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| **YEAR 1** |
| **Family and relationships** |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | What is family? |
| Lesson 3 | What are friendships? |
| Lesson 4 | Recognising other peoples’ emotions |
| Lesson 5 | Working with others |
| Lesson 6 | Friendship problems and how to overcome them |
| Lesson 7 | Healthy friendships |
| Lesson 8 | Stereotyping - gender |
| **Safety and the changing body**  |
| Lesson 1 | Communicating safely and effectively with adults at school |
| Lesson 2 | Communicating safely and effectively with adults outside of school |
| Lesson 3 | What to do if I get lost |
| Lesson 4 | Making a call to emergency services |
| Lesson 5 | Appropriate contact - acceptable and unacceptable physical contact |
| Lesson 6 | Safety with substances - what should and shouldn't go on or in the body |
| Lesson 7 | Safety at home - potential hazards in the home |
| Lesson 8 | People who help to keep us safe in our local community |
| **Health and wellbeing** |
| Lesson 1 | Understanding my feelings |
| Lesson 2 | What am I like? - identifying strengths and qualities |
| Lesson 3 | Ready for bed - effects of good quality sleep |
| Lesson 4 | Relaxation - laughter and progressive muscle relaxation |
| Lesson 5 | Hand washing & personal hygiene |
| Lesson 6 | Sun safety |
| Lesson 7 | Allergies |
| Lesson 8 | People who help us stay healthy |

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| **Citizenship** |
| Lesson 1 | Rules |
| Lesson 2 | Caring for others: Animals |
| Lesson 3 | The needs of others |
| Lesson 4 | Similar, yet different |
| Lesson 5 | Belonging |
| Lesson 6 | Democratic decisions |
| **Economic wellbeing** |
| Lesson 1 | Introduction to money |
| Lesson 2 | Looking after money |
| Lesson 3 | Banks and building societies |
| Lesson 4 | Saving and spending |
| Lesson 5 | Jobs in school |
| **Transition** |
| Lesson 1 | Transition lesson |

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| **YEAR 2** |
| **Family and relationships** |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Families offer stability and love |
| Lesson 3 | Families are all different |
| Lesson 4 | Other peoples' feelings |
| Lesson 5 | How to deal with unhappy friendships |
| Lesson 6 | Introduction to manners and courtesy |
| Lesson 7 | Introduction to change and Loss |
| Lesson 8 | Stereotyping - gender |
| **Safety and the changing body**  |
| Lesson 1 | Introduction to the internet |
| Lesson 2 | Communicating online - not sharing personal information |
| Lesson 3 | The difference between secrets and surprises |
| Lesson 4 | My Private Parts - the concept of privacy and the correct vocabulary for these (*vocabulary:* *penis and vulva)* |
| Lesson 5 | My private parts are private - safe and unsafe touches (*vocabulary: penis, vulva, testicles)* |
| Lesson 6 | Road Safety 1 |
| Lesson 7 | Road Safety 2 |
| Lesson 8 | Safety with medicines |
| **Health and wellbeing** |
| Lesson 1 | Experiencing different feelings |
| Lesson 2 | Being active |
| Lesson 3 | Relaxation - breathing exercises |
| Lesson 4 | Steps to success - setting achievable goals |
| Lesson 5 | Growth mindset - overcoming difficulties |
| Lesson 6 | Healthy diet |
| Lesson 7 | Looking after our teeth |

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| **Citizenship** |
| Lesson 1 | Rules beyond school |
| Lesson 2 | Our school environment |
| Lesson 3 | Our local environment |
| Lesson 4 | Job roles in the community |
| Lesson 5 | Similar yet different – my local community |
| Lesson 6 | School council |
| Lesson 7 | Giving my opinion |
| **Economic wellbeing** |
| Lesson 1 | Where money comes from |
| Lesson 2 | Needs and wants |
| Lesson 3 | Wants and needs |
| Lesson 4 | Looking after money |
| Lesson 5 | Jobs |
| **Transition** |
| Lesson 1 | Transition lesson |

