



RCSAT Relationship, Health and Sex Education Long Term Plan

	Autumn Term	Spring Term	Summer Term
Right	The Right to be Me	The Right to Learn	The Right to be Safe and Healthy
British Value	Individual Liberty	Democracy	Mutual Respect and Tolerance
Articles	7, 12, 13, 15	28, 29, 31	16, 17, 19, 24, 27
Resources	HeartSmart No Outsiders Girls on Board – Session One (reactive sessions as required)	HeartSmart No Outsiders Girls on Board (reactive sessions as required)	HeartSmart Christopher Winters – SRE Girls on Board (reactive sessions as required)
EYFS	NSPCC – Pants Are Private Dental Hygiene - Smile Month		
Y1	Beep Beep Day! – www.brake.org.uk The Countryside Code		
Y2	Safety Stars – Visit Safety Central 30 Days Wild – The Wildlife Trust		
Y3	First Aid St John Ambulance – Calling for Help, Head Injuries, Basic Life Support and Bites and Stings Water Safety Visit – Canal & River Trust		
Y4	First Aid St John Ambulance – Calling for Help, Head Injuries, Basic Life Support and Asthma Railway Safety Lessons - https://switchedonrailsafety.co.uk		
Y5	First Aid St John Ambulance - Calling for Help, Head Injuries, Basic Life Support and Bleeding Safety Quest – Visit Safety Central Cycle Training - Bikeability level 1 & 2		
Y6	First Aid St John Ambulance – Calling for Help, Head Injuries, Basic Life Support and Chocking Internet Safety - Safer Schools & Young People Partnership Cheshire Understanding and Managing Money - Barclays Life Skills UK Parliament Education Centre - Tour and Workshop		

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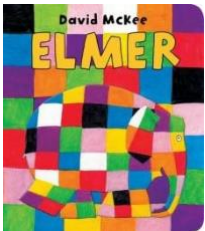
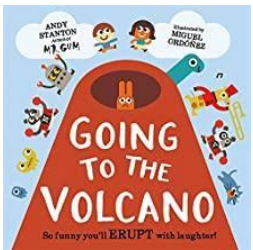
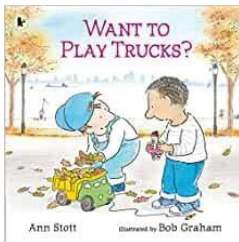
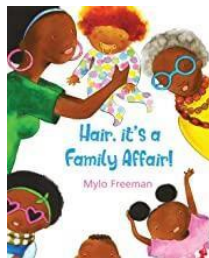
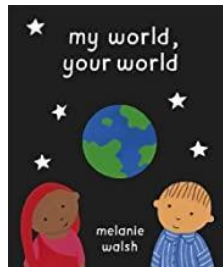

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No Outsiders

Reception

Book						
Title	Odd Dog Out	Red Rockets and Rainbow Jelly	Splash	The Family Book	Avocado Asks	Don't Hug Doug
Author	Rob Biddulph	Sue Heap and Nick Sharratt	Claire Cashmore	Todd Parr	Momoko Abe	Carrie Finison and Daniel Wiseman
Theme	To accept everyone	It's ok to like different things	To keep going, even if something is tricky	All families are different	To be confident in your own skin	To understand that people have different ways of showing friendship

Year 1

Book						
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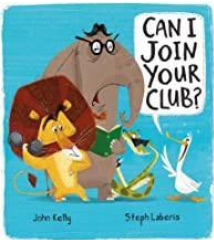

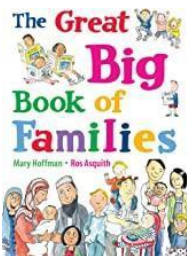
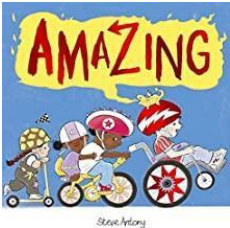
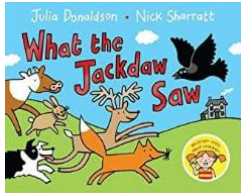

