Carlton Colville Primary

RSHE Subject Overview (LTP)

2024-25

Year Groups	Autumn Term		Spring Term		Summer Term	
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
EYFS	**Me and my Relationships** What makes me special People close to me Getting help	**Keeping Safe** Keeping my body safe Safe secrets and touches People who help to keep us safe	**Valuing Difference** **Similarities and difference** **Celebrating difference** **Showing kindness**	**Rights and Responsibilities** Looking after things: friends, environment, money	**Being my Best** **Keeping my body healthy – food, exercise, sleep** **Growth Mindset**	**Growing and Changing** **Cycles** **Life stages** **Girls and boys – similarities and difference**
Year 1	**Me and my Relationships** **Feelings** **Getting help** **Classroom rules** **Special people** **Being a good friend**	**Keeping Safe** How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	**Valuing Difference** Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	**Rights and Responsibilities** Taking care of things: Myself My money My environment	**Being my Best** **Growth Mindset** **Healthy eating** **Hygiene and health** **Cooperation**	**Growing and Changing** **Getting help** **Becoming independent** **My body parts** **Taking care of self and others**
Year 2	**Me and my Relationships** **Bullying and teasing** **Our school rules about bullying** **Being a good friend** **Feelings/self-regulation**	**Keeping Safe** Safe and unsafe secrets Appropriate touch Medicine safety	**Valuing Difference** Being kind and helping others Celebrating difference People who help us Listening Skills	**Rights and Responsibilities** Cooperation Self-regulation Online safety Looking after money – saving and spending	**Being my Best** **Growth Mindset** **Looking after my body** **Hygiene and health** **Exercise and sleep**	**Growing and Changing** **Life cycles** **Dealing with loss** **Being supportive** **Growing and changing** **Privacy**
Year 3	**Me and my Relationships** **Rules and their purpose** **Cooperation** **Friendship (including respectful relationships)** **Coping with loss**	**Valuing Difference** Recognising and respecting diversity Being respectful and tolerant My community	**Keeping Safe** Managing risk Decision-making skills Drugs and their risks Staying safe online	**Rights and Responsibilities** Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	**Being my Best** **Keeping myself healthy and well** **Celebrating and developing my skills** **Developing empathy**	**Growing and Changing** Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

Year 4	**Me and my Relationships** **Healthy relationships** **Listening to feelings** **Bullying** **Assertive skills**	**Valuing Difference** Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	**Keeping Safe** Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	**Rights and Responsibilities** Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	**Being my Best** **Having choices and making decisions about my health** **Taking care of my environment** **My skills and interests**	**Growing and Changing** Body changes during puberty Managing difficult feelings Relationships including marriage
Year 5	**Me and my Relationships** **Feelings** **Friendship skills, including compromise** **Assertive skills** **Cooperation** **Recognising emotional needs**	**Valuing Difference** Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	**Keeping Safe** Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	**Rights and Responsibilities** Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	**Being my Best** **Growing independence and taking ownership** **Keeping myself healthy** **Media awareness and safety** **My community**	**Growing and Changing** **Managing difficult feelings** **Managing change** **How my feelings help keeping safe** **Getting help**
Year 6	**Me and my Relationships** Assertiveness Cooperation Safe/unsafe touches Positive relationships	**Valuing Difference** Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	**Keeping Safe** Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	**Rights and Responsibilities** Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	**Growing and Changing** **Coping with changes** **Keeping safe** **Body Image** **Sex education** **Self-esteem** **(Sex education included in this unit)**	**Being my Best** **Aspirations and goal setting** **Health and well-being** **Dealing with risk taking situations** **Basic first aid** **Well-being project**