



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Building relationships: Special relationships (6)	Introductory lesson (1)  Family and relationships (7)	Introductory lesson (1)  Family and relationships (7)	Introductory lesson (1)  Family and relationships (8)	Introductory lesson (1)  Family and relationships (8)	Introductory lesson (1)  Family and relationships (8)	Introductory lesson (1)  Family and relationships (6)
Autumn 2	Self-regulation: My feelings (6)	Health and wellbeing (8)	Health and wellbeing (7)	Health and wellbeing (7)	Health and wellbeing (7)	Health and wellbeing (7)	Health and wellbeing (8)
Spring 1	Self-regulation: Listening and following instructions (6)	Safety and the changing body (all lessons -8)	Safety and the changing body (all lessons -8)	Safety and the changing body (all lessons -8)	Safety and the changing body (all lessons -8)	Safety and the changing body (all lessons -7)	Citizenship (6)
Spring 2	Building relationships: My family and friends (6)	Protective Behaviours Taking Care	Protective Behaviours Taking Care	Protective Behaviours Taking Care	Protective Behaviours Taking Care	Protective Behaviours Taking Care	Protective Behaviours Taking Care
Summer 1	Managing self: Talking on challenges (6)	Citizenship (6)	Citizenship (7)	Citizenship (7)	Citizenship (6)	Citizenship (6)	Economic wellbeing (6)  Identity (1)
Summer 2	Managing self: My wellbeing (6)	Economic wellbeing (6)  Transition (1) Strengths and Transition	Economic wellbeing (6)  Transition (1) Transition	Economic wellbeing (6)  Transition (1) Coping Strategies	Economic wellbeing (6)  Transition (1) Setting Goals	Economic wellbeing (6)  Transition (1) Roles & Responsibilities	Safety and the changing body (all lessons incl. 2 SRE -8)

Please note: Some lessons may be combined into a single session.

*Year groups have the flexibility to rearrange topics as needed to best support their children.*