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RCSAT Relationship, Heath and Sex Education Long Term Plan

Title	Elmer	Going to the Volcano	Want to Play Trucks?	Hair, It's a Family Affair	My World, Your World	Errol's Garden
Author	David Mckee	Andy Stanton	Ann Stott and Bob Graham	Mylo Freeman	Melanie Walsh	Gillian Hibbs
Theme	I like the way I am	To join in	Finding ways of playing together	Proud to be me	I share the world with many people	To work together

Year 2

Book						
Title	Can I Join Your Club?	How to Be a Lion	The Great Big Book of Families	Amazing	What the Jackdaw Saw	All Are Welcome
Author	John Kelly and Steph Laberis	Ed Vere	Mary Hoffman and Ros Asquith	Steve Antony	Julia Donaldson and Nick Sharratt	Alexandra Penfold and Suzanne Kaufman
Theme	To welcome different people	To have self-confidence	To understand what diversity is	To explore what makes a good friend	To communicate in different ways	To know I belong

Year 3


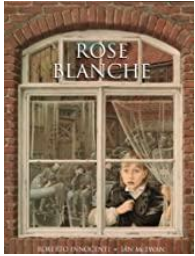
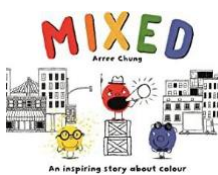
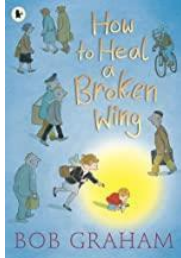

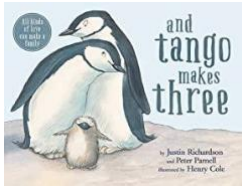
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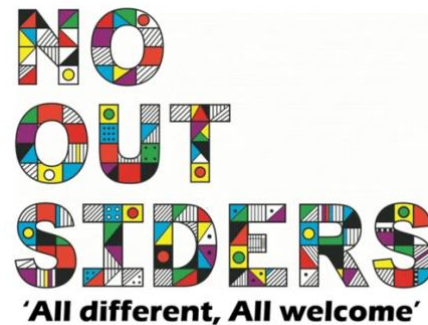
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Book						
Title	This Is Our House	We're all Wonders	Beegu	The Truth About Old People	The Hueys in the New Jumper	Planet Omar: Accident Trouble Magnet
Author	Michael Rosen	FJ Palacio	Alexis Deacon	Elina Ellis	Oliver Jeffers	Zanib Mian
Theme	To understand what discrimination means	To understand what a bystander is.	To be welcoming	To recognise a stereotype	To recognise and help an outsider	To consider living in Britain today
Year 4						
Book						
Title	Along Came a Different	Dogs Don't Do Ballet	Red: A Crayon's Story	Aalfred and Aalbert	When Sadness Comes to Call	Julian Is a Mermaid
Author	Tom McLaughlin	Anna Kemp and Sarah Oglivie	Michael Hall	Morag Hood	Eva Eland	Jessica Love



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Theme	To help someone accept difference	To choose when to be assertive	To be proud of who I am.	To find common ground	To look after my mental health	To show acceptance
Year 5						
Book						
Title	Kenny Lives With Erica and Martina	Rose Blanche	Mixed	How to Heal a Broken Wing	The Girls	And Tango Makes Three
Author	Olly Pike	Ian McEwan and Roberto Innocenti	Arree Chung	Bob Graham	Lauren Lee and Jenny Lovlie	Justin Richardson and Peter Parnell
Theme	To consider consequences	To justify my actions	To consider responses to racist behaviour	To recognise when someone needs help	To explore friendship	To express an opinion



