Subject: RSHE

Threads in RSHE

Relationships	Wellbeing	Online Safety	Communities	Financial education	Growing Up

	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 5 weeks	Summer 1 7 weeks	Summer 2 6 weeks
EYFS1	**Me and My Family** Personal, social and emotional development: self-regulation, managing self and building relationships	**Let's Explore Outside** Personal, social and emotional development: self-regulation, managing self and building relationships	**Animals in Winter** Personal, social and emotional development: self-regulation, managing self and building relationships	**Life Cycles** Personal, social and emotional development: self-regulation, managing self and building relationships	**Journeys and Transport** Personal, social and emotional development: self-regulation, managing self and building relationships	**My Garden** Personal, social and emotional development: self-regulation, managing self and building relationships
EYFS2	**All About Me** Personal, social and emotional development: self-regulation, managing self and building relationships	**Autumn and Celebrations** Personal, social and emotional development: self-regulation, managing self and building relationships	**Wonderful Water** Personal, social and emotional development: self-regulation, managing self and building relationships	**Things with Wings (life cycles)** Personal, social and emotional development: self-regulation, managing self and building relationships	**Journeys and Transport** Personal, social and emotional development: self-regulation, managing self and building relationships	**Amazing Animals** Personal, social and emotional development: self-regulation, managing self and building relationships

Long term curriculum plan

Year 1	**Unit 1 - Emotions** How do I feel today? *4 lessons*	**Unit 3 – Healthy Relationships** Who's in my family? *3 lessons* **Unit 4 – Healthy Relationships** What makes a good friend? *4 lessons*	**Unit 5 - Power in Relationships** When do I feel safe? *4 lessons* **Unit 6 – Media Influence** How do I decide what to do online? *Lessons 1 + 2*	**Cont: Unit 6 – Media Influence** How do I decide what to do online? *Lessons 3-5*	**Cont: Unit 7 – Our Online Lives** What should I do if I feel unsafe online? *Lessons 3+4*	**Unit 9 – Staying Safe and Healthy** How can I look after my body? *Lessons 2- 4*
	Unit 2 – Communities Who am I? Who are you? *4 lessons*			**Unit 7 – Our Online Lives** What should I do if I feel unsafe online? *Lessons 1+2*	**Unit 8 – Physical Health** How can I look after my body? *Lessons 1-4* **Unit 9 – Staying Safe and Healthy** How can I look after my body? *Lesson 1*	**Financial Education** – An introduction to money 6 lessons into 3
Year 2	**Unit 1 - Emotions** What helps me to be happy? *4 lessons*	**Cont: Unit 2 – Communities** Who is in my community? *lessons 5-6*	**Cont: Unit 4 – Power in Relationships** Should I keep secrets? *lesson 3*	**Unit 6– Our Online Lives** Who should I talk to online? *4 lessons*	**Cont: Unit 7 – Physical Health** How do I eat a balanced diet? *Lessons 2-4* **Unit 8 – Risky Substances** How do I stay safe at home? *2 lessons* **Unit 9 – Staying Safe and Healthy** How can I take responsibility for my health?	**Unit 10 – Healthy Relationships** How can we stop bullying? *4 lessons*
	Unit 2 – Communities Who is in my community? *lessons 1-4*	**Unit 3 – Healthy Relationships** What does a family look like? *3 lessons* **Unit 4 – Power in Relationships** Should I keep secrets? *lessons 1-2*	**Unit 5 – Media Influence** Is everything I see online true? *5 lessons*	**Unit 7 – Physical Health** How do I eat a balanced diet? *Lesson 1*		**Financial Education** – My money and me 5 lessons into 2

					2 lessons	
Year 3	**Unit 1 - Emotions** How can I manage my emotions? *4 lessons*	**Cont: Unit 2 – Communities** What does it mean to be British? *Lesson 5*	**Cont: Unit 4 – Healthy Relationships** Are friendships ever perfect? Lesson 4 **Unit 5 – Power in Relationships** Who does my body belong to? *2 lessons*	**Cont: Unit 6 – Media Influence** How do I keep myself safe online? *lessons* 4-6 **Unit 7 – Our Online Lives** How can I be kind and happy online? *Lessons 1+2*	**Cont: Unit 7 – Our Online Lives** How can I be kind and happy online? *Lessons 3-5* **Unit 8 – Physical Health** How can I get active and eat well everyday? *4 lessons*	**Unit 9 – Staying Safe and Healthy** How can I stay safe while out and about? inc. first aid *3 lessons*
	Unit 2 – Communities What does it mean to be British? *Lessons 1-4*	**Unit 3 – Healthy Relationships** How can I help my family? *3 lessons* **Unit 4 – Healthy Relationships** Are friendships ever perfect? Lessons 1-3	**Unit 6 – Media Influence** How do I keep myself safe online? *lessons 1-3*			**Financial Education** – The purpose of money 5 lessons into 4
Year 4	**Unit 1- Emotions** How can we add to our emotions toolkit? *4 lessons*	**Unit 3 – Healthy Relationships** Do all families look the same? *5 lessons*	**Unit 4 – Healthy Relationships** Are all friends the same? *lessons 3+4*	**Unit 6 – Media Influence** What is fake news? *4 lessons*	**Cont: Unit 7 – Our Online Lives** How do I decide who to trust online? *Lessons 2-4*	**Cont: Unit 9 – Staying Safe and Healthy** How do I avoid getting ill? inc. first aid *Lessons 2 + 3*

