

### Wharncliffe Side RSHE Scheme

#### Year 1 (KS1)

Autumn		Spring		Summer	
1	2	1	2	1	2
<b>Health &amp; Wellbeing</b>	<b>Relationships</b>	<b>Living in the Wider World</b>	<b>Health &amp; Wellbeing</b>	<b>Relationships</b>	<b>Living in the Wider World</b>
<i>Staying healthy</i>	<i>Keeping friendships healthy</i>	<i>Our communities</i>	<i>Staying healthy</i>	<i>Keeping friendships healthy</i>	<i>Our communities</i>
P1) How do I help my body stay healthy?	Fr1) Who is my friend?	C1) How do we make a happy school?	P3) How do we stop getting ill?	Fr3) Should friends tell us what to do?	C3) What makes a boy or a girl?
P2) How do I decide what to eat?	Fr2) What makes a good friend?	C2) Who lives in my neighbourhood?	P4) How can I stay safe?	Fr4) How do we stop bullying?	

#### Year 2 (KS1)

Autumn		Spring		Summer	
1	2	1	2	1	2
<b>Health &amp; Wellbeing</b>	<b>Relationships</b>	<b>Living in the Wider World</b>	<b>Health &amp; Wellbeing</b>	<b>Relationships</b>	<b>Living in the Wider World</b>
<i>Understanding my feelings</i>	<i>What makes a family?</i>	<i>Online Safety</i>	<i>Growing</i>	<i>What makes a family?</i>	<i>Online Safety</i>
M1) Where do feelings come from?	Fa1) Who's in my family?	Os1) Screen time	M3) What helps me to be happy?	Fa4) When should I say no?	Os3) Online strangers
M2) Who am I?	Fa2) Do families always stay the same?	Os2) Personal information	G1) How bodies change as we get older?	Fa5) Who owns my body? I do!	Os4) Fake news
M3) What helps me to be happy?	Fa3) How should families treat each other?			Fa6) Are all families the same?	

Rowan (LKS2)

Autumn		Spring		Summer	
1	2	1	2	1	2
Health & Wellbeing	Relationships	Living in the Wider World	Health & Wellbeing	Relationships	Living in the Wider World
<i>Staying healthy</i>	<i>Keeping friendships healthy</i>	<i>Our communities</i>	<i>Understanding my feelings / Changes in my body</i>	<i>What makes a family?</i>	<i>Online Safety</i>
P1) How do I keep my body healthy?	Fr1) What makes a good friend?	C1) How do we make the world fair?	M1) How do I manage my feelings?	Fa1) Do families always stay the same?	Os1) Online strangers
P2) How do I get a healthy diet?	Fr2) Are all friends the same?	C2) Where do you feel like you belong?	M2) Are we happy all the time?	Fa2) Are all families like mine?	Os2) Sharing online
P3) How do I stop getting ill?	Fr3) Are friendships always fun?	C3) How can we help the people around us?	G1) What is a period?	Fa3) How should we treat people who are different?	Os3) Friendship online
P4) How do I save a life?					Os4) Personal information
					Os5) Digital media
					Os6) Verifying content & echo chambers

**Sycamore (UKS2)**

Autumn		Spring		Summer	
1	2	1	2	1	2
Relationships	Health & Wellbeing	Living in the Wider World	Health & Wellbeing	Relationships	Living in the Wider World
<i>Keeping friendships healthy</i>	<i>Puberty (Y5 only)</i>	<i>Our communities</i>	<i>Staying healthy</i>	<i>Keeping friendships healthy</i>	<i>Our communities</i>
Fr1) What makes a close friend?	G1) How will my body change as I get older?	C1) What is prejudice?	P1) Is there such a thing as the perfect body?	Fr4) Why are some people unkind?	C5a) Why is money important?
Fr2) Can we be different and still be friends?	G2) How will my feelings change as I get older?	C2) What is the history of prejudice?	P2) How can I stay fit and healthy?	Fr5) What are stereotypes?	C5b) How should I spend my money?
Fr3) Should friends tell us what to do?	G3) How will I stay clean during puberty?	C3) What should I do if I encounter prejudice?	P3) Can I avoid getting ill?	Fr6) How do I accept my friends for who they are?	C6) What makes us feel like we belong?
	G4) What is Menstruation?	C4) How can I be a great citizen?			C7) What does it mean to be British?
	Y5/6 split				

## Oak (UKS2)

Autumn		Spring		Summer	
1	2	1	2	1	2
Health & Wellbeing	Health & Wellbeing	Living in the Wider World	Health & Wellbeing	Relationships	Living in the Wider World
<i>Understanding my feelings</i>	<i>Puberty</i>	<i>Online Safety</i>	<i>Staying Healthy / Sexual reproduction</i>	<i>What makes a family</i>	<i>Online Safety</i>
M1) Does everybody have the same feelings?	G1) How will my body change as I get older?	Os1) Control & consent	P4) Why do some people take drugs?	Fa1) Why do some people get married?	Os5) Analysing digital media
M2) Should we be happy all the time?	G2) How will my feelings change as I get older?	Os2) Protecting our identity	P5) Where should I get my health information?	Fa2) Are families ever perfect?	Os6) Bias
M3) Why do we argue?	G3) How will I stay clean during puberty?	Os3) Meeting strangers online	P6) How do I save a life?	Fa3) Is there such a thing as a 'normal' family?	Os7) Echo chambers
M4) Who am I?	G4) What is Menstruation?	Os4) Personal information, terms & conditions	Sx1) How do plants and animals reproduce?		Os8) Does the internet make us happy?
	Y5/6 split		Sx2) Sexual reproduction (Y6 only)		