

PSHE and RHE

| Year | Half Term | Channel | Topic | Lesson | PSHE & RHE Core Theme | Where to find? | |
|------------------------------|---|---|--|---|--|-----------------|--|
| Year 1 | Autumn 1 | No Outsiders | Don't feel you need to change yourself just to fit in. | Elmer - David McKee I like the way I am | R21 | No Outsiders | |
| | | Healthy and Happy Friendships | Making friends and getting along | 1. Forming friendships | R6 | Discovery Ed | |
| | | | | 2. Kindness | R7, R9 | Discovery Ed | |
| | | | | 3. Getting along, sharing and turn taking | R6, R7 | Discovery Ed | |
| | | PANTS are Private | | | | R16 | |
| | | World Mental Health Day | | | | H17, R5 | |
| | | Health and Wellbeing | It's my body | 1. Active and asleep and Happy, Healthy food (L2 and 3) | H3, H4, H9, H2, H7, H10 | TWINKLLife | |
| | 2. Clean as a whistle and Can I eat it? (L4 and 5) | | | H5, H6, H7, H10, H29, H31, H37 | TWINKLLife | | |
| | Autumn 2 | No Outsiders | Everyone can join in and we don't leave anyone out. | Going to the Volcano - Andy Stanton To join in | | No Outsiders | |
| | | Similarities and Differences | Recognising strengths and respecting difficulties | 1. I am special | H22, R23, L4, L6, H21, H23, R22 | Discovery Ed | |
| | | | | 2. Who I am makes me unique | H22, R23, L4, L6, H21, H23, R22 | Discovery Ed | |
| | | | | 3. We don't all feel the same way | H22, R23, L4, L6, R15, R17, H11, H12, H13, H14, H15, H16 | Discovery Ed | |
| | | Ice Safety Prevention | | | | H32, H35 | |
| | NSPCC Speak Out, Stay Safe | | | | | | |
| | Spring 1 | No Outsiders | We can play together, even if we like different things (toys) | Want to Play Trucks? - Ann Scott and Bob Graham Finding ways of playing together | | No Outsiders | |
| | | Caring and Responsibility | Our special people | 1. My special people | R2, R3 | Discovery Ed | |
| | | | | 2. How our special people care for us | R3, R20, H15, H16 | Discovery Ed | |
| | | | | 3. Keeping safe | R14, R15, R19, R20 | Discovery Ed | |
| | | Safer Internet Day | | | | R10, L7, L8, L9 | |
| | Children's Mental Health Week | | | | | | |
| | Spring 2 | No Outsiders | No one has the same hair – we all look different. | Hair, It's a Family Affair - Mylo Freeman Proud to be me | | No Outsiders | |
| | | Families and Committed Relationships | The importance of family | 1. My family | R2, R1, R4 | Discovery Ed | |
| | | | | 2. Our families | R2, H22, R3 | Discovery Ed | |
| | | | | 3. Superhero families | R2, R1, R4 | Discovery Ed | |
| | | Health and Wellbeing | Safety First | 1. Keeping safe and Staying safe at home (L 1 and L2) | H28, H29, H33, R19, H28, H29, H30, H31 | TWINKLLife | |
| | 2. Safe secrets and surprises and People who can help (L5 and L6) | | | R13, R16, R18, R19, R20, H33, H35, H36 | TWINKLLife | | |
| | Summer 1 | No Outsiders | Everyone is welcome, wherever they are from, whatever their faith. | My World, Your World - Melanie Walsh I share the world with lots of people | | No Outsiders | |
| | | Healthy Bodies, Healthy Minds | Amazing bodies | 1. My amazing body | H1 | Discovery Ed | |
| | | | | 2. Private body parts | R13, R18, R20 | Discovery Ed | |
| | | | | 3. Looking after our bodies | H1, H2, H3, H8, H4, H7, H5 | Discovery Ed | |
| Mental Health Awareness Week | | | | | | | |
| Summer 2 | No Outsiders | We can work with everyone, even if they are different from ourselves. | Errol's Garden - Gillian Hibbs To work together | | No Outsiders | | |