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HeartSmart	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	PSED SC/SA, MR, MFB	PSED SC/SA, MFB	PSED MR, MFB, SC	PSED MR, MFB	PSED MFB, MR, SC/SA	PSED SC/SA, SC
	SIAMS Strands 3, 4 and 5	SIAMS Strands 3, 4 and 5	SIAMS Strands 4 and 5	SIAMS Strands 4 and 5	SIAMS Strands 2, 3 4 and 5	SIAMS Strand 3
Year 1	R&HE CF1, CF2, CF3, CF5, MW1, MW2, MW3, PH1	R&HE RR4, MW1, BS3, BS4, CF3, HP4, HP5	R&HE CF1, CF2, CF3, F1, F2, F4, OR2, OR3, ISH1	R&HE CF4, CF5, RR1, RR2, RR6, MW2, MW3, MW4, MW8	R&HE CF2, CF3, CF5, BS6, BS7, BS8, F4, HP4	R&HE MW1, MW2, MW3, MW4, MW6, MW9, BS5, BS6, RR1
	PSHE H2, H4, R1, R2, R9, R12	PSHE R1, R4, R10, H1, H3, H4, H6, H7, L7, L8	PSHE R1, R2, L1, L3, L4, H12, H13	PSHE H2, H3, H4, R1, R2, R4, R6, R7	PSHE R1, R4, R2, R5, L8, H1, H4, H13	PSHE H2, H3, H4, H5, H9, H15, R1, R3, R7, L1, L4
	SIAMS Strands 2, 3 and 4	SIAMS Strand 2, 3 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2 and 4	SIAMS Strands 2, 3 and 4	SIAMS Strands 2, 3 and 4

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Year 2	R&HE CF3, CF2, MW1, MW3, MW4, F1, F3, HE2, HE3	R&HE RR4, RR5, MW1, MW6, PH1, PH2, PH3	R&HE CF1, CF2, CF3, RR1, RR2, RR5, BS8, OR2, OR3, OR5, ISH7	R&HE CF1, CF2, CF3, CF4, CF5, RR2, RR6, MW3, MW4, MW7, MW8, MW9, BS7	R&HE CF2, MW1, MW2, MW3, MW4, RR3, HP2	R&HE MW1, MW2, MW3, MW4
	PSHE H1, H2, R2, R4, L1, R9	PSHE R1, R4, L3, L8, H1, H3, H4	PSHE R1, R2, R4, R8, L4, L9, L10, H12, H14, H15	PSHE H2, H4, H5, H13, R6, R13, R14	PSHE R1, R4, R8, R12, L8, H4, H1	PSHE L1, L5, H1, H2, H3, H4
	SIAMS Strands 3 and 4	SIAMS Strands 2, 3 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2, 4 and 5	SIAMS Strands 2, 3 and 4	SIAMS Strands 2 and 3
Year 3	R&HE CF1, CF2, CF3, CF5, MW1, MW3, MW4, F1, PH1, PH3, PH4	R&HE RR4, MW1, MW2, MW4, MW7, CF1, CF2, CF3, CF5, F6, RR3, RR4, HE1, HE2	R&HE CF2, CF3, RR2, BFA1, RR5, O23, OR5	R&HE CF4, CF5, RR2, RR3, RR7, MW2	R&HE CF2, CF3, OR1, ISH6, MW2, BS3, BS5, HP6	R&HE MW1, MW2, MW3, MW4, BFA2
	PSHE H1, H2, H7, R1, R2, R3, R4	PSHE H1, H3, H7, R1, R2, L4, L8	PSHE R1, R2, R7, H15, L8, H22	PSHE H1, H7, R7, R2, R3, R12, R16	PSHE R2, R3, R7, H1, H6	PSHE H5, H6, H7, H8, H15
	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2, 3 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2 and 3

