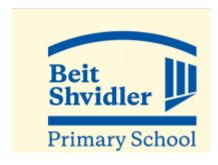


Key: Non-Essential Lessons

Year Group	Family and	Health and Well	Safety and the	Citizenship	Economic	Heads Up Pajes
	Relationships	being	Changing Body		Wellbeing	HRE
1			Lesson 1: Adults in	Lesson 1: Rules	Lesson 1:	
	Lesson 1: What is	Lesson 1:	school and Adults	Lesson 2: Caring for	Introduction to	
	family?	Understanding my	outside school	others: Animals	money	
	Lesson 2: What are	emotions		Lesson 3: The needs	Lesson 2: Looking	
	friendships?	Lesson 2: What am	Lesson 2: Getting	of others	after money	
	Lesson 3: Recognising	I like?	lost and People who	Lesson 4: Similar, yet	Lesson 3: Banks	
	other people's	Lesson 3 and 4:	help to keep us safe	different	and building	
	emotions	Ready for bed and		Lesson 5: Belonging	societies	
	Lesson 4: Working	Relaxation	Lesson 3: Making an	Lesson 6: Democratic	Lesson 4: Saving	
	with others	Lesson 5: Hand	emergency phone	decisions	and spending	
	Lesson 5: Friendship	washing and	call		Lesson 5: Jobs in	
	problems	personal hygiene			school	
	Lesson 6: Healthy	Lesson 6: Sun	Lesson 4:			
	friendships	safety	Appropriate contact			
	Lesson 7: Gender	Lesson 7: Allergies				
	stereotypes	Lesson 8: People	Lesson 5: Safety			
		who help us keep	with substances			
		healthy				
			Lesson 6 Safety at			
			home			



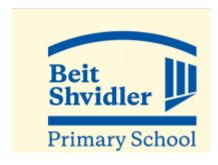
Key: Non-Essential Lessons

Year Group	Family and Relationships	Health and Well being	Safety and the Changing Body	Citizenship	Economic Wellbeing	Heads Up Pajes HRE
2	Lesson 1: Families offer stability and love Lesson 2: Families are all different Lesson 3: Other peoples' feelings Lesson 4: Unhappy friendships Lesson 5: Introduction to manners and courtesy Lesson 6: Change and loss Lesson 7: Gender stereotypes: Careers and jobs	Lesson 1: Experiencing different emotions Lesson 2: Being active Lesson 3 and 4: Relaxation: breathing exercises and Steps to success Lesson 5: Developing a growth mindset Lesson 6: Healthy diet Lesson 7: Looking after our teeth	Lesson 1: Introduction to the internet Lesson 2: Communicating online Lesson 3: Secrets and surprises and Lesson 4: Appropriate contact Lesson 5: Respecting personal boundaries Lesson 6: Road safety and Crossing roads safely Lesson 7: Staying safe with medicine	Lesson 1: Rules beyond school Lesson 2: Our school environment Lesson 3: Our local environment Lesson 4: Job roles in our local community Lesson 5: Similar yet different – my local community Lesson 6: School council Lesson 7: Giving my opinion	Lesson 1: Where money comes from Lesson 2: Needs and wants Lesson 3: Wants and needs Lesson 4: Looking after money Lesson 5: Jobs	



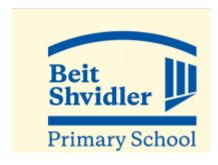
Key: Non-Essential Lessons

Year Group	Family and Relationships	Health and Well being	Safety and the Changing Body	Citizenship	Economic Wellbeing	Heads Up Pajes HRE
3	Lesson 1: Healthy families Lesson 2: Friendship conflict and Friendship: conflict versus bullying Lesson 4: Effective communication Lesson 5: Learning who to trust Lesson 6: Respecting differences in others Lesson 7: Stereotyping: Gender Lesson 8: Stereotyping: Age	Lesson 1: My healthy diary Lesson 2: Relaxation: stretches Lesson 3: Wonderful me Lesson 4: My superpowers Lesson 5: Resilience: breaking down barriers Lesson 6: Communicating my feelings Lesson 7: Diet and dental health	Lesson 1: First Aid: Emergencies and calling for help Lesson 2: First Aid: bites and stings Lesson 3: Be kind online and Cyberbullying Lesson 5: Fake emails Lesson 6: Making choices Lesson 7: Influences Lesson 8: Keeping safe out and about	Lesson 1: Rights of the child Lesson 2: Rights and responsibilities Lesson 3: Recycling Lesson 4: Local community groups Lesson 5: Charity Lesson 6: Local democracy Lesson 7: Rules	Lesson 1: Ways of paying Lesson 2: Budgeting Lesson 3: How spending affects others Lesson 4: Impact of spending Lesson 5: Jobs and careers Lesson 6: Gender and careers	