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| **YEAR 3** |
| **Family and relationships** |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Healthy families |
| Lesson 3 | Friendship - conflict and resolution |
| Lesson 4 | Friendship - conflict v bullying |
| Lesson 5 | Effective communication to support relationships |
| Lesson 6 | Learning who to trust |
| Lesson 7 | Stereotyping - in everyday life |
| Lesson 8 | Where do stereotypes come from? |
| **Safety and the changing body**  |
| Lesson 1 | Emergencies and calling for help |
| Lesson 2 | Basic first aid - bites & stings |
| Lesson 3 | Communicating safely online |
| Lesson 4 | Cyberbullying |
| Lesson 5 | Fake emails |
| Lesson 6 | Making choices for myself  |
| Lesson 7 | Who and what can influence my decisions and how to make the right choices for me*(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)* |
| Lesson 8 | Road safety |
| **Health and wellbeing** |
| Lesson 1 | My Healthy diary - physical activity, rest and diet |
| Lesson 2 | Relaxation - stretches |
| Lesson 3 | Wonderful me! |
| Lesson 4 | My superpowers |
| Lesson 5 | Breaking down problems |
| Lesson 6 | Diet and dental health |

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| **Citizenship** |
| Lesson 1 | Rights of the child |
| Lesson 2 | Rights and responsibility  |
| Lesson 3 | Recycling |
| Lesson 4 | Local community groups |
| Lesson 5 | Charity |
| Lesson 6 | Local democracy |
| Lesson 7 | Rules |
| **Economic wellbeing** |
| Lesson 1 | Ways of paying |
| Lesson 2 | Budgeting |
| Lesson 3 | How spending affects others |
| Lesson 4 | Impact of spending |
| Lesson 5 | Jobs and careers |
| Lesson 6 | Gender and careers |
| **Transition** |
| Lesson 1 | Transition lesson |

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| **YEAR 4** |
| **Family and relationships** |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Respect and manners |
| Lesson 3 | Healthy friendships - physical and emotional boundaries |
| Lesson 4 | How my behaviour affects others |
| Lesson 5 | Bullying - the effects of bullying and the responsibility of the bystander |
| Lesson 6 | Stereotypes - in fictional characters |
| Lesson 7 | Stereotypes - negative effects of |
| Lesson 8 | Families in the wider world - respecting differences |
| Lesson 9 | Change and loss - bereavement |
| **Safety and the changing body**  |
| Lesson 1 | Internet safety - age restrictions |
| Lesson 2 | Internet safety - share aware |
| Lesson 3 | Basic first aid - asthma |
| Lesson 4 | Privacy and secrecy - the difference between the two |
| Lesson 5 | Consuming information online - being a discerning consumer of online information |
| Lesson 6 | Growing up - that the changes from being a child to an adult is called puberty |
| Lesson 7 | Introduction to puberty *(vocabulary: breasts, genitals, penis, testicles)* |
| Lesson 8 | Tobacco - the risks of smoking |
| **Health and wellbeing** |
| Lesson 1 | Looking after our teeth |
| Lesson 2 | Relaxation - visualisation |
| Lesson 3 | Celebrating mistakes |
| Lesson 4 | My role - my strengths and helping others |
| Lesson 5 | My happiness |
| Lesson 6 | Emotions |
| Lesson 7 | Mental health |

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| **Citizenship** |
| Lesson 1 | What are human rights? |
| Lesson 2 | Caring for the environment |
| Lesson 3 | Community |
| Lesson 4 | Contributing |
| Lesson 5 | Diverse communities |
| Lesson 6 | Local councillors  |
| **Economic wellbeing** |
| Lesson 1 | Spending choices |
| Lesson 2 | Keeping track of money |
| Lesson 3 | Looking after money |
| Lesson 4 | Influences on career choices |
| Lesson 5 | Jobs for me  |
| **Transition** |
| Lesson 1 | Transition lesson |

