

Lower School PD Curriculum – Long Term Overview

	Autumn 1 Transition: getting ready to learn	Autumn 2 Knowing Yourself	Spring 1 Healthy Body/Healthy Mind	Spring 2 Finding My Place (Who am I? Where do I fit?)	Summer 1 My World My Voice	Summer 2 My journey – past, present and future
EYFS	Routines/rules Expectations Friendships Trusted adults Self-regulation Scenario/Role Play	Who am I? What makes me 'me'? Celebrating differences Talking Pants What am I feeling? Scenario/Role Play	Healthy Me Personal Hygiene What makes me happy/What makes me sad? Scenario/Role Play	Talking pants British Values Roles within my family Which groups do I belong to? Scenario/Role Play	Revisit British Values Who do we look up to? Scenario/Role Play	Keeping safe over the summer What am I proud of? What am I looking forward to next year? Scenario/Role Play
YR1	Ground rules Friendships Trusted adults Managing emotions How do we play Scenario/Role Play	Talking Pants Likes and dislikes Where do I fit in? Respecting ourselves and others Communicating safely online Scenarios	Personal Hygiene People who help me Staying healthy Keeping Safe in the home Scenario/Role Play	Talking pants British Values What makes a good friend? Safe relationships Scenario/Role Play	Revisit British Values Caring for the environment and animals Raising money People who help me in the community Communicating online Scenario/Role Play	Keeping safe over the summer What am I proud of? Scenario/Role Play
YR2	Transition Ground rules Keeping ourselves safe Managing emotions Strategies for positive play Scenario/Role Play	How can I be a good friend? What are safe relationships? How can I keep positive friendships? Scenario/Role Play	Hygiene Positive habits – sleep and teeth Medicines Zones of Regulation Scenario/Role Play	British Values Safe relationships Similarities and differences Being part of different groups Scenario/Role Play	Revisit British Values Standing up for others Rights and responsibilities in school and beyond Benefits of community Charity Scenario/Role Play	What am I proud of? My body How do we change as we get older? Keeping safe over the summer Communicating online Age restrictions Scenario/Role Play
YR3	Transition Ground rules Zones of regulation Keeping ourselves safe How to play – sharing/turn taking Managing emotions	What makes a family? What is a safe relationship? How do I show respectful behaviour? Understanding my feelings. Scenario/Role Play	Positive online use How to stay safe online Healthy and unhealthy choices Healthy and unhealthy habits Scenario/Role Play	British Values Safe relationships Similarities and differences Roles within society – challenging stereotypes Scenario/Role Play	Revisit British Values Standing up for others Fair play and sportsmanship What does respect look like in the community? Rules and laws	What am I proud of Recognising my strengths Growth mindset Positive role models Keeping safe over the summer

	Trusted adults Scenario/Role Play				Human rights Scenario/Role Play	
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YR4	Transition Ground rules Revisit zones of regulation Keeping ourselves safe Managing emotions Fairplay/sportsmanship Scenario/Role Play	Am I safe online? Building positive friendships Challenges within friendships Managing money Scenario/Role Play	Hygiene and body changes Positive online use Scenario/Role Play	British values Managing relationships Safe relationships Safe relationships online We are all different Scenario/Role Play	Revisit British Values What is community? Who helps us? How is it run? Scenario/Role Play	Puberty – menstruation Keeping safe over the summer Scenario/Role Play
YR5	Ground rules Managing our emotions (self-regulation) Road safety Keeping safe on and offline Who do I turn to? Fair play and sportsmanship Scenario/Role Play	How can I be a good friend? Discrimination and inclusion What are my character strengths? Who am I – how do I respect myself? Do I feel safe? (Consent) Am I safe online? Scenario/Role Play	Self-esteem Hygiene and body changes Medicines – legal and illegal Respecting myself Scenario/Role Play Healthy Habits (sleep) Scenario/Role Play	British Values Managing relationships Managing relationships online Peer pressure and consent What do I want to do? What do I base future decisions on? Scenario/Role Play	Revisit British Values Fair play and sportsmanship Respecting others – beliefs and traditions Discrimination/racism and equality Responsibility to the environment Compassion Scenario/Role Play	Keeping safe over the summer Safe relationships /consent Puberty – boys and girls Sun safety Scenario/Role Play
YR6	Ground rules Keeping myself safe online and offline Peer pressure Where to go for support Brain development Self-regulation Scenario/Role Play	Am I a good friend? Dealing with conflict Grief and loss Managing emotions Consent Am I safe online? Scenario/Role Play	Online – appropriate use and content Bullying What is mental health? Helpful habits (sleep) What are my character strengths? Scenario/Role Play	British Values Managing relationships Managing relationships online The role of money Risks with money Different relationships Scenario/Role Play	Revisit British Values Respecting myself and others Prejudice and discrimination Stereotypes Marriage Scenario/Role Play	My future choices and consequences Responsibility to others Positive role models Year 7 transition Keeping safe over the summer (online and offline) Pregnancy and babies being born. Scenario/Role Play

