

Long Term Plan for Relationship and Health Education

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me and My Relationships <u>All about me</u> <u>What makes me special</u> <u>Me and my special people</u> <u>Who can help me?</u> <u>My feelings</u> <u>My feelings (2)</u>	Valuing Difference <u>I'm special, you're special</u> <u>Same and different</u> <u>Same and different families</u> <u>Same and different homes</u> <u>Kind and caring (1)</u> <u>Kind and caring (2)</u>	Keeping Myself Safe <u>What's safe to go onto my body</u> <u>Keeping Myself Safe -</u> <u>What's safe to go into my body (including medicines)</u> <u>Safe indoors and outdoors</u> <u>Listening to my feelings (1)</u> <u>Keeping safe online</u> <u>People who help to keep me safe</u>	Rights and Responsibilities <u>Looking after my special people</u> <u>Looking after my friends</u> <u>Being helpful at home and caring for our classroom</u> <u>Caring for our world</u> <u>Looking after money (1): recognising, spending, using</u> <u>Looking after money (2): saving money and keeping it safe</u>	Being My Best <u>Bouncing back when things go wrong</u> <u>Yes, I can!</u> <u>Healthy eating (1)</u> <u>Healthy eating (2)</u> <u>Move your body</u> <u>A good night's sleep</u>	Growing and changing <u>Seasons</u> <u>Life stages - plants, animals, humans</u> <u>Life Stages: Human life stage - who will I be?</u> <u>Getting bigger</u>
	Cover the learning outcome: <ul style="list-style-type: none"> Explain which parts of their body are kept private and safe and why. Using the NSPCC Pantasaurus material. In Reception we will refer to the parts of the body which are to be kept private as 'private parts.' https://youtu.be/-lL07JOGU5o					
1	Me and My Relationships <u>Why we have classroom rules</u> <u>Thinking about feelings</u> <u>Our feelings</u> <u>Feelings and bodies</u> <u>Our special people balloons</u> <u>Good friends</u> <u>How are you listening?</u>	Valuing Difference <u>Same or different?</u> <u>Unkind, tease or bully?</u> <u>Harold's school rules</u> <u>Who are our special people?</u> <u>It's not fair!</u>	Keeping Myself Safe <u>Healthy me</u> <u>Super sleep</u> <u>Who can help? (1)</u> <u>Harold loses Geoffrey</u> <u>What could Harold do?</u> <u>Good or bad touches? - Do not use names of body parts which should be kept private unless a child asks. Correct terminology should then be used e.g. vulva and penis</u>	Rights and Responsibilities <u>Harold's wash and brush up</u> <u>Around and about the school</u> <u>Taking care of something</u> <u>Harold's money</u> <u>How should we look after our money?</u> <u>Basic first aid</u>	Being My Best <u>I can eat a rainbow</u> <u>Eat well</u> <u>Catch it! Bin it! Kill it!</u> <u>Harold learns to ride his bike</u> <u>Pass on the praise!</u> <u>Harold has a bad day</u>	Growing and changing <u>Inside my wonderful body!</u> <u>Taking care of a baby</u> <u>Then and now</u> <u>Who can help? (2)</u> <u>Surprises and secrets</u> <u>Keeping privates private</u>
2	Me and My Relationships <u>Our ideal classroom (1)</u> <u>Our ideal classroom (2)</u> <u>How are you feeling today?</u> <u>Bullying or teasing?</u> <u>Don't do that!</u> <u>Types of bullying</u> <u>Being a good friend</u> <u>Let's all be happy!</u>	Valuing Difference <u>What makes us who we are?</u> <u>How do we make others feel?</u> <u>My special people</u> <u>When someone is feeling left out</u> <u>An act of kindness</u> <u>Solve the problem</u>	Keeping Myself Safe <u>Harold's picnic</u> <u>How safe would you feel?</u> <u>What should Harold say?</u> <u>I don't like that!</u> <u>Fun or not?</u> <u>Should I tell?</u> <u>Some secrets should never be kept</u>	Rights and Responsibilities <u>Getting on with others</u> <u>When I feel like erupting</u> <u>Feeling safe</u> <u>How can we look after our environment?</u> <u>Harold saves for something special</u> <u>Harold goes camping</u>	Being My Best <u>You can do it!</u> <u>My day</u> <u>Harold's postcard - helping us to keep clean and healthy</u> <u>Harold's bathroom</u> <u>My body needs...</u> <u>What does my body do?</u>	Growing and changing <u>A helping hand</u> <u>Sam moves house</u> <u>Haven't you grown!</u> <u>Respecting privacy - Do not use names of body parts which should be kept private (in intro of lesson) unless a child asks. Correct terminology should then be used e.g. vulva and penis</u> <u>Basic first aid</u>

