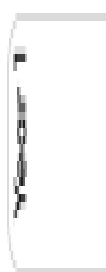


Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Making friends: playing and learning together.
Teaches pupils to listen, share, cooperate, ask permission appropriately, understand friendships, manage falling out, and recognise bullying.
BV- **Respect** **Tolerance**

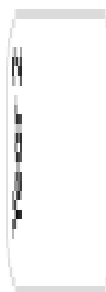
Mental health and wellbeing
Supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.

Celebrating me, you and our families
Explores similarities, differences, and individuality, helping pupils understand different families and how members show care and love.
BV- **Respect** **Tolerance**

Safety at home
Teaches pupils about hazards and risks at home and how to stay safe, especially around household products and medicines.
BV- **Rule of Law**

Being Healthy
Covers healthy lifestyles: sleep, food and drink choices, physical activity, hygiene (including toothbrushing), and sun safety.
BV- **Individual Liberty**

Showing kindness to ourselves and others
Revisits feelings and the importance of kindness.
BV- **Respect** **Tolerance**



Mental Health & Wellbeing
This unit explores feelings, ways to manage them, and introduces change and loss, including bereavement.

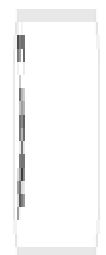
Keeping safe online
Explores how online content can impact feelings, how to make safe choices online & the importance of not sharing personal information).
BV- **Rule of Law** **Respect** **Individual Liberty** **Tolerance**

Me, my body and staying safe
Explores how people change as they grow. Pupils are introduced to the names of private body parts. PANTS rules.
BV- **Respect** **Rule of Law** **Individual Liberty**

Money and work
Examines people's strengths and interests for choosing jobs. Explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.

Keeping safe outside the home
Builds on prior learning about road and rail safety. Learn what an 'emergency' is, how to get help or call 999.
BV- **Rule of Law**

Looking back and moving on
Consolidate Learning. celebrate pupils' achievements and prepare them for the transition to key stage 2.
BV- **Individual Liberty**



Me, my friends and belonging
Explores themes of personal identity and friendship. How to include others
BV- **Respect** **Tolerance** **Individual Liberty**

Mental health and wellbeing
Building on learning in year 2, developing bank of self regulation strategies. Applying them in new contexts, such as managing worries.

Building healthy habits
Develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.
BV- **Individual Liberty**

Making choices online
Explores how to protect information online and make choices about online content, including understanding age ratings.
BV- **Rule of Law** **Individual Liberty**

Keeping safe out and about
Supports pupils to identify risk and keep safe in the sun, as well as around railways and water.
BV- **Rule of Law**

Looking out for each other
Explores the basics of first aid, and revisits how to make an efficient call to the emergency services.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on the learning in year 3- extends pupils' understanding of self-regulation strategies & explores factors that can support wellbeing.	Exploring ways to manage risk Explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety BV- Rule of Law Individual Liberty Respect	Forming respectful relationships Supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness. BV- Respect Tolerance	Money matters and news literacy Explores how attitudes and influences can impact decisions about money. Encourages pupils to critically engage with news stories and recognise how they might affect emotions.	Me, my body and growing up Focuses on the emotional changes experienced during growing up, and builds pupils' confidence in using the Talk PANTS rule to keep safe. BV- Respect Individual Liberty	Families and growing together Supports pupils' understanding of diverse family structures, and how families can change. BV- Respect Tolerance
Friendships, stereotypes and bullying Explores respectful relationships and what to do about bullying. How to recognise and challenge stereotypes and prejudiced or extreme views. BV- Respect Tolerance Individual Liberty	Mental health and wellbeing Revisits & builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	Positively engaging with our world examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	Respecting boundaries explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission. BV- Rule of Law Respect	Safe connections supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime. BV- Rule of Law Respect	Embedding healthy habits and learning first aid supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid. BV- Individual Liberty
Mental health and wellbeing revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing - including in the context of the transition to secondary school.	Managing money and online spending explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) - including targeted advertising and other influences on online spending.	Changes in puberty (and sex education*) builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.	Drug education: assessing risk and managing influences covers legal and illegal drugs, and the risks and effects of legal and illegal drug use. BV- Rule of Law	Developing our AI literacy introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use. BV- Rule of Law	Looking to the future explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.

