

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

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