3	Me and My Relationships <u>As a rule</u> <u>My special pet</u> <u>Tangram team challenge</u> <u>Looking after our special people</u> <u>How can we solve this problem?</u> <u>Dan's dare</u> <u>Thanks</u> <u>Friends are special</u>	Valuing Difference <u>Family and friends</u> <u>My community</u> <u>Respect and challenge</u> <u>Our friends and neighbours</u> <u>Let's celebrate our differences</u> <u>Zeb</u>	Keeping Myself Safe <u>Safe or unsafe?</u> <u>Danger or risk?</u> <u>The Risk Robot</u> <u>Alcohol and cigarettes: the facts</u> <u>Super Searcher</u> <u>None of your business!</u> <u>Raisin challenge (1)</u> <u>Help or harm?</u>	Rights and Responsibilities <u>Our helpful volunteers</u> <u>Helping each other to stay safe</u> <u>Recount task</u> <u>Harold's environment project</u> <u>Can Harold afford it?</u> <u>Earning money</u>	Being My Best <u>Derek cooks dinner! (healthy eating)</u> <u>Poorly Harold</u> <u>For or against?</u> <u>I am fantastic!</u> <u>Getting on with your nerves!</u> <u>Body team work</u> <u>Top talents</u>	Growing and changing <u>Relationship Tree</u> <u>Body space</u> <u>Secret or surprise?</u> <u>Basic first aid</u>
4	Me and My Relationships <u>An email from Harold!</u> <u>Ok or not ok? (part 1)</u> <u>Ok or not ok? (part 2)</u> <u>Human machines</u> <u>Different feelings</u> <u>When feelings change</u> <u>Under pressure</u>	Valuing Difference <u>Can you sort it?</u> <u>Islands</u> <u>Friend or acquaintance?</u> <u>What would I do?</u> <u>The people we share our world with</u> <u>That is such a stereotype!</u>	Keeping Myself Safe <u>Danger, risk or hazard?</u> <u>Picture Wise</u> <u>How dare you!</u> <u>Medicines: check the label!</u> <u>Know the norms (formerly Tell Ed6)</u> <u>Keeping ourselves safe</u> <u>Raisin challenge (2)</u>	Rights and Responsibilities <u>Who helps us stay healthy and safe?</u> <u>It's your right</u> <u>How do we make a difference?</u> <u>In the news!</u> <u>Safety in numbers</u> <u>Logo quiz</u> <u>Harold's expenses</u> <u>Why pay taxes?</u>	Being My Best <u>What makes me ME!</u> <u>Making choices (formerly Ed6)</u> <u>Learns to be human!</u> <u>SCARF Hotel</u> <u>Harold's Seven Rs</u> <u>My school community (1)</u> <u>Basic first aid</u>	Growing and changing <u>Moving house</u> <u>My feelings are all over the place!</u> <u>All change!</u> <u>Secret or surprise?</u> <u>Together</u>
5	Me and My Relationships <u>Collaboration Challenge!</u> <u>Give and take</u> <u>How good a friend are you?</u> <u>Relationship cake recipe</u> <u>Being assertive</u> <u>Our emotional needs</u> <u>Communication</u>	Valuing Difference <u>Qualities of friendship</u> <u>Kind conversations</u> <u>The land of the Red People</u> <u>Happy being me</u> <u>It could happen to anyone</u>	Keeping Myself Safe <u>'Thinking' about habits</u> <u>Jay's dilemma</u> <u>Spot bullying</u> <u>Ella's diary dilemma</u> <u>Decision dilemmas</u> <u>Play, like, share</u> <u>Drugs: true or false?