Nursery	**Me and My Relationships** Marvellous me! I'm special People who are special to me	**Valuing Difference** Me and my friends Friends and family Including everyone	**Keeping Myself Safe** People who help to keep me safe (N) Safety Indoors and Outdoors What's safe to go into my body	**Rights and Respect** Looking after myself Looking after others Looking after my environment	**Being my Best** What does my body need? I can keep trying I can do it!	**Growing and Changing** Growing and changing in nature When I was a baby Girls, boys and families
Reception	**Me and My Relationships** All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	**Valuing Difference** I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	**Keeping Myself Safe** What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings (1) People who help to keep me safe	**Rights and Respect** Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe	**Being my Best** Bouncing back when things go wrong Yes, I can! Healthy eating (1) My Healthy Mind Move your body A good night's sleep	**Growing and Changing** Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Getting bigger (not continuous provision activity)

Year 1	**Me and My Relationships** How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends **Zones Of Regulation** Zones Bingo	**Valuing Difference** Same or different? Unkindness, teasing or bullying? Who are our special people? It's not fair! Our special people balloons **Zones Of Regulation** Expected and Unexpected	**Keeping Myself Safe** Super sleep Who can help? (1) Good or bad touches? What could Harold do? Harold loses Geoffrey **Zones Of Regulation** Blue Zone	**Rights and Respect** Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid **Zones Of Regulation** Yellow Zone	**Being my Best** I can eat a rainbow Eat well Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! **Zones Of Regulation** Red Zone	**Growing and Changing** Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets **Zones Of Regulation** Green Zone
Year 2	**Me and My Relationships** Let's all be happy! Being a good friend Types of bullying Don't do that! **Zones Of Regulation** Which Zone are you in?	**Valuing Difference** What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem **Zones Of Regulation**	**Keeping Myself Safe** Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell? Harold's postcard	**Rights and Respect** Getting on with others When I feel like erupting Feeling safe Harold saves for something special Harold goes camping How can we look after our environment?	**Being my Best** You can do it! My day Harold's bathroom What does my body do? Basic First Aid **Zones Of Regulation** Ways to help me in the Red Zone	**Growing and Changing** A helping hand Sam moves away Haven't you grown! Some secrets should never be kept **Zones Of Regulation** Different Zones at Different Times

		Impact of Behaviours	**Zones Of Regulation** Ways to help me in the Blue Zone	**Zones Of Regulation** Ways to help me in the Yellow Zone		
Year 3	**Me and My Relationships** Looking after our special people How can we solve this problem? Friends are special Thunks My special pet **Zones Of Regulation** Zones Bingo	**Valuing Difference** Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb **Zones Of Regulation** Expected and Unexpected	**Keeping Myself Safe** Safe or unsafe? Danger or risk? The Risk Robot Help or harm? Alcohol and cigarettes: the facts **Zones Of Regulation** Blue Zone	**Rights and Respect** Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Harold's environment project Earning money **Zones Of Regulation** Yellow Zone	**Being my Best** Derek cooks dinner! Poorly Harold For or against? I am fantastic! Top talents **Zones Of Regulation** Red Zone	**Growing and Changing** Relationship Tree Body space Secret or surprise? Basic first aid **Zones Of Regulation** Green Zone
Year 4	**Me and My Relationships** *My changing body* *Year: Y3 Girls only* Human machines Ok or not ok? (part 1) The people we share our world with	**Valuing Difference** Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands	**Keeping Myself Safe** Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Medicines: check the label	**Rights and Respect** Who helps us stay healthy and safe? How do we make a difference? Safety in numbers Harold's expenses **Zones Of Regulation**	**Being my Best** What makes me ME! Making choices SCARF Hotel Harold's Seven Rs Basic first aid **Zones Of Regulation** Ways to help me in the Red Zone	**Growing and Changing** My feelings are all over the place! Secret or surprise? **Zones Of Regulation** Different Zones at Different Times

	Ok or not ok? (part 2) Under pressure **Zones Of Regulation** Which Zone are you in?	**Zones Of Regulation** Impact of Behaviours	Know the norms **Zones Of Regulation** Ways to help me in the Blue Zone	Ways to help me in the Yellow Zone		
Year 5	**Me and My Relationships** Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Being assertive What is sexual harassment? **Zones Of Regulation** Zones Bingo	**Valuing Difference** Kind conversations Happy being me The land of the Red People **Zones Of Regulation** Expected and Unexpected	**Keeping Myself Safe** Spot bullying Decision dilemmas Vaping: healthy or unhealthy? Would you risk it? Ella's diary dilemma Drugs: true or false? **Zones Of Regulation** Blue Zone	**Rights and Respect** What's the story? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver! **Zones Of Regulation** Yellow Zone	**Being my Best** It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness **Zones Of Regulation** Red Zone	**Growing and Changing** How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies (Activity 1 and 3) *Preparing for changes at puberty Y4 and testicular torsion – single sex – puberty talk – can withdraw* **Zones Of Regulation** Green Zone
Year 6	**Me and My Relationships** Working together Solve the friendship problem Behave yourself Assertiveness skills	**Valuing Difference** OK to be different We have more in common than not Respecting differences Tolerance and respect for others	**Keeping Myself Safe** Rat Park What sort of drug is...? Drugs: it's the law!	**Rights and Respect** Two sides to every story What's it worth? Happy shoppers Democracy in Britain 1 – Elections	**Being my Best** This will be your life! Our recommendations What's the risk? (1) What's the risk? (2)	**Growing and Changing** I look great! Helpful or unhelpful? Managing change **Zones Of Regulation**

	Don't force me Acting appropriately What is sexual harassment? **Zones Of Regulation** Which Zone are you in?	Advertising friendships! Boys will be boys? - challenging gender stereotypes **Zones Of Regulation** Impact of Behaviours	Alcohol: what is normal? **Zones Of Regulation** Ways to help me in the Blue Zone	Democracy in Britain 2 – How (most) laws are made **Zones Of Regulation** Ways to help me in the Yellow Zone	Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project **Zones Of Regulation** Ways to help me in the Red Zone	Different Zones at Different Times