

Year A					
	Ash (Reception)	Beech (Year 1 and 2)	Maple (Year 2 and 3)	Oak (Year 4 and 5)	Willow (Year 5 and 6)
	<b>Self-regulation: My feelings</b>	<b>Health and well-being</b>			
Autumn 1	Identifying my feelings Expressing my feelings Describing feelings Facial expressions Coping strategies for regulating emotions Making my own calming resources	Understanding my feelings Managing my worries Strengths and goal-setting Hand-washing and personal hygiene Relaxation methods Bedtime routines and importance of sleep	Experiencing different emotions Developing a growth mindset Being active Healthy diet Dental hygiene Relaxation methods	Recognising what makes me happy My strengths Celebrating mistakes Healthy diet Dental health Relaxation methods	Managing my worries Setting goals Embracing failure Healthy meals The importance of rest Relaxation methods
	<b>Building relationships: Special relationships</b>	<b>Families and relationships</b>			
Autumn 2	My family People who are special to me The importance of sharing What makes me unique Things that interest me Our similarities and differences	What is a family? Different families (split, step, adopted, same-sex e.t.c) Healthy friendships Other people's feelings Friendship problems Different reasons people are stereotyped	Understanding the role of families Different families Other people's feelings Unhappy friendships Manners and courtesy Gender stereotypes	Friendship issues Bullying and the responsibility of the bystander Healthy relationships-boundaries The importance of trust Stereotyping Respecting differences	Respect Respecting myself What makes a good friend Bullying Stereotyping Challenging stereotypes
	<b>Managing self: Taking on challenges</b>	<b>Citizenship</b>			

Spring 1	<p>The importance of rules</p> <p>Team-building activity 1</p> <p>Team- building activity 2</p> <p>Growth mindset &amp; perseverance</p> <p>Making mistakes &amp; embracing failure</p> <p>Team-building activity 3 (using knowledge gained in previous 2 sessions)</p>	<p>The importance of rules</p> <p>Belonging (groups we belong to)</p> <p>How to look after our school environment</p> <p>Jobs roles in the community</p> <p>People who look after our local environment</p> <p>Ways we are similar and different</p>	<p>Rules beyond school</p> <p>Our school environment</p> <p>Our local environment</p> <p>Job roles in the local community</p> <p>Similarities and differences between people</p> <p>Giving my opinion</p>	<p>Local council and democracy</p> <p>Rules (in school and in society)</p> <p>Recycling and reusing</p> <p>Community buildings and groups</p> <p>UN right of the child</p> <p>What are human rights?</p>	<p>Understanding what happens when the law is broken.</p> <p>Rights and responsibilities</p> <p>Parliament and democracy</p> <p>People who contribute to the community</p> <p>Prejudice and discrimination</p> <p>Protecting the planet</p>
	<b>Self-regulation: Listening and following instructions</b>	<b>Safety</b>			
Spring 2	<p>Play recall games</p> <p>Listening to a story</p> <p>Pass the whisper</p> <p>Blindfold obstacle course</p> <p>Treasure hunt</p> <p>What makes a good listener?</p>	<p>People who keep us safe</p> <p>Road safety</p> <p>Making an emergency phonecall</p> <p>The differences between secrets and surprises</p> <p>Respecting personal boundaries</p> <p>Sun safety</p>	<p>Communicating online</p> <p>Secrets and surprises</p> <p>Respecting personal boundaries</p> <p>Communicating with a stranger</p> <p>Road safety</p> <p>Staying safe with medicines</p>	<p>Being kind online</p> <p>Differences between privacy and secrecy</p> <p>Choices and influences</p> <p>First aid</p> <p>Emergencies and calling for help</p> <p>Road safety</p>	<p>Online friendships</p> <p>Screen time and alternatives</p> <p>Being safe on our own in the local community</p> <p>First aid</p> <p>Drugs and alcohol</p> <p>Sun safety</p>
	<b>Building relationships: Family and friends</b>	<b>Economic well-being &amp; annual 'Ambition Day'</b>			
Summer 1	<p>What makes a good friend</p>	<p>What is money and how people make it.</p>	<p>Where does money come from?</p>	<p>Spending choices</p>	<p>Borrowing (loans)</p>

	<p>Being a good friend</p> <p>Friendship issues</p> <p>What is a family?</p> <p>How families are different (blended families, cultural differences)</p> <p>Different cultural/ religious celebrations</p>	<p>Difference between wants and needs</p> <p>Looking after money</p> <p>Banks and building societies</p> <p>Jobs</p>	<p>Needs</p> <p>Wants</p> <p>Bank cards and accounts</p> <p>My skills and talents (careers)</p>	<p>Budgeting</p> <p>Money and emotions</p> <p>Jobs and careers</p> <p>Gender and careers</p>	<p>Income and expenditure</p> <p>Risks with money</p> <p>Prioritising spending</p> <p>Careers</p>
	<b>Managing self: My Wellbeing</b>	<b>Transition- with existing and/or 'new' teachers</b>			
	<p>What is exercise?</p> <p>Relaxation methods</p> <p>Looking after ourselves</p>	<p>Reflect on what I have achieved/ made progress with this year</p> <p>Setting goals and targets for the next stage of my learning journey</p> <p>Worries and questions about the next stage of my learning journey</p>			
Summer 2	<p>Road safety</p> <p>Healthy eating</p> <p>Balanced diet</p>	<p>Understand that change can cause mixed feelings</p>	<p>Understanding change and how to cope with it.</p>	<p>Change (coping strategies)</p>	<p>Roles and responsibilities (in our new year groups/ schools)</p>

