

Long Term Curriculum Plan

Year Group	Relationship Theme	Health & Wellbeing Theme	Guidance	Links to PSHE Framework
Y1	My Friends and Me	Being Healthy	<ul style="list-style-type: none"> • Caring friendships • Respectful relationships • Mental wellbeing • Basic first aid • Health Prevention 	R6, R9, R12 H1, H3, H6, H7, H12 L10
Y2	Being Safe	Healthy Living	<ul style="list-style-type: none"> • Being safe • Online relationships • Respectful relationships • Families and people who care for me • Healthy eating • Physical health and fitness • Internet safety and harms 	R1, R3, R12, R10, H1, H2, H3, H4, H13, H16
Y3	Understanding the Wider World	Healthy Lifestyle	<ul style="list-style-type: none"> • Families and people who care for me • Respectful relationships • Mental wellbeing • Physical health and fitness • Health prevention • Healthy eating 	H1, H2, H4, H6, H23, R1, R2, R3, R10, R12, R13,R14, R18 L6
Y4	Understanding and Appreciating Positive Relationships	Healthy Behaviours Online & Offline	<ul style="list-style-type: none"> • Families and people who care for me • Respectful relationships • Being safe • Health prevention • Internet safety and harms 	R2, R3, R4, R5, H7, H14, H23, H24 L2,L6, L18
Y5	Keeping Safe in Virtual and Physical Relationships	Healthy Mind & Body	<ul style="list-style-type: none"> • Caring friendships • Being safe • Online relationships 	R2, R3, R5, R9, R12, R18 H2, H6, H7, H13, H14, H15, H17, H18, H19,H22, H23 L2, L10, L6, L18
Y6	Challenging Stereotypes and Prejudices Through Topical Issues	Healthy Choices	<ul style="list-style-type: none"> • Respectful relationships • Being safe • Families and people who care for me • Online relationships 	H1, H2, H4, H13, H1 4, H17 H18, H19, H25, H20, H23 L18, R2, R14, R16 R24