

Relationships and Health Education Plan

	Autumn	Spring	Summer
Y1	<p>What makes a good friend?</p> <ul style="list-style-type: none"> • How to make friends • How to behave as a friend • How to resolve arguments • How to ask for help <p>Who is special to us?</p> <ul style="list-style-type: none"> • Different people in my family • How we feel special and cared for • How families are all different but share common features 	<p>What helps us stay healthy?</p> <ul style="list-style-type: none"> • That things we put into or onto our bodies affect how we feel • Medicines • Why hygiene is important • How to take care of ourselves 	<p>Who helps to keep us safe?</p> <ul style="list-style-type: none"> • Different people in the community that help them to keep safe • Who can help them in different places/situations • How to respond safely to adults they don't know • The pants rule • What to do if they feel unsafe or worried - 999
Y2	<p>What is the same and different about us?</p> <ul style="list-style-type: none"> • How they are unique • How they are similar or different to others • Celebrating similarities and differences – disability <p>What is bullying?</p> <ul style="list-style-type: none"> • How words and actions can affect how people feel • Name-calling, hurtful teasing, excluding others is unacceptable • How to respond and seek help 	<p>What helps us to stay safe?</p> <ul style="list-style-type: none"> • Rules and restriction that help us to stay safe • Identifying potentially unsafe situations (including online) • Resisting pressure to do something that makes them feel unsafe or uncomfortable including keeping secrets • The pants rule • How not everything they see online is true or trustworthy • Seeking help 	<p>What helps us to grow and stay healthy?</p> <ul style="list-style-type: none"> • The different things help our bodies to be healthy • The impact of too much sugar • The benefits of physical activity and sleep • Screen time • Keeping safe in the sun <p>How do we recognise our feelings?</p> <ul style="list-style-type: none"> • Recognising, naming and describing a range of feelings • How different things/times/experiences can bring about different feelings for different people • How feelings affect people in their bodies and their behaviour • Managing feelings • Seeking help
Y3	<p>How can we be a good friend?</p> <ul style="list-style-type: none"> • How friendships support wellbeing • How to recognise if someone is feeling excluded or lonely • Identifying qualities that lead to good friendships • How to manage disputes and arguments • Recognising if a friendship is making them feel uncomfortable or unsafe <p>What keeps us safe?</p> <ul style="list-style-type: none"> • Recognising hazards • How to keep their body protected – e.g. seatbelts 	<p>What are families like?</p> <ul style="list-style-type: none"> • How families differ from one another (different family structures) • Tolerance and understanding • Common features of family life (celebrations, holidays) • How people within families care for one another • Asking for help or advice if relationships are making them feel unhappy or worried <p>What makes a community?</p> <ul style="list-style-type: none"> • How they belong to different groups and communities • What is meant by a diverse community – UK/Aston 	<p>What should we eat well and look after our teeth?</p> <ul style="list-style-type: none"> • Healthy diet, nutritionally rich foods • Maintaining good oral hygiene • Balanced diet • Choices and who influences these • How to seek advice about healthy eating and dental care <p>Why should we keep active and sleep well?</p> <ul style="list-style-type: none"> • How regular physical activity benefits bodies and feelings • Balancing time • Making choices • Screen time

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	<ul style="list-style-type: none"> • That our bodies belong to us – pants rule • Recognising and responding to pressure (including online) • Everyday health and hygiene • What to do in an emergency 	<ul style="list-style-type: none"> • How community helps everyone to feel included and values contributions • Being respectful towards people who may live differently to them 	<ul style="list-style-type: none"> • The impact of the lack of sleep • Seeking support
Y4	<p>What strengths, skills and interests do we have?</p> <ul style="list-style-type: none"> • Recognising personal qualities and individuality • Developing self-worth • Setting goals • Learning from mistakes and setbacks • Reframing unhelpful thinking • Determination and resilience 	<p>How can we manage our feelings?</p> <ul style="list-style-type: none"> • How everyday things can affect feelings • How feelings change over time • The importance of expressing feelings and how they can be expressed in different ways • Responding proportionately to, and manage, feelings in different circumstances • Managing feelings at times of loss or grief • Accessing advice/support <p>How will we grow and change?</p> <ul style="list-style-type: none"> • About puberty and how bodies change during puberty, including menstruation • How puberty can affect emotions and feelings • How personal hygiene routines change during puberty • How to ask for advice and support <p>*Taught in gender groups</p>	<p>How we can manage risk in different places?</p> <ul style="list-style-type: none"> • How to recognise, predict, assess and manage risk in different situations • How to keep safe in the local environment • How people can be influenced by their peers’ behaviour and by a desire for peer approval – how to manage this • How to keep safe online – requests for personal information • Reporting concerns • Rules, restrictions and laws
Y5	<p>What makes up a person’s identity?</p> <ul style="list-style-type: none"> • Recognising and respecting similarities and differences between people • That there are a range of factors that contribute to a person’s identity • Stereotypes and how they are not always accurate and can negatively influence behaviours and attitudes – gender – race – disability • Challenging stereotypes <p>How do we treat each other with respect?</p> <ul style="list-style-type: none"> • How people’s behaviour affects themselves and others, including online • Rights and responsibilities • About the right to privacy, how to recognise when a confidence or secret should be kept • The rights children have and why it is important to protect these 	<p>How can we help in an accident or emergency?</p> <ul style="list-style-type: none"> • How to carry out basic first aid • That if someone has experienced a head injury they should not be moved • Seeking adult help • Remaining calm and contacting emergency services <p>Growth and change programme</p> <ul style="list-style-type: none"> • How bodies change during puberty, menstruation <p>*Taught in gender groups</p> <p>How can friends communicate safely?</p> <ul style="list-style-type: none"> • About the different types of relationships they have in their lives • How friends and family communicate together, how the internet and social media can be used positively • How knowing someone face to face differs from online • Recognising risk in relation to friendships 	<p>How can drugs common to everyday life affect health?</p> <ul style="list-style-type: none"> • How drugs common to everyday life can affect health and well being (smoking, vaping, alcohol, caffeine and medicines) • How laws surrounding the use of drugs exist to protect them • That drugs can become a habit which is difficult to break • Peer pressure and unsafe situations relating to drugs • Asking for help

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	<ul style="list-style-type: none"> • Discrimination – racism – homophobia – gender • Responding to aggressive or inappropriate behaviour 	<ul style="list-style-type: none"> • Safe content online, safe sharing 	
Y6	<p>How can we keep healthy as we grow?</p> <ul style="list-style-type: none"> • How physical and mental health are linked • Making healthy choices • That habits can be healthy or unhealthy – balanced lifestyles • That anyone can experience mental health issues • How to recognise early signs of physical or mental ill-health and what to do about this <p>Growth and change programme</p> <ul style="list-style-type: none"> • How puberty relates to growing from childhood to adulthood <p>*Taught in gender groups</p>	<p>How can the media influence people?</p> <ul style="list-style-type: none"> • How the media, including online experiences, can affect people’s wellbeing • Fake news and discrimination/stereotypes – gender – racism – disability – homophobia • Challenging stereotypes about the type of jobs people can do • That not everything should be share online or on social media, the rules around this and disturbing of images • To recognise unsafe or suspicious content • How information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence 	<p>What will change as become more independent?</p> <p>How do friendships change as we grow?</p> <ul style="list-style-type: none"> • That people have different kinds of relationships in their lives • How growing up and becoming more independent comes with increased opportunities and responsibilities • How friendships may change as they grow and how to manage this • Healthy and unhealthy relationships – gang culture – knife crime • How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing