

## Primary and Secondary West Departments

Cycle 1 (2023/2024)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Termly theme Primary</b>	<u><b>Self awareness</b></u> <ul style="list-style-type: none"> <li>• Things we are good at</li> <li>• Playing and working together</li> </ul>	<u><b>Managing feelings</b></u> <ul style="list-style-type: none"> <li>• Identifying and expressing feelings</li> </ul>	<u><b>Self Care, support, safety</b></u> <ul style="list-style-type: none"> <li>• Keeping Safe (including rules and laws)</li> <li>• Keeping safe online</li> </ul>	<u><b>Changing &amp; growing</b></u> <ul style="list-style-type: none"> <li>• Baby to Adult</li> <li>• Different types of relationships</li> </ul>	<u><b>Healthy lifestyles</b></u> <ul style="list-style-type: none"> <li>• Healthy Eating</li> <li>• Keeping well</li> </ul>	<u><b>The world I live in</b></u> <ul style="list-style-type: none"> <li>• Jobs people do</li> <li>• Money</li> </ul>
<b>Termly theme Secondary</b>	<u><b>Self awareness</b></u> <ul style="list-style-type: none"> <li>• Personal Strengths</li> <li>• Prejudice and discrimination (including human diversity)</li> </ul>	<u><b>Managing feelings</b></u> <ul style="list-style-type: none"> <li>• Identifying and expressing feelings (including feeling frightened/worried)</li> <li>• Self-esteem and unkind comments</li> </ul>	<u><b>Self Care, support, safety</b></u> <ul style="list-style-type: none"> <li>• Feeling unwell</li> <li>• Accidents, risk and emergency situations</li> </ul>	<u><b>Changing &amp; growing</b></u> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Friendships</li> </ul>	<u><b>Healthy lifestyles</b></u> <ul style="list-style-type: none"> <li>• Elements of a healthy lifestyle</li> <li>• Healthy Eating</li> <li>• Drugs, alcohol &amp; tobacco (including medicines)</li> </ul>	<u><b>The world I live in</b></u> <ul style="list-style-type: none"> <li>• Preparing for adulthood</li> <li>• Managing Finances</li> </ul>

Cycle 2 (2024/2025)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Termly theme Primary</b>	<u><b>Self awareness</b></u> <ul style="list-style-type: none"> <li>• People who are special to us</li> <li>• Getting on with others</li> </ul>	<u><b>Managing feelings</b></u> <ul style="list-style-type: none"> <li>• Managing strong feelings</li> <li>• Kind and unkind behaviours (SA)</li> </ul>	<u><b>Self Care, support, safety</b></u> <ul style="list-style-type: none"> <li>• Trust</li> <li>• Public and Private</li> </ul>	<u><b>Changing &amp; growing</b></u> <ul style="list-style-type: none"> <li>• Changes at puberty</li> <li>• Dealing with touch</li> </ul>	<u><b>Healthy lifestyles</b></u> <ul style="list-style-type: none"> <li>• Taking care of physical health</li> <li>• Keeping well</li> </ul>	<u><b>The world I live in</b></u> <ul style="list-style-type: none"> <li>• Respecting differences between people</li> <li>• Taking care of the environment</li> </ul>
<b>Termly theme Secondary</b>	<u><b>Self awareness</b></u> <ul style="list-style-type: none"> <li>• Skills for learning</li> <li>• Managing pressure</li> </ul>	<u><b>Managing feelings</b></u> <ul style="list-style-type: none"> <li>• Strong feelings</li> </ul>	<u><b>Self Care, support, safety</b></u> <ul style="list-style-type: none"> <li>• Public and Private</li> <li>• Keeping safe online</li> </ul>	<u><b>Changing &amp; growing</b></u> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Relationships</li> </ul>	<u><b>Healthy lifestyles</b></u> <ul style="list-style-type: none"> <li>• Mental wellbeing</li> <li>• Physical Activity</li> <li>• Body image</li> </ul>	<u><b>The world I live in</b></u> <ul style="list-style-type: none"> <li>• Rights and responsibilities</li> <li>• Taking Care of the Environment.</li> </ul>

## Secondary East and Sixth Form Departments

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships - primary	Our Feelings & Emotions  Different Relationships	Managing Conflicts  Working together  Bullying	Good & Bad Touch (Primary)  Boundaries - Yes & No	Secrets & Surprises  Discrimination (Primary)	Equality  Stereotypes  Domestic Abuse & Forced Marriage	Dares & Challenges  Diversity  Bullying
Relationships - KS3	Positive relationships	Relationship values	Forming & maintaining respectful relationships	Consent Contraception and parenthood	Social Influences	Bullying, abuse & discrimination
Relationships - KS4	Positive relationships	Relationship values	Forming & maintaining respectful relationships	Consent Contraception and parenthood	Social Influences	Bullying, abuse & discrimination
Health & Wellbeing - primary	Strengths, Goals & Aspirations  Choices  Getting Help & Support	Germs & Staying Well  Growing & Changing  Public & Private	Drugs & Alcohol  Exercise & Leisure  Sex Education (At the appropriate level)	Healthy Eating  E-safety  Peer Pressure	Personal Hygiene & Dental Health  Loss & Change  Mobile Phones	Sleep, Rest & Relaxation  Achievements & Moving On  Community Safety
Health & Wellbeing - KS3	Self concept	Mental health & emotional wellbeing	Puberty & sexual health	Drugs, alcohol and tobacco	Managing risk & personal safety	Healthy lifestyles
Health & Wellbeing - KS4	Self concept	Mental health & emotional wellbeing	Sexual health and fertility	Drugs, alcohol and tobacco	Managing risk & personal safety	Health related-decisions

Living in the Wider World - primary	Rules & Laws Resolving Differences	Rights Getting Help	Money & Budgeting The Media & Role Models	The Environment Work & Study Skills Gambling / Gaming	Customs Human Rights & FGM Transitions	Gangs Anti-Social Behaviour Emergencies & First Aid
Living in the Wider World - KS3	Learning skills	Choices and pathways	Work and career	Employment rights & responsibilities Gambling / Gaming	Financial choices	Media literacy and digital resilience
Living in the Wider World - KS4	Learning skills	Choices and pathways	Work and career	Employment rights & responsibilities Gambling / Gaming	Financial choices Transitions	Media literacy and digital resilience