

Relationships and Health Education (RHE)

Russet (Year R)	See additional planning	
Russet/Pippin (Year 1)	Year 1 Discovery Education	
Pippin (Year 2)	Year 2 Discovery Education	
Bramley Cycle 1	Year 3 Discovery Education	
Bramley Cycle 2	Year 4 Discovery Education	
Discovery Cycle 1	Year 5 Discovery Education	First aid Key Stage 2 First Aid Lesson Plans St John Ambulance (sja.org.uk)
Discovery Cycle 2	Year 6 Discovery Education	Gender identity

Annual themes

Term 1	Black History Month (October) Fire Safety Week (October)
Term 2	Anti-Bullying Week (November)
Term 3	Internet Safety Day (February) Random Acts of Kindness Day (February)
Term 4	
Term 5	Earth Day (April) National Walking Month (May) Mental Health Awareness Week (May)
Term 6	Healthy Eating Week (June)

Early Years RHE curriculum

Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
<p>To work and play cooperatively and take turns with others.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</p>	<p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Talk about the lives of the people around them and their roles in society.</p> <p><i>Who are my family? What does a family look like?</i></p>	<p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>

	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Y1	Forming friendships and how kind or unkind behaviours impact other people.	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe.	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Growing from young to old and how we have changed since we were born.
Y2	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another within these.	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
Y3	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
Y4	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	How our bodies change as we enter puberty, including hygiene needs and menstruation.
Y5	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
Y6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.	Human reproduction, including different ways to start a family. *	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Ways to manage the increasing responsibilities and emotional effects of life changes.

This topic focuses on special people. It explores why they are special and how they care for and keep one another safe. It examines pupils' increasing responsibilities towards themselves and others as they get older, including the role they can play and the difference they can make within their communities.

Year group		Video	Vocabulary	Lessons
Y1	Our special people	A special person trophy	special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe	<ol style="list-style-type: none"> 1. My special people 2. How our special people care for us 3. Keeping safe
Y2	Special people in our communities	My community	community, kindness, understanding, help, community helpers, trusted adult, signs, difference, similarity, respect	<ol style="list-style-type: none"> 1. Community helpers 2. When we need help 3. Our communities and groups
Y3	Responsibility and boundaries	Anita Care-More	responsibility, responsible, consequences, irresponsible, personal space, crowded, uncomfortable, boundaries, invade, defend, empathy, caring, support, understanding	<ol style="list-style-type: none"> 1. Being responsible 2. Responsibility and personal space 3. Caring and empathy
Y4	Rights and responsibilities	Being responsible	rights, responsibilities, respect, opportunities, entitled, agreement, rights, convention, United Nations, roles, responsibilities	<ol style="list-style-type: none"> 1. Our rights, our responsibilities 2. The UN Convention on the Rights of the Child 3. Family roles and responsibilities
Y5	Caring in the community	Caring for one another	care needs, caring, alone, loneliness, lonely, isolation, isolated, volunteer, volunteering, community, involvement	<ol style="list-style-type: none"> 1. Changing needs 2. Feeling lonely 3. Why volunteer?
Y6	Responsible behaviour as we get older	Changes at secondary school	strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, Independence, networks	<ol style="list-style-type: none"> 1. Taking care of myself 2. Looking after my money 3. Transition to secondary

This topic explores how people grow and change from babies, through puberty to adulthood. At Key Stage 1, it examines ways in which children have grown and how they will continue to change, and how to develop resilience to change. At Key Stage 2, it identifies changes that will take place in children's bodies during puberty, and explores ways to manage the emotional effects of life changes, including transition to secondary school.

Year group		Video	Vocabulary	Lessons
Y1	Growing and changing	How I have changed	growing, adults, babies, change, older, growing up, jobs, future	<ol style="list-style-type: none"> 1. Animal babies 2. How have we changed? 3. A future me
Y2	Growing up and setting goals	Three generations	growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future	<ol style="list-style-type: none"> 1. When I am older 2. Looking at the changes ahead 3. Goals
Y3	Coping with feelings when things change	When Bailey's dog died	changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions	<ol style="list-style-type: none"> 1. New changes 2. Feeling sad and showing empathy 3. Happiness
Y4	Puberty and hygiene	Sweat, soap and showers	puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health	<ol style="list-style-type: none"> 1. What is puberty? 2. Understanding periods 3. Keeping clean as we grow and change
Y5	Puberty and emotions	Elise explains: periods	hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control	<ol style="list-style-type: none"> 1. Puberty 2. Puberty and emotions 3. Emotional changes: managing well
Y6	Coping with emotional effects of life changes	Ask the expert: puberty	body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect	<ol style="list-style-type: none"> 1. Body image 2. Puberty and changing relationships 3. Moving on

This topic explores the importance and diversity of families, and the characteristics of healthy, positive family relationships. It enables pupils to recognise when they may feel unsafe within a family, and how to ask for help if they need it. It identifies the characteristics of a committed relationship, and at Year 6 explores human reproduction and other ways that people can start a family.