Year B					
	Ash (Reception)	Beech (Year 1 and 2)	Maple (Year 2 and 3)	Oak (Year 4 and 5)	Willow (Year 5 and 6)
	<b>Self- regulation: My feelings</b>	<b>Health and well-being</b>			
Autumn 1	Identifying my feelings  Expressing my feelings (words and actions)  Describing feelings (how it makes my body feel)  Facial expressions  Coping strategies for regulating emotions	Understanding my feelings  Growth mindset  Setting an achievable goal  The benefits of being active  Healthy diet  Looking after my teeth	What makes me, me  My strengths  What is resilience and how to show it  Planning for a healthy lifestyle  Diet and dental health  Relaxation techniques	Understanding my emotions  How to communicate my feelings  My strengths  Showing resilience  Healthy lifestyle  Support for my mental health	Resilience and how to deal with difficult situations  Setting long term goals  Good and bad habits  Planning a healthy lifestyle  Keeping well and when/where to seek help  Relaxation methods
	<b>Building relationships: Special relationships</b>	<b>Families and relationships</b>			
Autumn 2	My family  People who are special to me  The importance of sharing  What makes me unique  Things that interest me  Our similarities and differences	My family  Friendship problems  Communication in friendship  Managing my feelings  Change and loss  What is stereotyping	A healthy family  Friendship issues  Bullying  Learning who to trust  Respecting our differences  Age stereotyping	Family relationships (the ups and downs)  Listening and communicating effectively  Having good manners  Gender stereotyping  Age & disability stereotyping  How my behaviour affects others	Different family dynamics  My family connections  When family relationships become challenging  Exploring friendship skills  Resolving conflict  Loss and grief
	<b>Managing self: Taking on challenges</b>	<b>Citizenship</b>			
Spring 1	The importance of rules	Why do we have rules?	Rules	Looking after our school	Community groups and their purposes

	<p>Team-building activity 1</p> <p>Team- building activity 2</p> <p>Growth mindset &amp; perseverance</p> <p>Making mistakes &amp; embracing failure</p> <p>Team-building activity 3 (using knowledge gained in previous 2 sessions)</p>	<p>What is democracy?</p> <p>School democracy</p> <p>Giving my opinion</p> <p>What to do if I get lost</p> <p>Caring for animals</p>	<p>Rights of the child (UN)</p> <p>My rights and responsibilities</p> <p>Recycling</p> <p>Charities</p> <p>Local democracy</p>	<p>Looking after our area</p> <p>Diversity in my community and in others</p> <p>Charities</p> <p>What is democracy?</p> <p>UN rights of the child</p>	<p>Local democracy</p> <p>Diversity</p> <p>Caring for others</p> <p>Human rights</p> <p>Environmental issues relating to food production.</p>
	<b>Self-regulation: Listening and following instructions</b>	<b>Safety</b>			
Spring 2	<p>Play recall games</p> <p>Listening to a story</p> <p>Pass the whisper</p> <p>Blindfold obstacle course</p> <p>Treasure hunt</p> <p>What makes a good listener?</p>	<p>Respecting the personal boundaries of myself and others</p> <p>Communicating with adults</p> <p>Safety at home</p> <p>Safety with medicines</p> <p>Road safety</p> <p>What to do if I get lost</p>	<p>Making choices</p> <p>Influences</p> <p>Screen time</p> <p>Keeping safe out and about</p> <p>Emergencies and calling for help</p> <p>First aid- bites and stings</p>	<p>Peer pressure</p> <p>Age restrictions (online content, apps, games and movies)</p> <p>Social media and social influencers (pros and cons)</p> <p>Tobacco</p> <p>First aid- asthma</p> <p>How and when to make an emergency phonecall</p>	<p>Questioning content we see online</p> <p>Social media- the risks</p> <p>Social media and friendships</p> <p>Can I trust this stranger?</p> <p>First aid- bleeding</p> <p>First- basic life support</p>
	<b>Building relationships: Family and friends</b>	<b>Economic well-being &amp; annual 'Ambition Day'</b>			
Summer 1	<p>What makes a good friend</p> <p>Being a good friend</p> <p>Friendship issues</p>	<p>Why do we have money?</p> <p>The difference between spending and saving</p> <p>Responsible spending</p>	<p>How do people pay for things?</p> <p>What is budgeting?</p> <p>Money and how it makes people feel</p>	<p>What makes something good value for money</p> <p>Setting a savings goal</p> <p>Money and emotions</p>	<p>Attitudes and feelings towards money</p> <p>Keeping money safe</p> <p>Gambling</p>

	<p>What is a family?</p> <p>How families are different (blended families, cultural differences)</p> <p>Different cultural/ religious celebrations</p>	<p>The importance of saving</p> <p>Jobs</p>	<p>Skills and careers</p> <p>Challenging workplace stereotypes</p>	<p>Jobs and careers</p> <p>Jobs for me</p>	<p>Workplace stereotypes</p> <p>Careers</p>
	<b>Managing self: My Wellbeing</b>	<b>Transition</b>			
	<p>What is exercise?</p> <p>Relaxation methods</p> <p>Looking after ourselves</p>	<p>Reflect on what I have achieved/ made progress with this year</p> <p>Setting goals and targets for the next stage of my learning journey</p> <p>Worries and questions about the next stage of my learning journey</p>			
Summer 2	<p>Road safety</p> <p>Healthy eating</p> <p>Balanced diet</p>	<p>Feeling positive about change</p>	<p>Increasing responsibilities as I get older</p>	<p>Embracing change</p>	<p>Roles and responsibilities (in our new year groups/ schools)</p>