

RHE OVERVIEW

	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Themes that run throughout the year My friends Respect Special people My family Looking after Myself Resilience					
Year 1	Making friends and getting along	Recognising strengths and respecting differences	Our special people	The importance of family	Amazing bodies	Growing and changing
Year 2	What makes a happy friendship?	Strengths, abilities and stereotypes	Special people in our communities	The diversity of families	Staying safe and healthy	Growing up and setting goals
Year 3	Being a good friend	Valuing and respecting one another	Responsibility and boundaries	Different types of committed relationships	Sleep, food and hygiene	Coping with feelings when things change

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Year 4	Solving friendship difficulties	Identity and diversity	Rights and responsibilities	Families and other relationships	Influences and personal choices	Puberty and hygiene
Year 5	Changing friendships	Celebrating strengths and setting goals	Caring in the community	Healthy, committed relationships	Valuing our bodies and minds	Puberty and emotions
Year 6	Relationships and feelings	Respectful behaviour online and offline	Responsible behaviour as we get older	Starting a family (sex education)	Being the best me	Coping with emotional effects of life changes