



Cycle A= 2025-2026 Cycle B = 2026-2027

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Relationships	Health and Wellbeing	Living in the wider world	Relationships	Living in the wider world	Health and Wellbeing
<b>Class 2 Cycle A</b>	VIPs	Think positive	One world	Digital Wellbeing	Money Matters	It's my Body
<b>Class 2 Cycle B</b>	TEAM/Growth Mindset	Safety First	Diverse Britain	Be yourself	Aiming High	Growing up
<b>Class 3 Cycle A</b>	VIPs	Think positive	One world	Digital Wellbeing	Money Matters	It's my Body
<b>Class 3 Cycle B</b>	TEAM/Growth Mindset	Safety First	Diverse Britain	Be yourself	Aiming High	Growing up
<b>Class 4 Cycle A</b>	VIPs	Think positive	One world	Digital Wellbeing	Money Matters	It's my Body inc Sex education
<b>Class 4 Cycle B</b>	TEAM/Growth Mindset	Safety First	Diverse Britain	Be yourself	Aiming High	Growing up inc Sex education

## Relationships

### TEAM

These PSHE TEAM units explore Relationship Education objectives such as building positive relationships, cooperation, teamwork, resolving differences and communication skills. These essential classroom skills will support your class in creating a safe, happy and productive environment where everyone is empowered to achieve their best.

### Digital Wellbeing

These lessons on Digital Wellbeing are designed to help teach children about the important topics in this subject. Covering topics like online relationships, bullying, fake news, and much more. Looking after children's digital wellbeing includes limiting screen time, being aware of threats and staying safe online, discerning between fake news, and looking after online relationships. These are just some of the important topics that are covered in PSHE and Citizenship lessons on digital wellbeing.

### VIPs

This unit teaches children about healthy and respectful relationships, including families and friendships, kindness and conflict, getting on and falling out.

### Be yourself

Be Yourself units teach self-respect, assertiveness, communication skills and recognising and expressing emotions.

## Health and Wellbeing

### Think Positive

These Think Positive PSHE units focus on mental wellbeing and self-care, including making positive choices, understanding emotions, self-care and strategies for self-regulation.

### It's my Body

This unit explores choices that children can make about looking after their bodies to maintain both their physical and mental wellbeing. The lessons in the 'It's My Body' unit look at key areas where children can make safer choices with:

- their body;
- sleep;
- exercise;
- diet;
- cleanliness;
- and substances.

Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs throughout the unit, and children are encouraged to get help from trusted adults if necessary. There are also opportunities to reinforce the lessons being taught beyond the classroom, with activities they can use at home, in the playground and at the park. This helps ensure that the children consolidate their knowledge and ability to make safer, healthier choices.

## **Safety First**

The KS1 Safety First unit introduces a range of lessons that cover topics with outcomes and activities relating to keeping safe. Children in year 1 and 2 can learn how to identify risks, hazards and dangers, both at home or outside and in the company of strangers, including online when using the internet. They will learn about what being safe and unsafe feels like and think about people who can help them. It includes a lesson that will teach children about The Underwear Rule, with information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Children will also learn how to get help when needed, as well as their growing responsibility for their own safety.

With the LKS2 Safety First unit, there's a range of lessons covering topics with outcomes and activities relating to keeping safe. Children in year 3 and 4 can learn about avoiding risks, hazards and danger, both at home and when out and about near roads, water and railways. This unit also covers lessons that will teach children about recognising dangerous substances, including drugs such as medicines and how to take them safely, as well as alcohol and cigarettes. Children will also learn how to get help when needed in responding to emergency situations where they might need to know how to administer first aid or call the emergency services to seek healing from paramedics, nurses or doctors.

With the UKS2 unit, children in year 5 and 6 can learn how to recognise their growing independence and the responsibilities that come along with this in avoiding risks, hazards and danger, both at home and when out and about near roads, railways, water and with fireworks. They will also learn about the risk of being put under pressure to do things that might make them feel unsafe and the pack will help them to devise strategies for avoiding peer pressure and dares.

## **Growing up**

These units look at how we grow and change; learning about their own and others' bodies and how male and female bodies play a part in human reproduction. The units will also look at different relationships and family structures

## **Living in the Wider World**

### **Aiming High**

This unit explores aspirations, careers, goal-setting and growth mindset.

### **Money Matters**

This unit teaches financial education, including spending, saving, budgeting, value for money and keeping money safe.

### **One World**

This unit introduces the idea of global citizenship, including respecting other cultures and caring for the environment.

### **Diverse Britain**

These Diverse Britain PSHE and Citizenship Living in the Wider World units teach the British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance.