

	Year R	Year 1	Year 2		Year 3	Year 4	Year 5	Year 6	
Term One	Me and my Relationships Make healthy choices about food, drink, activity and toothbrushing.	Diversity Week		Term One	Me and my Relationships	Diversity Week			
		Why we have classroom rules	Our ideal classroom (1)			As a rule	Human machines	Collaboration Challenge!	Working together
		How are you listening?	How are you feeling today?			Looking after our special people	Ok or not ok? (part 1)	Give and take	Solve the friendship problem
		Thinking about feelings	Let's all be happy!			How can we solve this problem?	Ok or not ok? (part 2)	How good a friend are you?	Behave yourself
		Our feelings	Being a good friend			Friends are special	An email from Harold!	Relationship cake recipe	Assertiveness skills (formerly Behave yourself - 2)
		Feelings and bodies	Types of bullying			Thanks	Different feelings	Our emotional needs	Don't force me
		Good friends	Don't do that!			Dan's dare	Under pressure	Being assertive	Acting appropriately
	Half term				Half term				
	Valuing Difference See themselves as a valuable individual.	Same or different?	What makes us who we are?	Term One	Valuing Difference	Respect and challenge	Can you sort it?	Qualities of friendship	OK to be different
		Unkind, tease or bully?	My special people			Family and friends	What would I do?	Kind conversations	We have more in common than not
Harold's school rules		How do we make others feel?	My community			The people we share our world with	Happy being me	Respecting differences	
It's not fair!		When someone is feeling left out	Our friends and neighbours			That is such a stereotype!	The land of the Red People	Tolerance and respect for others	
Who are our special people?		An act of kindness	Let's celebrate our differences			Friend or acquaintance?	Is it true?	Advertising friendships!	
Our special people balloons		Solve the problem	Zeb			Islands	Stop, start, stereotypes	Boys will be boys? - challenging gender stereotypes	
Christmas						Christmas			
Term Two	Keeping Safe Express their feelings and consider the feelings of others. Build constructive and respectful relationships.	Healthy Living Week		Term Two	Keeping Safe	Healthy Living Week			
		Super sleep	Harold's picnic			Safe or unsafe?	Danger, risk or hazard?	Spot bullying	Think before you click!
		Who can help? (1)	How safe would you feel?			Danger or risk?	How dare you!	Play, like, share	To share or not to share?
		Good or bad touches?	What should Harold say?			The Risk robot	Keeping ourselves safe	Decision dilemmas	Rat Park
		Sharing pictures	I don't like that!			Super Searcher	Raisin challenge (2)	Ella's diary dilemma	What sort of drug is...?
		What could Harold do?	Fun or not?			Help or harm?	Picture wise	Vaping: healthy or unhealthy?	Drugs: it's the law!
		Harold loses Geoffrey	Should I tell?			Alcohol and cigarettes: the facts	Medicines: check the label	Would you risk it?	Alcohol: what is normal?
	Half term				Half term				
	Rights and Respect I can talk about my own feelings and understand how others feel from expressions. I can experience failure and show some resilience with support.	I can talk about talk about it means to care for something and how to keep my belongings safe. I can talk about money and the worth of it.	I can talk about my big feelings and how to navigate away from them. I can talk about how games do not always go my way and how to cope with this.	Term Two	Rights and Respect	I can talk about the importance of money and my responsibility to look after it.	I can talk about who's responsibility it is for me to be safe and well. I can talk about my place in my community and what my role is.	I can talk about my responsibility on sorting facts from opinions. I can talk about what is in the news and how to interpret this. I know what my responsibilities are and how this works in school and at home.	I can talk about real and fake friends. I can describe the process of an election and laws are made in the UK.
		Science Week				Science Week			
Harold has a bad day		Getting on with others	Helping each other to stay safe			Who helps us stay healthy and safe?	What's the story?	Two sides to every story	
Around and about the school		When I feel like erupting	Recount task			It's your right	Fact or opinion?	Facebook friends	
Taking care of something		Feeling safe	Our helpful volunteers			How do we make a difference?	Mo makes a difference	What's it worth?	
Harold's money		Playing games	Can Harold afford it?			In the news!	Rights, respect and duties	Democracy in Britain 1 - Elections	
How should we look after our money?		Harold saves for something special	Earning money			Safety in numbers	Spending wisely	Democracy in Britain 2 - How (most) laws are made	
Easter				Easter					
Term Three	Being my best I can talk about keeping clean and healthy routines for my body.	I can talk about a healthy balanced diet. I can take about good hygiene and keeping myself well.	I can use resilience in my day to day life. I can describe the functions of parts of my body and how to keep myself healthy and well.	Term Three	Being my best	I can talk about a variety of ways to keep myself healthy and identify good habits for life. I can talk about what to do if someone is unwell. I can use resilience in my class work.	I can talk about how I am unique and special but also a part of the wider school community.	I can talk about my best qualities and how these make me a valued member of our school. I can talk about the various leadership roles within school and how these benefit the wider community.	I can talk through basic first aid. I can talk about why risk impacts your future. I can explain and take measured risks.
		I can eat a rainbow	You can do it!			Derek cooks dinner! (healthy eating)	What makes me ME!	It all adds up!	This will be your life!
		Eat well	My day			Poorly Harold	Making choices	Different skills	Our recommendations
		Harold's wash and brush up	Harold's postcard - helping us to keep clean and healthy			Body team work	SCARF hotel	My school community (2)	What's the risk? (1)
		Catch it! Bin it! Kill it!	Harold's bathroom			For or against?	Harold's Seven Rs	Independence and responsibility	What's the risk? (2)
		Harold learns to ride his bike	What does my body do?			I am fantastic!	My school community (1)	Star qualities?	Basic first aid, including Sepsis Awareness
		Half term						Half term	
	Growing and Changing I can talk about a healthy routine throughout the day. I can talk about being safe in and around school.	I can talk about the differences between the young and old. I can identify safe grown ups and how I ask for help. I understand that secrets can be harmful and when to seek help.	I can talk about my body and how it is similar/ different to other people's. I understand that emotions can be talked about in order to feel better., I understand that secrets can be harmful and when to seek help.	Term Three	Growing and Changing	I understand where I am within my own family. I can talk about how my body is starting to change as I grow. I can talk about the difference between a secret and a surprise.	I can talk about my emotions and how I cannot always control them. I can identify how to make myself feel better. I understand the female menstrual cycle and how this may affect me/ those around me.	I can talk about how my actions impact other people and their feelings. I can talk about how my body has changed and continues to change as I grow. I understand that my emotions and hormones fluctuate.	I can talk about how the internet is not real life. I can talk about how to cope with big and small changes to myself and my life. I can identify who to seek help from if I am in trouble online. I understand sex and the laws around sex.
		Healthy me	A helping hand			Relationship tree	Moving house	How are they feeling?	I look great!
		Then and now	Sam moves away			Body space	My feelings are all over the place!	Taking notice of our feelings	Media manipulation
Taking care of a baby		Haven't you grown!	None of your business!			All change!	Dear Ash	Pressure online	
Who can help? (2)		My body, your body	Secret or surprise?			Preparing for changes at puberty (formerly Period positive/preparing for periods)	Growing up and changing bodies	Helpful or unhelpful? Managing change	
Surprises and secrets		Respecting privacy	My changing body			Secret or surprise?	Changing bodies and feelings	Is this normal?	
Keeping privates private		Some secrets should never be kept	Basic first aid			Together	Help! I'm a teenager - get me out of here!	Making babies	