

Term 1 - Overarching theme: Being Safe

(each term begins with Wellbeing lesson from Kapow)

| | Year R | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|------|---|--|---|--|--|---|--|
| Wk 1 | Whole School Themed Week - Class Rules / Routines etc | | | | | | |
| Wk 2 | Class Rules / routines | Whole School Themed Week - Class roles and responsibilities Democracy & Pupil Voice | | | | | |
| Wk 3 | Whole School Themed Week - Being Safe - Fire Safety Talks | | | | | | |
| Wk 4 | Class Rules / routines | Families and those who care for us Families give us love, security and stability | Caring friendships Friendships (RHE) | Caring friendships Healthy and positive friendships | Families and those who care for us Recognise if family relationships make them feel unhappy / unsafe and what to do | Internet Safety Passwords | First Aid Emotions and comforting others |
| Wk 5 | Caring friendships How important are friends? | Caring friendships The importance of friends | Drugs and Alcohol How medicines work | Mental Wellbeing Everyday feelings | Physical health Who to speak to if they are worried about health | Mental Wellbeing What is mental health? | Physical health Sedentary and physical activities |
| Wk 6 | Families and those who care for us (without DVD) | Respectful relationships Who helps me (Drugs Ed) | Drugs and Alcohol How medicines work | Internet Safety Powerful passwords | Physical health Who to speak to if they are worried about health | Being safe Recognise and report feeling unsafe | Healthy Eating Nutritional information |

Term 2 - Overarching theme: Respectful Relationships

| | Year R | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|------------------|---|---|--|--|---|---|--|
| Wk 1 01.11.21 | Being Safe PANTS | Respectful relationships Being courteous and using manners | Families and those who care for us Characteristics of family life | KS2 Themed Week - Parliament Week (democracy) | | | |
| Wk 2 08.11.21 | Whole School Themed Week - COP 26 (relationships with the world) | | | | | | |
| Wk 3 15.11.21 | Whole School Themed Week - Respectful relationships Anti Bullying Week | | | | | | |
| Wk 4 22.11.21 | Being safe Road Safety | Being Safe Growing and changing (RHE) | Respectful Relationships Respecting those who are different | Respectful Relationships Steps to improve healthy relationships | Respectful Relationships Friendships and diversity (RHE) | Being safe Recognise and report feeling unsafe online | Respectful Relationships Communication in relationships (RHE) |
| Wk 5 29.11.21 | Health and prevention Handwashing | Mental Health We all have feelings | Mental wellbeing Good and not so good feelings | Online relationships Being respectful online | Online relationships You've got mail | Caring friendships Friendships have ups and downs | Being safe How to ask for advice for others |
| Wk 6 06.12.21 | Mental wellbeing Emotions | Being safe Keeping secrets | Respectful Relationships Stereotypes | Being safe Personal Space (RHE) | Healthy eating Healthy dinner | Changing adolescent body What's happening to my body 1 | Internet safety and harm Online safety |
| Wk 7 13.12.21 | Respectful relationships Stereotypes in games etc | Mental health Good and not so good feelings | Families and those who care for us Same love different families | Internet safety and harm Why games are age related | Mental wellbeing Exercise linked to mental well-being | Internet safety and harm Why social media is age related | Changing adolescent body What's happening to my body 1 |

Term 3 - Overarching theme: Being Healthy

| | Year R | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---------------------------------|---|---|--|---|---|---|--|
| Wk 1 | Physical Health What is exercise? | Health and Prevention Basic hygiene (RHE) | Internet Safety and Harm Digital Trail | Online relationships Online community | Online relationships You've got mail | Internet safety and harm Affects on others of online behaviour | Online relationships Critical online friendships |
| Wk 2 | Health and Prevention Being clean and healthy (RHE) (part 1) | First Aid Calling 999 | Drugs and Alcohol How Medicines Work Task 3 and 4 | Physical health Differences male and female (RHE) | Health and prevention Oral hygiene | Healthy eating Poor diet and risks | Health and Prevention Early signs of physical illness |
| Wk 3 | First Aid Washing cuts etc | Physical health Benefits of exercise | Physical Health Differences Male and Female (RHE - DVD Year 2 Lesson 1) | Healthy Eating Eatwell plate | Drugs and alcohol Tobacco | First aid Broken bones | Drugs and alcohol Drugs and Peer Pressure (ADAD) |
| Wk 4 | Families and those who care for us (with DVD) | Healthy Eating Fruit and veg | Health Eating Healthy Lunchbox | Drugs and alcohol Substances other than medicine contain drugs | Internet safety and harm Rationing online time for wellbeing | Drugs and alcohol Alcohol | Being safe Safe and unsafe touches (RHE) |
| Wk 5 Chns Mental Health Week | Mental Wellbeing Emotions 2 | Mental Wellbeing Good and not so good feelings | Mental Well Being Good Feelings and Not So Good Feelings (Lesson 2) | Mental Wellbeing Expressing feelings | Mental Wellbeing Expressing feelings | Mental Wellbeing Seeking support for mental health | Mental Wellbeing Emotional wellbeing (2) |
| Wk 6 | Whole School Themed Week - Internet Safety and Harm -Internet Safety Week | | | | | | |

