



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: my feelings Zones of Regulation	Building relationships: special relationships	Managing self: taking on challenges	Self-regulation: listening and following instructions	Building relationships: my family and friends	Managing self: my wellbeing
Year 1	Families and relationships Zones of Regulation (recap)	Health and wellbeing	Citizenship	Economic wellbeing	Safety and the changing body	Wellbeing Transition
Year 2	Families and relationships Zones of regulation	Health and wellbeing	Citizenship Healthy Relationships	Economic wellbeing	Safety and the changing body	Wellbeing Transition
Year 3	Families and relationships Zones of regulation	Health and wellbeing	Citizenship	Economic wellbeing	Safety and the changing body	Wellbeing Transition
Year 4	Families and relationships Zones of regulation	Health and wellbeing	Citizenship	Economic wellbeing	Safety and the changing body	Wellbeing Transition
Year 5	Families and relationships Zones of regulation (recap)	Health and wellbeing	Citizenship	Economic wellbeing	Safety and the changing body	Wellbeing Transition
Year 6	Families and relationships Zones of regulation (recap)	Health and wellbeing	Citizenship Healthy Relationships	Economic wellbeing	Safety and the changing body	Wellbeing Identity Transition