

# Suggested long-term plan: RSE & PSHE

## Overview - Upper key stage 2

Year 6

<b>Autumn 1</b>	My healthy self: How do my choices today shape my future wellbeing?	<b>Autumn 2</b>	<u>Connecting with others: What does it mean to stand up for myself and others?</u> 7 lessons Deepening understanding of respectful relationships by exploring self-respect, boundaries, consent and ways to challenge unfairness, prevent bullying and seek help safely.
<b>Spring 1</b>	The online world: How do I feel about being online?	<b>Spring 2</b>	Citizenship: How can we protect everyone's rights?
<b>Summer 1</b>	Staying safe: How can I stay safe as I grow up?	<b>Summer 2</b>	<del><u>Sex education: How do people become parents and carers?</u></del> 7 lessons Learning about conception and pregnancy, exploring different family structures and understanding why consent is important.  SCIENCE CURRICULUM ONLY AND USE OF SCHOOL NURSE WITH THEIR USUAL DELIVERY