

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Intro to Zones of Regulation 4 lessons</p> <p>Sun safety</p> <p>Basic first aid</p> <p>Bonfire night safety</p>	<p>Healthy families</p> <p>Friendship conflict</p> <p>Anti-bullying week</p> <p>Learning who to trust</p> <p>Respecting differences in others</p> <p>Stereotyping: Gender</p> <p>Stereotyping: age</p>	<p>Appropriate levels of touch</p> <p>Emergencies</p> <p>Washing hands</p> <p>Road safety</p> <p>Who keeps me safe?</p>	<p>Wonderful me / Resilience</p> <p>Sleep</p> <p>Exploring Tools Zones of Regulation 2 lessons</p>	<p>Rights and responsibility</p> <p>Rules</p> <p>Stealing vs borrowing</p> <p>Plastic pollution Earth Day</p> <p>What's in my community?</p> <p>Who helps in the community?</p>	<p>Jobs and pay</p> <p>Different ways to pay</p> <p>Approaching the finish line – Zones of Regulation 4 lessons</p>
Year 4	<p>Zones of Regulation</p> <p>How to maintain healthy relationships</p> <p>Celebrating differences</p> <p>Unhealthy relationships</p> <p>Resolving conflict</p> <p>Self-esteem – jealousy</p> <p>Feeling lonely</p> <p>Halloween</p>	<p>Bonfire night safety</p> <p>Hazard risk danger -</p> <p>Anti-bully Week</p> <p>Danger signs</p> <p>Dares</p> <p>Railway safety</p> <p>Christmas – giving vs receiving</p>	<p>Sleep</p> <p>Sugar</p> <p>Balance diet</p> <p>Exercise</p> <p>Mental health – zones</p>	<p>Online age restrictions</p> <p>Adverts</p> <p>Body images</p> <p>editing and fake images online</p> <p>Live streaming</p> <p>Gaming and online spending</p>	<p>Human rights</p> <p>Rules</p> <p>School rules</p> <p>British Values</p> <p>Local councillors</p> <p>Diverse community - racism</p>	<p>Spending choices</p> <p>How are payments changing?</p> <p>How spending affects my feelings</p> <p>Career choices</p> <p>Career stereotypes</p> <p>Transition</p> <p>Reflection</p>

Year 5	<p>Zones of Regulation</p> <p>Healthy relationships</p> <p>Unhealthy relationships</p> <p>Civil partnerships and marriage</p> <p>Peer pressure</p> <p>Assertive, aggressive and passive behaviour</p> <p>Appropriate touch</p>	<p>Bonfire Night</p> <p>Changes and loss</p> <p>Anti-bullying week</p> <p>Emergency Calls</p> <p>Basic First Aid</p> <p>Christmas – thinking of others</p>	<p>Drugs alcohol and tobacco (including vapes) 6 lessons</p> <p>What is a drug? Categories of drugs</p> <p>Safety using medicines</p> <p>Cigarettes</p> <p>Vaping</p> <p>Alcohol</p> <p>Illegal vs legal</p>	<p>Coming home on time</p> <p>Keeping safe in the local area</p> <p>Being part of the community</p> <p>Needs vs wants in spending choices</p> <p>Different career paths</p>	<p>Growing and changing</p> <p>Growing and changing – emotions</p> <p>Puberty</p> <p>Relationships x 2</p> <p>Manipulated images on media</p>	<p>Railway safety</p> <p>Dangers over the summer holidays</p> <p>Age of criminal responsibility</p> <p>Vaccination and immunisation and first aid</p> <p>Reflect on achievements</p> <p>Transition</p>
Year 6	<p>Accepting others</p> <p>Actions and consequences</p> <p>Racism</p> <p>Types of families</p> <p>Peer Pressure (exploitation)</p> <p>Unhealthy friendships</p> <p>Feeling lonely</p> <p>9 protected characteristics</p>	<p>Anti-social behaviour on bonfire night</p> <p>Anti-bullying</p> <p>Physical and mental health</p> <p>Basic first aid and emergency calls</p> <p>Sleep – affecting health</p> <p>Zones of Regulation</p> <p>Current Christmas issues</p>	<p>Hazards online</p> <p>Editing and filters x 2</p> <p>Safer Internet Day</p> <p>Payment methods: What are credit cards</p> <p>Budgeting on a monthly wage</p>	<p>YGAM: Gambling within games x 3</p> <p>Keeping money safe/ scams</p> <p>How money affects feelings and finding a work life balance- jobs</p>	<p>What it means to be an adult</p> <p>Puberty recap/ Periods</p> <p>Emotions during puberty</p> <p>Reproduction</p> <p>Consent</p> <p>Sharing images online</p>	<p>Human rights /children's rights</p> <p>How our government works</p> <p>Our local council</p> <p>Modern propaganda – linked to WW2</p> <p>Transition x 2</p>