

Instructional Planner

Relationships, Health, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Welcome to School	People who care for us	Healthy Friendships	Our Health	We all have feelings	Managing our time safely online: Jessie & Friends 1 Watching videos
	Emergencies and getting help	Rights Responsibilities and respect	Our bodies and boundaries – NSPCC PANTS	Healthy Food Choices	Good and not so good feelings	
Year 2	Respecting Uniqueness	Everyday Safety	Learning About Work	Sharing photos online: Jessie & Friends Sharing pictures 2	Jessie & Friends Playing games 2	Keeping Our Teeth Clean
	Our communities	Basic First Aid	Horrible Hands	Online interactions and information sharing: Jessie & Friends Playing games 1	Big Feelings	
Year 3	World of Work	Road Safety	Physical Activity	The internet and everyday life. Turn off Let's Play	Expressing Feelings	Sun Safety
	Spending and Saving Money	Teamwork Skills	Everyday drugs	Everyday feelings	Strategies to support wellbeing	
Year 4	What makes a good friend	Resolving conflict and managing pressure	Money choices	Safely enjoying the online world. Play, like, share 1 – Alfie	Play, like, share 3 – Fans	The environment
	Respecting Others	Everyday safety and basic First Aid	Volunteering and citizenship	Keeping personal information private. Play, like, share 2 – Magnus	Managing Feelings	
Year 5	A diverse community	Illness	Puberty 1 – bodies and reproduction	Online content	Mental health and keeping well	Risk & peer pressure
	Respectful relationships	Nutrition & healthy eating	Puberty 2 – body changes	Online contact	Managing challenge and change	
Year 6	Different types of families	Keeping your body safe 1	Spending decisions	Online friendships and keeping safe. Share Aware 1- Alex	Social Media	Changing schools
	Healthy / harmful relationships	Consent - Keeping your body safe 2	Exploring risk in relation to gambling	Skills for using the internet safely. Share Aware 2 – Lucy	Feelings and common anxieties when changing schools	

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Year 7	Transition to secondary school, boundaries	Forming positive relationships	Puberty (Let's talk period – additional lesson)	Smoking	Attitudes to mental health	Attitudes to money and financial habits - money personalities
	Introduction to careers and aspirations	Diversity, discrimination, tolerance & kindness	FGM	Bullying and Cyberbullying	Strategies to support wellbeing	
Year 8	Exploring personal strengths for employment	Healthy behaviours and relationships	Social media & digital literacy	Alcohol	Promoting emotional wellbeing 1	What's important for your health
	Basic Life support	Sexual identify & gender stereotypes	Body image in the digital world	Drugs	Promoting emotional wellbeing 2	
Year 9	The journey to your career	Consent	Contraception	Sexual exploitation - CSE	Unhealthy coping strategies	Sex and the media including pornography
	Different types of relationship	Sex and the law	STIs	Youth produced sexual imagery	Healthy coping strategies	
Year 10	Recognising skills for success in the workplace	Sex pressures and risk taking behaviour	Pregnancy Choices	Online presence	New challenges	Post Key stage 4 options
	Writing a successful CV	Relationships and equality	Roles and responsibilities of parents	Gambling behaviours and managing impulsivity	Reforming negative thinking	
Year 11	Exam stress	Identifying harmful sexual behaviours	Forced marriage and honour based violence	Dangerous friendships	Recognising mental ill health & when to get help	
	Understanding and managing debt	Online harmful behaviours	Healthy choices and responsibilities	Social and emotional risks – drugs	Promoting emotional wellbeing	
Year 12	Tailoring your CV and using networks	Testicular cancer - Movember	Relationship values and intimacy	Gangs and personal safety	Managing Stress	Healthy Eating on a budget
	Online body image	Cervical screening and HPV	Sexual health and accessing services	Exploring extremism	Strategies to support wellbeing	
Year 13	Managing life online	Consent 2	Finances and the world of work	Support networks	Managing risks in adulthood	
	Volunteering and citizenship	Relationship abuse	Understanding workplace expectations	Self-harm, myths and facts	Living independently	