

Sheepscombe School Relationships and Health Education and PHSE whole school overview

Key – **Blue Text**- Relationships Education Strands **Purple Text** – Health Education Strands

Termly content for classes – delivered via a mixture of direct teaching, class assemblies & group discussion



	Term 1 Respect	Term 2 Courage	Term 3 Kindness	Term 4 Honesty	Term 5 Thoughtfulness	Term 6 Tolerance
EYFS	(GHLL) RSHE Strand 1 Families and People who care for me 1.GHLL My Grandpa and Grandma are amazing 2.SEAL Relationships 3. Seal relationships 4. Not all families look the same 5.Invisible string 6. Bonfire/firework safety Consent (age appropriate) (GHLL) Health Strand 1 Mental Well being 1. GHLL Exploring Feelings 2. SEAL Getting On and Falling Out 3. GHLL What Makes Me Feel Happy? 4. SEAL Relationships 5. SEAL Relationships 6. SEAL Good to Be Me (GHLL) Health Strand 2 Internet Safety and harms 1. Smartie the penguin Where to go for Help	(GHLL) RSHE Strand 2 Caring Friendships 1. GHLL Being a good friend 2. SEAL Getting on and falling out 3. SEAL Getting on and falling out 4. SEAL Getting on and falling out 5.SEAL Say no to Bullying 6 SEAL Say no to Bullying Introduction to protected characteristics – all equal (GHLL) Health Strand 3 Physical Health and fitness 1. GHLL Being Active and Keeping Learning (GHLL) Health Strand 2 Internet Safety and harms 1. Hanni and the Magic Window Speaking out and Getting Help	(GHLL) RSHE Strand 3 Respectful relationships 1. GHLL Celebrating Me 2. GHLL Good and Bad Manners 3. GHLL Showing Respect 4. GHLL Similarities and Differences 5. GHLL Our Class Rules (GHLL) Health Strand 4 Healthy eating 1. GHLL Signposting: Healthy Eating links and resources 2. GHLL Signposting: Healthy Eating links and resources 3. GHLL Signposting: Healthy Eating links and resources 4. Fire engine visit (GHLL) Health Strand 2 Internet Safety and harms 1. Safer Internet Day Resources	(GHLL) RSHE Strand 4 Online relationships 1. Covered through Strand two Revisit protected characteristics (GHLL) Health Strand 6 Health and prevention 1. GHLL Counting sleep 2. PHE Counting sleep 3. Visiting the dentist 4. Washing hands 5.Keeping my body clean 6 Vaccinations (GHLL) Health Strand 2 Internet Safety and harms 1. Thinkuknow Online safety toolkit activities	(GHLL) RSHE Strand 5 Being safe 1. GHLL My body is my body 2. Covered through Strand 2 3. PSHE Assoc PANTS rule age 3-4 resources Revisit Consent (age appropriate) (GHLL) Health Strand 5 Drugs Alcohol & tobacco 1. GHLL Lesson Household Substances 2. GHLL Lesson What can Harm my Body? 3. GHLL Lesson Keeping Myself Well (GHLL) Health Strand 2 Internet Safety and harms 1. Thinkuknow Online safety toolkit activities	(GHLL) Health Strand 7 First Aid 1. Emergency services 2. How to call for help (GHLL) Health Strand 6 Health and prevention 3. Sun Safety Wrap Splat Hat (GHLL) Health Strand 8 Changing adolescent body 1. GHLL Lesson 1 Growing Up 2. GHLL Lesson 2 Growing Up Better health – every mind matters - NHS (GHLL) Health Strand 2 Internet Safety and harms 1. Thinkuknow Online safety toolkit activities

