

Week	Autumn	Spring	Summer
Week 1	Self-regulation: My feelings (6 lessons) Lesson 1: Identifying my feelings	Managing self: Taking on challenges (6 lessons) Lesson 1: Why do we have rules?	Building relationships: My family and friends (6 lessons) Lesson 1: Festivals
Week 2	Lesson 2: Feelings jars	Lesson 2: Building towers	Lesson 2: Sharing
Week 3	Lesson 3: Coping strategies	Lesson 3: Team den building	Lesson 3: What makes a good friend?
Week 4	Lesson 4: Describing feelings	Lesson 4: Grounding	Lesson 4: Being a good friend
Week 5	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
Week 6	Lesson 6: Creating a calm corner	Lesson 6: Circus skills	Lesson 6: Celebrating friendships
Week 7	Building relationships: Special relationships (6 lessons) Lesson 1: My family	Self-regulation: Listening and following instructions (6 lessons) Lesson 1: Simon says	Managing self: My wellbeing (6 lessons) Lesson 1: What is exercise?
Week 8	Lesson 2: Special people	Lesson 2: Listening to a story	Lesson 2: Yoga and relaxation
Week 9	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
Week 10	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
Week 11	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
Week 12	Lesson 6: Similarities and differences	Lesson 6: Treasure hunt	Lesson 6: A rainbow of food

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Introduction	<u>Introduction: Setting ground rules for RSE & PSHE</u>		
Week 1	<u>Family and relationships (7 lessons)</u> Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
Week 2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Extend the unit, or visit a farm or a different animal-centre to learn more about animal care.
Week 3	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
Week 4	Lesson 4: Working with others	<u>Safety and the changing body (8 lessons)</u> Lesson 1: Adults in school	Lesson 4: Similar, yet different
Week 5	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
Week 6	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
Week 7	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	<u>Economic wellbeing (5 lessons)</u> Lesson 1: Introduction to money
Week 8	<u>Health and wellbeing (8 lessons)</u> Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Looking after money
Week 9	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: Banks and building societies
Week 10	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
Week 11	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
Week 12	Lesson 5: Hand washing and personal hygiene	<u>Citizenship (6 lessons)</u> Lesson 1: Rules	★ Extend the unit, or get the children involved with some jobs and responsibilities around school.
Transition			<u>Transition lesson</u> Individual strengths and new skills

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Introduction	<u>Introduction: Setting ground rules for RSE & PSHE</u>		
Week 1	<u>Family and relationships (7 lessons)</u> Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	Lesson 3: Our local environment
Week 2	Lesson 2: Families are all different	<u>Safety and the changing body (8 lessons)</u> Lesson 1: Introduction to the internet	Lesson 4: Job roles in our local community
Week 3	Lesson 3: Other people's' feelings	Lesson 2: Communicating online	Lesson 5: Similar yet different - my local community
Week 4	Lesson 4: Unhappy friendships	Lesson 3: Secrets and surprises	Lesson 6: School council
Week 5	Lesson 5: Introduction to manners and courtesy	Lesson 4: Appropriate contact: My private parts	Lesson 7: Giving my opinion
Week 6	Lesson 6: Change and loss	Lesson 5: Appropriate contact: My private parts are private	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
Week 7	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 6: My personal boundaries	<u>Economic wellbeing (5 lessons)</u> Lesson 1: Where money comes from
Week 8	<u>Health and wellbeing (7 lessons)</u> Lesson 1: Experiencing different emotions	Lesson 7: Road safety	Lesson 2: Needs and wants
Week 9	Lesson 2: Being active	Lesson 8: Crossing roads safely	Lesson 3: Wants and needs
Week 10	Lesson 3: Relaxation: Breathing exercise	Lesson 9: Staying safe with medicine	Lesson 4: Looking after money
Week 11	Lesson 4: Steps to success	<u>Citizenship (7 lessons)</u> Lesson 1: Rules beyond school	Lesson 5: Jobs
Week 12	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	★ Extend the unit, or ask some parents/ members of the community to come in to talk about their jobs.
Week 13	Lesson 6: Healthy diet		
Transition			<u>Transition lesson</u> Change

