



# Happy, Healthy & Safe

## *Yearly Overview*

**PSHE**

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**SMSC**



## Sensitive Lesson

# Year 1 - Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1	Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect ...	Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude!	Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub!	Core Theme 2 Unit 2 LESSON 1: Definition - A Bully is...	Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little	Core Theme 1 Unit 5 LESSON 1: Sun Safety – It's a Cover Up!
Week 2	Core Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class Charter	Core Theme 1 Unit 4 LESSON 1: Happiness - Smile!	Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green!	Core Theme 2 Unit 2 LESSON 2: Unkindness - Blame Game	Core Theme 2 Unit 4 LESSON 5: Family - My Family	Core Theme 1 Unit 5 LESSON 2: Road Safety – Green X Code
Week 3	Core Theme 1 Unit 5 LESSON 6: Internet Safety - E-Safety	Core Theme 1 Unit 4 LESSON 2: Anger - Grrrr!	Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat Eaters	Core Theme 2 Unit 2 LESSON 3: Behaviour - Bullying is...	Core Theme 2 Unit 4 LESSON 6: Family - Special People	Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees?
Week 4	Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends	Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel	Core Theme 1 Unit 1 LESSON 3: Healthy Eating - Party Time!	Core Theme 2 Unit 2 LESSON 4: Behaviour - + and –	Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants Core Theme 3 Unit 1	Core Theme 3 Unit 3 LESSON 2: Money - Coining it in!
Week 5	Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends	Core Theme 2 Unit 1 LESSON 2: Responses - You and Me	Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical!	Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise	Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers	Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe
Week 6	Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn!	Core Theme 2 Unit 1 LESSON 3: Opinions	Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help	Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same	Core Theme 3 Unit 1 LESSON 5: Sharing - Share the Booty	REVISIT - Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude!

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Week 1</b>	Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect ...	Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the Right	Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time	Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v Girls	Core Theme 2 Unit 2 LESSON 5: Behaviour - Help Me!	Core Theme 1 Unit 3 LESSON 6: Emotions – Mood Swings
<b>Week 2</b>	Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour!	Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad	Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips	Core Theme 1 Unit 3 LESSON 2: The Human Body - Body Bits	Core Theme 2 Unit 3 LESSON 3: Behaviour - In My Shoes	Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words
<b>Week 3</b>	Core Theme 2 Unit 4 LESSON 4: Friendship - Share Alike	Anti bullying week	Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up!	Core Theme 1 Unit 3 LESSON 3: Growing Up - All Grown Up	Core Theme 2 Unit 3 LESSON 5: Teasing - Cry Baby!	Core Theme 1 Unit 4 LESSON 4: Sadness - How to Cope
<b>Week 4</b>	Core Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair!	Core Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal!	Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White	Core Theme 1 Unit 3 LESSON 4: Changing Needs - I Need	Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area	Core Theme 3 Unit 3 LESSON 4: Money - Shopping List
<b>Week 5</b>	Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals	Core Theme 2 Unit 1 LESSON 4: Co-operation – Negotiation	Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth	Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles	Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care	Core Theme 3 Unit 3 LESSON 5: Choices - This or That?
<b>Week 6</b>	Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong ...	Core Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play?	Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine	Core Theme 1 Unit 1 LESSON 6: Exercise - Workout!	Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault?	Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den
<b>Week 7</b>	Core Theme 1 Unit 5 LESSON 7: Staying Safe – I Don't Know You	Core Theme 2 Unit 1 LESSON 6: Co-operation - Let's Debate!	Mindfulness Matters - Yoga (healthy bodies = healthy minds)	Core Theme 1 Unit 1 LESSON 6: Exercise - Workout!	Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault?	Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den

# Year 3 - Overview

## Sensitive Lesson

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Week 1</b>	Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat	Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features	Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am!	Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash	Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown!	Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy
<b>Week 2</b>	Core Theme 1 Unit 6 LESSON 2: Online Privacy – The Secrets Jar	Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time	Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and Minds	Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!	Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap	Core Theme 1 Unit 2 LESSON 2: Physical Exercise – Active Kids?
<b>Week 3</b>	Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-Protection	Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out	Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One	Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community	Core Theme 1 Unit 8 LESSON 1: How to Help – Who to Call	Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice
<b>Week 4</b>	Core Theme 3 Unit 1 LESSON 1: Rules – I’m In Charge!	Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs	Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams	Core Theme 3 Unit 2 LESSON 2: School Communities – School Swap	Core Theme 1 Unit 8 LESSON 2: Emergency Calls – Calling 999	Core Theme 2 Unit 2 LESSON 2: Working Together – Build It Up
<b>Week 5</b>	Core Theme 3 Unit 1 LESSON 2: Thinking Ahead – Lesson Planning	Core Theme 1 Unit 5 LESSON 1: Loss / Separation – Lost!	Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words	Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals	Core Theme 1 Unit 8 LESSON 3: Emergency Calls – Ambulance, Now!	Core Theme 2 Unit 2 LESSON 2: Working Together – Build It Up
<b>Week 6</b>	Core Theme 3 Unit 1 LESSON 3: Taking the Lead – Learning Time	Core Theme 1 Unit 5 LESSON 2: Loss / Separation – Found!	Mindfulness Matters - Yoga (healthy bodies = healthy minds)	Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong ...	Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the Right	Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places

