



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 Safe <u>What's safe to go onto my body</u> <u>Keeping Myself Safe - 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 Respect <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</u> <u>My healthy mind</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>
	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>How are you listening?</u> <u>Thinking about feelings</u> <u>Our feelings</u> <u>Feelings and bodies</u> <u>Good friends</u>	Valuing Difference <u>Same or different?</u> <u>Unkind, teasing or bullying?</u> <u>Harold's school rules</u> <u>It's not fair!</u> <u>Who are our special people?</u> <u>Our special people balloons</u>	Keeping Safe <u>Super sleep</u> <u>Who can help? (1)</u> <u>Good or bad touches?</u> <u>Sharing pictures</u> <u>What could Harold do?</u> <u>Harold loses Geoffrey</u>	Rights and Respect <u>Harold has a bad day</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>Harold's wash and brush up</u> <u>Catch it! Bin it! Kill it!</u> <u>Harold learns to ride his bike</u> <u>Pass on the praise!</u>	Growing and changing <u>Healthy me</u> <u>Then and now</u> <u>Taking care of a baby</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>How are you feeling today?</u> <u>Let's all be happy!</u> <u>Being a good friend</u> <u>Types of bullying</u> <u>Don't do that!</u>	Valuing Difference <u>What makes us who we are?</u> <u>My special people</u> <u>How do we make others feel?</u> <u>When someone is feeling left out</u> <u>An act of kindness</u> <u>Solve the problem</u>	Keeping 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>	Rights and Respect <u>Getting on with others</u> <u>When I feel like erupting</u> <u>Feeling safe</u> <u>Playing games</u> <u>Harold saves for something special</u> <u>How can we look after our environment?</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>What does my body do?</u> <u>Basic first aid</u>	Growing and changing <u>A helping hand</u> <u>Sam moves away</u> <u>Haven't you grown!</u> <u>My body, your body</u> <u>Respecting privacy</u> <u>Some secrets should never be kept</u>



<p>3</p>	<p>Me and My Relationships As a rule <u>Looking after our special people</u> How can we solve this problem? <u>Friends are special</u> Thunks Dan's dare</p>	<p>Valuing Difference <u>Respect and challenge</u> <u>Family and friends</u> <u>My community</u> <u>Our friends and neighbours</u> <u>Let's celebrate our differences</u> Zeb</p>	<p>Keeping Safe <u>Safe or unsafe?</u> <u>Danger or risk?</u> The Risk Robot <u>Super Searcher</u> <u>Help or harm?</u> <u>Alcohol and cigarettes: the facts</u></p>	<p>Rights and Respect <u>Helping each other to stay safe</u> Recount task <u>Our helpful volunteers</u> <u>Can Harold afford it?</u> <u>Earning money</u> <u>Harold's environment project</u></p>	<p>Being My Best <u>Derek cooks dinner! (healthy eating)</u> Poorly Harold <u>Body team work</u> <u>For or against?</u> <u>I am fantastic!</u> Top talents</p>	<p>Growing and changing <u>Relationship Tree</u> <u>Body space</u> <u>None of your business!</u> <u>Secret or surprise?</u> <u>Basic first aid</u></p>
<p>4</p>	<p>Me and My Relationships Human machines <u>Ok or not ok? (part 1)</u> <u>Ok or not ok? (part 2)</u> <u>An email from Harold!</u> <u>Different feelings</u> <u>Under pressure</u></p>	<p>Valuing Difference <u>Can you sort it?</u> <u>What would I do?</u> <u>The people we share our world with</u> <u>That is such a stereotype!</u> <u>Friend or acquaintance?</u> Islands</p>	<p>Keeping Safe <u>Danger, risk or hazard?</u> <u>How dare you!</u> <u>Keeping ourselves safe</u> Raisin challenge (2) <u>Picture Wise</u> <u>Medicines: check the label!</u></p>	<p>Rights and Respect <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>Why pay taxes?</u></p>	<p>Being My Best <u>What makes me ME!</u> <u>Making choices</u> <u>SCARF Hotel</u> <u>Harold's Seven Rs</u> <u>My school community (1)</u> <u>Basic first aid</u></p>	<p>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></p>
<p>5</p>	<p>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>Our emotional needs</u> <u>Being assertive</u></p> <p>Unit on Puberty *My changing body (coramlifeeducation.org.uk) *Period positive</p>	<p>Valuing Difference <u>Qualities of friendship</u> <u>Kind conversations</u> <u>Happy being me</u> <u>The land of the Red People</u> <u>Is it true?</u> <u>Stop, start, stereotypes</u></p>	<p>Keeping Safe <u>Spot bullying</u> <u>Play, like, share 1</u> <u>Play, like, share 2</u> <u>Decision dilemmas</u> <u>Vaping: healthy or unhealthy</u> <u>Would you risk it?</u></p>	<p>Rights and Respect <u>What's the story?</u> <u>Fact or opinion?</u> <u>Mo makes a difference</u> <u>Rights, respect and duties</u> <u>Spending wisely</u> <u>Lend us a fiver!</u></p>	<p>Being My Best <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: including Sepsis awareness</u></p>	<p>Growing and changing <u>How are they feeling?</u> <u>Taking notice of our feelings</u> <u>Dear Ash</u> <u>*Growing up and changing bodies</u> <u>Changing bodies and feelings</u> <u>*Help! I'm a teenager - get me out of here!</u></p>
<p>6</p>	<p>Me and My Relationships <u>Working together</u> <u>Solve the friendship problem</u> <u>Behave yourself</u> Assertiveness skills <u>Don't force me</u></p>	<p>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></p>	<p>Keeping Safe <u>Think before you click!</u> <u>To share or not to share?</u> Rat Park <u>What sort of drug is...?</u> <u>Drugs: it's the law!</u> <u>Alcohol: what is normal?</u></p>	<p>Rights and Respect <u>Two sides to every story</u> <u>Fakebook friends</u> <u>What's it worth?</u> <u>Happy shoppers – caring for the environment</u> <u>Democracy in Britain 1 - Elections</u> <u>Democracy in Britain 2 - How (most) laws are made</u></p>	<p>Being My Best <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, including Sepsis awareness</u> <u>Five Ways to Wellbeing project</u></p>	<p>Growing and changing <u>I look great!</u> <u>Media manipulation</u> <u>Pressure online</u> <u>Helpful or unhelpful?</u> <u>Managing change</u> <u>Is this normal?</u> <u>*Making babies</u></p>