

**RSHE Long term plan including RSE and Health Education and the Wider World**

**Core themes:**

1. Health and Wellbeing
2. Relationships
3. Living in the wider World includes: British Values, Global Citizenship, Economic Awareness

The 9 protected characteristics are **age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	Family and people who care for us  Being Safe	Caring friendships  Respectful relationships	Online Relationships  Internet Safety and harms	Mental wellbeing  Basic first aid (Cover end of Spring 1 as part of people who help us)	Health and prevention	Physical health and fitness  Healthy eating
<b>British Values</b>	Tolerance of Different Faiths and beliefs: Diwali and Hannukah  Rule Of Law: Following rules and routines  Mutual Respect: Sharing and turn taking		Tolerance of Different Faiths and beliefs: Chinese New Year  Individual Liberty: Develop self-confidence and self-esteem in their own ability through taking risks on an obstacle course, mixing colours and discuss why different people have different opinions.		Tolerance of Different Faiths and beliefs: Mosque - looking at different places of worship  Democracy: Vote for a person or group that has been the most supportive during sports day. Vote for monitors / helpers etc.... Pupil Survey - understanding their voice and opinion counts.	
<b>Year 1</b>	Family and people who care for us (R1.1)  Being Safe (R5.1)	Caring friendships (R2.1)  Respectful relationships (R3.1)	Online Relationships (R4.1)  Internet Safety and harms (H7.1)	Mental wellbeing (R6.1, R6.2)  Basic first aid (H12.1)	Health and prevention (H11.2, H11.4)	Physical health and fitness (H8.1)  Healthy eating (H9.1)

<b>British Values</b>	<b>Rule Of Law:</b> Following Rules Fair/Unfair, Right/Wrong <b>Tolerance of Different Faiths and beliefs:</b> The Jewish Harvest Sukkot <b>Democracy:</b> Agree class rules		<b>Mutual Respect:</b> Respecting similarities and differences between ourselves and other people's families. Respecting each other even when they are different e.g. physically, character, personality and background		<b>Individual Liberty:</b> Making healthy choices <b>Tolerance of Different Faiths and beliefs:</b> How people of other faiths welcome new babies	
<b>Economic Awareness</b>			<b>Matters : Save or spend ?</b> <b>TwinklMoney</b>			
<b>Year 2</b>	<b>Family and people who care for us</b> (R1.2)  <b>Being Safe</b> (R5.2, R5.3)	<b>Caring friendships</b> (R2.2)  <b>Respectful relationships</b> (R3.2)	<b>Online Relationships</b> (R4.2)  <b>Internet Safety and harms</b> (H7.2, H7.3)	<b>Mental wellbeing</b> (H6.3, H6.4)  <b>Basic first aid</b> (H12.1)	<b>Health and prevention</b> (H11.2, H11.3)	<b>Physical health and fitness</b> (H8.1)  <b>Healthy eating</b> (H9.1)
<b>British Values</b>	<b>Democracy:</b> Election of School Council <b>Tolerance of Different Beliefs and Faiths:</b> Different faiths have different holy books <b>Rule of Law:</b> Bullying is wrong		<b>Individual Liberty:</b> Making the correct, healthy choices, making good choices about to stay safe on line, how to raise money for MacMillan Coffee morning <b>Mutual Respect:</b> Co-operation / Treat each other with respect, including those in authority		<b>Mutual respect:</b> Respect other people's privacy <b>Tolerance of Different Faiths and beliefs:</b> Where do people of other faiths worship ?	
<b>Global Citizenship</b>					<b>One World: Families, The Environment and Caring for our Planet</b>	
<b>Year 3</b>	<b>Family and people who care for us</b> (R1.3)  <b>Being Safe</b> (R5.4)	<b>Caring friendships</b> (R2.3)  <b>Respectful relationships</b> (R3.3, R3.4)	<b>Online Relationships</b> (R4.1)  <b>Internet Safety and harms</b> (H7.3, H7.4)	<b>Mental wellbeing</b> (H6.5, H6.6)  <b>Basic first aid</b> (H12.2)	<b>Health and prevention</b> (H11.1, H11.5)	<b>Physical health and fitness</b> (H8.2)  <b>Healthy eating</b> (H9.1)

