

RHE: Statutory Strands

	<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 Development Matters		<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 Term 1 R2: Special people in our lives R1: Roles of people H22: All unique R5: recognise unsafe family relationships R6: Make friends Term 2 H22: All Unique R23: Same and Different L4: Different Groups L6: Same but Different H21: What makes us Special H23: Likes and dislikes R15: Unknown adults R20: Asking for help		<u>Relationships and Living in the Wider World</u> Being safe, Internet safety and harms R13: privacy R15: Unknown adults R20: Asking for help H9: different ways to play and learn Learning to include NSPCC Pants Video	<u>Mental Wellbeing – Health</u> Feelings H1: Keeping healthy H11: different feelings H12: Name feelings H18: Manage feelings H17: Feeling good	<u>Physical Health</u> Keeping healthy H1: Keeping healthy H3: Physical activity H10: People to help us stay physically healthy	<u>Health</u> Sun safety, sleep, dental care Transition H8: Sun safety H4: Sleep H7: dental care H5: Hygiene routine H25: Body parts – externa genitalia Transition
<u>Year 2</u>	<u>Relationships</u> Different types of family, resolving arguments, hurtful behaviour, online safety Term 1 R4: Common features of Families R3: Different types of family R7: Feeling Lonely R8: Resolve arguments R9: Unhappy friendship		<u>Living in the Wider World</u> Role of the internet R17: Permission R18: Secrets R14: behaviour online R19: Resisting pressure L7: Internet and digital devices L8: Role of Internet R10: Hurtful words	<u>Mental Wellbeing – Health</u> Feelings and bullying H13: How feelings affect us H14: Feelings of others H15: Don't all feel the same H16: Range of words H19: Ask for help with	<u>Physical Health</u> Healthy food and bodies H2: Healthy food H37: Things in bodies	<u>Health</u> Someone is hurt, growing and changing Transition H6: medicines and vaccinations H35: Someone is hurt H36: 999 call H37: Things in bodies

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	Term 2 R22: Respect R10: Hurtful words R11: Hurtful behaviour R12: Bullying R17: Permission R14: Behaviour online H34: basic online safety	R12: Bullying H28: Rules and age restrictions L9: Untrue information online H34: basic online safety NSPCC Pants Video	feelings H20: Change and loss H24: Difficulties H27: Movingclass R7: Feeling lonely R10: hurtful words R11: Hurtful behaviour R12: Bullying		H26: growing and changing Transition
<u>Year 3</u>	<u>Relationships</u> Different relationships, building on friendships Term 1 R1: Different relationships R6: Caring relationships R10: Building friendships R11: Positive friendships R13: Feeling lonely R14: Feeling excluded Term 2 R31: Self respect L8: Diversity R22; Privacy R29: reporting Concerns	<u>Living in the Wider World</u> Reporting concerns R22: privacy R27: Secrets R29: Reporting Concerns H34: Basic online safety	<u>Mental Wellbeing – Health</u> Mental health H15: Mental and physical health H17: Changing feelings and intensity R13: Feeling lonely	<u>Physical Health</u> Exercise H7: Regular exercise	<u>Health</u> Physical illness, sun exposure, sleep Transition H5: Good health. Physical illness H12: Sun exposure H8: Sleep Transition
<u>Year 4</u>	<u>Relationships</u> Characteristics of family life, behaviour online Term 1 R8: Characteristics of family life R9: recognise unsafe relationships Term 2 Similarities and differences R33: Respectfulness R19: Bullying L7: Community contributions R26: Permission	<u>Living in the Wider World</u> Keeping personal information private R25: Physical Contact R24: Response to adults H13: Time online R30: Personal behaviour L12: Reliable sources L13: Sharing data H42: Keeping personal information private	<u>Mental Wellbeing – Health</u> Strategies and bullying H19: Varied vocabulary H16: Strategies R19: bullying	<u>Physical Health</u> Habits and balanced lifestyle	<u>Health</u> Oral hygiene Transition H11: oral hygiene Transition

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	R23: behaviour online R24: Response to adults R30: Personal behaviour L13: Sharing of data				
<u>Year 5</u>	<u>Relationships</u> Changing friendships, stereotypes Term 1 R2: Different types of family- attraction R7: Different family structure R16: Changing friendships R18: Uncomfortable friendships Term 2 L6: Community groups R20: Strategies for hurtful behaviour L9: Stereotypes L14: Ranked Information	<u>Living in the Wider World</u> Positives and negatives of the internet, rules and age restrictions L11: Positive and negatives of social media and internet H37: Rules and age restrictions R20: Strategies for hurtful behaviour	<u>Mental Wellbeing – Health</u> Strategies H20: Response strategies R20: Strategies for hurtful behaviour	<u>Physical Health</u> Drugs and seeking support H4: habits H1: Informed decisions H6: healthy diet H2: Balanced life style H3: Choices	<u>Health</u> First aid, puberty Transition H44: Emergency situation H43: First aid H30: Body parts H31: puberty H32: Puberty hygiene routines H34: growing and changing Transition
<u>Year 6</u>	<u>Relationships</u> Marriage, peer pressure Term 1 R3: marriage R5: Live together or apart R4: Crime to marry against will Term 2 R34: Debate topical issues R31: peer Pressure R21: Discrimination	<u>Living in the Wider World</u> Manipulation online H45: FGM L15: Sharing on social media L23: Gambling L16: Manipulation online	<u>Mental Wellbeing – Health</u> Warning signs and help for mental health H21 warning signs H24: Transition H22: Help for mental health	<u>Physical Health</u> Drugs, alcohol and tobacco H14: Seek support H46: legal drugs H47: drug laws H48: Drug choices	<u>Health</u> Bacteria, viruses and medicines Transition H9: bacteria and virus H40: Taking medicines safely H10: medicines, vaccinations and allergies Transition