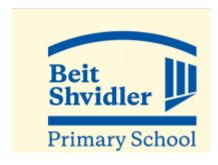
Key: Non-Essential Lessons

Year Group	Family and	Health and Well	Safety and the	Citizenship	Economic	Heads Up Pajes
	Relationships	being	Changing Body		Wellbeing	HRE
4	Lessons	Lesson 1: Looking	Lesson 1: Internet	Lesson 1: What are	Lesson 1: Spending	
	Lesson 1: Respect and	after our teeth	safety: Age	human rights?	choices	
	manners	Lesson 2:	restrictions	Lesson 2: Caring for	Lesson 2: Keeping	
	Lesson 2: Healthy	Relaxation:	Share aware	the environment	track of money	
	friendships and	Visualisation	Lesson 2: First Aid:	Lesson 3:	Lesson 3: Looking	
	How my behaviour	Lesson 3:	asthma	Community	after money	
	affects others	Celebrating	Lesson 3: Privacy	Lesson 4:	Lesson 4:	
	Lesson 3: Bullying	mistakes	and secrecy	Contributing	Influences on	
	Lesson 4:	Lesson 4: Meaning	Lesson 4:	Lesson 5: Diverse	career choices	
	Stereotypes: Gender	and purpose: my	Consuming	communities	Lesson 5: Changing	
	Lesson 5:	role	information online	Lesson 6: Local	job	
	Stereotypes: Disability	Lesson 5: My	Lesson 5: Growing	councillors		
	Lesson 6: Families in	happiness	up			
	the wider world	Lesson 6: Emotions	Lesson 6:			
	Lesson 7: Change and	Lesson 7: Mental	Introducing puberty			
	loss	health	Lesson 7: Tobacco			



Key: Non-Essential Lessons

Year Group	Family and Relationships	Health and Well being	Safety and the Changing Body	Citizenship	Economic Wellbeing	Heads Up Pajes HRE
5	Lesson 1: Build a friend Lesson 2: Friendship skills Lesson 3: Marriage Lesson 4: Respecting myself Lesson 5: Family life Lesson 6: Bullying To understand more about bullying and how to get help Get started Lesson 7: Stereotyping: Gender Lesson 8: Stereotypes: Race and religion	Lesson 1: Relaxation: yoga Lesson 2: The importance of rest Lesson 3: Lesson 4: Going for goals Lesson 5: Taking responsibility for my feelings Lesson 6: Healthy meals Lesson 7: Sun safety	Lesson 1: Online friendships Lesson 2: Staying safe online Lesson 3: Puberty Lesson 4: Menstruation Lesson 5: Emotional changes in puberty Lesson 6: First Aid: Bleeding and head injuries Lesson 7: Alcohol, drugs and tobacco:	Lesson 1: Breaking the law Lesson 2: Rights and responsibilities Lesson 3: Protecting the planet Lesson 4: Contributing to the community Lesson 5: Pressure groups Lesson 6: Parliament	Lesson 1: Borrowing and expenditure Lesson 3: Risks with money Lesson 4: Prioritising spending Lesson 5: Stereotypes in the workplace	



Key: Non-Essential Lessons

Year Group	Family and	Health and Well	Safety and the	Citizenship	Economic	Heads Up Pajes
	Relationships	being	Changing Body		Wellbeing	HRE
6	Lesson 1: Respect	Lesson 1: What can	Lesson 1: Alcohol	Lesson 1: Human	Lesson 1: Attitudes	
	Lesson 2: Respectful	I be?	Lesson 2: Critical	rights	to money	
	relationships	Lesson 2:	digital consumers	Lesson 2: Food	Lesson 2: Keeping	
	Lesson 3:	Relaxation:	Lesson 3: Social	choices and the	money safe	
	Stereotypes:	Mindfulness	media	environment	Lesson 3:	
	Attitudes	Lesson 3: Taking	Lesson 4: Physical	Lesson 3: Caring for	Lesson 4: What	
	Lesson 4: Challenging	responsibility for	and emotional	others	jobs are available?	
	stereotypes	my health	changes of puberty	Lesson 4: Prejudice	Lesson 5: Career	
	Lesson 5: Resolving	Lesson 4: The	Lesson 5: First aid	and discrimination	routes	
	conflict	impact of	choking	Lesson 5: Valuing		
	Lesson 6: Change and	technology on	Lesson 6: Basic First	diversity		
	loss	health	Aid	Lesson 6: National		
		Lesson 5:		democracy		
		Resilience toolbox				
		Lesson 6:				
		Immunisation				
		Lesson 7: Good and				
		bad habits				
		Lesson 8: Physical				
		health concerns				