

PSHE/SEAL Topics	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Y1	New Beginnings (SEAL) Citizenship (PSHE) Mutual Respect (BV)	Getting on and Falling out/Say No to Bullying Safety (PSHE) Rule of Law (BV)	Going for Goals – (SEAL) Emotional Well-Being (PSHE) Tolerance (BV)	Good to be Me (SEAL) Healthy Lifestyles (PSHE) Individual Liberty (Choices) (BV)	Relationships(SEAL) Relationships (PSHE)	Changes (SEAL) Physical (PSHE) Charity (BV)
Y2	New Beginnings (SEAL) Physical (PSHE) Individual Liberty (BV)	Getting on and Falling out/Say No to Bullying (SEAL) Safety (PSHE) Rules of Law (BV)	Going for Goals – (SEAL) Emotional Well-Being (PSHE) Mutual Respect (BV)	Good to be Me (SEAL) Citizenship (PSHE) Democracy (BV)	Relationships(SEAL) Relationships (PSHE) Tolerance (BV)	Changes (SEAL) Healthy Lifestyles (PSHE)
Y3	New Beginnings (SEAL) Social and Emotional Well-Being (PSHE) Commitment to Charity (BV)	Getting on and Falling out/Say No to Bullying (SEAL) Physical (PSHE) Tolerance (BV)	Going for Goals – (SEAL) Citizenship (PSHE) Democracy (BV)	Good to be Me (SEAL) Safety (PSHE) Mutual Respect (BV)	Relationships(SEAL) Relationships (PSHE) Rule of Law (BV)	Changes (SEAL) Healthy Lifestyles (PSHE) Individual Liberty (BV)
Y4	New Beginnings (SEAL) Social and Emotional Well-Being (PSHE) Commitment to Charity (BV)	Getting on and Falling out/Say No to Bullying (SEAL) Physical (PSHE) Tolerance (BV)	Going for Goals – (SEAL) Citizenship (PSHE) Democracy (BV)	Good to be Me (SEAL) Safety (PSHE) Mutual Respect (BV)	Relationships(SEAL) Relationships (PSHE) Rule of Law (BV)	Changes (SEAL) Healthy Lifestyles (PSHE) Individual Liberty (BV)
Y5	New Beginnings (SEAL) Social and Emotional Well being (PSHE) Mutual Respect (BV)	Getting on and Falling out/Say No to Bullying (SEAL) Safety (PSHE)(Red Cross – First Aid)	Going for Goals – (SEAL) Citizenship (PSHE) Individual Liberty (BV)	Good to be Me (SEAL) Healthy Lifestyles (PSHE) Commitment to Charity Work (BV)	Relationships(SEAL) Relationships (PSHE) Tolerance (BV)	Changes (SEAL) Physical (PSHE) Democracy (BV)

		Rule of Law (BV)				
Y6	New Beginnings (SEAL) Economics (PSHE) Commitment to Charity Work (BV)	Getting on and Falling out/Say No to Bullying (SEAL) Social and Emotional Well-Being (PSHE) Individual Liberty (BV)	Going for Goals – (SEAL) Healthy Lifestyles (PSHE) Rule of Law (BV)	Good to be Me (SEAL) Citizenship (PSHE) Mutual Respect (BV)	Relationships(SEAL) Relationships (PSHE) Tolerance (BV)	Changes (SEAL) Physical (PSHE) Democracy (BV)