| | Coping with Change | Growing and changing | 1. Animal babies | R2 | Discovery Ed | | |
| | | | 2. How have we changed? | H22, R23, L4, L6, H21, H23, R22 | Discovery Ed | | |
| | | | 3. A future me | H22, R23, L4, H15, H16 | Discovery Ed | | |
| | Living in the Wider World | Aiming High | 1. Star qualities and Positive learners (L1 and L2) | H21, H24, L14 | TWINKLLife | | |
| | | | 2. Bright futures and Jobs for all (L3 and L4) | H21, H24, L14, L17, R23, R25, L16 | TWINKLLife | | |
| Relationships | Digital Wellbeing | 1. Personal Information and Communicating online (L4 and L5) | H28, H34, L9, R10, R11, R12, R14 | TWINKLLife | | | |

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| Year 2 | Autumn 1 | No Outsiders | Everyone can join in, finding similarities, rather than differences. | Can't I join your club - John Kelly and Steph Laberis To welcome different people | | No Outsiders | | |
| | | Healthy and Happy Friendships | What makes a happy friendship? | 1. What makes a happy friendship? | R6, R7 | Discovery Ed | | |
| | | | | 2. Personal boundaries | R17, R13, R18, R15 | Discovery Ed | | |
| | | | | 3. Resilience | R9, R20 | Discovery Ed | | |
| | | PANTS are Private | | | | | R16 | |
| | | World Mental Health Day | | | | | H17, R5 | |
| | | Living in the Wider World | Diverse Britain | 1. My school and My community (L1 and L2) | L1, L4, R21, L4, L5 | TWINKLLife | | |
| | 2. My neighbourhood and My county (L3 and L4) | | | L2, L3, R25, L6 | TWINKLLife | | | |
| | Autumn 2 | No Outsiders | Sometimes it's hard to be different but it's important to be proud of who you are. | How to be a Lion – Ed Vere To have self-confidence | | No Outsiders | | |
| | | Similarities and Differences | Strengths, abilities and stereotypes | 1. My strengths and abilities | H22, R23, L4, L6, H21, H23, R22, H11, H12, H13, H14, H15, H16 | Discovery Ed | | |
| | | | | 2. Stereotypes | H22, R23, L4, L6, H15, H16 | Discovery Ed | | |
| | | | | 3. Who's job? | H22, R23, L4, L6 | Discovery Ed | | |
| | | Ice Safety Prevention | | | | | H32, H35 | |
| | NSPCC Speak Out, Stay Safe | | | | | | | |
| | Spring 1 | No Outsiders | People differ in the UK. This can include: transport, celebrations, jobs, families homes and religion. | The Great Big Book of Families – Mary Hoffman To understand what diversity is | | No Outsiders | | |
| | | Caring and Responsibility | Special people in our communities | 1. Community helpers | H22, R23, L4, L6, R22 | Discovery Ed | | |
| | | | | 2. When we need help | R20 | Discovery Ed | | |
| | | | | 3. Our communities and groups | H22, R23, L4, L6, H18, H20, H24 | Discovery Ed | | |
| | | Safer Internet Day | | | | | R10, L7, L8, L9 | |
| | Children's Mental Health Week | | | | | | | |
| | Spring 2 | No Outsiders | We can have fun with all types of people – celebrating diversity. | Amazing – Steve Antony What makes a good friend | | No Outsiders | | |
| | | Families and Committed Relationships | The diversity of families | 1. Who is in a family? | H22, R3 | Discovery Ed | | |
| | | | | 2. A happy family | R1, R4, R20 | Discovery Ed | | |
| | | | | 3. Families of all kinds | R1, R4, H22, R3 | Discovery Ed | | |
| | Health and Wellbeing | Growing up | 1. Our bodies (L1) | H25, H26, R13 | TWINKLLife | | | |
| | | | 2. Getting older and Changes (L5 and 6) | H26, H27, H20 | TWINKLLife | | | |
