

| | | Cycle 1 (2021-22) | Cycle 2 (2020-21) |
|--------|---|---|--|
| Autumn | 1 | Maintaining physical, mental and emotional health and wellbeing | Recognising and managing emotions |
| | 2 | Recognising and managing emotions | Team work and healthy relationships |
| Spring | 1 | Communities | Keeping safe |
| | 2 | Enterprise | Making informed choices about health and wellbeing – understanding my body |
| Summer | 1 | Self-respect: Personal hygiene routines & self-care | Recognising and managing emotions |
| | 2 | Recognising and managing emotions | Citizenship |