

Year 1&2 Strand A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Mind & Body Eating Healthy and keeping your teeth clean	Online Safety What is the internet? How to stay Safe Online	Life Skills When to use 999? Mind & Body What is Physical & Emotional Health?	Mind & Body How our bodies react to emotions	Me, Myself & You Different types of Bullying Different types of relationships and Behaviour in a healthy Relationship	Me, Myself & You Being a Good Friend and Asking for Help Mind & Body Understanding Body Language and helping others
Year 1&2 Strand B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Online Safety Risks Online and How to Avoid them	Online Safety What not to share online and why	Mind & Body Where Emotions are Felt and How to Deal with Them Different Emotions and Dealing with Negative Emotions	Mind & Body Importance of Sleep and Making sure You Get Enough	Me, Myself & You Understanding Similarities & Difference in People	Me, Myself & You Feeling Safe and Unsafe in Families and Who we can Turn to
Year 3&4 Strand A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Mind & Body Staying Safe in the Sun What is illness and What are the Symptoms? Life Skills Risks, Hazards and How to Stay Safe	Life Skills Reducing Risks when Helping Others Playing Safe Early Warning Signs and Managing Emotions	Online Safety Being Polite Online and How the Internet Works Mind & Body Why are Vaccinations important?	The 3 Rs Drug & Alcohol Education Session 2: Safety Rules and Risks: Alcohol & Smoking	Me, Myself & You Essentials of a Healthy Family Playing Safe The Underwear Rule-Appropriate and Inappropriate Contact	Online Safety All about Bullying & Cyberbullying
Year 3&4 Strand B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Online Safety Age Restrictions in the World, Online and Why we need Them The 3 Rs Drug & Alcohol Session 1: Safety Rules & Risks: Medicines & Household Products	Mind & Body What is an Active Lifestyle? How to Prevent Related Illnesses Eating Healthy & Keeping your Teeth Clean The Food Wheel- How food affects our emotional health	Me, Myself & You Healthy & Unhealthy Friendships Online Safety How to behave sensibly online	Me, Myself & You Importance of Clear Communication & Managing Conflicts Playing Safe Healthy & Unhealthy Secrets and Privacy	Online Safety Why Spending too Much time online is Bad Me, Myself & You Understanding Differences in Families	Life Skills Helping to Save Lives with 999 and safety Risks
Year 5 & 6 Strand A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Mind & Body Worries and Stresses	Online Safety Understanding Unrealistic Expectations Online	The 3 Rs Playing Safe Me, Myself & You Expectations and Pressures in Children: What makes a Good Friend?	Me, Myself & You Courtesy and Manners Playing Safe Crossing the Road and Managing Risky Situations	The 3 Rs YR 5 Risks and Effects of Alcohol The 3 Rs YR 6 What are Drugs and How Harmful are They?	Online Safety What People can we Trust Online? School Nursing Team Year 5 Girls Puberty. Year 6 Growing up
Year 5 & 6 Strand B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Online Safety Understanding what not to Share Online What Content can we Trust Online? What People can we Trust Online?	Mind & Body Why Prejudices about Physical and Mental Health are Bad	Me, Myself & You Courtesy and Manners Playing Safe Assessing Risks and Managing Safety Early Warning Signs and Decision Making	Me, Myself & You Good and Bad Peer Influence/Pressure Playing Safe What are Boundaries and What is Consent?	School Nursing Team input: Year 5-Girls Puberty Year 6 Growing up	The 3 Rs Risks and Effects of Alcohol (Y5)What are Drugs and How Harmful are They? (Y6) Mind and Body Stress, dealing with emotions and change