



Relationship Education

Long Term Planning: Teaching the fundamental building blocks and characteristics of positive relationships, friendships and families.
Respect for others, healthy friendships, family relationships and understanding difference

	Relationships	Health	Valuing Difference	
	Rights & Responsibilities	Online	Safety & Risk	

	Autumn				Spring			Summer		
Nursery										
Reception	Who Am I? All About Me & My Feelings,		Difference What Makes Me Special I'm special, You're special Same and different families		Being My Best Eating, Sleeping & Exercise			Life Stages Where Do Babies Come From? (NOT SRE) Getting Bigger	What's safe to go into my body? Incl medicines, & outdoors	
Year 1	My Family Special People & Feelings	Valuing Difference Good Friends? Same or Different?	Healthy Living Super Sleep Healthy Me Catch it, Bin it, Kill it	Healthy Bodies (washing & eating) Harold's Wash & Brush up Eat well	Relationships & Feelings Our Feelings? Pass on the Praise	Sex Education Keeping Clean	Growing Up Inside My Body Then and Now Keeping Privates, Private!	Who Can Help? People who help What Could Harold Do? (medicine) Good or Bad Touch? (NSPCC PANTS)	Basic First Aid	Why Do We Have Rules Classroom Rules, What is Money, Taking Care of Something
Year 2	How are you feeling? Special people & Being a Good Friend	Valuing Difference Acts of kindness What makes us who we are	Maintaining Friendships Conflict Resolution Restorative Approaches	Relationships & Feelings Don't Do that! Should I tell? Bullying or teasing?	My Body Needs... (Rest, Teeth & Body Systems) Harold's bathroom, What does my body do? My body needs...	Sex Education Differences: Boys and Girls	Staying Healthy Online Why do we have passwords?	"So Grown Up!" Haven't You Grown You Can Do It Basic First Aid "Life. Live It"	How Safe? Respecting Privacy, I don't like that! Feeling Safe, Should I Tell?	Our Local Area Our Classroom, Our Environment, Saving our Money
Year 3	Family & Friends Family & Friends Respect and Challenge	Working together Teamwork & Looking after our Special People Relationship tree	Maintaining Friendships How do we solve this problem? Friends are special; Zeb Restorative Approaches	Relationships & Feelings Body Space Secrets & Surprises	As A Rule Our neighbours, Who Said What? Can I Afford it?	Safe Searching How True is Social Media?	Sex Education Differences: Male and Female	Trust Relationship Tree I am Fantastic Top Talents	Danger or Risk? Risk Robot? Help or Harm (Meds) Alcohol & Cigarettes	Not Feeling Well? (Medicines, Healthy eating & Body Image) Poorly Harold, Let's celebrate our differences, Derek cooks dinner
Year 4	My Family & Marriage Ok or not Ok? (touch) Together (Families & Marriage civil & religious)	Relationships & Feelings When Feelings Change Different Feelings & Under Pressure	Road Safety	Danger, Risk or Hazard Danger, Risk or Hazard? Influence & Peer pressure (Raisin) Medicines, Know the norms	What makes me ME? Friend or acquaintance What would I do?	Picture Wise Sharing Online	Me, Community & The Environment Choice, Seven R's & Volunteering	Me... What makes me ME? My Feelings Are All Over the Place	Sex Education What is puberty?	Making A Difference Media, It's a Right How Expensive & Tax
Year 5	How Good a Friend Are You? Taking notice of our Feelings	Relationships & Feelings Collaboration & Stop, Start Stereotypes	Communicating Online Spot Bullying, Communicating Would you...	Getting Fit (Getting Fit Smoking, Our Body & Sleep) Getting Fit, Smoking 'what is normal', It all adds up	Maintaining Friendships Restorative Approaches Conflict and resilience	Weighing up the risk Decision Dilemmas, Would You Risk it? Drugs True or False,	Valuing Difference Qualities of Friendships, Kind Conversations, Happy Being Me	Growing Up and Change Changing Body (NOT SRE) I'm A Teenager, Get Me Out Of Here	Sex Education Talking about puberty including menstruation	Local Politics Local Council, Fact or Opinion
Year 6	Valuing Difference Ok to be different Respecting Differences	What is normal? Alcohol what is normal? Drugs 'it's the law' Rat Park - habits and Addiction	What's the risk Alcohol, Joe's Story (1) & (2) What Sort of Drug is....	Relationships & Feelings Solving Problems, Working Together, Let's negotiate	Self Understanding I Look Great - Body image and self esteem	To Share or Not To Share Incl Sexting & law Traffic Lights What is the risk?	Sex Education Puberty, relationships and reproduction	Challenging Stereotypes Boys Will be Boys Media Manipulation, This Will Be Your Life	Don't Force Me Partnerships & Marriage Relationships and Touch	Democracy Elections & Law Fakebook & Two Sides to Every Story