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Year 4	R&HE CF1, CF2, CF3, MW1, MW8, MW10, RR5, RR6, BS1, BS5, F2	R&HE RR4, MW1, MW4, F1, F3, F4, HP5	R&HE CF1, CF2, CF3, MW2, MW3, RR5, BS8, ISH2, ISH7	R&HE CF4, CF5, RR2, RR3, RR8, MW3, MW5, MW9, BS1, ISH1, ISH5, ISH7	R&HE CF2, CF3, CF5, RR1, RR8, F2, BS1, BS5, DAT1	R&HE MW2, MW3, MW4, MW5, CAB1
	PSHE H1, H2, H14, H23, R2, R4, R7, R11, R21	PSHE H1, H5, H7, H12, R2	PSHE R1, R2, R11, R12, L7, H23, H24	PSHE H1, H6, H7, R12, R18, R21	PSHE R2, R10, R15, H1, H5, H10, H13, H17	PSHE H5, H6, H7, H8, H13, H16, R2
	SIAMS Strands 3, 4 and 5	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2, 4, and 5	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2, 3 and 4
Year 5	R&HE CF1, CF2, CF3, MW1, RR1, BS4, ISH2, ISH4, F1, F2, F4, HP3,	R&HE RR4, MW1, CF2, CF5, F6, BS5, BS6, BS7, BS8	R&HE CF2, CF3, MW7, OR1, OR4, RR1, RR2, RR5, ISH3	R&HE CF4, RR2, RR6, MW1, MW2, MW3, MW8	R&HE CF1, CF2, CF3, OR1, OR4, ISH6, MW2, MW3, BS1, BS8, DAT1	R&HE MW1, MW2, MW4, CAB1, CAB2
	PSHE H1, H2, R2, R4, H2, H5, L6	PSHE H1, H7, H13, H14, R2, R11, L15, H23	PSHE R1, R2, H1, R10, L9, L11, H25	PSHE H1, H6, H7, R2, R7, R12, R18, L8	PSHE R1, R2, R7, R9, R12, R21, H4, H7, H14, H17, L17, L18	PSHE H1, H5, H6, H7, H13
	SIAMS Strands 2, 3 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2 and 4	SIAMS Strands 2, 3 and 4	SIAMS Strands 2 and 3

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Year 6	R&HE CF1, CF3, MW1, MW3, MW4, MW6, RR4, BS2, BS5, F5, HE3	R&HE RR4, MW1, CF1, CF3, F1, F3, HP1,	R&HE CF2, CF3, CF4, RR1, RR5, ISH2, ISH3, ISH4	R&HE CF2, CF4, CF5, RR2, RR6, MW1, MW8, OR1	R&HE CF2, MW1, BS1, RR2, HP6, ISH6, DAT1	R&HE MW1, MW2, MW3, MW4, CAB1
	PSHE R2, R5, R9, H1, H2, H3, H6, H14	PSHE H1, H22, H24, R1, R2, R10, R13, L11	PSHE R1, R2, R10, R13, L11, H22, H24	PSHE H1, H7, R2, R9, R12, R14, R21	PSHE R2, H6, H7, H17, R16	PSHE H1, H2, H5, H6, H7, H8, H9, H13, H16
	SIAMS Strands 2, 3, and 4	SIAMS Strands 2, 3 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2 and 4	SIAMS Strands 2, 3, 4 and 5	SIAMS Strands 2 and 3



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Relationship and Sex Education 'The Christopher Winters Project'

Reception	Theme: Family and Friends To recognise the importance of friendship To recognise the importance of saying sorry and forgiveness To recognise that all families are different
Year 1	Theme; Growing and Caring for Ourselves To understand that we are all different but can still be friends To discuss how children grow and change To explore different types of families and who to ask for help To identify who we can help when families make us feel unhappy or unsafe
Year 2	Theme: Differences To introduce the concept of gender stereotypes To identify the differences between males and females To explore the difference between males and females and to understand that this is part of the lifecycle
Year 3	Theme: Valuing Differences and Keeping Safe To identify that people are unique and to respect those difference To explore the differences between male and female bodies To consider appropriate and inappropriate physical contact and consent To explore different types of families and who to go to for help and support
Year 4	Theme: Growing Up To explore the human lifecycle To identify some basic facts about puberty To explore how puberty is linked to reproduction To explore respect in a range of relationships To discuss the characteristics of a healthy relationship
Year 5	Theme: Puberty To explore the emotional and physical changes occurring in puberty To understand the male and female changes in more detail To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty

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Year 6

Theme: Puberty, Relationships and Reproduction

To consider puberty and reproduction

Exploring the importance of communication and respect in families

To consider the different ways people might start a family

To explore positive and negative ways of communicating in a relationship

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