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Introduction	<u>Introduction: Setting ground rules for RSE & PSHE</u>		
Week 1	<u>Family and relationships (8 lessons)</u> Lesson 1: Healthy families	Lesson 6: Communicating my feelings - coming soon!	Lesson 3: Recycling
Week 2	Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	Lesson 4: Local community groups
Week 3	Lesson 3: Friendship conflict versus bullying	<u>Safety and the changing body (8 lessons)</u> Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
Week 4	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
Week 5	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
Week 6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
Week 7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	<u>Economic wellbeing (6 lessons)</u> Lesson 1: Ways of paying
Week 8	Lesson 8: Stereotyping age	Lesson 6: Making choices	Lesson 2: Budgeting
Week 9	<u>Health and wellbeing (6 lessons)</u> Lesson 1: My healthy diary	Lesson 7: Influences	Lesson 3: How spending affects others
Week 10	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: Impact of spending
Week 11	Lesson 3: Wonderful me	<u>Citizenship (7 lessons)</u> Lesson 1: Rights of the child	Lesson 5: Jobs and careers
Week 12	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Gender and careers
Week 13	Lesson 5: Resilience breaking down barriers		
Transition			<u>Transition lesson</u> Coping strategies

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Introduction	<u>Introduction: Setting ground rules for RSE & PSHE</u>		
Week 1	<u>Family and relationships</u> (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	<u>Citizenship</u> (6 lessons) Lesson 1: What are human rights?
Week 2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
Week 3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
Week 4	Lesson 4: Bullying	<u>Safety and the changing body</u> (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
Week 5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
Week 6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
Week 7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	★ Extend the unit, or ask a local councillor to come and speak to the class about their role
Week 8	Lesson 8: Change and loss	Lesson 5: Consuming information online	<u>Economic wellbeing</u> (5 lessons) Lesson 1: Spending choices
Week 9	<u>Health and wellbeing</u> (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 2: Keeping track of money
Week 10	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 3: Looking after money
Week 11	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 4: Influences on career choice
Week 12	Lesson 4: Meaning and purpose: My role	★ Extend the unit, or allow children time to explore the Thinkuknow website about online safety	Lesson 5: Changing job
Transition			<u>Transition lesson</u> Setting goals

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Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
Week 2	Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: Contributing to the community
Week 3	Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Pressure groups
Week 4	Lesson 4: Respecting myself	Safety and the changing body (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
Week 5	Lesson 5: Family life	Lesson 2: Staying safe online	★ Extend the unit, or spend time looking at the activities in the Parliament booklets available to order here .
Week 6	Lesson 6: Bullying	Lesson 3: Puberty	Economic wellbeing (5 lessons) Lesson 1: Borrowing
Week 7	Lesson 7: Stereotyping: gender	Lesson 4: Menstruation	Lesson 2: Income and expenditure
Week 8	Lesson 8: Stereotypes: Race and religion	Lesson 5: Emotional changes in puberty	Lesson 3: Risks with money
Week 9	Health and wellbeing (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding and head injuries.	Lesson 4: Prioritising spending
Week 10	Lesson 2: The importance of rest	Lesson 7: Alcohol, drugs and tobacco: Making decisions	Lesson 5: Stereotypes in the workplace
Week 11	Lesson 3: Embracing failure	Citizenship (6 lessons) Lesson 1: Breaking the law	★ Extend the unit, or try and get some parents/ members of the community to speak about their careers, especially those who challenge common stereotypes. Someone from a local bank could also visit to discuss how their children's bank accounts work.
Week 12	Lesson 4: Going for goals	Lesson 2: Rights and responsibilities	
Transition			Transition lesson: Roles and responsibilities

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Introduction	Introductory lesson: Setting rules and signposting		
Week 1	Family and relationships (6 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 3: Caring for others
Week 2	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
Week 3	Lesson 3: Stereotypes: Attitudes	Safety and the changing body (8 lessons) Lesson 1: Alcohol	Lesson 5: Valuing diversity
Week 4	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
Week 5	Lesson 5: Resolving conflict	Lesson 3: Social media	Economic wellbeing (5 lessons) Lesson 1: Attitudes to money
Week 6	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of puberty	Lesson 2: Keeping money safe
Week 7	Health and wellbeing (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception <i>Parents have a right to withdraw their child from part of this lesson</i>	Lesson 3: Gambling
Week 8	Lesson 2: Relaxation: Mindfulness	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>	Lesson 4: What jobs are available?
Week 9	Lesson 3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: Career routes
Week 10	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Identity (2 lessons) Lesson 1: What is identity?
Week 11	Lesson 5: Resilience toolbox	Citizenship (6 lessons) Lesson 1: Human rights	Lesson 2: Identity and body image
Week 12	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	
Transition	Transition lesson: Dealing with change		