

# Reception

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lifewise Reception Programme</b>	Planting Our Food x2	Taking Good Care of Myself x2	Sleep x 2	Animals x 2	Follow My Lead x 2	Sharing x 2
	Cities, Towns, Land and Sea x2	Being Curious x2	The Great Outdoors x2	Fire Safety x2	Making Mistakes x2	Marching to the Beat of your Own Drum x 2
	Gentle Hands and Hearts x2	Managing Feelings x2	Trusted Adults x2	Water Safety x2	Road Safety x2	Technology x2

# Year 1

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lifewise Year 1 PSHE Programme</b>	Being Happy x2	Getting your sleep x2	A Problem Shared is a Problem Halved x2	What makes a Family?	Braving the Weather x2	Road Safety x 2
	Being Mindful x2	Hygiene and Me x2	Communication X2	My Growing Body	Emergency Services x2	Safety Symbols x 2
	First Aid and CPR x2	Understanding Difficult Feelings x2	Trust x 2	Respecting Others x2	Food Safety and What Not to Eat x2	Signalling and Sign Language x2
	What is Friendship?	Kind vs Unkind		Water Safety x2	Wildlife	

## Year 2

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lifewise Year 2 PSHE Programme</b>	Screen Time Safety x2	It's Okay not to be Okay x2	My Private Body	Desert Island x2	Cyber Safety x2	Personal Goal Setting x 2
	Feeling Sad x2	Medicine and Drugs x2	Respecting All Families	Environment x2	Fire Safety x2	Protecting our Planet x 2
	Happiness x2	Understanding Peer Pressure x2	Dealing with Loss x 2	Navigation x2	Forest Survival x2	Adapting to Change x2
	Positive Friendships	Relaxation x 2	Fight or Flight x2		The Art of Failure	

# Year 3

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lifewise Year 3 PSHE Programme</b>	Personal Hygiene	My Body, Your Body – Keeping Healthy	Power of Words: STOP	BV Democracy and Law x2	Helping Others to Get Help x2	Growth Mindset x2
	Vaccinations and Diseases	Self-Worth x 2	Social Media Body Confidence	BV Culture and Liberty x2	Who Can We Trust?	Sun Safety
	Anger, Fear and Mindfulness	Self-Image x 2	Gender	Relationships with Others x2	Staying Safe Online x2	The World of Work
	Anxiety, Stress and Mindfulness	Autism Different, Not Less	Fairtrade: Working Together		Separation and Divorce	Problem Solving and Time Management x2
	Exercise	Different Kinds of Friendship	Global Warming – What Can We do to Help?			
	Safety with Household Meds		Celebrating Women in History: Traditional Roles			
	Change is Good					

# Year 4

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lifewise Year 4 PSHE Programme</b>	Healthy Eating and a Balanced Diet x2	My Body, Your Body – Keeping Safe	Bullying x2	BV Government and Rules x 2	Consent	Problem Solving and Resourcefulness x 2
	The Importance of Physical Activity x2	Sleep x2	Everything Will Be Alright	BV Freedom in Beliefs x 2	Where Does My Food Come from?	Try and Try again x 2
	Relaxing to Recharge x2	Screen time x2	All about Tik-Tok	Family Relationships x 2	Respect x 2	Leadership x 2
	Autism: Asperger's		Identity and Gender		Being Responsible x 2	
	The Recreational Drugs of Alcohol and Nicotine	What's Love?	Fairtrade: Change Through Choice		Earning Money	

## Year 5

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lifewise Year 5 PSHE Programme</b>	Junk Food x 2	Keeping my body the same x 2	Power of Words – Mouldy Rice	BV Laws and Parliament x 2	The Digital World x 2	Learning Part 2
	Nutritional Values x 2	My body changes x 2	Social Media – Being confident	BV Freedom of Speech and Movement x 2	Supporting the Community x 2	Borrowing Money x 2
	The Human Body x 2	Autism – Neurodivergence	Responsibility and Inspiration x 2	Respecting Others' Boundaries and Beliefs x 2	Communicating Effectively x 2	Dealing with Adversity x 2
	Caffeine – Helpful or Harmful?	Expressing Love Differently as you grow	Homophobic Language in schools		Learning Part 1	The NHS x 2
		What is marriage?	Fairtrade: Same storm, different boat			

# Year 6

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Year 6 PSHE Programme	First Aid x 2	My Amazing Body x 2	The Power of Words – Clean up your speech	BV Lawmakers and Activists x 2	Consent	Transition x 2
	Alcohol, Smoking and Vaping	Self-Perception x 2	Social Media – Tik-Tok	BV Rights and Radicalisation x 2	Feeling Anxious x2	Learning to work x 2
	Drugs	Autism Do Say, Don't Say	Identity, Gender and Sexuality	The Government x 2	Ageism x 2	Law x 2
	Illegal Drugs	The Power of Love – Inequality within Relationships	Fair Trade - The Shirt off your back		The Power of Negotiation x 2	Tax x 2
	Recognising and Controlling Anger		Global Warming – Issues and Prevention			Banks x 2
	Organisation of Life	What is Forced Marriage?	Celebrating Women in History – Forgotten Achievements			Pensions x 2
						How to write a CV x 2
						Entrepreneurship, Enterprise and Business x 2

## Frequently Asked Questions

### → **Will my child learn about same sex marriage or partnerships?**

Yes. Your child is growing up in a modern, diverse society and they will see different relationships around them. We talk with them about relationships and families and how they may look different to their own. We focus on what makes families, partnerships and relationships special, important and secure and emphasise that love, care, trust and respect is the key to any happy relationship.

### → **Why does my child need to know the names of private body parts?**

By using the scientific names for body parts from an early age, pupils become more familiar with using these, are more likely to use them correctly and it avoids confusion with family “pet” names for parts of the body. Children are then more able to identify and talk about their health and safety more accurately too.

### → **What do I do if I want to discuss what is being taught in Sex Education?**

Talk to your child’s class teacher, the PSHE subject leader in the school or the Head Teacher if you have questions that you wish to ask.