			Unit 5 – Power in relationships What does a healthy relationship feel like? *4 lessons*			
	Unit 2 – Communities How are we all different? *4 lessons*	**Unit 4 – Healthy Relationships** Are all friends the same? *lessons 1+2*		**Unit 7 – Our Online Lives** How do I decide who to trust online? *Lesson 1*	**Unit 8– Physical Health** What makes a balanced lifestyle? *3 lessons*	**Unit 10 – Puberty** How will I change as I grow up? *3 lessons*
					Unit 9 – Staying Safe and Healthy How do I avoid getting ill? inc. first aid *Lesson 1*	**Financial Education – Making money decisions** *5 lessons into 1*
Year 5	**Unit 1 - Emotions** How can we manage challenges? *3 lessons*	**Cont: Unit 3 – Healthy Relationships** Is there such a thing as a perfect family? *lesson 2* **Unit 4– Healthy Relationships** How can I be a great friend? *4 lessons*	**Cont: Unit 5 – Power in relationships** How do I get help if I don't feel safe? *lesson 3*	**Unit 7 – Our Online Lives** How do I thrive online? *lessons 2-4*	**Cont: Unit 8– Physical Health** Is it hard to be healthy? *lesson 3*	**Financial Education – Priority spending** *5 lessons*
					Unit 9 – Risky Substances Why do people get addicted? *2 lessons*	
	Unit 2 – Communities How can we ensure fairness and respect for women and girls?	**Unit 5 – Power in relationships** How do I get help if I don't feel safe? *lessons 1+2*	**Unit 6 – Media Influence** Who decides what I experience in the online world? *4 lessons*	**Unit 8– Physical Health** Is it hard to be healthy? *lessons 1+2*	**Unit 10 – Staying Safe and Healthy** How can I avoid harm? inc. first aid training	

	4 lessons **Unit 3 – Healthy Relationships** Is there such a thing as a perfect family? *lesson 1*		**Unit 7 – Our Online Lives** How do I thrive online? *lesson 1*		*4 lessons*	
Year 6	**Unit 1- Emotions** How can we manage our emotions through periods of change? *3 lessons*	**Cont: Unit 2 – Communities** How can we show respect to people of different races and cultures? *lesson 6*	**Unit 5 – Power in relationships** What are my boundaries? *2 lessons*	**Unit 6 – Media Influence** How do I decide what is true online? *Lesson 5* **Unit 7 – Our Online Lives** What should I share online? *4 lessons*	**Unit 8 - Physical Health** How do I plan a healthy week? *2 lessons*	**Unit 11 – Puberty** What happens during adolescence? *3 lessons*
	Unit 2 – Communities How can we show respect to people of different races and cultures? *Lessons 1-5*	**Unit 3 - Healthy Relationships** How can we live in harmony? *2 lessons* **Unit 4 – Healthy Relationships** How can we have healthy boundaries? *4 lessons*	**Unit 6 – Media Influence** How do I decide what is true online? *Lessons 1-4*		**Unit 9 – Risky Substances** Why do people use alcohol and drugs? *2 lessons* **Unit 10– Staying Safe and Healthy** How can I save a life? inc. first aid *3 lessons*	**Financial Education – Budgets and ethical spending** *5 lessons*
Owlery	*The Owlery children have a rich diet of RSHE, but this cannot be placed under an 'RSHE umbrella'. We provide child-centred, individualised learning opportunities for all pupils which are crucial for the all-round development of the autistic learner. Fluid children will access learning in this subject in their mainstream year groups if appropriate.*					
British values focus per half term	**Democracy**	**The Rule of Law**	**Individual Liberty**	**Mutual Respect**	**Tolerance**	**What does it mean to me to be British? /**

						What do the British values mean to me?

Years 1 – 6 are following Oak National Academy