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| **YEAR 5** |
| **Family and relationships** |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Build a friend - what makes a good friend |
| Lesson 3 | Friendship skills |
| Lesson 4 | Marriage - different types of marriage and the history of marriage  |
| Lesson 5 | Respecting myself |
| Lesson 6 | Family life |
| Lesson 7 | Bullying - the effects of bullying and what might motivate a bully |
| Lesson 8 | Stereotyping - how attitudes to gender have changed over time |
| Lesson 9 | Stereotyping and discrimination |
| **Safety and the changing body**  |
| Lesson 1 | Online friendships |
| Lesson 2 | Staying safe online |
| Lesson 3 | Puberty *(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm , duct, scrotum, breasts, nipples, menstruation)* |
| Lesson 4 | Menstruation *(vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation)* |
| Lesson 5 | Emotional changes in puberty |
| Lesson 6 | First Aid - bleeding |
| Lesson 7 | Drugs, alcohol and tobacco - understanding the influence others can have on us *(includes cigarettes and alcohol)* |
| **Health and wellbeing** |
| Lesson 1 | Relaxation - yoga |
| Lesson 2 | The importance of rest |
| Lesson 3 | Embracing failure |
| Lesson 4 | Going for goals |
| Lesson 5 | Taking responsibility for my feelings |
| Lesson 6 | Healthy meals |
| Lesson 7 | Sun safety |

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| **Citizenship** |
| Lesson 1 | Breaking the law |
| Lesson 2 | Rights and responsibilities |
| Lesson 3 | Protecting the planet |
| Lesson 4 | Contributing to the community |
| Lesson 5 | Pressure groups |
| Lesson 6 | Parliament |
| **Economic wellbeing** |
| Lesson 1 | Borrowing |
| Lesson 2 | Income and expenditure |
| Lesson 3 | Risks with money |
| Lesson 4 | Prioritising spending |
| Lesson 5 | Stereotypes in the workplace |
| **Transition** |
| Lesson 1 | Transition lesson |

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| **YEAR 6** |
| **Family and relationships** |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Respect - how this can we gained and lost |
| Lesson 3 | Developing respectful relationships |
| Lesson 4 | Challenging stereotypes |
| Lesson 5 | Different types of stereotyping |
| Lesson 6 | Resolving conflict - negotiation and compromise |
| Lesson 7 | Change and loss - the emotions relating to grief |
| **Safety and the changing body**  |
| Lesson 1 | The risks associated with alcohol |
| Lesson 2 | Critical digital consumers |
| Lesson 3 | Social media |
| Lesson 4 | Physical and emotional changes of puberty *(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples)* |
| Lesson 5 | Conception *(parents/carers have the right to withdraw their child from this lesson)**(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse)*  |
| Lesson 6 | Pregnancy and birth *(parents/carers have the right to withdraw their child from this lesson)**(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care)* |
| Lesson 7 | First Aid - choking |
| Lesson 8 | Basic life support |
| **Health and wellbeing** |
| Lesson 1 | What can I be? - setting long term goals |
| Lesson 2 | Relaxation - mindfulness |
| Lesson 3 | Taking responsibility for my health |
| Lesson 4 | Resilience toolbox |
| Lesson 5 | The facts about immunisation |
| Lesson 6 | Physical health concerns - where to get help |
| Lesson 7 | Habits - positive and negative |

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| **Citizenship** |
| Lesson 1 | Human rights |
| Lesson 2 | Food choices and the environment |
| Lesson 3 | Caring for others |
| Lesson 4 | Prejudice and discrimination |
| Lesson 5 | Valuing diversity |
| Lesson 6 | National democracy |
| **Economic wellbeing** |
| Lesson 1 | Attitudes to money |
| Lesson 2 | Keeping money safe |
| Lesson 3 | Gambling |
| Lesson 4 | What jobs are available? |
| Lesson 5 | Career routes |
| **Transition**  |
| Lesson 1 | Transition lesson |
| **Identity** |  |
| Lesson 1 | What is identity? |
| Lesson 2 | Gender identity? |
| Lesson 3 | Identity and body image |