

Term 1 - Overarching theme: Being Safe

(each term begins with Wellbeing lesson from Kapow)

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	Whole School Themed Week - Class Rules / Routines etc					
Wk 2	Whole School Themed Week - Class roles and responsibilities Democracy & Pupil Voice					
Wk 3	Whole School Themed Week - Being Safe - Fire Safety Talks					
Wk 4	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 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	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 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1 01.11.21	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 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	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	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	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 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	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	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	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	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 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 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	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	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	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	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	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 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	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	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	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	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	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 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wk 1	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 Big Feelings Part 1	Internet Safety and Harm Sites I like	Health and prevention How bacteria spreads	Changing adolescent body <b>Basic Puberty (RHE)</b>	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 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					