



Subject Overview

Subject: Relationships and Health Education (RSHE)

Subject Leader: SLT

	Autumn	Spring	Summer
	Relationships and mental well-being	Keeping Safe	Physical health and fitness
Ducklings EYFS	- I am me - Heads, shoulders, knees and toes - I like, you like, we like! - Good feelings, bad feelings - Let's get real - Me and my special people - Same and different - I am a friend	- What's safe to go onto my body - Keeping myself safe - Safe indoors and outdoors - Keeping safe online - People who help to keep me safe - Looking after my special people - Caring for our world	- Ready Teddy? - Growing up - Yes, I can! - Healthy eating - My healthy mind - Move your body - A good night's sleep - Life stages: who will I be?
Year 1	- Special people - Treat others well And say sorry - Why we have classroom rules - Good friends - How are you listening? - Thinking about feelings - Our feelings - Harold has a bad day	- Being safe - Good and bad secrets - Physical contact - Harmful substances - Can you help me? - Sharing pictures - What could Harold do? - Keeping privates private	- Basic first aid - Healthy me - I can eat a rainbow - How should we look after our money? - Harold's wash and brush up - Harold learns to ride his bike - Then and now
Year 2	- I am unique - Feelings, likes and dislikes - Feeling inside out - Super Susie gets angry - My special people	- Harold's picnic - How safe would you feel? - What should Harold say? - I don't like that! - Feeling safe	- The cycle of life - Girls and boys - Clean and healthy (my body) - Basic first aid - My body, your body

	• Being a good friend • Types of bullying • Don't do that! • How do we make others feel? • When I feel like erupting		• Harold's postcard
Year 3	• Friends, family and others • When things feel bad • Respect and challenge • My community • Friends are special • Let's celebrate our differences • Relationship Tree • How can we solve this problem?	• Sharing online • Chatting online • Safe in my body • Safe or unsafe? • Danger or risk? • Super searcher • Helping each other to stay safe • None of your business!	• Drugs, alcohol and tobacco • First aid heroes • Derek cooks dinner • Poorly Harold • For and against • Body space
Year 4	• We don't have to be the same • What am I feeling? • Ok or not ok? (Part 1 and 2) • Different feelings • An e-mail from Harold • Friend or acquaintance? • The people we share our world with • What would I do? • That is a stereotype	• What am I looking at? • I am thankful • Danger, risk or hazard? • How dare you! • Picture wise • Keeping ourselves safe • In the news! • Who helps us stay healthy and safe?	• Respecting our bodies • Changing bodies • Medicines: check the label • Life cycles • Basic first aid • SCARF Hotel • My feelings are all over the place
Year 5	• Qualities of friendship • Kind conversations • Happy being me • How good a friend are you? • Our emotional needs • Spot bullying • Stop, start, stereotypes	• Under pressure • Do you want a piece of cake? • Self-talk • Sharing isn't always caring • Cyberbullying • Types of abuse • Star qualities? • Play, like, share • Decision dilemmas • Ella's diary dilemma • Is it true?	• Impacted lifestyles • Making good choices • Basic first aid • Vaping: healthy or unhealthy • Growing up and changing bodies • Changing bodies and feelings • Taking notice of our feelings

Year 6	• Gifts and Talents • Spots and sleep • Body image • Peculiar feelings • Emotional changes • What sort of drug is ...? • Drug: it's the law! • Alcohol: what is normal? • Advertising friendships • Boys will be boys	• Seeing stuff online • Fakebook friends • Pressure online • I look great • Media manipulation • Helpful / unhelpful? • Think before you click	• Menstruation • Girls' bodies • Boys' bodies • First aid • Inappropriate Touch • Five ways to well-being • This will be your life • Transition to secondary school
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Whole school using the following programmes:

- Ten Ten Resources
- Coram Life Education: SCARF