

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Mindfulness – Week 1  SEAL – New Beginnings – Week 2  Friendships and Kindness – Week 3, 4, 5 & 6	Anti-bullying and Internet Safety – Week 1 & 2  Keeping safe & people who help us – Week 3, 4, 5 and 6	SEAL Going for Goals – Week 1 & 2  All about me – Week 3, 4, 5 & 6	RSE – Weeks 1, 2, 3 & 4	SEAL – Good to be me – Week 1 & 2  Sun smart – Week 3 & 4	Citizenship and British Values – Weeks 1, 2, 3, & 4  Facts 4 Life – Week 5 & 6
1/2	Mindfulness – Week 1  SEAL – New Beginnings – Week 2  Friendships, Family and Kindness – Week 3, 4, 5 & 6	Anti-bullying and Internet Safety – Week 1 & 2  Keeping safe & people who help us – Week 3, 4, 5 and 6	SEAL Going for Goals – Week 1 & 2  Counting Sleep – Week 3, 4, 5 & 6	RSE – Weeks 1, 2, 3 & 4	SEAL – Good to be me – Week 1 & 2  Sun smart – Week 3 & 4	Citizenship and British Values – Weeks 1, 2, 3, & 4  Facts 4 Life – Week 5 & 6
3/4	Mindfulness – Week 1  SEAL – New Beginnings – Week 2  Friendships and Family - Week 3, 4, 5 & 6	Anti-bullying, equalities and Internet Safety – Week 1 & 2  Keeping safe & outside – Week 3 & 4  Primary Mental Health – Week 5 & 6	SEAL Going for Goals – Week 1 & 2  Personal responsibility – Week 3, 4, 5 & 6	RSE – Weeks 1, 2, 3 & 4	Facts 4 Life – Week 1 & 2  Financial Capability – Week 3 & 4	Citizenship and British Values – Weeks 1 & 2  Primary Mental Health – Week 3, 4, 5 & 6
5/6	Mindfulness – Week 1  SEAL – New Beginnings – Week 2  Friendships and Family - Week 3, 4, 5 & 6	Anti-bullying, equalities and Internet Safety – Week 1 & 2  Keeping safe & outside – Week 3, 4  Personal responsibility – Week 5 & 6	SEAL Going for Goals – Week 1  Primary Mental Health – Week 2, 3, 4, 5 & 6	RSE – Weeks 1, 2, 3 & 4	Media Influence – Week 1 & 2  Primary Mental Health – Week 3 & 4	Citizenship and British Values – Weeks 1, 2, 3, & 4  E-bug (Y5) – Week 5 & 6 SEAL – Changes and Transitions (Y6) – Week 5 & 6

The themes taught in each year group may change at any time throughout the year, depending on the needs of the children.