

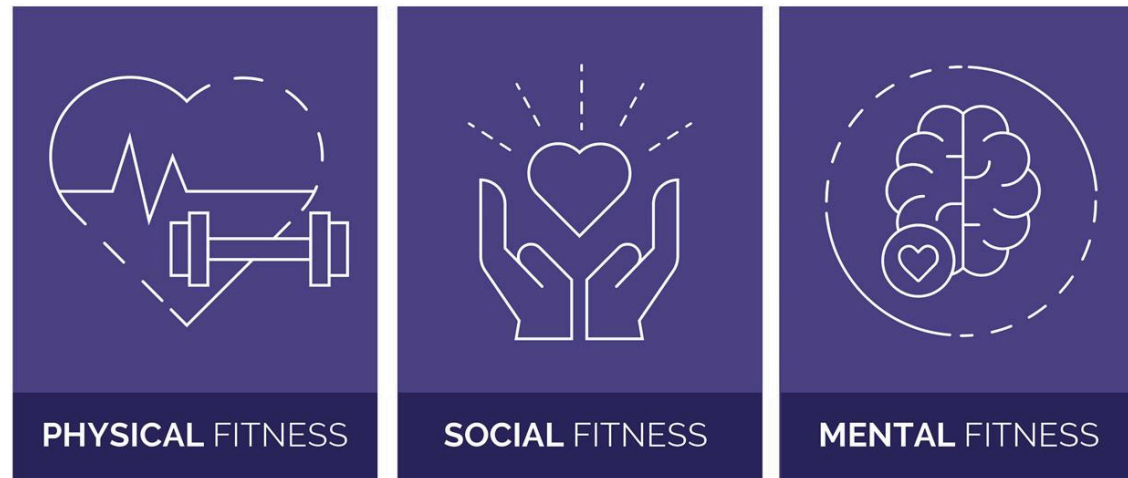
One Life-a Personal Development Curriculum for All



CONSULTANCY
Inspire, Innovate, Improve

ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS



We only get one life, so let's learn how to live it well!



One Life Curriculum Unit Overview 2025 - 2026

Journeying together with God

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 Balancing doing |
|-----------|--|---|---|--|--|---|
| YR | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response | Power of Now Respectful relationships Online relationships Cyberbullying | and being Personal Safety Physical Fitness Health and Prevention |
| Y1 | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response | Power of Now Respectful relationships Online relationships Cyberbullying | Balancing doing and being Personal Safety Physical Fitness Health and Prevention |
| Y2 | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response | Power of Now Respectful relationships Online relationships Cyberbullying | Balancing doing and being Personal Safety Physical Fitness Health and Prevention |
| Y3 | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response- basic first aid | Power of Now Respectful relationships Online relationships Cyberbullying Addiction | Balancing doing and being Personal Safety Physical Fitness Health and Prevention |
| Y4 | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response-basic first aid | Power of Now Respectful relationships Online relationships Cyberbullying Addiction | Balancing doing and being Personal Safety Physical Fitness Health and Prevention |
| Y5 | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response-basic first aid | Power of Now Respectful relationships Online relationships Cyberbullying Addiction | Balancing doing and being Personal Safety Physical Fitness Health and Prevention |
| Y6 | Self-Identity & Self-awareness Families Caring Friendships Healthy Eating | Response System Body image Boundaries Consent Privacy | Bouncing Back Forgiveness Bouncing back in friendships Self-care | Self-compassion Compassion for others Stereotypes Emergency response-basic first aid | Power of Now Respectful relationships Online relationships Cyberbullying Addiction | Balancing doing and being Personal Safety Physical Fitness Health and Prevention |