<b>British Values</b>	<b>Rule of Law:</b> How/why rules and laws are made and enforced, including school rules <b>Democracy:</b> Election of School Council <b>Individual Liberty:</b> Making the correct, healthy choices <b>Tolerance of Different Faiths and beliefs:</b> Jewish Faith - Sukkhot		<b>Tolerance of Different Faiths and beliefs:</b> Jewish Faith - Passover		<b>Mutual Respect:</b> <i>Recognise peoples' feelings and realising that most friendships have ups and downs R2.4</i> <i>Show, respect, constructively challenge different points of view R3.5</i> <i>Personal boundaries R5.3</i> <b>Tolerance of Different Faiths and beliefs:</b> Jewish Faith - sacred books, sacred places, visit to Jewish Synagogue	
<b>Economic Awareness</b>			<b>Money Matters:</b> <b>Where does money come from?</b> <b>Lending and Borrowing</b> <b>Budgeting.</b>			
<b>Year 4</b>	<b>Family and people who care for us</b> <i>(R1.4)</i>  <b>Being Safe</b> <i>(R5.5, R5.6)</i>	<b>Caring friendships</b> <i>(R2.4)</i>  <b>Respectful relationships</b> <i>(R3.5)</i>	<b>Online Relationships</b> <i>(R4.2)</i>  <b>Internet Safety and harms</b> <i>(H7.3, H7.4)</i>	<b>Mental wellbeing</b> <i>(H6.7)</i>  <b>Basic first aid</b> <i>(H12.2)</i>	<b>Health and prevention</b> <i>(H11.2, H11.5)</i>	<b>Physical health and fitness</b> <i>(H8.3)</i>  <b>Healthy eating</b> <i>(H9.2)</i>
<b>British Values</b>	<b>Democracy:</b> Election of School Council <b>Rule of Law:</b> How/why rules and laws are made and enforced, including health and Safety rules <b>Tolerance of Different Faiths and beliefs:</b> Hindu festival of light <b>Individual Liberty:</b> Debates around topical issues which allow children to reflect on their differences and understand everyone is free to have different opinions		<b>Respect:</b> that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous		<b>Tolerance of Different Faiths and beliefs:</b> Hinduism - sacred books, sacred places, the pilgrimage. Visit to Hindu Mandir <b>Individual Liberty:</b> Keeping yourself safe.	
<b>Global Citizenship</b>			<b>One World:</b> <b>Climate change</b> <b>Urban and Rural Inequality</b> <b>Organisations</b>			

<b>Year 5</b>	<b>Family and people who care for us</b> (R1.5)  <b>Being Safe</b> (R5.7, R5.8)	<b>Caring friendships</b> (R2.5)  <b>Respectful relationships</b> (R3.6)	<b>Online Relationships</b> (R4.2, R4.3)  <b>Internet Safety and harms</b> (H7.3, H7.5)	<b>Mental wellbeing</b> (H6.8, H6.9)  <b>Basic first aid</b> (H12.2)	<b>Health and prevention</b> (H11.3, H11.4)  <b>Drugs, alcohol and tobacco</b> (H10.1)	<b>Physical health and fitness</b> (H8.2, H8.4)  <b>Healthy eating</b> (H9.3)  <b>Changing adolescent body</b> (H13.1)
<b>British Values</b>	<b>Democracy:</b> Election of School Council, Visit to Oldham Chambers <b>Respect</b> Similarities and differences (family, culture, ethnicity, racial./religious diversity, age, sex, gender identity, sexual orientation and disability)		<b>Individual Liberty:</b> choices we make to stay safe, taking risks and challenge themselves to be the best that they can be. <b>Rule of Law:</b> (History Link - Crime and punishment from Anglo Saxon - present day)		<b>Tolerance of Different Faiths and beliefs:</b> <i>Sikhism</i> - rules, sacred books. How important are holy books in other faiths? sacred places Sikh Gurdwara Visit & Festivals. pilgrimage – The Golden Temple in Amritsar.	
<b>Economic Awareness</b>					<b>Money Matters:</b> <b>Borrowing and Saving</b> <b>Value for money</b> <b>Money and the wider world</b>	
<b>Year 6</b>	<b>Family and people who care for us</b> (R1.6)  <b>Being Safe</b> (R5.7, R5.8)	<b>Caring friendships</b> (R2.5)  <b>Respectful relationships</b> (R3.7, R3.8)	<b>Online Relationships</b> (R4.4, R4.5)  <b>Internet Safety and harms</b> (H7.3, H7.6)	<b>Mental wellbeing</b> (H6.9, H6.10)  <b>Basic first aid</b> (H12.2)	<b>Health and prevention</b> (H11.3, H11.6)  <b>Drugs, alcohol and tobacco</b> (H10.1)	<b>Physical health and fitness</b> (H8.3, H8.4)  <b>Healthy eating</b> (H9.2, H9.3)  <b>Changing adolescent body</b> (H13.2)
<b>British Values</b>	<b>Democracy:</b> Election of School Council, Links to parliament <b>Individual Liberty:</b> Resisting pressure / asking for help and having the vocab. to do so				<b>Tolerance of Different Faiths and beliefs:</b> <i>Islam</i> Rules, sacred books, sacred places, pilgrimage - Hajj Mosque visit	

	<p><b>Respect</b> <i>Media images - effect on young people R4 Respecting ourselves and each other and our uniqueness</i></p> <p><i>Viewpoints - debate topical issues, problems and events</i></p>		<p><b>Individual Liberty:</b> taking risks and choices how far to challenge themselves (residential Visit)</p> <p><b>Respect:</b> for self and keeping a healthy lifestyle</p> <p><b>Rule of Law:</b> Age limits and restrictions.</p>
<b>Global Citizenship</b>	<p><b>Our World:</b></p> <p><b>Global warming</b></p> <p><b>Use of water and energy</b></p> <p><b>Biodiversity</b></p>		