

RSHE Long Term Plan – 2 Year Rolling Programme

Lesson coverage each week:

- 1 Lesson – Relationships - Orange
- 1 Lesson – Health – Green
- 1 Lesson – E-safety – Red
- 1 Lesson – Mental wellbeing - Blue
- 1 Lesson – RSE – Purple

Codes for links to Primary Maps:

- PR = Relationships
- PH = Health
- PE = E-Safety
- PM = Mental Wellbeing
- PRS = RSE

Codes for links to Secondary Maps

- SR = Relationships
- SH = Health
- SE = E-Safety
- SM = Mental Wellbeing
- SRS = RSE

Resources can be found in J:\Curriculum\CURRICULUM 2014\PSHE\RSHE Resources or sourced from the PSHE Subject leaders

Year A

	Autumn A	Spring A	Summer A
Relationships	<u>Me, My Family & My Feelings</u> PR.1 Different families PR.3 Special people PR.4 Feelings & fallouts PR.12 Turn-taking PR.13 Groups we belong to <u>Secondary</u> SR.1 Friendship meaning & disagreements SR.4 Fairness, prejudice, discrimination SR.5 Diversity & similarities SR.7 Changing friendships SR.6 Rights & responsibilities	<u>Friendships & Kind Choices</u> PR.1/PR.3 Healthy friendships PR.5 Secrets vs surprises PR.7 Saying no PR.10 Diversity & identity PR.15 Assertiveness <u>Secondary</u> SR.1 Ending friendships SR.2 Peer pressure SR.3 Gangs & influence SR.8 LGBTQ+ inclusion SR.11 Harassment awareness	<u>Safety, Help & Community</u> PR.6 Trust PR.8 Asking for help PR.9 Personal info & online behaviour PR.14 Community helpers PR.16 Equality <u>Secondary</u> SR.3 Community risks SR.6 Law & fairness SR.9 Knife-crime safety SR.10 Trusted adults SR.12 Exploitation & grooming
Health	<u>Healthy Bodies & Basic Care</u> PH.1 Food PH.2 Diet PH.3 Hygiene PH.6 Sleep PH.7 Feeling unwell <u>Secondary</u> SH.1 Substances SH.2 Risks SH.4 Body image SH.9 Wellbeing SH.18 Sleep	<u>Safety, First Aid & Managing Illness</u> PH.8 Medication PH.10 Germs PH.11 Physical safety PH.12 Road safety PH.14 Seeking help <u>Secondary</u> SH.6 Emergencies SH.7 First aid SH.8 Risky situations SH.19 Health services SH.20 Travel safety	<u>Sun Safety, Physical Activity & Wellbeing</u> PH.4 Physical Activity PH.5 Sun safety PH.6 Sleep impact <u>Secondary</u> SH.5 Self esteem SH.14 Smoking harms SH.15 Vaping harms SH.21 Fire safety

E-safety	<u>Digital Communication & Online Identity</u> PE.1 Ways of communicating online; keeping safe PE.2 Not all info online is true; identity may be false PE.5 Online vs in-person communication PE.6 Respectful behaviour online PE.7 AI content; edited images <u>Secondary</u> SE.1 Public vs private; safe sharing; scams SE.3 Social media types; risks; reporting SE.4 Trustworthy info; targeted ads SE.6 Deep fakes; authenticity checks SE.14 Recognising/reporting harmful content	<u>Respectful Online Behaviour & Managing Risks</u> PE.1 Risks of communicating online PE.3 Responding to upsetting content; reporting PE.4 Social media rules & age restrictions PE.6 Respectful posting & consequences <u>Secondary</u> SE.2 Unsafe requests; consent & reporting SE.7 Harmful influence of pornography SE.10 Bullying/harassment online SE.11 Harmful content & algorithms SE.13 Illegal/harmful content online	<u>Online Safety, Money, Scams & Reporting</u> PE.2 – Grooming/coercion risk PE.3 – Reporting unsafe image requests PE.8 – In-app purchases; parental controls PE.9 – Scams & safe shopping <u>Secondary</u> SE.8 Sextortion, grooming, image-based abuse SE.9 Image-based abuse as crime SE.12 Illegal online activity (drugs, weapons) SE.15 Financial scams SE.16 Gambling & spending risks
Mental Wellbeing	<u>Emotions, Self-Regulation & Asking for Help</u> PM.1 Calming/self-soothing PM.2 Naming emotions PM.3 Communication of feelings PM.4 Anger/unkind behaviour <u>Secondary</u> SM.1 Recognising mental ill-health SM.2 Self-esteem influences SM.7 Recognising unsafe emotions	<u>Kindness, Bullying, Relationships & Support</u> PM.3 Supporting others PM.4 Teasing/bullying PM.5 Hurtful behaviour <u>Secondary</u> SM.2 Self-esteem & negative comments SM.6 Loss & support mechanisms SM.7 Resisting peer pressure	<u>Enjoyment, Activities & Healthy Coping</u> PM.1 Regulation strategies PM.7 Hobbies/wellbeing <u>Secondary</u> SM.3 Goals/achievement SM.4 Organisation/learning strategies SM.5 Gambling risk awareness
RSE	<u>Bodies, Growing & Privacy</u> PRS.1 Life stages PRS.2 Body parts/privacy PRS.3 Puberty basics PRS.7 Public vs private <u>Secondary</u> SRS.1 Hygiene/puberty SRS.28 Puberty changes SRS.27/29 Periods SRS.30 Fertility/menopause	<u>Safe Touch, Consent & Personal Safety</u> PRS.4 Safe/unsafe touch PRS.5 Unwanted contact PRS.6 Belongings PRS.8 Private behaviour <u>Secondary</u> SRS.15 Frightened/worried SRS.16 Body safety SRS.19 Unwanted contact SRS.17 Consent basics SRS.21 Consent advanced	<u>Families, Relationships & Support</u> PRS.1 Needs change PRS.2 Differences PRS.7 Privacy <u>Secondary</u> SRS.2 Positive relationships SRS.3 Healthy relationships SRS.4 Unhealthy relationships SRS.9 Families SRS.10 Endings SRS.11 Parenthood SRS.20 Incels