

APPENDIX 1a - RHSE Long Term Plan KS2

	Autumn - Relationships			Spring – Living in the Wider World			Summer – Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a Community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year Three	What makes a family. Features of family life. Friendship and my friend's perspective Responsibilities Good choices	Personal boundaries. Safely responding to others. The impact of hurtful behaviour. How to respond to bullying	Recognising respectful behaviour. The importance of self-respect. Courtesy and being polite. Moving forward	The value of rules and laws. Rights. Freedoms and responsibilities. Solving problems	How the internet is used? Assessing information online.	Different jobs and skills. Job stereotypes. Setting personal goals. Simple budgeting	Health choices and habits. Knowing what affects feelings and expressing feelings. Solving problems	Personal strengths and achievements. Managing and reframing setbacks. Moving forward Inside and outside body changes	Risks and hazards. Safety in the local environment and unfamiliar places.
Year Four	Positive friendships, including online. Rights, responsibilities and democracy	Responding to hurtful behaviour. Managing confidentiality. Recognising risks online. Solving problems	Respecting differences and similarities. Discussing differences sensitively. Judging by appearance Positive attitudes	What makes a community? Shared responsibilities. Resilience Environmental change and our responsibility to it	How data is shared and used	Making decisions about money. Using and keeping money safe.	Maintaining a balanced lifestyle. Oral hygiene and dental care. Smoking Alcohol Mental wellbeing.	Personal identity. Recognising individuality and different qualities. Moving forward Girls and Puberty Having a baby	Drugs common to everyday life. Healthy friendships Peer Pressure
Year Five	Managing friendships and peer influence Emotions I am a citizen	Physical contact and keeping safe Rights and responsibilities Types of bullying Racism Cultural differences and how they can cause conflict Power struggles Assertiveness	Responding respectfully to a wide range of people. Recognising prejudice and discrimination. Difficult situations	Protecting the environment. Compassion towards others. Fairness, Justice and What is Right Democracy – my voice Enjoying and respecting other cultures	How information online is targeted. Different media types, their role and their impact. Take responsibility with technology ie reducing screen time Dangers of online grooming	Identifying job interests and aspirations. What influences career choices. Workplace stereotypes. Supporting others (charity)	Smoking inc vaping Alcohol Sun safety. Medicines/ vaccinations/ immunisations and allergies. Emotional and mental health Managing stress	Physical and emotional changes in puberty. External genitalia. Conception (including IVF) Personal hygiene routines. Self image and body image	Keeping safe in different situations, including responding in emergencies and first aid.

Year Six	Attraction to others/ Physical attraction Romantic relationships, civil partnerships and marriage. Emotions	Recognising and managing pressure. Consent in different situations. Communication Difficult Taking responsibility	Expressing opinions and respecting others' points of view including discussing topical issues. Anti-social behaviour Communication	Valuing diversity. Challenging discrimination and stereotypes. Fairness, Justice and What is Right Democracy Universal rights for children	Evaluating media sources. Sharing things online (sexting and sharing images) Taking responsibility for our technology use Difficult Situations	Influences and attitudes to money. Money and financial risks.	What affects mental health and ways to take care of it. Managing change, loss, bereavement and other feelings including stress How substances affect the body – drugs and addiction	Puberty Human reproduction and birth. Contraception Increasing independence. Body and self image Managing transition.	Keeping personal information safe. Regulations & choices. Drugs & the law. Drugs & media. Exploitation – CCE and gang culture Power and control Respect and consent