Year group		Video	Vocabulary	Lessons
Y1	The importance of family	My family	family, important, differences, similarities, happy, special, superhero	<ol style="list-style-type: none"> 1. My family 2. Our families 3. Superhero families!
Y2	The diversity of families	Different families	family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions	<ol style="list-style-type: none"> 1. Who is in a family? 2. A happy family 3. Families of all kinds
Y3	Different types of committed relationships	Belonging together	commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce	<ol style="list-style-type: none"> 1. Commitment and marriage 2. All change! 3. Family changes: when parents separate
Y4	Families and other relationships	Spoiling the fun?	relationships, appropriate, behaviour, belonging, membership, together, family	<ol style="list-style-type: none"> 1. Different relationships: boundaries and behaviour 2. Belonging 3. Caring families
Y5	Healthy, committed relationships	What is love?	relationships, healthy, diversity, commitment	<ol style="list-style-type: none"> 1. Values of healthy relationships 2. Diversity in relationships 3. It's all about commitment
Y6	Starting a family (sex education)	Starting a family	sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe	<ol style="list-style-type: none"> 1. Starting a family 2. The impact of having a baby 3. When is it right?

Healthy and happy friendships

This topic explores friendships: their importance, what being a good friend means, and how to keep friendships positive and healthy. Pupils investigate their own values and identity (including their online identity), and develop skills to resolve difficulties within friendships, including maintaining and respecting personal boundaries and safe touch, managing peer pressure and the effects on friendships of change.

Year group	Video	Vocabulary	Lessons	
Y1	Making friends and getting along	A new school	friend, friendly, kind, unkind, welcoming, happy, sad, share	<ol style="list-style-type: none"> 1. Friends 2. Kindness 3. Getting along, sharing and turn taking
Y2	What makes a happy friendship?	Friends at first	happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust	<ol style="list-style-type: none"> 1. What makes a happy friendship? 2. Personal boundaries 3. Worries
Y3	Being a good friend	The friendship tree	friend, respect, values, touch, private, privacy, resilience, encouragement	<ol style="list-style-type: none"> 1. What makes a good friend? 2. Personal space 3. Resilience
Y4	Solving friendship difficulties	Peer mediators	friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission	<ol style="list-style-type: none"> 1. Qualities of a good friend 2. Solving friendship difficulties 3. Personal boundaries and permission
Y5	Changing friendships	Changing friendships	identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety	<ol style="list-style-type: none"> 1. Identity 2. Peer pressure 3. Emotional health and wellbeing
Y6	Relationships and feelings	Moving on	personal safety, risk, consequences, friends, change, relationships, emotions, feelings	<ol style="list-style-type: none"> 1. Personal safety 2. Relationships and change 3. Wider emotions

This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness; how to develop a healthy, balanced lifestyle; and the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Year group		Video	Vocabulary	Lessons
Y1	Amazing bodies	Our bodies	body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy choices	<ol style="list-style-type: none"> 1. My amazing body 2. Private body parts (introducing correct terminology) 3. Looking after our bodies
Y2	Staying safe and healthy	Where would you go for help?	healthy, feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind	<ol style="list-style-type: none"> 1. Healthy feelings 2. Staying safe at home 3. Feeling poorly
Y3	Sleep, food and hygiene	Healthy habits	health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap	<ol style="list-style-type: none"> 1. The power of sleep 2. Making healthy food choices 3. Germs!
Y4	Influences and personal choices	Dealing with feelings	Influence, pressure, persuade, healthy choices, consequence, responsibility, feelings, emotions	<ol style="list-style-type: none"> 1. Healthy influences 2. Making healthy choices 3. Dealing with feelings
Y5	Valuing our bodies and minds	Finding your calm	self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic	<ol style="list-style-type: none"> 1. Valuing ourselves 2. Alcohol, tobacco and drugs 3. Keeping well
Y6	Being the best me	Ask the expert: picturing myself	self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind	<ol style="list-style-type: none"> 1. Being the best me 2. Social media and our wellbeing 3. Taking care of our mental health

Similarities and differences

This topic explores and celebrates the similarities and differences between people, exploring and encouraging ways to value and respect difference and diversity. It looks at the damaging effect that stereotypes can have, and how to identify and challenge them. It helps pupils recognise their own personal strengths and abilities, and develop self-respect.

Year group		Video	Vocabulary	Lessons
Y1	Recognising strengths and respecting differences	What makes us special	similarity, difference, special, unique, strengths, abilities	<ol style="list-style-type: none"> 1. I am special 2. Who I am makes me unique 3. We don't all feel the same way
Y2	Strengths, abilities and stereotypes	What can you tell?	strengths, abilities, gender, stereotype, qualities	<ol style="list-style-type: none"> 1. My strengths and abilities 2. Stereotypes 3. Whose job?
Y3	Valuing and respecting one another	You can do anything	different, equal, respect, community, values, diversity, customs, respect, feelings, values	<ol style="list-style-type: none"> 1. Different but equal 2. Our school community 3. Valuing one another and considering people's feelings
Y4	Identity and diversity	Celebrating diversity	diversity, stereotypes, judge, judgement, point-of-view, opinion, disagree, agree	<ol style="list-style-type: none"> 1. Being British 2. Making a judgement 3. A different point of view
Y5	Celebrating strengths and setting goals	See me for who I am	strength, weakness, proud, abilities, goals, aspirations, achievement, future, vision, online, social media, profile, safety	<ol style="list-style-type: none"> 1. Strengths and abilities 2. Setting goals 3. Online safety
Y6	Respectful behaviour online and offline	Noah Boundaries	online identity, communication, risk, online bullying, diversity, inclusive, differences	<ol style="list-style-type: none"> 1. Identity online 2. Online bullying 3. Identities and belonging