



Long Term Plan – RSHE

Year group	Autumn	Spring	Summer
6	How relationships evolve as we grow Identity and behaviour online and offline	Self-care and responsibility Human reproduction	Being the healthiest me Ways to manage increasing responsibility
5	Identity and peer pressure Celebrating strengths, setting goals and keeping safe online	How our care needs change Characteristics of healthy, positive and committed relationships	Our bodies and self-acceptance How puberty affects our emotions
4	Solving friendship difficulties Identity and diversity	Rights and responsibilities within families and wider society Range of relationships	Influences on our health and wellbeing Puberty, including menstruation
3	Being a good friend Respecting and valuing difference	Responsibilities and caring for others Different relationships	Maintaining physical and mental wellbeing Coping with feelings around change
2	Happy friendships Exploring strengths and abilities	Different communities and groups that we belong to How families vary	Ways to stay healthy Aspirations and goal setting
1	Forming Friendships Our similarities and differences	Special people and how they keep us safe What is a family?	Our amazing body Growing from young to old
R	Focus on EYFS framework Prime Areas: Self-regulation, Managing Self, Building Relationships		