



Lovers' Lane Primary and Nursery School



Life Skills Long Term Plan						
Year Group	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
EYFS	<ul style="list-style-type: none"> • New Beginnings • See themselves as a valuable individual. • Class Rule Rules and Routines • Building relationships. 	<ul style="list-style-type: none"> • Getting on and falling out. • Emotions - How to deal with anger • Self - Confidence • Building constructive and respectful Relationships. 	<ul style="list-style-type: none"> • Learning about qualities and differences • Celebrating differences • Identify and moderate their own feelings socially and emotionally. • Thinking about their own feelings and those of other. 	<ul style="list-style-type: none"> • Relationships - What makes a good friend? • Healthy me • Looking after pets • Looking After our planet 	<ul style="list-style-type: none"> • Friendships - Looking after one another • Dreams and Goals • Show resilience and perseverance in the face of challenge. 	<ul style="list-style-type: none"> • Taking part in sports day - Winning and loosing • Changing me • Look how far I've come!
Year 1	Physical Health and Well-Being: Fun Times	Keeping Safe and Managing Risk: Feeling Safe	Identity, Society & Equality: Me and Others	Drug, Alcohol & Tobacco Education: What do we put into and on to bodies?	Mental Health and Emotional Well Being: Feelings	Careers, Financial Capability and economic wellbeing: My money
Year 2	Physical Health and Well-Being: What keeps me healthy?	Mental Health and Emotional Well Being: Friendships	Relationships and Health Education: Boys, Girls & Families	Relationships and Health Education: Boys, Girls & Families	Keeping Safe and Managing Risk: Indoors and Outdoors	Drug, Alcohol & Tobacco Education: Medicines and me
Year 3	Drug, Alcohol & Tobacco Education: Tobacco is a drug	Keeping Safe and Managing Risk: Bullying – See it, Say it, Stop it	Mental Health and Emotional Well Being: Strengths and Challenges	Identity, Society & Equality: Celebrating differences	Careers, Financial Capability and economic wellbeing: Saving, spending & budgeting	Physical Health and Well-Being: Why helps me choose?
Year 4	Identity, Society & Equality: Democracy	Drug, Alcohol & Tobacco Education: Making Choices	Physical Health and Well-Being: What is important to me?	Keeping Safe and Managing Risk: Playing safe	Relationships and Health Education: Growing up and changing	Relationships and Health Education: Growing up and changing

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Year 5	Physical Health and Well-Being: In the Media Drug and Alcohol Resilience Training DART 2024 DART 2026 DART 2028 (bi-annual ongoing)	Identity, Society & Equality: Stereotypes, decimation & prejudice	Keeping Safe and Managing Risk: Making safer choices	Mental Health and Emotional Well Being: Dealing with feelings	Drug, Alcohol & Tobacco Education: Different influences	Careers, Financial Capability and economic wellbeing: Borrowing and Earning Healthy Relationships The Great Project (Relationships Education – Equation) 2023 2025 2027 (bi-annual ongoing)
Year 6	Relationships and Health Education: Healthy Relationships Drug and Alcohol Resilience Training 2023 DART 2024 DART 2026 DART 2028 (bi-annual ongoing)	Relationships and Health Education: Healthy Relationships	Drug, Alcohol & Tobacco Education: Weighing up risk	Identity, Society & Equality: Human Rights	Mental Health and Emotional Well Being: Healthy Minds	Keeping Safe and Managing Risk: Keeping safe – Out and about about FGM (Female Genital Mutation) Healthy Relationships The Great Project (Relationships Education – Equation) 2023 2025 2027 (bi-annual ongoing)

NSPCC – Speak out Stay safe (PANTS rule) – Virtual assemblies Key stages 1 & 2, plus workshops in Year 5 and 6 (Late Autumn/Early Spring).

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