



Long Term Plan

- Health and Well-being
- Living in the Wider World
- Relationship Education
- RSE and Drug Awareness

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Road Safety	Taking Good Care of Myself	Sleep	Animals	Follow My Lead	Sharing
	Cities, Towns, Land and Sea	Being Curious	The Great Outdoors	Fire Safety	Making Mistakes	Marking to the Beat of Your Own Drum
	Gentle Hands and Hearts	Managing Feelings	Trusted Adults	Water Safety	Planting Our Food	Technology

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Braving the Weather	Emergency Services	Being Mindful	Trust	Food Safety & What Not to Eat	Getting Your Sleep
	Road Safety	Being Happy	Communication	Respecting Others	Water Safety	Hygiene & Me
	Understanding Difficult Feelings	First/CPR	A Problem Shared is a Problem Halved	Safety Symbols	My Body Belongs to Me	Signalling & Sign Language

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Forest Survival	Feeling Sad	The Art of Failure	My Body is Growing	Desert Island	Wildlife
	Happiness	Dealing with Loss	Flight of Flight	Fire Safety	Navigation	Protecting Our Planet
	It's Okay Not to be Okay	Personal Goal Setting	Relaxation	Medicines & Drugs	Environment	Cyber Security

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Relationships with Others	Self-image	Problem solving and Time Management	My Body, Your Body	Who Can We Trust	BY - Culture & Liberty
	Helping Others to Get Help	Anxiety	Self-worth	Vaccinations & Disease	Exercise	Screen Time
	Growth Mindset	Anger - Difficult Feelings & Behaviours	Personal Hygiene	Sun Safety	BV - Democracy & Law (Freedom to Choose)	Staying Safe Online
	Mindfulness	Stress				

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Respect	Bullying	A Balanced Diet	Where does my Food Come from?	Family Relationships	Everything will be all right
	Problem Solving & Resourcefulness	Keeping My Body Safe	Health Eating	Sleep	BV - Government & Rules	Try and try again
	Leadership	Being Responsible	The Importance of Physical Activity	Screen Time	BV - Freedom and Beliefs	Relaxing to re-charge

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Learning	Dealing with Adversity	Respecting Others - Boundaries & Beliefs	You Get Out What You Put into Life	Supporting the Community	Junk Food
	Resilience	Responsibility & Inspiration	My Body Changes	Communicating Effectively	BV - Freedom of Speech and Movement	Nutritional Values
	Teamwork		The NHS	The Digital World		Keeping My Body the Same
	BV - Laws & Parliament	Body Language & Communication			Saving Money	
				Borrowing Money		

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Tax	Organisation of Life	From Learning to Working	The Government	Drugs, Alcohol & Smoking	BV - Rights & Radicalisation
	Entrepreneurship	Pensions	How to Write a CV	Law	My Amazing Body	Feeling Anxious
	Banks	Power of Negotiation	Self-Perception	BV - Lawmakers & Activists	Transition	Recognising and Controlling Anger
	First Aid					