

APPENDIX ONE - RHSE Long Term Plan – EYFS and KS1

	Autumn - Relationships			Spring – Living in the Wider World			Summer – Health and Wellbeing		
EYFS	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
	My Identity Understand what a family is and what it means to them. Understanding about similarities and differences between ourselves and others Making and breaking relationships	How to show feelings. Seeking help from trusted adults should they need to Rights and responsibilities – the school rules and how to behave in different situations	Self-confidence and how to feel good about self-success. Understand how to adjust behaviour to different situations. Making friends Conflict Resolution	Talk about own, others’ behaviour, and its consequences. Rights and responsibilities Understand how to work as a group and understand what rules are. Conflict Resolution	Understanding that a range of technology is used in places such as homes and schools.	Jobs in familiar environments such as their family and their school.	Understanding basic hygiene including dressing and going to the toilet. Our bodies Respecting my body Changes since I was a baby	Understand how good practices regarding sleep, exercise, eating and hygiene help with healthy growth. How I grow and change Dealing with change and loss	Understand the need for safety when tackling new challenges. Considering and managing relevant risks such as at home or in the playground. Communication How we cope Transition
Year One	Roles of different people, families. Feeling cared for. Feelings Making and breaking relationships Rights and responsibilities	Recognising privacy; Staying safe. Seeking permission. Conflict Resolution Similarities and differences	How behaviour affects others. Being polite and respectful. Differences between male and female bodies (correct terminology)	What rules are. Caring for others’ needs. Looking after the environment. Contributing to and sharing success Achievable goals	Using the internet and digital devices. Communicating online.	Strengths and interests. Jobs in the community.	Keeping healthy. Food and exercise. Hygiene routines. Sun safety. Medicine safety	Recognising what makes them unique and special. Feelings. Managing when things go wrong.	How rules and age restrictions help us. Keeping safe online. Staying safe in the home Road safety Transition

Year Two	Making friends; feeling lonely and getting help Making and breaking relationships Gender stereotypes and diversity	Managing secrets; resisting pressure and getting help, recognising hurtful behaviour Feelings Communication	Recognising things in common and differences. Sharing opinions Communication Different types of family	Belonging to a group. Roles and responsibilities. Being the same and different in the community.	The internet in everyday life. Online content and information	What money is. Needs and wants. Looking after money	Why sleep is important? Medicines and keeping healthy. Managing feelings and asking for help.	Growing older. Naming body parts. Moving class or year. Dealing with change and loss	Safety in different environments. Risk and safety at home. Emergencies. How we cope Physical contact boundaries