

Three Year Rolling Plan for RSE/PSHE/Physical Health and Mental Wellbeing

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
KS1	Relationships	My Body	Feelings	Living in the Wider World	Keeping Safe	Staying healthy
Year 1	Similarities and differences between people <i>RSE</i>	Body parts <i>RSE/PSHE</i>	Happy, sad, angry <i>Mental Wellbeing</i>	Recycling and saving power <i>PSHE</i>	Road safety <i>PSHE</i>	Personal hygiene <i>Mental Wellbeing</i>
Year 2	Friendships <i>RSE/PSHE</i>	Extend knowledge of body parts <i>RSE/PSHE</i>	Happy, sad, angry, scared <i>Mental Wellbeing</i>	Our communities <i>RSE/PSHE/Mental Wellbeing</i>	Safety at home <i>RSE and Mental Wellbeing</i>	Extend knowledge of personal hygiene <i>Mental Wellbeing</i>
Year 3	Families <i>RSE/PSHE</i>	Growing <i>RSE/PSHE</i>	Happy and sad <i>Mental Wellbeing</i>	Sharing with others <i>RSE/PSHE</i>	People who help me feel safe <i>RSE/PSHE</i>	Explore healthy foods and exercise <i>Mental Wellbeing</i>

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KS2	Relationships	My body	Feelings	Living in the Wider World	Keeping safe	Health and Wellbeing
Year 1	Friendships and bullying <i>RSE/PSHE</i>	Keeping my body healthy <i>Mental Wellbeing</i>	Happy, sad, angry, scared, excited <i>Mental Wellbeing</i>	Diversity - similarities and differences <i>RSE</i>	Health and safety rules - at school and in community <i>RSE and Mental Wellbeing</i>	Hygiene as we grow <i>PSHE/Mental Wellbeing</i>
Year 2	Respectful relationships <i>RSE</i>	Growing - puberty as appropriate <i>PSHE/Mental Wellbeing</i>	Happy, sad, scared, lonely, frustrated <i>Mental Wellbeing</i>	Using money <i>PSHE</i>	Safety online and wider community/ rail and water safety <i>RSE/PSHE</i>	Mental health - how to relax and express feelings <i>Mental Wellbeing</i>
Year 3	Extended families <i>RSE/PSHE</i>	Growing - developing through life <i>RSE/PSHE</i>	Happy and unhappy relationships <i>RSE</i>	Children's Rights Acts, rules <i>RSE/PSHE</i>	Public and private - PANTS rule <i>RSE</i>	Making healthy lifestyle choices incl. hygiene <i>PSHE/Mental Wellbeing</i>

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KS3	Relationships	My body	Feelings, attitudes and mental wellbeing	Keeping safe and looking after myself	Lifecycles/ human reproduction	Living in the Wider World
Year 1	Happy and Unhappy relationships <i>RSE/PSHE</i>	Puberty - Managing feelings <i>PSHE/Mental Wellbeing</i>	Self- esteem and strategies for mental wellbeing <i>PSHE/Mental Wellbeing</i>	Online Safety <i>RSE/PSHE/Mental Wellbeing</i>	Body parts and functions <i>RSE/Mental Wellbeing</i>	My Community <i>PSHE</i>
Year 2	Peer pressure <i>RSE/PSHE/Mental Wellbeing</i>	Personal hygiene <i>PSHE/Mental Wellbeing</i>	Drugs, alcohol, tobacco <i>Mental Wellbeing</i>	Simple First Aid Skills <i>Mental Wellbeing</i>	Loving relationships <i>RSE/PSHE</i>	Using money <i>PSHE</i>
Year 3	Different types of families <i>RSE/PSHE</i>	Puberty - How will my body change <i>PSHE/Mental Wellbeing</i>	Healthy lifestyles - diet and keeping clean <i>PSHE/Mental Wellbeing</i>	Public and private places <i>RSE/Mental Wellbeing</i>	Basics of how babies are made <i>RSE</i>	Diversity and discrimination <i>RSE/PSHE</i>