| | Summer 1 | No Outsiders | Use of sign language to communicate. | What the Jackdaw Saw – Julia Donaldson To communicate in different ways | | No Outsiders | | |
| | | Healthy Bodies, Healthy Minds | Staying safe and healthy | 1. Healthy feelings | H1, H11, H12, H13, H14, H15, H16 | Discovery Ed | | |
| | | | | 2. Staying safe at home | H37 | Discovery Ed | | |
| | | | | 3. Feeling poorly | H1, H18, H20, H24, H19, R12, H10, H4 | Discovery Ed | | |
| | Mental Health Awareness Week | | | | | | | |
| | Summer 2 | No Outsiders | Everyone is welcome, it doesn't matter where they are from. | All Are Welcome – Alexandra Penfold To know I belong | | No Outsiders | | |
| Coping with Change | | Growing up and setting goals | 1. When I am older | H22, R23, L4, L6 | Discovery Ed | | | |
| | | | 2. Looking at the changes ahead | H21, H23, R22 | Discovery Ed | | | |
| | | | 3. Goals | H22, R23, L4, L6, H21, H23, R22 | Discovery Ed | | | |
| Living in the Wider World | | Money Matters | 1. Money and Where money comes from (L1 and L2) | L10, L15, L16 | TWINKLLife | | | |
| | 2. Look after it and Spend or save? (L3 and L4) | | L13, L11 | TWINKLLife | | | | |
| | 3. Want or need? | | L12 | TWINKLLife | | | | |

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| Year 3 | Autumn 1 | No Outsiders | What is an 'outsider'? Discrimination based on looks. | This is Our House – Michael Rosen Understand what discrimination means | | No Outsiders | | |
| | | Healthy and Happy Friendships | Being a good friend | 1. What makes a good friend | R11, R13, R14, H16 | Discovery Ed | | |
| | | | | 2. Personal space | R22, R27, R25, R26 | Discovery Ed | | |
| | | | | 3. Resilience | H15, H16 | Discovery Ed | | |
| | | PANTS are Private | | | | | R16 | |
| | | World Mental Health Day | | | | | H17, R5 | |
| | Living in the Wider World | Aiming High | 1. Achievements and Jobs and Skills (L1) | H27, H28, L25, L26 | TWINKLLife | | | |
| | | | 2. Jobs and Skills (L4) | L28, L29, L30 | TWINKLLife | | | |
| | Autumn 2 | No Outsiders | Bullying of those who are different | We're all Wonders – RJ Palacio Understand what a by-stander is | | No Outsiders | | |
| | | Similarities and Differences | Valuing and respecting one another | 1. Different but equal | R32, R33, L6 | Discovery Ed | | |
| | | | | 2. Our school community | R31 | Discovery Ed | | |
| | | | | 3. Valuing one another and considering people's feelings | R21, L7, L8, L9, H17, H19, H20, H21 | Discovery Ed | | |
| | | Ice Safety Prevention | | | | | H32, H35 | |
| | NSPCC Speak Out, Stay Safe | | | | | | | |
| | Spring 1 | No Outsiders | To understand how our own behaviour can make someone from another place feel like an outsider. | Beegu – Alexis Deacon To be welcoming | | No Outsiders | | |
| | | Caring and Responsibility | Responsibilities and boundaries | 1. Being Responsible | R33, R34, R31 | Discovery Ed | | |
| | | | | 2. Responsibility and personal space | R22, R25, R29 | Discovery Ed | | |
| | | | | 3. Caring and empathy | R1, R6, R7, H19 | Discovery Ed | | |
| | | Safer Internet Day | | | | | R10, L7, L8, L9 | |
| | Children's Mental Health Week | | | | | | | |
| | Spring 2 | No Outsiders | Not judging people by their appearance (age, skin colour, gender) | The truth about old people – Elina Ellis To recognise a stereotype | | No Outsiders | | |
| | | Families and Committed Relationships | Different types of committed relationships | 1. Commitment and marriage | R8, R3, R5, R33, R34 | Discovery Ed | | |
