

Year	Autumn Term	Spring Term	Summer Term
Reception	Internet Safety This is me – self esteem Identity and friendships People who help us – RNLI / Police Air Ambulance/Fire Brigade	Internet Safety Developing resilience Well-being Resolving conflict Autism Week – understanding differences	Internet Safety Health lifestyle Road Safety Beach Safety
	Coping with change and emotions – what we do when we are feeling Prayer Spaces		
Year 1	Internet Safety Exploring class identity and new beginnings/fresh starts. Identifying and understanding our emotions. Friendship	Internet Safety – online safety Self-esteem and Identity – it's good to be me. Anti-bullying Week Diet and eating healthily Autism Week – understanding differences	Internet Safety Beach safety Coping with changes Developing resilience.
	Prayer Spaces		
Year 2	Internet Safety Identity – it's good to be me. Resolving conflicts Identifying my emotions.	Internet Safety Anti-bullying week Road Safety Dealing with relationships – friends Autism Week – understanding differences	Internet Safety Coping with change. It's good to be different – diversity and equality Healthy lifestyles – diet and exercise
	Prayer Spaces		
Year 3	Internet Safety	Internet Safety Anti-bullying week Autism Week – understanding differences	Internet Safety Beach safety
	Prayer Spaces		

Year 4	<p>Internet Safety All different – all unique. Healthy lifestyles – teeth! Knowing my identity – diversity Self-esteem</p>	<p>Internet Safety Healthy lifestyle - cooking Knowing our digestive system Road safety and Bikeability. Anti-bullying week Autism Week – understanding differences</p>	<p>Internet Safety – staying safe online I have voice – saying 'NO' Beach Safety - RNLI</p>
	<p>Well-being / rest and relaxation / meditation. THRIVE activities – friendship and resilience / conflict resolution Prayer Spaces</p>		
Year 5	<p>Internet Safety – safe searching Keep safe online – Jigsaw Nutrition – healthy eating / a balanced diet, lifestyle and the importance of exercise. Friendships and teamwork</p>	<p>Internet Safety Anti-bullying week Life processes – reproduction in plants and animals Dealing with our emotions Autism Week – understanding differences</p>	<p>Internet Safety Life cycles. How animals and humans change. Healthy living SRE Body and Soul – Growing up. Puberty and SE Beach Safety NSPCC – it's safe to talk. Safeguarding yourself and others</p>
	<p>Bikeability – Road safety Prayer Spaces</p>		
Year 6	<p>Internet Safety Staying safe online – mobile phones / SEXTING/ social media Democracy – how does that work? Resolving conflicts – conflict resolution</p>	<p>Internet Safety Anti-bullying week – power and coercion Autism Week – understanding differences Well-being – rest and relaxation. It's good to talk.</p>	<p>Internet Safety SRE – Body and Soul – Puberty and SE NSPCC – it's safe to talk. Safeguarding yourself and others SRE Body and Soul – Growing up. Beach Safety NSPCC – it's safe to talk. Coping with change Drugs, alcohol and tobacco resistance – saying NO Relationships and friendships</p>
	<p>Bikeability – Road Safety Prayer Spaces</p>		