meals? What are the risks associated with the sun? How do I avoid these? <i>(Phunky food afternoon- invite parents in)</i></p>	<p>Can I have online friends? How do I stay safe online? How do I help someone who is choking? What are the risks of alcohol? How can others influence us? Y5- how do we change physically during puberty? Y6- what changes happen during puberty? Y5- what is the menstrual cycle? Y6- what is conception? (Parents can withdraw their child)</p>	<p>What happens if I break the law? What is prejudice and discrimination? How can I protect our planet? How can I contribute to our local community? How are rights and responsibilities linked? How does parliament work?</p>	<p>What is a loan? What is income and expenditure? How do I set a weekly budget? What are the risks associated with money? What jobs are there available? <i>(Job showcase)</i></p>	<p><u>Y6- Identity</u> What is identity? What is media manipulation? CG Cohort lessons What are my strengths? What knowledge have I learnt this year? What skills have I developed this year? What are my dreams and hopes for next year?</p>
Year 5/6 Cycle B	<p>What are the ups and downs of friendships? What is respect and why is it important? What is conflict, negotiation and compromise? Are families always happy? What is the Impact of stereotypes? What is discrimination?</p>	<p>What can I be? How can I take responsibility for my health? What is the impact of technology on my health? How do I build my resilience? What are the benefits of immunisation? Where do I go if I feel unwell?</p>	<p>How can I be a critical digital consumer? How do I manage friendships online? How can I help someone who is bleeding? How do I help someone who is unresponsive?</p>	<p>What's the role of pressure groups? What's the value of diversity? How are food choices linked the environment? How do I show care and concern for others? What are human rights? How does parliament work?</p>	<p>Does everyone have the same attitude to money? How do I keep my money safe? Do stereotypes exist in the workplace? What is gambling? What route do I take to achieve my dream job?</p>	<p><u>Y6- Identity</u> What is identity? What is media manipulation? CG Cohort lessons What are my strengths? What knowledge have I learnt this year? What skills have I developed this year?</p>

	How do I respond to loss and grief?	<i>(Visit from the school nurse)</i>	Y5- how do we change physically during puberty? Y6- what changes happen during puberty? Y5- what is the menstrual cycle? Y6- what is conception? (Parents can withdraw their child)	<i>(Visit to local elderly, litter picking in local area)</i>		What are my dreams and hopes for next year?
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