

RSHE Curriculum - Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Emotions – How do I feel today? Communities: Who am I? Who are you?	Healthy Relationships: Who's in my family? Healthy Relationships: What makes a good friend?	Media influence: How do I decide what to do online? Our online lives: What should I do if I feel unsafe online?	Physical Health: How can I look after my body?	Staying safe and healthy: How can I look after my body?	RSE Week Power in relationships: When do I feel safe?
Y2	Emotions: What helps me to be happy? Communities: Who is in my community?	Healthy Relationships: What does a family look like? Media influence: Is everything I see online true?	Children's Mental Health Week Our online lives: Who should I talk to online?	Physical Health: How do I eat a balanced diet? Risky substances: How do I stay safe at home?	Staying safe and healthy: How can I take responsibility for my own health?	RSE week Power in relationships: Should I keep secrets? Healthy Relationships: How can we stop bullying?
Y3	Emotions: How can I manage my emotions? Communities: What does it mean to be British?	Healthy Relationships: How can I help my family? Healthy Relationships: Are friendships ever perfect?	Children's Mental Health Week Media influence: How do I keep myself safe online?	Our online lives: How can I be kind and happy online?	Physical Health: How can I get active and eat well every day? Staying safe and healthy: How can I stay safe while out and about?	RSE week Power in relationships: Who does my body belong to?
Y4	Emotions: How can we add to our emotions' toolkit? Communities: How are we all different?	Healthy Relationships: Do all families look the same? Healthy Relationships: Are all friendships the same?	Children's Mental Health Week Media influence: What is fake news?	Our online lives: How do I decide who to trust online?	Physical Health: What makes a balanced diet? Staying safe and healthy: How do I avoid getting ill?	RSE week Puberty: How will I change as I grow up? Power in relationships: What does a healthy relationship look like?
Y5	Emotions: How can we manage challenges? Communities: How can we ensure fairness and respect for women and girls?	Healthy Relationships: Is there such a thing as a perfect family? Healthy Relationships: How can I be a great friend?	Children's Mental Health Week Media influence: Who decides what I experience in the online world?	Our online lives: How do I thrive online? Physical Health: Is it hard to be healthy?	Risky substances: Why do people get addicted? Staying safe and healthy: How can I avoid harm?	RSE week Power in relationships: How do I get help if I don't feel safe?
Y6	Emotions: How can we manage our emotions through change? Communities: How can we show respect to people of different races and cultures?	Healthy Relationships: How can we live in harmony? Healthy Relationships: How can we have healthy boundaries?	Children's Mental Health Week Media influence: How do I decide what is true online? Our online lives: What should I share online?	Physical Health: How do I plan a healthy week? Risky substances: Why do people use alcohol and drugs?	Staying safe and healthy: How can I save a life?	RSE week Power in relationships: What are my boundaries? Puberty: What happens during adolescence? How is a baby made?