| | | | | 2. All change | H17, H16 | Discovery Ed | | |
| | | | | 3. Family changes: When parents separate | R4, R9 | Discovery Ed | | |
| | Living in the Wider World | Aiming High | 1. No Limit!(L5) | L9, L26, L27 | TWINKLLife | | | |
| | | | 2. When I grow up (L6) | L28, H28, L32 | TWINKLLife | | | |
| | Summer 1 | No Outsiders | Supporting someone who feels different, even if it means you might also become an outsider. | The Hueys in the New Jumper – Oliver Jeffers To recognise and help an outsider | | No Outsiders | | |
| | | Healthy Bodies, Healthy Minds | Sleep, food and hygiene | 1. The power of sleep | H16, H8 | Discovery Ed | | |
| | | | | 2. Making healthy food choices | H1, H2, H3, H6 | Discovery Ed | | |
| | | | | 3. Germs! | H11, H9, H40 | Discovery Ed | | |
| Mental Health Awareness Week | | | | | | | | |
| Summer 2 | No Outsiders | Britain is a great place to live. Everyone is different but we are all welcome. | Planet Omar: Accidental Trouble Magnet – Zanib Mian To consider living in Britain today | | No Outsiders | | | |
| | Coping with Change | Coping with feelings when things change | 1. New changes | H19 | Discovery Ed | | | |
| | | | 2. Feeling sad and showing empathy | H20, H21 | Discovery Ed | | | |
| | | | 3. Happiness | H21, R20, H16, H24, R13 | Discovery Ed | | | |
| | First Aid | | | 1. Bites and Stings 2. Basic Life Support 3. Emergencies and Calling for help | H43, H44 | St Johns Ambulance | | |
| | Health and Wellbeing | Think Positive | 1. Changes (L3) | H17, H18, H23, H24, H36, R13 | TWINKLLife | | | |
| Relationships | Digital Wellbeing | 1. Digital Kindness (L2) | R19, R20, R21 | TWINKLLife | | | | |

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| Year 4 | Autumn 1 | No Outsiders | Realise that mixing with others who are different is actual beneficial. | Along came a different – Tom McLaughlin To help someone accept difference | | No Outsiders | | |
| | | Healthy and Happy Friendships | Solving friendship difficulties | 1. Qualities of a good friend | R13, R14, R11 | Discovery Ed | | |
| | | | | 2. Solving friendship difficulties | R16, R18 | Discovery Ed | | |
| | | | | 3. Personal boundaries and permission | R22, R27, H45, H25, R22, R26 | Discovery Ed | | |
| | | PANTS are Private | | | | | R16 | |
| | | World Mental Health Day | | | | | H17, R5 | |
| | | Relationships | Digital Wellbeing | 1. Do I know you? (L3) | R12, R23, R24 | | | |
| | | | | 2. Online information (L4) | L12, L14, L16 | TWINKLLife | | |
| | | Autumn 2 | No Outsiders | Being brave about our differences. Standing up for ourselves... and others. | Dogs don't do ballet – Anna Kemp and Sarah Oglivie To choose to be assertive | | No Outsiders | |
| | Similarities and Differences | | Identity and diversity | 1. Being British | R31, R32, R33, L6, R21, L7, L8, L9 | Discovery Ed | | |
| | | | | 2. Making a judgement | R32, R33, L6, R34 | Discovery Ed | | |
| | | | | 3. A different point of view | R32, R33, L6, R34, R31 | Discovery Ed | | |
| | Ice Safety Prevention | | | | | H32, H35 | | |
| | NSPCC Speak Out, Stay Safe | | | | | | | |
| | Spring 1 | No Outsiders | What we look like on the outside, might not be what we are feeling on the inside. | Red: A crayon's story – Michael Hall To be proud of who I am | | No Outsiders | | |