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KS4	Feelings, attitudes and mental wellbeing	Relationships	My body	Keeping safe and looking after my sexual health	Online safety	Healthy Lifestyles
Year 1	Recognising my feelings, mental health <i>PSHE/Mental Wellbeing</i>	Healthy and unhealthy relationships, families and friends <i>RSE/PSHE</i>	Changes to my body - menstrual cycle and puberty <i>RSE/PSHE</i>	Safe sex <i>RSE/PSHE</i>	Using technology safely <i>RSE/PSHE</i>	Healthy eating and fitness <i>PSHE/Mental Wellbeing</i>
Year 2	Coping with different feelings <i>RSE/PSHE/Mental Wellbeing</i>	Consent <i>RSE</i>	Simple First Aid skills <i>PSHE/Mental Wellbeing</i>	Using money safely <i>PSHE</i>	Personal data <i>RSE/Mental Wellbeing</i>	Keeping my body healthy - personal and dental hygiene <i>PSHE/Mental Wellbeing</i>
Year 3	Self-esteem <i>PSHE/Mental Wellbeing</i>	Appropriate relationships <i>RSE/PSHE</i>	Body parts and sexual intercourse <i>RSE</i>	How to keep myself clean and check myself <i>PSHE/Mental Wellbeing</i>	Online gaming and Social media <i>RSE/PSHE/Mental Wellbeing</i>	How drugs effect our bodies <i>Mental Wellbeing</i>

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KS5	Feelings, attitudes and mental wellbeing	Relationships	My body	Being safe	Online safety	Healthy Lifestyles
Year 1	Self-care and recognising mental health conditions <i>PSHE/Mental Wellbeing</i>	Healthy and unhealthy relationships <i>RSE/PSHE</i>	First Aid skills <i>PSHE/Mental Wellbeing</i>	Who can help me? (Community support) <i>PSHE</i>	Online rules and data foot print <i>RSE/PSHE</i>	Preparing healthy foods <i>PSHE/Mental Wellbeing</i>
Year 2	Diversity and Equality - religion, culture, stereotypes <i>RSE</i>	Consent and the law around sexual relationships <i>RSE/PSHE</i>	Effects and risks of unhealthy food <i>PSHE/Mental Wellbeing</i>	Safety in the community <i>PSHE</i>	Recognising online bullying and reporting <i>PSHE/Mental Wellbeing</i>	Keeping my body healthy - fitness vaccinations, check ups, dental hygiene <i>PSHE/Mental Wellbeing</i>
Year 3	Body image <i>PHSE/Mental Wellbeing</i>	Feelings and behaviours <i>RSE/PSHE/Mental Wellbeing</i>	Sexual relationships <i>RSE/PSHE</i>	Safe sex - Contraception, STI's, fertility <i>RSE/PSHE</i>	Fantasy versus reality <i>RSE/PSHE</i>	Drugs and peer pressure <i>Mental Wellbeing</i>

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Complex needs	Relationships	My Body	Feelings	Living in the Wider World	Keeping Safe	Health and Wellbeing
Year 1	Building relationships <i>RSE/PSHE</i>	Body Awareness <i>RSE/PSHE</i>	Happy <i>PSHE/Mental Wellbeing</i>	Visits in the community <i>PSHE</i>	Safety around school <i>PSHE</i>	Hand washing <i>Mental Wellbeing</i>
Year 2	Friends <i>RSE/PSHE</i>	Getting dressed <i>RSE/PSHE</i>	Sad <i>PSHE/Mental Wellbeing</i>	Different cultures <i>RSE/PSHE</i>	Keeping myself safe <i>PSHE/RSE</i>	Keeping my face clean <i>PSHE/Mental Wellbeing</i>
Year 3	Family <i>RSE/PSHE</i>	How I use my body <i>RSE/PSHE</i>	Expressing feelings <i>PSHE/Mental Wellbeing</i>	Class and School Rules <i>RSE/PSHE</i>	People who keep me safe <i>RSE/PSHE</i>	Healthy foods and exercise <i>Mental Wellbeing</i>