Pol-Ed Relationships	Pol-Ed Keeping Safe	Pol-Ed Understanding the Law	Pol-Ed Well-Being	Oak Academy: Emotions, Community, Physical Health, Staying Safe & Healthy, Puberty	PSHE Association Sex Education (Y6)- *non compulsory	Gaps with suggested links

EYFS

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
HT 1						
HT 2	R: How can I be a good friend?	R: How can I make other children feel happy?	R: How can I play nicely with others?	R: How can adults at school help me?		
HT 3	KS: How can I play safely?	KS: How can I keep safe at school?	KS: How can I keep safe at home?	KS: How can I keep safe at school?		
HT 4	UTL: What are rules?	UTL: What are consequences?	UTL: What can I do if I'm feeling big emotions?	UTL: Who are the police and how do they help us?		
HT 5	WB: How can I be a germ buster?	WB: How does exercise help me?	WB: How does food help me?			
HT 6	NSPCC Pants					
	Pol – Ed Passports: What are emotions?, What is empathy?, What is respect?, What is self-worth? What is resilience?					

Nb PANTS taught in every year group See also online safety curriculum – first lesson of each Computing unit

Year 1/2 Cycle A

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
HT 1	E: Our emotions	E: Describing our feelings	E: Knowing how I feel	E: Managing our feelings	C: We are all unique	C: We are all equal	C: Respecting each other at school	C: Feeling safe at school
HT 2	R: How can I be an ally?	R: How can I make friends?	R: What if my friends are making me feel sad?	R: What is bullying?	R: Why are safe hands important?	R: Why is name calling unkind?		
HT 3	KS: How can I keep safe in new places?	KS: How can I speak up?	KS: How can I use things at home safely?	KS: Who are my trusted adults?	KS: What is 999?	KS: What is private information?		
HT 4	UTL: How can I be responsible?	UTL: What can happen when rules are broken?	UTL: What do the police do?	UTL: Why have different rules?				
HT 5	WB: What do feelings feel like?	WB: What makes me special?	WB: How can I share my feelings?	WB: How can I be an empathy expert?				
HT 6	PH: Why exercise is important	PH: Sleep is important	PH: My body is important NSPCC: Pants	PH: Having a healthy week	SSH: Dangers in the home	SSH: Dangers outside the home	SSH: Road Safety	SSH: Sun Safety
	Pol Ed Passports: Empathy, Future planning, Resilience, Self-worth, Fact finding, Informed decision-making, Respect, Risk							

Year 1/2 Cycle B

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10
HT 1	E: Our emotions toolkit: different feelings	E: Things that affect how we feel	E: Managing a range of emotions	E: Managing change	C: The things we need to feel safe and happy	C: Helping others to feel welcome at school	C: The people in our school community	C: The people in our wider community	C: Celebrating difference	C: Me and the people around me
HT 2	R: How are we the same? / different?	R: How can I work with different people?	R: How do I share family worries?	R: What is a family?	R: Why are relationships important?	GAP R25: How to talk about and share opinions on things that matter				
HT 3	KS: How can I keep safe online?	KS: What are different types of meetings?	KS: What are medicines?	KS: What are private body parts?	KS: What is fire safety?	GAP H9: Different ways to learn and play				
HT 4	UTL: What are needs and wants?	UTL: What is a job?	UTL: What is money?	UTL: What is the internet?	UTL: Why does age matter?					
HT 5	NSPCC Pants	WB: How can I deal with change?	WB: What does it mean to be healthy?	WB: How can I look after my body?	WB: Why is sleep important?	WB: When do I need to take a break?	WB: What are the risks of video gaming?			
HT 6	PH: My favourite foods	PH: Food is important	PH: Healthy foods	PH: My healthy food week	SSH: Keeping clean and healthy	SSH: Emergencies				
	Pol – Ed Passports: Empathy, Resilience, Self-worth, Fact finding, Risk									

Year 3/4 Cycle A

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
HT 1	E: Our emotions toolkit: strong emotions	E: Emotions and deep feelings	E: Managing strong emotions	E: Managing conflict in healthy ways	C: Fundamental British values	C: Democracy	C: Rule of law	C: Individual liberty	C: Mutual respect and tolerance
HT 2	R: How should we treat people?	R: What can I do when friendships go wrong?	R: What is consent in friendships?	R: What is bullying?	R: Who are my key people?				
HT 3	KS: How can I share my worries?	KS: What are emergency services?	KS: What are emergency situations?	KS: What do we mean by risk?	KS: When should I break a secret?				
HT 4	UTL: How can I be a responsible citizen?	UTL: How do we enforce the law?	UTL: What are children's rights?	UTL: What is the law and why do we have it?	GAP R25: How to talk about and share opinions on things that matter				
HT 5	WB: What is mental health?	WB: What am I good at?	WB: How can intense feelings feel?	WB: What words can I use for feelings?	WB: How does school help me?				
HT 6	PH: Keeping our bodies strong NSPCC Pants	PH: Making an activity plan	PH: Choosing food carefully	PH: A healthy week	SSH: Staying safe near water SSH: Staying safe near railways	SSH: Dangers on the road	PB: How we change during puberty **YEAR 4 ONLY**	PB: Menstruation **YEAR 4 ONLY**	PB: Staying clean during puberty **YEAR 4 ONLY**
	Pol- Ed Passports: Empathy, Resilience, Self-worth, Respect, Risk, Fact finding								

