

RHE: At a Glance

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>EYFS</u>	<u>Relationships</u> Own family, differences between people		<u>Living in the Wider World</u> Different occupations, respect, screen time	<u>Mental Wellbeing – Health</u> Feelings	<u>Physical Health</u> Develop and refine physical development	<u>Health</u> Factors that support health Transition
<u>Year 1</u>	<u>Relationships</u> Special people, safe family relationships, making friends		<u>Living in the Wider World</u> Privacy	<u>Mental Wellbeing – Health</u> Feelings	<u>Physical Health</u> Keeping healthy	<u>Health</u> Sun safety, sleep, dental care Transition
<u>Year 2</u>	<u>Relationships</u> Different types of family, resolving arguments, hurtful behaviour, online safety		<u>Living in the Wider World</u> Role of the internet	<u>Mental Wellbeing – Health</u> Feelings and bullying	<u>Physical Health</u> Healthy food and bodies	<u>Health</u> Someone is hurt, growing and changing Transition
<u>Year 3</u>	<u>Relationships</u> Different relationships, building on friendships		<u>Living in the Wider World</u> Reporting concerns	<u>Mental Wellbeing – Health</u> Mental health	<u>Physical Health</u> Exercise	<u>Health</u> Physical illness, sun exposure, sleep Transition
<u>Year 4</u>	<u>Relationships</u> Characteristics of family life, behaviour online		<u>Living in the Wider World</u> Keeping personal information private	<u>Mental Wellbeing – Health</u> Strategies and bullying	<u>Physical Health</u> Habits and balanced lifestyle	<u>Health</u> Oral hygiene Transition
<u>Year 5</u>	<u>Relationships</u> Changing friendships, stereotypes		<u>Living in the Wider World</u> Positives and negatives of the internet, rules and age restrictions	<u>Mental Wellbeing – Health</u> Strategies	<u>Physical Health</u> Drugs and seeking support	<u>Health</u> First aid, puberty Transition
<u>Year 6</u>	<u>Relationships</u> Marriage, peer pressure		<u>Living in the Wider World</u> Manipulation online	<u>Mental Wellbeing – Health</u> Warning signs and help for mental health	<u>Physical Health</u> Drugs, alcohol and tobacco	<u>Health</u> Bacteria, viruses and medicines Transition