

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>KS1</b> Mostly teaching	<b>Unit 1</b> Self-awareness: All about me.	<b>Unit 2</b> Self-care, support and safety: basic communication: GRID/PECS etc. (AAC) <b>Independent skills.</b>	<b>Unit 3</b> Relationships: How do we feel? Building resilience in early stages.	<b>Unit 4</b> Relationships: what are some simple rules we follow? School rules. Kind hands. Consent.	<b>Unit 5</b> Healthy Lifestyles: Things we like eating, things we should try. Looking after our teeth.	<b>Unit 6</b> The world I live in: People who help us (within community)
<b>LKS2</b> Mostly teaching, expect discussion	<b>Unit 1</b> Self-awareness: talents and interests.	<b>Unit 2</b> Self-care, support and safety: using and downloading APPs/using YouTube etc. <b>Independent skills.</b>	<b>Unit 3</b> Relationships: Understanding and describing feelings.	<b>Unit 4</b> Relationships: How do we decide how to behave? Rights and responsibilities. Consent <b>Acting out</b>	<b>Unit 5</b> Healthy Lifestyles: How can we be healthy? How can we eat well? Looking after our body. Why should we keep active and sleep well?	<b>Unit 6</b> The world I live in: Finding out about occupations of people who help us. What jobs would we like?
<b>UKS2</b> When appropriate: Introduction only: mostly discussion based on questions	<b>Unit 1</b> Self-awareness: Developing Confidence (Resilience)	<b>Unit 2</b> Self-care, support and safety: How can we be safe online and when using social media? <b>Independent skills.</b>	<b>Unit 3</b> Relationships: managing own feelings My fears: bereavement and other fears; Change and loss: how it feels?	<b>Unit 1</b> Self-awareness: RSE: Changing and growing. What is consent? <b>Drama</b>	<b>Unit 5</b> Healthy Lifestyles: Keeping safe at home and in school. Including road safety.	<b>Unit 6</b> The world I live in: Managing money, how can money affect us? What can we do with money? Transition.

## Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>KS1</b> Mostly teaching	<b>Unit 1</b> Self-awareness: What makes us special?	<b>Unit 2</b> Self-care, support and safety: Keeping safe around household products; School rules on health and safety;	<b>Unit 3</b> Relationships: Adults who help us at home and in school. Fire safety.	<b>Unit 4</b> Relationships: working collaboratively, building trust. Team building	<b>Unit 5</b> Healthy Lifestyles: How can we stay healthy? Physical activities.	<b>Unit 6</b> The world I live in: Environment: looking after the living things (animals and plants);
<b>LKS2</b> Mostly teaching, expect discussion	<b>Unit 1</b> Self-awareness: Looking after yourself: (personal skills):What am I good at?	<b>Unit 2</b> Self-care, support and safety: what is bullying, how do we deal with bullying?	<b>Unit 3</b> Relationships: How do we keep safe, who do we trust? Keeping safe in familiar and unfamiliar situations.	<b>Unit 4</b> Relationships: Secrets and keeping safe; special people in their lives;	<b>Unit 5</b> Healthy Lifestyles: What choices help health? Keeping fit. Water safety. Sun Risk.	<b>Unit 6</b> The world I live in: What makes a community?
<b>UKS2</b> When appropriate: Introduction only: mostly discussion based on questions	<b>Unit 1</b> Self-awareness: What is the same and different about us? What is diversity?	<b>Unit 2</b> Self-care, support and safety: how can we manage risk? Including homophobic, cyber bullying and racist bullying	<b>Unit 3</b> Relationships: What makes a healthy and happy friendship? Having your say.  Team building.	<b>Unit 1</b> <b>Self-awareness:</b> <b>RSE: Changing and growing;</b> <b>Drama</b>	<b>Unit 5</b> Healthy Lifestyles: personal hygiene routines and why these are important. How to protect ourselves from bacteria?	<b>Unit 6</b> The world I live in: what things spoil the local environment and the world?  Transition.
	<b>Determination and Positivity</b>	<b>Cooperation and Caring</b>	<b>Friendship and Honesty</b>	<b>Respect and Responsibility</b>	<b>Tolerance and Appreciation</b>	<b>Trust and Happiness</b>