| | | Caring and Responsibility | Rights and responsibilities | 1. Our rights, our responsibilities | R31 | Discovery Ed | | |
| | | | | 2. The UN convention on the Rights of the Child | R31 | Discovery Ed | | |
| | | | | 3. Family roles and responsibilities | R33, R34, R8, R1, R6, R7 | Discovery Ed | | |
| | | Safer Internet Day | | | | | R10, L7, L8, L9 | |
| | Children's Mental Health Week | | | | | | | |
| | Spring 2 | No Outsiders | Mixing with those who we see as 'different' can actually bring happiness. | Aalfred and Aalbert – Morag Hood To find common ground | | No Outsiders | | |
| | | Families and Committed Relationships | Families and other relationships | 1. Different relationships: boundaries and behaviour | R32, R33, L6, R22, R24 | Discovery Ed | | |
| | | | | 2. Belonging | R1, R6, R7 | Discovery Ed | | |
| | | | | 3. Caring families | R1, R6, R7 | Discovery Ed | | |
| | | Living in the Wider World | Money Matters | 1. Where does money come from? (L1) | L26, L29, L31 | TWINKLLife | | |
| | 2. Reasons to borrow (L3) | | | L32, L20, L24 | TWINKLLife | | | |
| | Summer 1 | No Outsiders | Not hiding our true feelings of sadness. How can we try and improve our mental health? | When sadness comes to call – Eva Eland To look after my mental health | | No Outsiders | | |
| | | Healthy Bodies, Healthy Minds | Influences and personal choices | 1. Healthy influences | R18, H1, H6, H37, L23 | Discovery Ed | | |
| | | | | 2. Making healthy choices | H13, H7, H1, H6 | Discovery Ed | | |
| | | | | 3. Dealing with feelings | H15, H17, H19, H16, H21, R20 | Discovery Ed | | |
| Mental Health Awareness Week | | | | | | | | |
| Summer 2 | No Outsiders | To accept difference – no questions asked. | Julian is a mermaid – Jessica Love To show acceptance | | No Outsiders | | | |
| | Coping with Change | Puberty and hygiene | 1. What is puberty? | H30, H31, H32, H34 | Discovery Ed | | | |
| | | | 2. Understanding periods | H30, H31, H32, H34 | Discovery Ed | | | |
| | | | 3. Keeping clean as we grow and change | H30, H31, H32, H34, H9 | Discovery Ed | | | |
| | First Aid | | | 1. Asthma 2. Head Injuries 3. Basic Life Support 4. Emergencies and Calling for help | H43, H44 | St Johns Ambulance | | |
| | Living in the Wider World | Money Matters | 1. Spending decisions (L4) | L19, L20, L21 | TWINKLLife | | | |
| Health and Wellbeing | Safety First | 1. What are the risks? | H38, H39 | TWINKLLife | | | | |

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| Year 5 | Autumn 1 | No Outsiders | Following 'the crowd' can have consequences. | Kenny lives with Erica and Martina – Olly Pike To consider consequences | | No Outsiders | |
| | | Healthy and Happy Friendships | Changing friendships | 1. Identity | R10, R32, R33, L6, R21, L7, L8, L9 | Discovery Ed | |
| | | | | 2. Peer Pressure | R18 | Discovery Ed | |
| | | | | 3. Emotional health and wellbeing | H15, H16, H17 | Discovery Ed | |
| | | PANTS are Private | | | | R16 | |
| | | World Mental Health Day | | | | H17, R5 | |
| | Health and Wellbeing | Safety First | 1. Home-Safe and Sound (L5) | H35, H39, H40 | TWINKLLife | | |
| | | | 2. Outdoors – Playing it safe (L6) | H38, H41 | TWINKLLife | | |
| | Autumn 2 | No Outsiders | A child's perspective of people being transported to Jewish concentration camps. | Rose Blanche – Ian McEwan and Roberto Innocenti To justify my actions | | No Outsiders | |
