

Suggested long-term plan: RSE & PSHE

Overview - Key stage 1

Year 2

Autumn 1	<p><u>My healthy self: How can we look after our bodies?</u></p> <p>7 lessons</p> <p>Building understanding of how daily habits support physical health by exploring the benefits of movement, sleep, healthy eating, hydration and dental care, and applying this knowledge to create a healthy daily routine.</p>	Autumn 2	<p><u>Connecting with others: How can I build safe, kind and caring relationships with others?</u></p> <p>7 lessons</p> <p>Celebrating individual and family diversity, exploring personal boundaries, understanding the features of healthy relationships and how to seek help.</p>
Spring 1	<p>The online world: How are things shared online?</p>	Spring 2	<p>Citizenship: How do people belong to a community and earn money?</p>
Summer 1	<p><u>Growing up: How can we look after and respect our bodies as we grow?</u></p> <p>7 lessons</p> <p>Learning how people grow and change as they get older, recognising physical changes, naming private body parts correctly and understanding privacy, personal boundaries and who can help.</p>	Summer 2	<p>Staying safe: How can I make safe choices in different places?</p>