

































## RELATIONSHIP AND HEALTH EDUCATION LONG TERM OVERVIEW

	<b>EYS Family &amp; Friendship</b>	<b>Year 1 Growing &amp; Caring For Ourselves</b>	<b>Year 2 Differences</b>	<b>Year 3 Valuing Difference and Keeping Safe</b>	<b>Year 4 Growing Up</b>	<b>Year 5 Puberty</b>	<b>Year 6 Puberty, Relationships &amp; Reproduction</b>
Autumn 1	<b>Caring Friendships Mental Wellbeing</b> Recognise the importance of friendships To recognise the importance of saying sorry and forgiveness  <b>Families and People Who Care For Me</b>	<b>Respectful Relationship Mental Wellbeing</b> 🌀 To recognise that we are all different but can still be friends  🌀 To discuss how children grow and change					
Autumn 2	<b>Respectful Relationships</b> To recognise that all families are different						
Spring 1							

Spring 2		<p>🔗 <b>Families and People Who Care For Me</b>      🌐 <b>Caring friendships</b>      🌐 <b>Respectful relationships</b>      🌐 <b>Being Safe</b>      🌐 <b>Mental Wellbeing</b></p> <p>👉 To explore different types of families and who to ask for help</p> <p>☆☆ To identify who can help when families make us feel unhappy or unsafe</p>		<p>🌐 <b>Respectful Relationships</b>      ☆☆☆ To identify that people are unique and to respect those differences      👉 To explore the differences between male and female bodies</p> <p>🌐 <b>Caring Friendships</b>  <b>Being Safe</b>      ☆☆☆ To consider and inappropriate physical contact and consent</p> <p>🌐 <b>Families and People Who Care For Me</b>      👉 To explore different types of families and who to go to for help and support</p>			
Summer 1							

Summer 2			<p> <b>Respectful Relationships</b></p> <p> To introduce the concept of gender stereotypes</p> <p> To identify differences between males and females</p> <p> To explore some of the differences between males and females and to understand how this is part of the lifecycle</p> <p> To focus on sexual difference and name body parts</p>		<p> <b>Changing adolescent body</b></p> <p> To explore the human lifecycle</p> <p>To identify some basic facts about puberty</p> <p> <b>Mental Wellbeing</b></p> <p>To explore how puberty is linked to reproduction</p> <p> <b>Caring Friendships</b></p> <p> <b>Respectful Relationships</b></p> <p><b>Online Relationships</b></p> <p> To explore respect in a range of relationships</p> <p> To discuss the characteristics of healthy relationship</p>	<p> <b>Mental Well- Being</b></p> <p> <b>Changing adolescent body</b></p> <p> <b>Menstruation</b></p> <p>To explore the emotional and physical changes occurring in puberty</p> <p> To understand male and female puberty changes in more detail</p> <p> To explore the impact of puberty on the body and the importance of physical hygiene</p> <p> To explore ways to get support during puberty</p>	<p> <b>Mental Well- Being</b></p> <p> <b>Changing adolescent body</b></p> <p> To consider puberty and reproduction</p> <p> <b>Families and People Who Care For Us</b></p> <p> <b>Caring Friendships</b></p> <p> <b>Respectful Relationships</b></p> <p> <b>Being Safe</b></p> <p> Exploring the importance of communication and respect in relationships</p> <p> <b>Online Relationships</b></p> <p> To explore positive and negative ways of communicating in relationships</p>
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### Key

	Build – area of study that builds on previous area of learning
	Link – area of study links to another curriculum area
	New - Introduce new content
	Revisit – spaced retrieval