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|  | Autumn 1  *Black History Month*  *World Mental Health Day* | Autumn 2  *Kindness Day*  *Children in Need*  *Anti-Bullying Week* | Spring 1  *Children’s Mental Health Week* | Spring 2 | Summer 1  *LBGTQ+ Month*  *Mental health awareness Week* | Summer 2 |
| Reception | Self Regulation (6 lessons)  BLP (1 lesson) | Managing Self (6 lessons)  Expect Respect (1 lesson) | Building Relationships (6 lessons) | Self Regulation (5 weeks) | Managing self (5 lessons) | Building Relationships (6 lessons)  NSPCC Pants (1 lesson) |
| Year 1 | **Family and relationships**  L1 What is family?  L2 What are friendships?  L5 Friendship problems  L6 Healthy Friendships  L7 Gender Stereotypes  Autumn 1: Introduce School Values  Autumn 2: Respect Value | | **Health and wellbeing**  L1 Understanding my emotions  L3 Ready for bed  L5 Handwashing and personal hygiene  L6 sun safety  L7 Allergies  Spring 1: Responsibility Value  Spring 2: Friendship Value | | **Safety and the Changing Body**  L1 Adults in school  L2 Adults outside school  L4 making an emergency phone call  L6 safety with substances  NSPCC PANTs 5-7 lesson 1  Summer 1: Courage Value  Summer 2: Happiness Value | |
| Year 2 | **Family and relationships**  L2 Families are all different  L4 Unhappy friendships  L5 Introduction to manners and courtesy  L6 change and loss  Expect Respect (1 lesson)  Autumn 1: Introduce School Values  Autumn 2: Respect Value | | **Health and well-being**  L1 Experiencing different emotions  L5 Developing a growth mindset  Spring 1: Responsibility Value  Spring 2: Friendship Value | | **Safety and the changing body**  L8 staying sage with substances  L3 Secrets and surprises  L4 Appropriate contact: My private parts  NSPCC PANTs 5-7 lesson 2  Summer 1: Courage Value  Summer 2: Happiness Value | |
| Year 3 | **Family and relationships**  L1 Healthy families  L3 Friendship: conflict vs bullying  L5 Learning who to trust  L6 Respecting differences in others  L7 Stereotyping gender  Expect Respect (1 lesson)  Autumn 1: Introduce School Values  Autumn 2: Respect Value | | **Health and wellbeing**  L3 Wonderful me  L5 Resilience: breaking down barriers  Spring 1: Responsibility Value  Spring 2: Friendship Value | | **Safety and the changing body**  L1 First Aid: emergencies and calling for help  L7 Influences  L8 Keeping safe out and about  NSPCC PANT’s lesson 7-9 Building Confidence  Summer 1: Courage Value  Summer 2: Happiness Value | |
| Year 4 | **Family and relationships**  L1 Respect and manners  L2 Healthy friendship  L4 Bullying  L6 Stereotypes: disability  L8 Change and loss  Expect Respect (1 lesson)  Autumn 1: Introduce School Values  Autumn 2: Respect Value | | **Health and wellbeing**  L3 Celebrating mistakes  L5 My happiness  L6 Emotions  L7 Mental Health  Spring 1: Responsibility Value  Spring 2: Friendship Value | | **Safety and the changing body**  L4 Privacy and security  L7 Introducing puberty  L8 Tabacco  Summer 1: Courage Value  Summer 2: Happiness Value | |
| Year 5 | **Family and relationships**  L2 Friendships skills  L3 Marriage  L4 Respecting myself  L5 Family life  L6 Bullying  L8 Stereotypes: Race and religion  Expect Respect (1 lesson)  Autumn 1: Introduce School Values  Autumn 2: Respect Value | | **Health and wellbeing**  L2 the importance of rest  L5 Taking responsibility for my feelings  L7 Sun safety  Spring 1: Responsibility Value  Spring 2: Friendship Value | | **Safety and the changing body**  L3 Puberty  L4 Menstruation  L6 First Aid: Bleeding  L7 Alcohol, drugs and tobacco: making decisions  NSPCC PANT’s lesson 9-11 How can the PANTs rule help us?  Summer 1: Courage Value  Summer 2: Happiness Value | |
| Year 6 | **Family and relationships**  L1 Respect  L2 Respectful relationships  L5 Resolving conflict  L6 Change and loss  Expect Respect (1 lesson)  Autumn 1: Introduce School Values  Autumn 2: Respect Value | | **Health and wellbeing**  L3 Taking responsibility for my health  L4 The impact of technology on health  L5 Resilience toolbox  L6 Immunisation  L8 Physical Health Concerns  Spring 1: Responsibility Value  Spring 2: Friendship Value | | **Safety and the changing body**  L4 Physical and emotional changes of puberty  L5 Conception\*  L6 Pregnancy and birth\*  L8 First Aid: Basic life support  *\*parents can withdraw from these lessons and a letter prior to teaching these lessons must be sent out outlining the content and giving parents the opportunities to see resources and ask questions.*  Crucial Crew – this covers the alcohol, drugs and tobacco aspects of the Y6 curriculum.  **Identity**  L2 Identity and body image  Summer 1: Courage Value  Summer 2: Happiness Value | |