

Relationships and Health Education Year A		
Y1/2		
<p><b>Autumn</b> <u>Healthy and Happy Friendships</u> This topic explores friendships: their importance, what being a good friend means, and how to keep friendships positive and healthy. Pupils investigate their own values and identity (including their online identity), and develop skills to resolve difficulties within friendships.</p>	<p><b>Spring</b> <u>Caring and Responsibility</u> This topic focuses on special people. It explores why they are special and how they care for and keep one another safe. It examines pupils' increasing responsibilities towards themselves and others as they get older, including the role they can play and the difference they can make in communities.</p>	<p><b>Summer</b> <u>Healthy bodies, healthy minds</u> This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness; how to develop a healthy, balanced lifestyle; the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition.</p>
Making Friends and getting along	Our special people	Amazing bodies
What makes a happy friendship?	Special people in our communities	Staying safe and healthy
Y3/4		
<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
Being a good friend	Responsibility and boundaries	Sleep, food and hygiene
Solving friendship difficulties	Rights and responsibilities	Influences and personal choices
Y5/6		
<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
Changing friendships	Caring in the community	Valuing our bodies and minds
Relationships and feelings	Responsible behaviour as we get older	Being the best me
During week 2 of the Autumn term there will be a whole school focus on anti-bullying (What happens when we fall out?), this will also include cyberbullying.		Transition for Year 6 will also be covered