

RSHE Curriculum Long Term Plan (from 2022-2023)

Based on the RHSE Association RSHE Education Curriculum Overview. For a more detailed breakdown of what is being taught within each year group, please see the RSHE Mid-Term Plans Autumn, Spring and Summer. This is to be used in conjunction with the RSHE skills overview document, Learning opportunities documents as well as the individual year group midterms too.

Living in the wider world	Relationships	Health and Wellbeing
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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	How can we be a good friend? What is bullying? Behaviour, bullying, words and actions; respect for others; friendships; making positive friendships; managing loneliness; dealing with arguments.	What keeps us safe? Keeping safe; recognising risk; rules	What are families like? Families; family life; caring for each other	What makes a community? Community; belonging to groups; similarities and differences; respect for others	Why should we eat well and look after our teeth? Being healthy, eating well, dental care	Why should we keep active and sleep well? Being healthy: keeping active, taking rest
4	How can our choices make a difference to others and the environment? Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	How do we treat each other with respect? Respect for self and others; courteous behaviour; safety; human rights	What strengths, skills and interest do we have? Self-esteem; self-worth; personal qualities; goal setting; managing set backs	How can we manage our feelings? Feelings and emotions; expressions of feelings; behaviour	What keeps us safe? Keeping safe at home and at school; our bodies; hygiene; medicines and household products	How can we manage risk in different places? Keeping safe; out and about; recognising and managing risk
5	What makes up a person's identity? Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes	What decisions can people make with money? Money; making decisions; spending and saving	How can we help in an accident or emergency? Basic first aid; accidents; dealing with emergencies	How can drugs common to everyday life affect health? Drugs; alcohol and tobacco; healthy habits	How can friends communicate safely? Friendships, relationships, becoming independent, online safety	What jobs do we like? Careers; aspirations; role models; the future <i>(1x Puberty Lesson)</i>
6	How can we keep healthy as we grow? Looking after ourselves; growing up; becoming independent; taking more responsibility		How can the media influence people? Media literacy and digital resilience; influences and decision making; online safety		What will change as we become more independent? How do friendships change as we grow? Different relationships, changing and growing, adulthood, independence, moving to secondary school	