

**RSE Long Term Plan 2021-2022**

<b>Year group</b>	<b>Autumn 1 Rights and Responsibilities</b>	<b>Autumn 2 Families and Friendships</b>	<b>Spring 1 Respectful Relationships</b>	<b>Spring 2 Being Healthy</b>	<b>Summer 1 Mental Health</b>	<b>Summer 2 Transitions/ Growing up</b>
Reception	Showing sensitivity to others	Who is in my family	What makes a good friend	How to keep healthy	What makes us happy and relaxed	Showing independence and resilience
Year 1	Characteristics of friendships	Characteristics of caring families	The importance of respecting others	The importance of exercise and healthy eating	Types of feelings and emotions	How we change
Year 2	What are healthy friendships	Different types of families	Practical steps to improve relationships	The effects of a poor diet and being inactive	Expressing feelings and emotions	Coping with changes
Year 3	Ups and downs in friendships	Happy families and caring relationships	The importance of courtesy and manners	The importance of sleep and healthy meals	Activities that benefit our mental health	Change is normal
Year 4	Recognize trust and mistrust	Feeling unsafe or unhappy in a family	The importance of self-respect	The impact of substance addiction	The impact of online content on mental health	Positive changes
Year 5	How to manage conflict and seek advice	How and where to ask for help	Types of bullying including cyberbullying	The impact of electronic devices on our health	Cyberbullying and mental wellbeing	Unexpected changes Puberty and menstruation
Year 6	Unhealthy friendships	What Marriage and commitment means	Assumptions and stereotypes	Basic first aid and how to access emergency services	The link between mental health and physical health	Real self and ideal self Changes in adolescent body