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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 problemsL6 Healthy FriendshipsL7 Gender Stereotypes Autumn 1: Introduce School Values Autumn 2: Respect Value  | **Health and wellbeing** L1 Understanding my emotionsL3 Ready for bedL5 Handwashing and personal hygiene L6 sun safetyL7 Allergies Spring 1: Responsibility ValueSpring 2: Friendship Value  | **Safety and the Changing Body**L1 Adults in schoolL2 Adults outside schoolL4 making an emergency phone callL6 safety with substancesNSPCC PANTs 5-7 lesson 1 Summer 1: Courage ValueSummer 2: Happiness Value  |
| Year 2 | **Family and relationships** L2 Families are all differentL4 Unhappy friendshipsL5 Introduction to manners and courtesyL6 change and lossExpect Respect (1 lesson)Autumn 1: Introduce School Values Autumn 2: Respect Value  | **Health and well-being** L1 Experiencing different emotionsL5 Developing a growth mindsetSpring 1: Responsibility ValueSpring 2: Friendship Value  | **Safety and the changing body** L8 staying sage with substancesL3 Secrets and surprisesL4 Appropriate contact: My private partsNSPCC PANTs 5-7 lesson 2Summer 1: Courage ValueSummer 2: Happiness Value |
| Year 3 | **Family and relationships** L1 Healthy familiesL3 Friendship: conflict vs bullyingL5 Learning who to trustL6 Respecting differences in othersL7 Stereotyping genderExpect Respect (1 lesson)Autumn 1: Introduce School Values Autumn 2: Respect Value  | **Health and wellbeing** L3 Wonderful meL5 Resilience: breaking down barriers Spring 1: Responsibility ValueSpring 2: Friendship Value  | **Safety and the changing body** L1 First Aid: emergencies and calling for helpL7 InfluencesL8 Keeping safe out and about NSPCC PANT’s lesson 7-9 Building Confidence Summer 1: Courage ValueSummer 2: Happiness Value |
| Year 4 | **Family and relationships** L1 Respect and mannersL2 Healthy friendshipL4 BullyingL6 Stereotypes: disability L8 Change and loss Expect Respect (1 lesson)Autumn 1: Introduce School Values Autumn 2: Respect Value  | **Health and wellbeing** L3 Celebrating mistakesL5 My happinessL6 EmotionsL7 Mental Health Spring 1: Responsibility ValueSpring 2: Friendship Value  | **Safety and the changing body**L4 Privacy and security L7 Introducing pubertyL8 Tabacco Summer 1: Courage ValueSummer 2: Happiness Value |
| Year 5 | **Family and relationships** L2 Friendships skillsL3 MarriageL4 Respecting myselfL5 Family lifeL6 BullyingL8 Stereotypes: Race and religion Expect Respect (1 lesson)Autumn 1: Introduce School Values Autumn 2: Respect Value  | **Health and wellbeing**L2 the importance of restL5 Taking responsibility for my feelingsL7 Sun safety Spring 1: Responsibility ValueSpring 2: Friendship Value  | **Safety and the changing body**L3 PubertyL4 Menstruation L6 First Aid: BleedingL7 Alcohol, drugs and tobacco: making decisionsNSPCC PANT’s lesson 9-11 How can the PANTs rule help us?Summer 1: Courage ValueSummer 2: Happiness Value |
| Year 6  | **Family and relationships** L1 RespectL2 Respectful relationshipsL5 Resolving conflictL6 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 healthL5 Resilience toolboxL6 Immunisation L8 Physical Health Concerns Spring 1: Responsibility ValueSpring 2: Friendship Value   | **Safety and the changing body**L4 Physical and emotional changes of pubertyL5 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 ValueSummer 2: Happiness Value |