# Waltham Gateway Academy RSHE LTP

## RSHE plans for each year group

| | Lesson one | Lesson two | Lesson three | Lesson four | Lesson five | Lesson six |
|---|---|---|---|---|---|---|
| **Year 1** | **Consent**<br>Asking for permission | **NSPCC PANTS**<br>PANTS Power, More PANTS Power | **RSHE Medway – Changing and Growing Up**<br>My special people | **RSHE Medway**<br>Growing up – the human life cycle | **RSHE Medway**<br>Everybody's body | |
| **Year 2** | | | | | | |
| **Year 3** | **Consent**<br>Personal Boundaries | **NSPCC PANTS**<br>Building Confidence | **RSHE Medway**<br>What makes a good friend? | **RSHE Medway**<br>Falling out with friends | **RSHE Medway**<br>**Time to change**<br>(Changes to external body parts) | **Belonging to a community**<br>Belonging and community |
| **Year 4** | | | **RSHE Medway**<br>**Time to Change**<br>(Changes to external and internal body parts) | **RSHE Medway**<br>Menstruation and wet dreams | **RSHE Medway**<br>Personal hygiene | **RSHE Medway**<br>Emotions and feelings |
| **Year 5** | **NSPCC PANTS**<br>How can the PANTS rule help us? | **Consent**<br>Giving and seeking permission | **RSHE Medway**<br>**Time to Change**<br>(Changes to external and internal body parts) | **RSHE Medway**<br>Menstruation and wet dreams | **RSHE Medway**<br>Personal hygiene | **RSHE Medway**<br>Emotions and feelings |
| **Year 6** | **Personal Identity**<br>Personal Identity | **Consent**<br>Appropriate and inappropriate touch | **RSHE Medway**<br>**Puberty**<br>Puberty Recap | **RSHE Medway**<br>Puberty, change and becoming independent | **RSHE Medway**<br>Positive and healthy relationships | **RSHE Medway**<br>How a baby is made |