| | | Similarities and Differences | Celebrating strengths and setting goals | 1. Strengths and abilities | R32, R33, L6, R31 | Discovery Ed | |
| | | | | 2. Setting goals | R31 | Discovery Ed | |
| | | | | 3. Online safety | R23, R24, R29, L13, L14 | Discovery Ed | |
| | | Ice Safety Prevention | | | | H32, H35 | |
| | | NSPCC Speak Out, Stay Safe | | | | | |
| | Spring 1 | No Outsiders | Racism does not work. It is better when we mix. | Mixed – Arree Chung Consider responses to racist behaviour | | No Outsiders | |
| | | Caring and Responsibility | Caring in the community | 1. Changing needs | R33, R34 | Discovery Ed | |
| | | | | 2. Feeling lonely | H17, H19, H16, H24, R13 | Discovery Ed | |
| | | | | 3. Why volunteer? | H16 | Discovery Ed | |
| | | Safer Internet Day | | | | R10, L7, L8, L9 | |
| | Children's Mental Health Week | | | | | | |
| | Spring 2 | No Outsiders | Amnesty International – people who have been imprisoned because of speaking up about wanting certain freedoms. | How to heal a broken wing – Bob Graham Recognise when someone needs help | | No Outsiders | |
| | | Families and Committed Relationships | Healthy, committed relationships | 1. Values of healthy relationships | R4, R9, R11 | Discovery Ed | |
| | | | | 2. Diversity in relationships | R2, R7, R6, R8 | Discovery Ed | |
| | | | | 3. It's all about commitment | R2, R7, R6, R8, R3, R5 | Discovery Ed | |
| | Health and Wellbeing | It's my body | 1. Taking care of our bodies (L3) | H4, H6, H9, H10, H11, H12 | TWINKLLife | | |
| | | | 2. Harmful substances (L4) | H46, H47, H48, H49, H50, R28 | TWINKLLife | | |
| | Summer 1 | No Outsiders | Girls – leading very different lives but still maintaining a friendship | The Girls – Lauren Lee and Jenny Lovlie To explore friendship | | No Outsiders | |
| Healthy Bodies, Healthy Minds | | Valuing our bodies and minds | 1. Valuing ourselves | R31, H15 | Discovery Ed | | |
| | | | 2. Alcohol, tobacco and drugs | H46, H47, H48 | Discovery Ed | | |
| | | | 3. Keeping well (Viruses, bacteria and immunisation) | H9, H40, H10 | Discovery Ed | | |
| Mental Health Awareness Week | | | | | | | |
| Summer 2 | No Outsiders | A family with two dads. Why are some books banned? | And Tango Makes Three – Justin Richardson Express an opinion | | No Outsiders | | |
| | Coping with Change | Puberty and emotions | 1. Puberty | H30, H31, H32, H34 | Discovery Ed | | |
| | | | 2. Puberty and emotions | H30, H31, H32, H34, H19, H20, H21 | Discovery Ed | | |
| | | | 3. Emotional changes: managing well | H19, H20, H21, H15 | Discovery Ed | | |
| | First Aid | | | 1. Bleeding 2. Burns and Scalds 3. Basic Life Support 4. Emergencies and Calling for help | H43, H44 | St Johns Ambulance | |
| | Relationships | Be yourself | 1. Uncomfortable feelings | H18, H19, R17 | TWINKLLife | | |
| Living in the Wider World | Diverse Britain | 1. Identities (L1) | H25, R33, L3 | | | | |

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| Year 6 | Autumn 1 | No Outsiders | Immigration. Why might people immigrate? How might they feel? | King of the Sky – Nicola Davies Consider responses to immigration | | No Outsiders | |
| | | Healthy and Happy Friendships | Personal safety | 1. Emotional health and wellbeing | R18, H19 | Discovery Ed | |
| | | | | 2. Relationships and change | R10, R13, R14, R16 | Discovery Ed | |
| | | | | 3. Wider emotions | H17, H19, H20, H21 | Discovery Ed | |
| | | PANTS are Private | | | | R16 | |