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Year 1/2	(GHLL) RSHE Strand 1 Families and People who care for me 1. GHLL This is my family 2. SEAL Relationships 3. GHLL My special People 4. GHLL And Tango Makes three 5. Winston's Wish Saying goodbye to a pet 6. Bonfire/firework safety Consent (age appropriate) inc Glos Police animation (GHLL) Health Strand 1 Mental Well being 1. GHLL Introduction to the Five Ways to Wellbeing 2. GHLL How Are You Feeling? 3. GHLL What Makes Me Feel Good? 4. GHLL Resource Make Me a Superhero 5. SEAL Getting On and Falling Out 6. SEAL Say No to Bullying (GHLL) Health Strand 2 Internet Safety and harms / Strand 4 Online Relationships 1. Childnet Digiduck's Big Decision	(GHLL) RSHE Strand 2 Caring Friendships 1. GHLL Managing friendships 2. GHLL Asking for help 3. GHLL Friendship code 4. GHLL What is bullying 5. GHLL My body is my body 6. What is bullying Introduction to protected characteristics – all equal (GHLL) Health Strand 3 Physical Health and fitness 1. GHLL Being Active and Keeping Learning (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet Digiduck's Famous Friend	(GHLL) RSHE Strand 3 Respectful relationships 1. GHLL Unique Me 2. GHLL I am Special 3. Let Toys be Toys: Talk about Difference, Talk about Toys 4. GHLL Becoming Independent 5. GHLL Setting Goals 6. GHLL Using Good Manners (GHLL) Health Strand 4 Healthy eating 1. GHLL Signposting: Healthy Eating links and resources 2. GHLL Signposting: Healthy Eating links and resources 3. GHLL Signposting: Healthy Eating links and resources 4. Fire Engine visit (GHLL) Health Strand 2 Internet Safety and harms 1. Safer Internet Day Resources	(GHLL) RSHE Strand 4 Online relationships 1. Covered through Strand 2 . . Revisit protected characteristics (GHLL) Health Strand 6 Health and prevention 1. PSHE Association The Sleep Factor 2. PSHE Association KS1 Keeping our Teeth Healthy 3. GHLL Keeping My Body Clean 4. e-Bug KS1 Introduction to Microbes (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet Detective Digiduck	(GHLL) RSHE Strand 5 Being safe 1. GHLL Keeping Myself Safe 2. GHLL Keeping Myself Safe 3. GHLL Keeping Myself Safe 4. GHLL Keeping Myself Safe (staff to decide relevant lessons from the sets) 6. PSHE Assoc PANTS rule age 5-7 resources Revisit Consent (age appropriate) inc Glos Police animation (GHLL) Health Strand 5 Drugs Alcohol & tobacco 1. GHLL Different Types of Medicines 2. GHLL All About Medicines 3. GHLL Managing Risky Situations 4. GHLL Illness and our Emotions (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet Digiduck and the Magic Castle	(GHLL) Health Strand 7 First Aid 1. GHLL Signposting: First Aid – Emergency Services 2. GHLL Signposting: First Aid – Basic First Aid (GHLL) Health Strand 6 Health and prevention 3. Sun Safety- SKCIN resources (GHLL) Health Strand 8 Changing adolescent body 1. PSHE Association (Medway) My Special People 2. PSHE Association (Medway) We Are Growing: Human Life Cycle 3. PSHE Association (Medway) Everybody's Body Better health – every mind matters - NHS (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet Digiduck Saves the Day
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Year 3/4	(GHLL) RSHE Strand 1 Families and People who care for me 1. GHLL What makes a family 2. GHLL Getting married 3. GHLL Types of love 4. SEAL relationships 5. SEAL relationships 6 SEAL relationships (staff to decide relevant lessons from the sets) Consent (age appropriate) inc Glos Police animation (GHLL) Health Strand 1 Mental Well being 1. PSHE Association Everyday Feelings 2. PSHE Association Expressing and Managing Feelings 3. GHLL Great to Be Me 4. SEAL Getting On and Falling Out 5. SEAL Say No to Bullying 6. PSHE Association Belonging to a Community (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet SMART Video Lessons – The S Rule	(GHLL) RSHE Strand 2 Caring Friendships 1. GHLL Kindness 2. GHLL Ups and downs of friendship 3. Fixing friendships Protected characteristics (GHLL) Health Strand 3 Physical Health and fitness 1. GHLL How Can I keep My Brain Healthy? 2. GHLL How Can I keep My Brain Healthy? (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet SMART Video Lessons – The M Rule	(GHLL) RSHE Strand 3 Respectful relationships 1. GHLL Understanding Respect 2 GHLL Table Manners 3. GHLL What Can We Do About Bullying? 4. Let Toys be Toys: Toys and Advertising 5. Skill Zone Visit (GHLL) Health Strand 4 Healthy eating 1. GHLL Signposting: Healthy Eating links and resources 2. GHLL Signposting: Healthy Eating links and resources 3. GHLL Signposting: Healthy Eating links and resources 4. e-Bug Hygiene resources 5. e-Bug Hygiene resources 6. e-Bug Immunity and Vaccinations (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet SMART Video Lessons – The A Rule 2. Safer Internet Day Resources	(GHLL) RSHE Strand 4 Online relationships 1. Covered through Strand 2 Money and Wellbeing 1 - PSHE Association How money is used 2- PSHE Association Making decisions about money Revisit protected characteristics (GHLL) Health Strand 6 Health and prevention 1. PSHE Association The Sleep Factor 2. PSHE Association Maintaining Dental Health (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet SMART Video Lessons – The R Rule	(GHLL) RSHE Strand 5 Being safe 1. GHLL Secrets 2. Changes within a family 3. . PSHE Assoc PANTS rule age 7-9 resources Revisit Consent (age appropriate) inc Glos Police animation (GHLL) Health Strand 5 Drugs Alcohol & tobacco 1. GHLL What Are Drugs? 