

## Lower school Cycle A Overview

<p><b>Autumn 1</b></p>	<p>Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features            Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time            Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out            Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs            Safe Zone Year Three LESSON 1: Self Image and Identity</p>
<p><b>Autumn 2</b></p>	<p>Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am!            Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and Minds            Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One</p>
<p><b>Spring 1</b></p>	<p>Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash            Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up!            Safe Zone Year Three LESSON 2: Online Relationships            Safe Zone Year Three LESSON 3: Online Reputation</p>
<p><b>Spring 2</b></p>	<p>Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community            Safe Zone Year Three LESSON 4: Health, Well-being and Lifestyle</p>
<p><b>Summer 1</b></p>	<p>Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown!            Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap            Core Theme 1 Unit 8 LESSON 1: How to Help - Who to Call            Core Theme 1 Unit 8 LESSON 2: Emergency Calls - Calling 999            Core Theme 1 Unit 8 LESSON 3: Emergency Calls - Ambulance, Now!            Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams            Safe Zone Year Three LESSON 5: Privacy and Security</p>
<p><b>Summer 2</b></p>	<p>Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy            Core Theme 1 Unit 2 LESSON 2: Physical Exercise - Active Kids?            Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice            Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places            Safe Zone Year Three Lesson 6: Copyright and Ownership</p>