| | | World Mental Health Day | | | | H17, R5 | |
| | | Living in the Wider World | Diverse Britain | 1. Communities (L2) | L4, L5, L6, L8 | TWINKLLife | |
| | 2. Respecting the Law and Local Government (L3 and L4) | | | L1, L10, R21, L2, L9, L10 | TWINKLLife | | |
| | Autumn 2 | No Outsiders | Freedom of speech. How we can be influenced by what others say. | The Only way is Badger – Stella J Jones Consider language and freedom of speech | | No Outsiders | |
| | | Similarities and Differences | Respectful behaviour online and offline | 1. Identity online | R23, R24, R30, R31, L11, L15, H37, L23, R20, H42 | Discovery Ed | |
| | | | | 2. Online bullying | H37, R20, L11, H42, R23, R24, R30, R31 | Discovery Ed | |
| | | | | 3. Identity and belonging | R31, L7, L8, L9, R32, R33, L6 | Discovery Ed | |
| | | Ice Safety Prevention | | | | H32, H35 | |
| | NSPCC Speak Out, Stay Safe | | | | | | |
| | Spring 1 | No Outsiders | Prejudice against those we don't know or understand. | Leaf – Sandra Dieckmann Overcome fears about difference | | No Outsiders | |
| | | Caring and Responsibility | Responsible behaviour as we get older | 1. Taking care of myself | R31 | Discovery Ed | |
| | | | | 2. Looking after our money | L17, L18 | Discovery Ed | |
| | | | | 3. Transition to secondary | R29 | Discovery Ed | |
| | | Safer Internet Day | | | | R10, L7, L8, L9 | |
| | Children's Mental Health Week | | | | | | |
| | Spring 2 | No Outsiders | Our attitude and behaviour to those who are different. | The Island – Armin Greder To consider causes of racism | | No Outsiders | |
| | | Families and Committed Relationships | Starting a family (Sex Education) | 1. Starting a family | | Discovery Ed | |
| | | | | 2. The impact of having a baby | | Discovery Ed | |
| | | | | 3. When is it right? | | Discovery Ed | |
| | | Health and Wellbeing | It's my body | 3. How we think and feel about our bodies (L5) | H3, H26, H27, L9, L16 | TWINKLLife | |
| | 4. Healthy choices (L6) | | | H1, H3, H5, H6, H14 | TWINKLLife | | |
| | Summer 1 | No Outsiders | Transgender – We are assigned a gender at birth. What happens if we don't agree? | Introducing Teddy – Jessica Walton To show acceptance | | No Outsiders | |
| | | Healthy Bodies, Healthy Minds | Being the best me | 1. Being the best me | R31 | Discovery Ed | |
| | | | | 2. Social media and our wellbeing | R23, R24, R29, H13, R30, L15, H37, L23, R20, L11, H42 | Discovery Ed | |
| | | | | 3. Taking care of our mental health | H17, H20, H21, H16, H22 | Discovery Ed | |
| Mental Health Awareness Week | | | | | | | |
| Summer 2 | No Outsiders | LGBT rights. Arguments for and against | A Day in the Life of Marlon Bundo To consider democracy | | No Outsiders | | |
| | Coping with Change | Coping with the emotional effects of life changes | 1. Body image | R32, R33, L6, H30, H31, H32, H34 | Discovery Ed | | |
| | | | 2. Puberty and changing relationships | R8, R16, H30, H31, H32, H34, H17, H19 | Discovery Ed | | |
| | | | 3. Moving on | R32, R33, L6, R10, H17 | Discovery Ed | | |
| | First Aid | | 1. Choking 2. Allergies 3. Basic Life Support 4. Emergencies and Calling for help | H43, H44 | St Johns Ambulance | | |
| | Health and Wellbeing | Transition to Secondary | 1. Doubts and Fears | H24, H28, H35, H36 | TWINKLLife | | |
| 2. Challenges and Opportunities | | | H24, H28, H35, H36 | TWINKLLife | | | |
| 3. A New Chapter | | | H24, H28, H35, H36 | TWINKLLife | | | |