Year 3/4 Cycle B

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
HT 1	E: Our emotions toolkit: self-esteem	E: Feeling down and lonely	E: Managing my emotions	E: Living happy lives	C: The Equality Act	C: Stereotypes and their impact	C: Prejudice and discrimination in Britain	C: Ageism	
HT 2	R: How can we be role models?	R: What is a healthy friendship?	R: What is discrimination?	R: What is diversity?	R: What is peer influence?	R: Who makes up my community?			
HT 3	KS: How can I keep safe in my local area?	KS: How can we keep safe on the road?	KS: What are hazards in the home?	KS: What is first aid?	KS: Who do I encounter?	GAP H9: Different ways to learn and play			
HT 4	UTL: How can I respect my environment?	UTL: What are protected characteristics?	UTL: What can I be?	UTL: What is hate crime?					
HT 5	WB: How do my choices help me to be healthy?	WB: What are healthy habits?	WB: Why is food fuel?	WB: How can I be a hygiene hero?	WB: How does school build my character?				
HT 6	PH: Healthy Teeth	PH: The importance of sleep and rest	PH: Keeping my body healthy NSPCC Pants	SSH: Keeping our bodies clean and healthy	SSH: Preventing the spread of disease	SSH: Sunburn, stings, allergies and anaphylaxis	PB: How we change during puberty **YEAR 4 ONLY**	PB: Menstruation **YEAR 4 ONLY**	PB: Staying clean during puberty **YEAR 4 ONLY**
	Pol – Ed Passports: Empathy, Resilience, Fact finding, Informed decision-making, Risk								

Year 5/6 Cycle A

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
HT 1	E: Our emotions toolkit: challenges	E: All emotions are important	E: Facing challenges	C: How women's rights have changed since the 1800s	C: Identifying gender stereotypes	C: Challenging gender stereotypes	C: Making the world a fairer place
HT 2	R: Adult relationships and my future	R: How do words have power?	R: What are my personal boundaries?	R: What are online friendships?	R: What is grooming?	R: What is media influence?	R: What is peer pressure?
HT 3	KS: How can we keep our things safe?	KS: How can we use our phones sensibly?	KS: What are deep fakes?	KS: What are the risks with money?	KS: What do I know about drugs?	KS: Why are our special people important?	KS: What is media literacy?
HT 4	UTL: How do rules help our community?	UTL: Internet: What can and can't I do?	UTL: What is gambling?	SSH: Identifying hazards SSH: Reporting an emergency	SSH: Fire safety, burns and fireworks		
HT 5	WB: What is my personal identity?	WB: How might puberty impact me?	WB: How might being online impact feelings?	WB: How might my activity levels impact the way I feel?	WB: How might school impact the way I feel?	WB: How can drugs and alcohol make people feel?	
HT 6	PH: How to have a healthy and balanced week	PH: Differences in our health SSH: The importance of vaccines	PH: Pressure to look a certain way	PB: Physical changes during puberty NSPCC Pants **YEAR 5 ONLY**	PB: Male and female changes during puberty **YEAR 5 ONLY**	PB: Emotional changes during puberty **YEAR 5 ONLY**	
HT 6				PB: Puberty recap NSPCC Pants **YEAR 6 ONLY**	PB: Change and becoming Independent **YEAR 6 ONLY**	PB: Positive & Healthy Relationships **YEAR 6 ONLY**	SE: How a Baby is Made* (non-compulsory) **YEAR 6 ONLY**
	Pol – Ed Passports: Empathy, Resilience, Self-worth, Respect, Risk						

Year 5/6 Cycle B

Half Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
HT 1	E: Our emotions toolkit: handling transition	E: We all have mental health	E: We are unique	C: Being British	C: The history of racism in Britain	C: The arrival of the Windrush generation	C: Diversity in modern Britain	C: Discrimination and the law in Britain	C: Feeling like we belong
HT 2	R: Getting ready for secondary relationships	R: Allies against racism	R: Challenging sexism	R: Respecting different relationships	R: What is a debate?	R: What is my relationship with authority?			
HT 3	KS: How is my data shared?	KS: What is spiking?	KS: Addiction (vaping/smoking)	KS: Media age restrictions	KS: Bonfire Night Lessons	KS: Halloween Lessons			
HT 4	UTL: Types of crime	UTL: The law and legal drugs	UTL: The law and marriage	UTL: What is a weapon?	UTL: Antisocial behaviour	UTL: What is shop theft?			
HT 5	WB: What does adulthood look like?	WB: Re-frame my thinking	WB: Support for mental health	WB: Managing moving to high school	WB: What is grief?				
HT 6	PH: Creating a healthy meal	PH: Enjoying an active week	SSH: Basic first aid	SSH: Head injuries	SSH: What is asthma?	PB: Physical changes during puberty NSPCC Pants **YEAR 5 ONLY**	PB: Male and female changes during puberty **YEAR 5 ONLY**	PB: Emotional changes during puberty **YEAR 5 ONLY**	
HT 6						PB: Puberty recap NSPCC Pants **YEAR 6 ONLY**	PB: Change and becoming Independent **YEAR 6 ONLY**	PB: Positive & Healthy Relationships **YEAR 6 ONLY**	SE: How a Baby is Made* **YEAR 6 ONLY**
	Passport: Empathy, Resilience, Informed decision-making, Respect, Risk								

Add Speak Out Stay Safe Assembly & Follow Up Lesson Add Digital Citizenship Common Sense Media to online safety curriculum when it's rewritten