



Whole School Long Term Plan for RHE

	Autumn	Spring	Summer
Year 1	PHWB - Keeping Safe and Emergencies - Helping us stay safe, Staying safe in emergencies (inc First Aid) RSE - Feelings & Attitudes - Feeling happy and sad	RSE - Being Safe - Body Privacy & Saying Yes or No (PANTS rule) RSE - Being Safe - Worries and asking for help EHWB - Relationships - Belonging and responsibilities	DML - Staying Safe Online - Privacy and information RSE - Online Relationships and Media - Being safe in unfamiliar situations, private and privacy
Year 2	DML - Online Content and Critical Thinking - Sources of internet information, online activities. DML - Online Relationship & Cyberbullying - Communicating with others online	DML - Online Reputation - Digital footprints, risks of sharing online, identities online and offline RSE - Identity - Changes in growth, boys, girls and stereotypes (body parts and privacy)	EHWB - Sense of self - Being good at things and achievement, transition - Changing Behaviours EHWB - Wellbeing - Well and unwell PHWB - Hygiene & Protecting Your Health - Keeping clean - well, unwell and the spread of germs
Year 3	EHWB - Relationships - Community and belonging RSE - Family & Friendship, Relationships - Changes in relationships (When relationships go wrong) Changing feelings RSE - Being Safe - Early warning signs, saying yes or no, secrets	PHWB - Keeping Safe & Emergencies - Responsibility to be safe, safety rules and the law RSE - Identity - Gender Expectations	DML - Online Reputation - Online profiles and age appropriateness, online content and Critical Thinking RSE - Online Relationships & Media - Personal boundaries and the right to privacy



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Year 4	RSE - Family & Friendship, Relationships - Types of relationships (love and commitment) EHWB - Relationships - Pressure and uncertain feelings	PHWB - Eating Well and Being Active - Healthier lifestyle choices PHWB - Hygiene & Protecting Your Health - Sleep and health, Drugs, Alcohol & Tobacco PHWB - Hygiene and Protecting Your Health - Cleanliness, germs, and immunisation	EHWB - Relationships - Pressure and uncertain feelings DML - Staying Safe Online - Online security/ sharing information
Year 5	DML - Online Content and Critical Thinking - Online vs real world DML - Online Relationships and Cyberbullying - Knowing people online	PHWB - Drugs, Alcohol & Tobacco - Drugs and usage DML - Online Relationships and Cyberbullying - Cyberbullying and negative behaviours DML - Self-Image, Mental Health and Wellbeing - Managing time online	EHWB - Emotional Resilience - Changes (including puberty) EHWB - Emotional Resilience - Feelings and emotions
Year 6	RSE - Identity - Media influences: Masculinity and femininity RSE - Online Relationships and Media - Pressure to share and dares	RSE - Being Safe - Body privacy, being Safe, body safety (underpinning FGM) PHWB - Drugs, Alcohol & Tobacco - Tobacco and smoking, pressure influence	EHWB - Transition - Understanding change, saying goodbye and moving on, learning and achievement EHWB - Wellbeing - Health and wellbeing