

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

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: <i>penis and vulva</i>)
Lesson 5	My private parts are private - safe and unsafe touches (vocabulary: <i>penis, vulva, testicles</i>)
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

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 <i>(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)</i>
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

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 (<i>vocabulary: breasts, genitals, penis, testicles</i>)
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

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 <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation)</i>
Lesson 4	Menstruation <i>(vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation)</i>
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 <i>(includes cigarettes and alcohol)</i>
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

YEAR 6	
Family and relationships	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Respect - how this can be 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 <i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples)</i>
Lesson 5	Conception <i>(parents/carers have the right to withdraw their child from this lesson)</i> <i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse)</i>
Lesson 6	Pregnancy and birth <i>(parents/carers have the right to withdraw their child from this lesson)</i> <i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care)</i>
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