</u> <u>Smoking: what is normal?</u> <u>Would you risk it?</u>	Rights and Responsibilities <u>What's the story?</u> <u>Fact or opinion?</u> <u>Rights, responsibilities and duties</u> <u>Mo makes a difference</u> <u>Spending wisely</u> <u>Lend us a fiver!</u> <u>Local councils</u>	Being My Best <u>Getting fit</u> <u>It all adds up!</u> <u>Different skills</u> <u>My school community (2)</u> <u>Independence and responsibility</u> <u>Star qualities?</u> <u>Basic first aid</u>	Growing and changing <u>How are they feeling?</u> <u>Taking notice of our feelings</u> <u>Dear Hetty</u> <u>Changing bodies and feelings</u> <u>*Growing up and changing bodies</u> <u>It could happen to anyone</u> <u>*Help! I'm a teenager - get me out of here!</u> <u>Dear Ash</u> <u>*Stop, start, stereotypes</u>
	Unit on Puberty- Earlier units will be used from Year 3 and Year 4 <u>*My changing body (coramlifeeducation.org.uk)</u> <u>*Period positive</u>					
6	Me and My Relationships <u>Working together</u> <u>Let's negotiate</u> <u>Solve the friendship problem</u> <u>Assertiveness skills (formerly Behave yourself - 2)</u> <u>Behave yourself</u> <u>Dan's day</u> <u>Don't force me – Do not show the video from this lesson.</u> <u>Acting appropriately -On the Activity sheet leave out point number 6 on FGM</u> <u>It's a puzzle</u>	Valuing Difference <u>OK to be different</u> <u>We have more in common than not</u> <u>Respecting differences</u> <u>Tolerance and respect for others</u> <u>Advertising friendships!</u> <u>Boys will be boys? - challenging gender stereotypes</u>	Keeping Myself Safe <u>Think before you click!</u> <u>Traffic lights</u> <u>To share or not to share?</u> <u>Rat Park</u> <u>What sort of drug is...?</u> <u>Drugs: it's the law!</u> <u>Alcohol: what is normal?</u> <u>Joe's story (part 1)</u> <u>Joe's story (part 2)</u>	Rights and Responsibilities <u>Two sides to every story</u> <u>Fakebook friends</u> <u>What's it worth?</u> <u>Jobs and taxes</u> <u>Action stations!</u> <u>Project Pitch (parts 1 & 2)</u> <u>Happy shoppers</u> <u>Democracy in Britain 1 - Elections</u> <u>Democracy in Britain 2 - How (most) laws are made</u>	Being My Best <u>Five Ways to Wellbeing project</u> <u>This will be your life!</u> <u>Our recommendations</u> <u>What's the risk? (1)</u> <u>What's the risk? (2)</u> <u>Basic first aid</u>	Growing and changing <u>Helpful or unhelpful? Managing change</u> <u>I look great!</u> <u>Media manipulation</u> <u>Pressure online</u> <u>Is this normal? – Do not teach FGM</u> <u>Dear Ash</u>

The only lesson that parents have the right to withdraw their children from is [Making babies \(coramlifeeducation.org.uk\)](http://coramlifeeducation.org.uk)

Please leave out Activity 2 paragraphs 2, 3 and 4. A lesson plan will be provided.