# Year 4 - Overview

## Sensitive Lesson

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Week 1</b>	Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's Personal	Core Theme 2 Unit 3 LESSON 1: Reactions - Frustration	Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal?	Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts	Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I'm Good at That	Core Theme 2 Unit 4 LESSON 1: Connections – Paper Chains
<b>Week 2</b>	Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage	Core Theme 2 Unit 3 LESSON 2: Self-Worth – I'm a Marvel!	Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act	Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It's Debatable	Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let's Rock!	Core Theme 2 Unit 4 LESSON 2: Family Links – Family Tree
<b>Week 3</b>	Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits	Anti bullying week	Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef	Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind	Core Theme 1 Unit 4 LESSON 2: Identified Strengths – Future Me	Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Findings
<b>Week 4</b>	Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers	Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience Don't Give Up	Core Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall	Core Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes	Core Theme 1 Unit 4 LESSON 3: Setting Goals – That's My Goal!	Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside Outside
<b>Week 5</b>	Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals	Core Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and Over	REVISIT - Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's Personal	REVISIT - Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage	Core Theme 1 Unit 4 LESSON 4: Setting Goals – The Impossible Dream	Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars
<b>Week 6</b>	Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong ...	Core Theme 1 Unit 5 LESSON 5: Feelings - Overreacting	Mindfulness Matters - Yoga (healthy bodies = healthy minds)	REVISIT -Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits	In a World where you can be anything Be Kind - What does it mean to be kind?	Core Theme 3 Unit 4 LESSON 2: Managing Money – Design Choices

Core theme 1: Health and Wellbeing

Core theme 2: Relationships

Core theme 3: Living in the Wider World

# Year 5 - Overview

## Sensitive Lesson

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Week 1</b>	Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine ...	Core Theme 1 Unit 4 LESSON 1: Death and Grief – It's Natural	Core Theme 3 Unit 2 LESSON 1: Community Event – We're Cultured!	Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional	Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters	Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble
<b>Week 2</b>	Core Theme 3 Unit 1 LESSON 2: Law and Order – In Charge	<a href="https://kindnessuk.com/">In a World where you can be anything Be Kind - World Kindness Day 13th November 2021</a>	Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – What's Puberty?	Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info	Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team	Core Theme 2 Unit 2 LESSON 2: Shared Goals – It's All Go!
<b>Week 3</b>	Core Theme 3 Unit 1 LESSON 3: U.N . Rights – Our Rights	Anti bullying week	Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose!	Core Theme 2 Unit 1 LESSON 2: Listening – I'm All Ears!	Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars	Core Theme 2 Unit 2 LESSON 3: Community Spirit – All Join In
<b>Week 4</b>	Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business	Core Theme 1 Unit 4 LESSON 2: Death and Grief - Poppies	Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke	Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios	Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive	Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips
<b>Week 5</b>	Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No!	Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War	Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let's Be Frank	<a href="#">Staying Safe Online - work through the website videos and games</a>	Mindfulness Matters - What is stress?	Transition to Year 6: What are SATs?
<b>Week 6</b>	Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware	Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News (Session 1)	Mindfulness Matters - Yoga (healthy bodies = healthy minds)	<a href="#">Staying Safe Online - work through the website videos and games</a>	Mindfulness Matters - Coping Strategies	Transition to Year 6: What are the expectations? How do they differ to Year 5?

Core theme 1: Health and Wellbeing

Core theme 2: Relationships

Core theme 3: Living in the Wider World

# Year 6 - Overview

## Sensitive Lesson

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Week 1</b>	Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big Dreams	Core Theme 2 Unit 3 LESSON 1: Race and Ethnicity – United States?	Core Theme 1 Unit 1 LESSON 4: Physical Illness – Bleugh!	Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young Minds	Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket	Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money
<b>Week 2</b>	Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers	<a href="https://kindnessuk.com/">In a World where you can be anything Be Kind - World Kindness Day 13th November 2021</a> https://kindnessuk.com/	Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise...	Core Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind Business	Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment Terms	Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money
<b>Week 3</b>	Core Theme 1 Unit 3 LESSON 3: Setting Goals – ‘Super Futures’	Anti bullying week	Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise...	Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections	Core Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue!	<a href="#">Staying Safe Online</a> (Session 1 Safety Net Booklet)
<b>Week 4</b>	Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That!	Core Theme 2 Unit 3 LESSON 2: Gender Stereotypes – Jobs 4 All	Mindfulness Matters - What is stress?	<a href="#">In a World where you can be anything Be Kind - What does it mean to be kind?</a>	Mindfulness Matters - What is stress?	<a href="#">Staying Safe Online</a> (Session 2 Safety Net Booklet)
<b>Week 5</b>	Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News (Session 1)	<a href="#">Staying Safe Online</a> (Session 1 Safety Net Booklet)	Mindfulness Matters - Coping Strategies	<a href="#">Staying Safe Online</a> (Session 1 Safety Net Booklet)	Mindfulness Matters - Coping Strategies	Transition to Secondary School: planned sessions by the class teacher
<b>Week 6</b>	Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News (Session 2)	<a href="#">Staying Safe Online</a> (Session 2 Safety Net Booklet)	Mindfulness Matters - Yoga (healthy bodies = healthy minds)	<a href="#">Staying Safe Online</a> (Session 2 Safety Net Booklet)	Mindfulness Matters - Yoga (healthy bodies = healthy minds)	Transition to Secondary School: planned sessions by the class teacher

Core theme 1: Health and Wellbeing

Core theme 2: Relationships

Core theme 3: Living in the Wider World