



Introduction to RSE, Transition	Citizenship	Economic Wellbeing	Health and wellbeing	Family and relationships	Safety and the changing body	Identity
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		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Week 1	Introduction to RSE	Introduction to RSE	Introduction to RSE	Introduction to RSE	Breaking the law	Human rights
	Week 2	Rules	Rules beyond school	Rights of the child	What are human rights?	Rights and responsibilities	Food choices and the environment
	Week 3	Caring for others: Animals	Our school environment	Rights and responsibilities	Caring for the environment	Protecting the planet	Caring for others
	Week 4	The needs of others	Our local environment	Recycling	Community	Contributing to the community	Prejudice and discrimination
	Week 5	Similar, yet different	Job roles in our local community	Local community groups	Contributing	Pressure groups	Valuing diversity
	Week 6	Belonging	Similar yet different: My local community	Charity	Diverse communities	Parliament	National democracy
	Week 7	Democratic decisions	School Council	Local democracy	Local councillors	Why prioritise needs over wants?	Feelings about money

	Week 8	What is money?	Giving my opinion	Rules	What is value for money?	Weekly budgets	Keeping money safe
Autumn 2	Week 1	Keeping money safe	Where money comes from?	How do people pay for things?	Keeping track of money	Borrowing & loaning	Money responsibilities in secondary schools
	Week 2	What is a bank?	Exploring needs	What does budgeting mean?	Looking after money	Risks of handling money online	Gambling
	Week 3	Saving and spending	Exploring wants	How do people feel about money?	Influences on career choices	Stereotypes in the workplace	What is a workplace?
	Week 4	Jobs in school	Bank cards & accounts	What happens when people spend money?	Why make a career change?	What makes a suitable career?	Career routes
	Week 5	Jobs in school	My skills & talents	What careers do people have?	How can workplace stereotypes be challenged?	Relaxation: yoga	What can I be?
	Week 6	Understanding my emotions	Everyone is welcome	Can anyone be anything?	Looking after our teeth	The importance of rest	Mindfulness
	Week 7	What am I like?	Experiencing different emotions	My healthy diary	Visualisation	Embracing failure	Taking responsibility for my health
	Spring 1	Week 1	Ready for bed	Being active	Relaxation	Celebrating mistakes	Going for goals
Week 2		Relaxation	Relaxation	Wonderful me	Meaning and purpose: My role	Taking responsibility for my feelings	Resilience toolbox

	Week 3	Hand washing & personal hygiene	Steps to success	My superpowers	My happiness	Healthy meals	Immunisation
	Week 4	Sun safety	Growth mindset	Breaking down barriers	Emotions	Sun safety	Good and bad habits
	Week 5	Allergies	Healthy diet	Communicating my feelings	Mental health	Build a friend	Physical health concerns
	Week 6	People who help us stay healthy	Dental health	Dental health	Respect & manners	Friendship skills	Respect
Spring 2	Week 1	What is family?	Families offer stability and love	Healthy families	Healthy friendships	Marriage	Respectful relationships
	Week 2	What are friendships?	Families are all different	Friendships - conflict	How my behaviour affects others	Respecting myself	Stereotypes: Attitudes
	Week 3	Recognising other people's emotions	Other people's feelings	Friendship – conflict versus bullying	Bullying	Family life	Challenging stereotypes
	Week 4	Working with others	Unhappy friendships	Effective communication	Stereotypes: Gender	Bullying	Resolving conflict
	Week 5	Friendship problems	Introduction to manners and courtesy	Learning who to trust	Stereotypes: Disability	Stereotyping: Gender	Change and loss
	Week 6	Healthy Friendships	Change & Loss	Respecting differences	Families in the wider world	Stereotyping: Race and religion	Alcohol

Summer 1	Week 1	Gender stereotypes	Gender stereotypes: careers and jobs	Stereotyping: Gender	Change and loss	Online friendships	Critical digital consumes
	Week 2	Adults in school	The Internet	Stereotyping: Age	Internet safety: Age restrictions	Staying safe online	Social media
	Week 3	Adults outside school	Communicating online	First aid: Emergencies and calling for help	Share aware	First aid: Bleeding and head injuries	First aid: choking
	Week 4	Getting lost	Secrets and surprises	First aid: Bites and stings	Basic first aid: Asthma	Alcohol, drugs and tobacco: Making decisions	First aid: Basic life support
	Week 5	Making an emergency phone call	Respecting personal boundaries	Be kind online	Privacy and secrecy		
Summer 2	Week 1	Appropriate contact	Road safety	Cyberbullying	Consuming information online	Puberty	Physical and emotional changes of puberty
	Week 2	Safety with substances	Crossing roads safely	Fake emails	Growing Up	Menstruation	Conception
	Week 3	Safety at home	Appropriate contact: My private parts	Making choices	Introducing puberty	Emotional changes in puberty	Pregnancy and birth

	Week 4	People who help to keep us safe	Appropriate contact: My private parts	Influences	Tobacco		What is identity
	Week 5		Staying safe with medicine	Keeping safe out and about			Identity and body image
	Week 6	Transition	Transition	Transition	Transition	Transition	Transition
	Week 7						