

Relationships and Health Education.

PSHE Medium Term Plan 2020 - 2021

Year group	Autumn	Spring	Summer
1	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>• Internet safety</li> <li>• Emotions</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>• Family and friends</li> <li>• Communication</li> </ul> <p>Living in the wider world</p> <ul style="list-style-type: none"> <li>• Rules / expectations</li> </ul>	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>• Healthy lifestyles</li> <li>• Hygiene</li> <li>• Keeping safe</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Fairness</li> </ul>	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>• Sun safety</li> <li>• Road safety</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>• Fairness</li> <li>• Family and friends</li> </ul> <p>Living in the wider world</p> <ul style="list-style-type: none"> <li>• Money</li> </ul>
2	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>• Emotions</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>• Family and friends</li> <li>• Fairness</li> </ul> <p>Living in the wider community</p> <ul style="list-style-type: none"> <li>• Our school</li> <li>• Belonging</li> </ul>	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>• Healthy lifestyles</li> <li>• Hygiene</li> <li>• Changing and growing</li> <li>• Keeping safe</li> </ul>	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Emotions – love – sadness</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Fairness</li> </ul> <p>Living in the wider world</p> <ul style="list-style-type: none"> <li>• Communities</li> <li>• Money and finance</li> </ul>
3	Health and Wellbeing	Health and wellbeing	Health and wellbeing

	<ul style="list-style-type: none"> <li>E-Safety</li> <li>Online privacy</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Friendships</li> </ul> <p>Living in the wider community</p> <ul style="list-style-type: none"> <li>Rules and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>Physical, emotional and mental</li> <li>Sleep</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Communication</li> </ul> <p>Living in the wider community</p> <ul style="list-style-type: none"> <li>Different communities</li> </ul>	<ul style="list-style-type: none"> <li>Growing and changing</li> <li>First aid</li> <li>Healthy lifestyles</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Collaboration</li> </ul>
4	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Online privacy</li> <li>Feelings</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Bullying</li> </ul> <p>Living in the wider community</p> <ul style="list-style-type: none"> <li>Gender stereotypes</li> </ul>	<p>Health and wellbeing</p> <ul style="list-style-type: none"> <li>Emotions – loss / separation</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Communication</li> </ul>	<p>Health and relationships</p> <ul style="list-style-type: none"> <li>Aspirations</li> <li>Emotions</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Similarities and differences</li> </ul> <p>Living in the wider community</p> <ul style="list-style-type: none"> <li>Economic awareness</li> </ul>
5	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Drugs</li> <li>Alcohol</li> <li>Emotions</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>On-line relationships</li> </ul> <p>Living in the wider community</p> <ul style="list-style-type: none"> <li>Rules and responsibilities</li> <li>Diversity</li> </ul>	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Physical, emotional and mental</li> <li>Healthy lifestyles</li> <li>Tobacco</li> <li>Substance abuse</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Communication</li> </ul>	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Nutrition and food</li> <li>Basic first aid</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Physical contact</li> <li>Collaboration</li> </ul>
6	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Aspirations</li> <li>Internet safety</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Similarities and differences</li> <li>On-line relationships</li> </ul>	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> <li>Physical illness</li> <li>Immunisation</li> <li>Healthy minds</li> </ul> <p>Relationships</p> <ul style="list-style-type: none"> <li>Healthy relationships</li> </ul>	<p>Living in the wider community</p> <ul style="list-style-type: none"> <li>Economic awareness</li> </ul>

