

PSHE, Healthy Lifestyles and SRE

Cycle 2

	SEAL Theme	EYFS	Corridor 2	Corridor 3	Corridor 4	
Autumn 1	New beginnings	1) Hide and Seek 2) Nan's House 3) I Like ... 4) It's Your Turn	Create Class Charter Core Theme 1 Unit 4 Lesson 1: Happiness - Smile! Core Theme 2 Unit 3 Lesson 1: Fair and Unfair - It's Not Fair! Core Theme 2 Unit 3 Lesson 2: Comparisons - all the Same Core Theme 2 Unit 3 Lesson 4: Right and Wrong - In the Right	Create Class Charter Core Theme 2 Unit 3 Lesson 1: Reactions - Frustrations Core Theme 2 Unit 3 Lesson 2: Self-Worth - I'm a Marvel! Core Theme 2 Unit 3 Lesson 3: Persistence and Resilience - Don't Give Up Core Theme 2 Unit 3 Lesson 4: Negative Persistence - Over and Over	Create Class Charter Core Theme 1, Unit 3, Lesson 1 : Identified Strengths- Big Dreams Core Theme 1, Unit 3, Lesson 2 : Identified Strengths - Big Achievers Core Theme 1, Unit 3, Lesson 3 : Setting Goals - 'Super Futures' Core Theme 1, Unit 3, Lesson 4: Setting Goals - I Can Do That	
Autumn 2	Getting on and falling out	1) What a Problem 2) Take the Plunge 3) An Old Friend 4) Me and You	Core Theme 2 Unit 2 Lesson 1: Definition - A Bully is ... Core Theme 2 Unit 2 Lesson 2: Unkindness - Blame Game Core Theme 2 Unit 2 Lesson 3: Behaviour - Bullying is ... Core Theme 2 Unit 2 Lesson 4: Behaviour - + and - Core Theme 2 Unit 2 Lesson 5: Behaviour - Help Me!	Core Theme 2 Unit 1 Lesson 1: Clear Messages- Dot Dot Dash Core Theme 2 Unit 1 Lesson 2: How to Listen - Listen Up! Core Theme 2 Unit 1 Lesson 3: Responding to Others - Agony Aunts Core Theme 2 Unit 1 Lesson 4: Expressing Opinions - It's debatable	Core Theme 3 Unit 1 Lesson 1: Structure - Just Imagine ... Core Theme 3 Unit 1 Lesson 2: Law and Order - In Charge Core Theme 3 Unit 1 Lesson 3: U.N Rights - Our Rights	
Spring 1	Good to be me	1) Stick to the Rules 2) Rainy Days 3) I Feel Poorly! 4) Clean and Tidy	Core Theme 2 Unit 1 Lesson 1: Feelings - How I Feel Core Theme 2 Unit 1 Lesson 2 : Responses - You and Me Core Theme 2 Unit 1 Lesson 3: Opinions - I Think ... Core Theme 2 Unit 1 Lesson 4: Co-operation - Negotiation Core Theme 2 Unit 1 Lesson 5: Co-operation - Want to Play? Core Theme 2 Unit 1 Lesson 6: Co-operation- Let's Debate	Core Theme 1 Unit 4 Lesson 1: Identified Strengths - I'm Good at That Core Theme 1 Unit 4 Lesson 2: Identified Strengths - Future Me Core Theme 1 Unit 4 Lesson 3: Setting Goals - That's my Goal! Core Theme 1 Unit 4 Lesson 4: Setting Goals - The Impossible Dream Core Theme 2 Unit 2 Lesson 1: Working Together- Name Game Core Theme 2 Unit 2 Lesson 2: Working Together- Build It Up	Extremism Lesson 1: Building Courage and Resilience - Don't Be A Sheep Extremism Lesson 3: Minority groups - That's So Gay!	
Spring 2	Relationships	1) Bully Boy 2) Family Fun 3) One Gold Star 4) All Join In	Core Theme 3 Unit 1 Lesson 6: Caring - Talking to Plants Core Theme 1 Unit 3 Lesson 4: Changing Needs - I Need Core Theme 2 Unit 4 Lesson 5: Family - My Family Core Theme 2 Unit 4 Lesson 6: Family - Special People Core Theme 1 Unit 3 Lesson 3: Growing Up - All Grown Up Core Theme 2 Unit 3 Lesson 6: Kindness- Give a Little	Core Theme 1 Unit 5 Lesson 1: Loss/Separation - Lost! Core Theme 1 Unit 5 Lesson 2: Lost/Separation - Found! Core Theme 1 Unit 5 Lesson 3: Lost Separation - Left Behind Core Theme 1 Unit 5 Lesson 4: Family Changes - Two Homes	Core Theme 2 Unit 3 Lesson 1: Race and Ethnicity - United States? Core Theme 2 Unit 3 Lesson 2: Gender Stereotypes - Jobs 4 All Core Theme 2 Unit 3 Lesson 3: Culture - Cultural Feast	
Summer 1	Looking after me	1) Getting in a Knot 2) E-Safety, Be Safe 3) Eid Mubarak! 4) Playtime Games 5) Litter Bug	Core Theme 1 Unit 5 Lesson 1: Sun Safety - It's a Cover Up! Core Theme 1 Unit 5 Lesson 4: Personal Safety - Secret Surprise Core Theme 1 Unit 5 Lesson 5: Emotional Safety- Getting Help	Core Theme 3 Unit 4 Lesson 1: Money Choices- A Million Dollars Core Theme 3 Unit 4 Lesson 2: Managing money - Design Choices Core Theme 1 Unit 8 Lesson 1: How To Help - Who to Call Core Theme 1 Unit 8 Lesson 2: Emergency Calls - Calling 999 Core Theme 1 Unit 8 Lesson 3: Emergency Calls- Ambulance. Now!	Core Theme 1 Unit 2 Lesson 2: Food Choices - Invention Team Core Theme 1 Unit 2 Lesson 3: Cooking - Michelin Stars Core Theme 3 Unit 4 Lesson 1: Generating Income - Making Money Core Theme 3 Unit 4 Lesson 2: Generating Income - Raising Money	
Summer 2	Changes	1) I'm Stuck 2) A Piece of Cake 3) Busy Body 4) The New Pet	Core Theme 1 Unit 1 Lesson 1: Healthy Eating- Vote Green Core Theme 1 Unit 2 Lesson 1: Dental Hygiene- Brushing Up! Core Theme 1 Unit 2 Lesson 2: Dental Hygiene- Bright White Core Theme 1 Unit 2 Lesson 3: Dental Hygiene- Top Teeth Core Theme 1 Unit 2 Lesson 4: Washing Hands - Meet Grub! Core Theme 1 Unit 2 Lesson 5: Keeping Clean- Bath Time Core Theme 1 Unit 2 Lesson 6: Skin- Skinny Tips	Core Theme 1 Unit 7 Lesson 1: Before Puberty - You've Grown Core Theme 1 Unit 7 Lesson 2: Visible Changes - Mind The Gap Core Theme 3 Unit 3 Lesson 1: Gender Stereotypes- His and Hers	WALK TALL GROWING UP YR 5 1 Set Up - Parents 2 Life Changes 3 Coping with Change 4 Belonging 5 Preparing for Puberty	WALK TALL GROWING UP YR 6 1 Set Up - Parents 2 Life Changes 3 Hygiene and Hairy Bits 4 The inside Story 5 Moving On