Year 4/5 Cycle A

Half term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Autumn 1	Y5 Structure – Just Imagine…	Y5 Law and Order – In Charge	Y5 U.N. Rights – Our Rights	Y4 Expressing Opinions – It's Debatable	Y4 Safe Zone 1 – Online Relationships and Bullying
Autumn 2	Y5 Physical Contact – Touch Sensitive	Y5 Support and Care – Connections	Y4 Working With Food 1 – Master Chef	Y4 Working With Food 2 – Picnic Preparations	Y4 Safe Zone 2 – Health, Wellbeing and Lifestyle
Spring 1	Y5 Healthy Lifestyles – You Choose	Y5 Healthy Minds 1 – I Feel Happy!	Y4 Persistence and Resilience – Don't Give Up!	Y4 Negative Persistence – Over And Over	Y4 Safe Zone 3 – Online Reputation/Managing Information Online
Spring 2	Y4 Family Changes – Two Homes	Y4 Religious Views 2 – Inside Outside	Y4 Gender Stereotypes – His And Hers	Y4 Racial Discrimination – Coming To England	Y5 Disabilities – Equal Bodies
Summer 1	Y4 Money Choices – A Million Dollars	Y4 Spending – Ping!	Y4 Managing Money 1 – It's A Gamble	Y4 Managing Money 2 – Design Choices	Y4 Safe Zone 4 – Self-Image and Identity
Summer 2	Y4 First Aid – Home Hospital	Y4 Drug Safety – My Medicine	Y4 Changing Bodies – Everyone Changes	Y4 Menstrual Cycle – Every Month	Y4 Safe Zone 5 – Copyright and Ownership

3D PSHE & Citizenship Dimensions Curriculum

Year 4/5 Cycle B

Half term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Autumn 1	Y5 Fire Safety – Fire Risk	Y5 First Aid 1 – Rapid Response	Y4 Friendship 4 – The BAFAs	Y4 Safe Zone 6 – Privacy and Security	
Autumn 2	Y5 Death and Grief 1 – It's Natural	Y5 Death and Grief 2 – Poppies	Y5 Culture 1 – Cultural Feast	Y4 Privacy – The Secrets Jar	
Spring 1	Y4 Physical, Emotional and Mental 1 – I Am Who I Am	Y4 Physical, Emotional and Mental 2 – Hearts and Minds	Y5 Physical, Emotional and Mental – 3 Dimensional	Y4 Loss/Separation – Left Behind	Y5 – Safe Zone 1 – Privacy and Security
Spring 2	Y4 Boundaries – Don't Push It	Y4 Trusting Strangers – Safe Strangers	Y4 Feelings 1 – Overreacting	Y4 Feelings 2 – Left Out	Y5 – Safe Zone 2 – Self Image and Identity
Summer 1	Y5 Medicine and Drugs – Just Say No!	Y5 Alcohol – Drink Aware	Y4 Setting Goals 1 – That's My Goal	Y4 Setting Goals 2 – The Impossible Dream	
Summer 2	Y4 School Communities – School Swap	Y4 Different Communities – My Community	Y5 Confidentiality – Secret Info	Y5 – Safe Zone 3 – Online Reputation/ Managing Information Online	