



# Fen Ditton Primary Relationships and Health Education Overview 2023-2024



## Year A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception and Year 1</b>	<b>Myself and My Relationships 1</b> Beginning and Belonging	<b>Zones of Regulation</b> Managing feelings - different sizes, intensities, and levels of energy that are unique within our brains and bodies.	<b>Healthy and Safer Lifestyles 1</b> My Body and Growing Up	<b>Myself and My Relationships 2</b> My Family and Friends – Including Anti-Bullying <b>Myself and My Relationships 3</b> My Emotions	<b>Citizenship 1</b> Identities and Diversity <b>Citizenship 2</b> Me and My World	<b>Healthy and Safer Lifestyles 2</b> Keeping Safe (Including Drug Education) <b>Healthy and Safer Lifestyles 3</b> Healthy Lifestyles
<b>Years 1 and 2</b>	<b>Myself and My Relationships 5</b> My Emotions	<b>Zones of Regulation</b> Managing feelings - different sizes, intensities, and levels of energy that are unique within our brains and bodies.	<b>Healthy and Safer Lifestyles 7</b> Healthy Lifestyles <b>Healthy and Safer Lifestyles 10</b> Relationships and Sex Education	<b>Citizenship 3</b> Working Together <b>Citizenship 4</b> Diversity and Communities	<b>Economic Wellbeing 1</b> Financial Capability <b>Myself and My Relationships 8</b> Managing Change	<b>Healthy and Safer Lifestyles 8</b> Drug Education <b>Healthy and Safer Lifestyles 9</b> Personal Safety
<b>Years 2 and 3</b>	<b>Myself and My Relationships 4</b> Beginning and Belonging	<b>Zones of Regulation</b> Managing feelings - different sizes, intensities, and levels of energy that are unique within our brains and bodies.	<b>Healthy and Safer Lifestyles 10</b> Relationships and Sex Education <b>Healthy and Safer Lifestyles 13</b> Relationships and Sex Education	<b>Myself and My Relationships 6</b> Family and Friends <b>Myself and My Relationships 11</b> Family and Friends	<b>Healthy and Safer Lifestyles 16</b> Personal Safety <b>Healthy and Safer Lifestyles 11</b> Managing Safety and Risk	<b>Economic Wellbeing 2</b> Financial Capability <b>Myself and My Relationships 13</b> Managing Change

<p><b>Years 3 and 4</b></p>	<p><b>Myself and My Relationships 10</b> My Emotions</p>	<p><b>Zones of Regulation</b> Managing feelings - different sizes, intensities, and levels of energy that are unique within our brains and bodies.</p>	<p><b>Healthy and Safer Lifestyles 17</b> Relationships and Sex Education <b>Healthy and Safer Lifestyles 14</b> Healthy Lifestyles</p>	<p><b>Citizenship 6</b> Working Together <b>Citizenship 7</b> Diversity and Communities</p>	<p><b>Economic Wellbeing 2</b> Financial Capability <b>Myself and My Relationships 13</b> Managing Change</p>	<p><b>Healthy and Safer Lifestyles 15</b> Drug Education <b>Healthy and Safer Lifestyles 16</b> Personal Safety</p>
<p><b>Years 4 and 5</b></p>	<p><b>Citizenship 11</b> Rights, Rules and Responsibilities</p>	<p><b>Zones of Regulation</b> Managing feelings - different sizes, intensities, and levels of energy that are unique within our brains and bodies.</p>	<p><b>Healthy and Safer Lifestyles 17</b> Relationships and Sex Education <b>Healthy and Safer Lifestyles 20</b> Relationships and Sex Education</p>	<p><b>Citizenship 9</b> Working Together <b>Healthy and Safer Lifestyles 21</b> Healthy Lifestyles</p>	<p><b>Myself and My Relationships 18</b> Managing Change</p>	<p><b>Healthy and Safer Lifestyles 22</b> Drug Education <b>Healthy and Safer Lifestyles 23</b> Personal Safety</p>
<p><b>Years 5 and 6</b></p>	<p><b>Myself and My Relationships 14</b> Beginning and Belonging</p>	<p><b>Zones of Regulation</b> Managing feelings - different sizes, intensities, and levels of energy that are unique within our brains and bodies.</p>	<p><b>Healthy and Safer Lifestyles 20</b> Relationships and Sex Education <b>Healthy and Safer Lifestyles 24</b> Relationships and Sex Education</p>	<p><b>Myself and My Relationships 16</b> Family and Friends <b>Myself and My Relationships 17</b> Anti-bullying</p>	<p><b>Economic Wellbeing 3</b> Financial Capability <b>Myself and My Relationships 18</b> Managing Change</p>	<p><b>Healthy and Safer Lifestyles 22</b> Drug Education <b>Healthy and Safer Lifestyles 23</b> Personal Safety</p>