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<b>Reception</b>	Self-regulation – My Feelings How do we manage our feelings? 		Building Relationships – Special Relationships What do family and friends mean to me? 		Managing self - Taking on Challenges 	
<b>KS1 Cycle 1</b> (2020/2021) (2022/2023)	Families and Relationships (Cycle A) What do family and friends mean to me?  		Health and Wellbeing (Cycle A) 	Safety and the changing body (Cycle A) How do we keep ourselves safe?  	Citizenship (Cycle A)  	Economic Wellbeing (Cycle A)  Transition (Cycle A)
<b>KS1 Cycle 2</b> (2021/2022) (2023/2024)	Families and Relationships (Cycle B) What do family and friends mean to me?  		Health and Wellbeing (Cycle B) 	Safety and the changing body (Cycle B) How do we keep ourselves safe?  	Citizenship (Cycle B)  	Economic Wellbeing (Cycle B)  Transition (Cycle B)
<b>Y3/4 Cycle 1</b> (2022/2023)	Families and Relationships (Cycle A)   What is friendship?	Health and Wellbeing (Cycle A) 	Safety and the changing body (Cycle A)   How do we look after ourselves?	Citizenship (Cycle A)  	Economic Wellbeing (Cycle A) 	Transition (Cycle A)
<b>Y3/4 Cycle 2</b> (2023/2024) TBC	Families and Relationships (Cycle B)   What is friendship?	Health and Wellbeing (Cycle B) 	Safety and the changing body (Cycle B)   How do we look after ourselves?	Citizenship (Cycle B)  	Economic Wellbeing (Cycle B) 	Transition (Cycle B)
<b>Year 5</b>	Families and Relationships   How are we accepting of others?	Health and Wellbeing 	Safety and the changing body Focus on online safety  	Citizenship  	Economic Wellbeing  	Safety and the changing body What does it mean to be an adult? Transition

<p><b>Year 6</b></p>	<p>Families and Relationships How and why do relationships change?</p>  	<p>Health and Wellbeing</p> 	<p>Safety and the changing body Focus on online safety</p>  	<p>Citizenship</p>   	<p>Economic Wellbeing</p>  	<p>Safety and the changing body What does it mean to be an adult? Identity Transition</p> 
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LET YOUR  
 HEART  
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MATTHEW  
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