2. GHLL Medicine and Household Substances Safety 3. PSHE Association Safety Rules and Risks: Alcohol and Smoking 4. Managing risk- smoking and vaping (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet SMART Video Lessons – The T Rule	(GHLL) Health Strand 7 First Aid 1. GHLL Signposting: First Aid – Emergency Services 2. GHLL Signposting: First Aid – Basic First Aid (GHLL) Health Strand 6 Health and prevention 3. Sun Safety- SKCIN resources (GHLL) Health Strand 8 Changing adolescent body 1. PSHE Association (Medway) What Makes a Good Friend 2. PSHE Association (Medway) Falling out with friends 3. PSHE Association (Medway) Emotions and Feelings Better health – every mind matters - NHS (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet SMART Video Lessons – With a Heart Rule
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Year 5 /6	(GHLL) RSHE Strand 1 Families and People who care for me 1. GHLL Family Life 2. GHLL Similarities and differences 3. SEAL relationships 4. SEAL Getting on and falling out 5. GHLL Keeping myself safe 6 GHLL Marriage in different families Consent (age appropriate) inc Glos Police animation (GHLL) Health Strand 1 Mental Well being 1. GHLL My Brain and Me 2. GHLL Resource Make Me a Superhero 3. SEAL Good to Be Me 4. SEAL Relationships 5. SEAL Say No to Bullying 6. PSHE Association Stereotypes/ GHLL 7. Understanding Dementia (GHLL) Health Strand 2 Internet Safety and harms 1. GHLL Signposting Dove 'Amazing Me'	(GHLL) RSHE Strand 2 Caring Friendships 1. What makes a healthy friendship? 2. GHLL Peer mediation 3. GHLL What is the impact of bullying 4. GHLL Understanding consent 5. SEAL New Beginnings 6. SEAL New Beginnings Protected characteristics (GHLL) Health Strand 3 Physical Health and fitness 1. PHE Physical and Mental Wellbeing Money and Wellbeing Lesson 1- PSHE Association Money & Emotional wellbeing Lesson 2 - PSHE Association Being a critical consumer (GHLL) Health Strand 2 Internet Safety and harms 1. Schoolbeat Session Online Safety	(GHLL) RSHE Strand 3 Respectful relationships 1. Changing Faces A World of Difference 2. Let Toys be Toys Creating an Inclusive Advert 3. Coram Life Education The Adoptables 4. GHLL Signposting Refugees/Homelessness 5. PSHE Association Extremism 6. Skill Zone visit (GHLL) Health Strand 4 Healthy eating 1. GHLL Signposting: Healthy Eating links and resources 2. GHLL Signposting: Healthy Eating links and resources 3. GHLL Signposting: Healthy Eating links and resources 4. e-Bug Hygiene resources 5. e-Bug Hygiene resources 6. e-Bug Immunity and Vaccinations School Beat training for Year 6 – PCSO team (GHLL) Health Strand 2 Internet Safety and harms 1. Safer Internet Day Resources	(GHLL) RSHE Strand 4 Online relationships 1. Schoolbeat Session: Online Relationships 2. PHE Bullying and Cyberbullying Revisit protected characteristics (GHLL) Health Strand 6 Health and prevention 1. PSHE Association The Sleep Factor 2. PSHE Association KS2 Maintaining Dental Health Better health – every mind matters - NHS School Beat training for Year 6 – PCSO team (GHLL) Health Strand 2 Internet Safety and harms 1. PHE Social Media and Wellbeing	(GHLL) RSHE Strand 5 Being safe 1 GHLL Understanding Consent - Revisit Consent (age appropriate) inc Glos Police animation 2. GHLL Keeping Myself Safe 3. GHLL Keeping Myself Safe 4 GHLL Keeping Myself Safe 5. GHLL Peer Mediation 6. PSHE Assoc PANTS rule age 9-11 resources (GHLL) Health Strand 5 Drugs Alcohol & tobacco 1. Schoolbeat Session Drugs and Peer Pressure 2. PSHE Association Managing risk: Medicines 3. PSHE Association Managing Risk: Legal / Illegal Drugs 4. PSHE Association Managing risk: Influences 5. PSHE Association Managing Risk: Drugs and Alcohol in the Media School Beat training for Year 6 – PCSO team (GHLL) Health Strand 2 Internet Safety and harms 1. PHE Bullying and Cyberbullying	(GHLL) Health Strand 7 First Aid 1. GHLL Signposting: First Aid – Emergency Services 2. GHLL Signposting: First Aid – Basic First Aid Health Strand 6 Health and prevention 3. Sun Safety- SKCIN resources (GHLL) Health Strand 8 Changing adolescent body 1. Understanding the menstrual cycle 2. GHLL Physical Changes in Puberty 3. . GHLL Managing Emotional as well as Physical Changes in Puberty 4.. PSHE Association (Medway) Personal Hygiene 5.. PSHE Association (Medway) Emotions and Feelings 6. Role of Puberty in Humans and Sexual Reproduction (y6) (GHLL) Health Strand 2 Internet Safety and harms 1. Childnet - Identify the Potential Risks of Social Media
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