Term 4 - Overarching theme: All about me

| | Year R | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|------|--|--|---|--|--|--|---|
| Wk 1 | Families and those who care for us (RHE DVD YR L3) | Drugs and alcohol What makes me healthy? | Families and those who care for Us Same Love, Different Families (RHE) | First aid Getting first aid | Online relationships Responding safely and appropriately | Changing adolescent body What's happening 2 | Internet Safety and Harm Affect on others for online behaviour |
| Wk 2 | Online relationships Share my feelings online | Health and prevention Basic hygiene (RHE) Part 1 | Internet Safety and Harm Screen out of the mean | First aid bleeding | Respectful relationships stereotypes | Being safe Recognise and report feeling unsafe | Healthy Eating Understanding calories |
| Wk 3 | Internet safety and harm Internet and it's purpose Part 1 | Health and prevention Basic hygiene (RHE) Part 2 | Internet Safety and Harm Staying safe online | Families and those who care for us Stable relationships and heart of happy family | Internet safety and harm Personal and private information | Online relationships Digital footprint | Internet Safety and Harm Online privacy |
| Wk 4 | Internet safety and harm Internet and it's purpose Part 2 | Online relationships Online boundaries | Caring friendships Friendships (RHE) Part 1 | Being safe Personal space (RHE) Part 1 | First aid Head injuries | Physical health Track exercise Exercise and heart rate | Internet Safety and Harm Selling stereotypes |
| Wk 5 | Health and Prevention Being clean and healthy (RHE) (part 2) | Healthy Eating Water | Caring friendships Friendships (RHE) Part 2 | Being safe Personal space (RHE) Part 2 | Changing adolescent body Human lifecycle and growing up (RHE) | Health and prevention Personal hygiene Good sleep | Mental Wellbeing Self care techniques |
| Wk 6 | Whole School Themed Week - Citizenship - Earth Hour | | | | | | |

Term 5 - Overarching theme: Responsible citizens

| | Year R | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|------|---|--|---|--|---|--|---|
| Wk 1 | Health and Prevention Handwashing | Internet safety and harm ABC Searching | Drugs and Alcohol Vaccinations | Internet Safety and Harm Things for sale? | Internet Safety and Harm How to report online concerns | First aid choking | First Aid Responsive and unresponsive breathing |
| Wk 2 | Internet safety and harm Difference between the real and online world (part 1) | Physical Health Exercise and heart rate Part 1 | Drugs and Alcohol Vaccinations Part 1 | Health and prevention Facts and science linked to allergies Part 1 | Being safe Personal boundaries | Mental wellbeing Isolation and loneliness | Health and Prevention Personal Hygiene |
| Wk 3 | Whole School Themed Week - Health and Prevention Sun Safety | | | | | | |
| Wk 4 | Internet safety and harm Difference between the real and online world (part 2) | Physical Health Exercise and heart rate Part 2 | Drugs and Alcohol Vaccinations Part 2 | Health and prevention Facts and science linked to allergies Part 2 | Respectful relationships Respecting others | Respectful relationships Permission seeking | Drugs and alcohol Debate the legality of drugs |
| Wk 5 | Health and prevention Cleaning Teeth | Drugs and alcohol Medicines and me Part 1 | Internet Safety and Harm Key words for searching | Drugs and alcohol Using drugs correctly | First aid Decision making & Calling 999 | Families and those who care for us Marriage is a life long commitment | Internet Safety and Harm Cyberbullying |
| Wk 6 | Health and prevention Washing | Drugs and alcohol Medicines and me Part 2 | Health and Prevention Burns (Red Cross) | First aid Spot the danger | Health and prevention Health and hygiene (RHE) | Respectful relationships Friendships have ups and downs | Being safe Report concerns about abuse and where to get help |

Term 6 - Overarching theme: Changes

| | Year R | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|------|--|---|---|---|--|--|---|
| Wk 1 | Caring friendships How important are my friends? | Internet safety and harm Keep it private | Mental Well Being Big Feelings (Lesson 3) | Families and those who care for us Who to go to for support part 1 | Health and prevention Facts and science linked to immunisations | Mental wellbeing How feelings and emotions change | Changing adolescent body What's happening to my body 3 |
| Wk 2 | Mental Health - Types of feelings | Mental Health Big Feelings Part 1 | Internet Safety and Harm Sites I like | Health and prevention How bacteria spreads | Changing adolescent body Basic Puberty (RHE) | Internet safety and harm Internet trolling | Caring friendships To judge when a friendship is making us unhappy |
| Wk 3 | Whole School Themed Week - Citizenship Economic Awareness | | | | | | |
| Wk 4 | Mental Health Changes and how they make us feel | Mental Health Big Feelings Part 2 | Being Safe Body parts and names (RHE - DVD Year 2 Lesson 3) | Families and those who care for us Who to go to for support part 2 | Internet safety and harm Whose is it anyway? | Changing adolescent body What's happening 2 | Mental Wellbeing Linked to secondary school |
| Wk 5 | Whole School Themed Week - Citizenship - Transition Week | | | | | | |
| Wk 6 | Whole School Themed Week - Water Safety | | | | | | |