

Week	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Kind and Caring That families are important for children growing up because they can give love, security and stability	Kind and Caring The characteristics of health family life, commitment to each other, including in times of difficulty, protection and care for children and other family members - Compliments - Pupil of the day	Ourselves How to recognise the early signs of physical illness, such as weight loss, or unexplained changes to the body	Kind and Caring the importance of spending time together and sharing each other's lives.	Kind and Caring That others families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	Kind and Caring Those stable, caring relationships which may be of different types, are the heart of happy families and are important for children's security as they grow up
2	Pride How to ask for advice or help for themselves or to others, and to keep trying until they are heard.	Anti –Bullying How to report concerns or abuse, and the vocabulary and confidence needed to do so, <i>That bullying (including cyber bullying) has a negative and often lasting impact on mental wellbeing.</i>	Being Safe/online About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe	Science Week About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing <i>The facts and science relating to allergies, immunisation and vaccination.</i>	Healthy Friendships That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Respect That in school and in wider society they can expect to be treated with respect by other and that in turn they should show due respect to others, including those in positions of authority
3	Being Healthy That mental wellbeing is a normal part of daily life, in the same way as physical health	Cyber – bullying About different types of bullying (including cyber bullying) the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	Being Healthy (HB) Where and how to seek support (including recognising the triggers for seeking for support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising on line)	Pride The importance of respecting others, even when that are very different from then (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Sports Week (HB) The characteristics and Mental Health and physical benefits of an active lifestyle <i>The risks associated with an inactive lifestyle (including obesity)</i>	Respect What a stereotype is, how stereotypes can be unfair, negative or destructive
4	Emergency Services How to make a clear and efficient call to emergency services if necessary	Celebrating Differences That marriage (both opposite sex and same sex couples represented a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	Self-Belief How to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Book Week The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interest and experiences and support	Respect That marriage (both opposite sex and same sex couples represented a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	Family Time Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

				with problems and difficulties.		
5	Safe Adults How to respond safely and appropriately to adults they may encounter (in all contexts, including on line) whom they do not know,	Respect The importance of self-respect and how this links to their own happiness	Online Safety What sorts of boundaries are appropriate in friendships with peers and others (including in digital context)	Easter Story How important friendships are in making us feel happy and secure and how people choose and make friends.	Feeling Safe How to recognise if family relationships are making the feel unhappy or unsafe, and how to seek help or advise from others if needed	Feeling Safe How to recognise and report feelings of being unsafe of feeling bad about any adult
6	Celebrating Differences That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Christmas That families are important for children growing up because they can give love, security and stability	Being Healthy The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	First Aid Concepts of basic first aid - for example dealing with common injuries	Relationships The importance of permission-seeking and giving in relationships with friends, peers and adults	Healthy Eating How and when to seek support including which adults to speak to in school if they are worried about their health