

	Who we are	How we express ourselves	Where we are in place and time	Sharing the planet	How the world works	How we organise ourselves
KS1 Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Families and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic wellbeing	Transition
	1. Introduction 2. Family 3. Friendships 4. Other people's feelings 5. Getting along with others 6. Friendship Problems 7. Gender Stereotypes 8. Change and Loss	1. Understanding my feelings 2. Steps to success 3. Developing a growth mindset 4. Being Active 5. Relaxation; breathing exercises 6. Healthy Diet 7. Looking after your teeth	1. Communicating with adults 2. Road Safety 3. Safety at Home 4. Safety with Medicines 5. What to do if I get lost 6. The Internet 7. Appropriate Contact 8. My Private Parts are Private 9. Personal Boundaries	1. Rules 2. similar, yet different 3. Caring for Others: Animals 4. The needs of others 5. Democratic Decisions 6. School 7. Giving my Opinion	1. Money 2. Needs and Wants 3. Saving and Spending 4. Banks Building Societies 5. Jobs	Transition lesson
	Who we are	How we express ourselves	How we organise ourselves	How the world works	Where we are in place and time	Sharing the planet
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Families and Relationships	Health and wellbeing	Safety and the Changing Body	Citizenship	Economic wellbeing	Transition
	Introduction lesson 1. Healthy families 2. Friendship conflict 3. Friendship conflict versus bullying 4. Effective communication 5. Learning who to trust 6. Respecting differences in others 7. Stereotyping gender 8. Stereotyping age	1. My healthy diary 2. Relaxation 3. Wonderful me 4. My superpowers 5. Resilience breaking down barriers 6. Communicating my feelings 7. Diet and dental health	1. First aid: emergencies and calling for help 2. First aid: bites and stings 3. Be kind online 4. Cyberbullying 5. Fake emails 6. Making choices 7. Influences 8. Keeping safe out and about	1. Rights of the child 2. Rights and responsibilities 3. Recycling 4. Local community groups 5. Charity 6. Local democracy 7. Rules	1. How can we pay for something? 2. Budgeting 3. Understanding our feelings about money 4. Impact of spending 5. Career quest 6. Can anyone be anything?	Coping Strategies
	Who we are	How we express ourselves	How we organise ourselves	How the world works	Where we are in place and time	Sharing the planet
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Families and Relationships	Health and wellbeing	Safety and the Changing Body	Citizenship	Economic wellbeing	Transition
	Introduction 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 8. Change and Loss	1. Looking after our teeth 2. Relaxation: visualisation 3. Celebrating Mistakes 4. Meaning and Purpose; My role 5. My happiness 6. Emotions 7. Mental Health	1. Internet Safety: Age restrictions 2. Share aware 3. First aid: Asthma 4. Privacy and secrecy 5. Consuming information online 6. Growing up 7. Introducing puberty 8. Tobacco	1. What are human rights? 2. Caring for the environment 3. Community 4. Contributing 5. Diverse communities 6. Local councillors	1. Navigating feelings about money 2. Keeping money safe 3. Imagining our financial future 4. The risks of gambling 5. Workplace environments 6. Career routes	Setting goals
	Who we are	How we express ourselves	Where we are in place and time	How the world works	How we organise ourselves	Sharing the planet
Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Families and Relationships	Health and wellbeing	Citizenship	Safety and the Changing Body	Economic wellbeing	Transition

	Introduction lesson 1. Build a friend 2. Friendship skills 3. Marriage 4. Respecting myself 5. Family life 6. Bullying 7. Stereotyping gender 8. Stereotypes: race and religion	1. Relaxation: yoga 2. The importance of rest 3. Embracing failure 4. Going for goals 5. Taking responsibility for my feelings 6. Healthy meals 7. Sun safety	1. Breaking the law 2. Rights and responsibilities 3. Protecting the planet 4. Contributing to the community 5. Pressure groups 6. Parliament	1. Online friendships 2. Staying safe online 3. Puberty 4. Menstruation 5. Emotional changes in puberty 6. First aid: Bleeding and head injuries 7. Alcohol, drugs and tobacco: making decisions	1. How can we make our money stretch further? 2. How should I budget for the week? 3. Borrowing and loaning 4. Risks handling money online 5. Why challenge workplace stereotypes? 6. Finding a suitable career	Roles and responsibilities
	Who we are	Sharing the planet	Where we are in place and time	How the world works	How we organise ourselves	How we express ourselves
Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Families and Relationships	Health and wellbeing	Safety and the Changing Body	Citizenship	Economic wellbeing	Identity/ Transition
	Introduction lesson 1. Respect 2. Respectful relationships 3. Stereotypes: attitudes 4. Challenging stereotypes 5. Resolving conflict 6. Change and loss	1. What can I be? 2. Relaxation: Mindfulness 3. Taking responsibility for my health 4. The impact of technology on health 5. Resilience toolbox 6. Immunisation 7. Good and bad habits 8. Physical health concerns	1. Alcohol 2. Critical digital consumers 3. Social media 4. Physical and emotional changes of puberty 5. Conception 6. Pregnancy and birth 7. First aid: choking 8. Basic life support	1. Human rights 2. Food choices and the environment 3. Caring for others 4. Prejudice and discrimination 5. Valuing diversity 6. National democracy	1. Navigating feelings about money 2. Keeping money safe 3. Imagining our financial future 4. The risks of gambling 5. Workplace environments 6. Career routes	1. What is identity? 2. Identity and body image Transition- dealing with change