

RSHE Long Term Plan LKS2

Year A

	<u>Autumn term</u> <u>My Beliefs</u>	<u>Spring term</u> <u>My Rights and</u> <u>Responsibilities</u>	<u>Summer term</u> <u>Asking for help</u>
<u>Overview</u>	<ul style="list-style-type: none">- I have identified that there are ways in which some people believe that a boy should behave, and a girl should behave- I recognise that girls and boys have lots of similarities- I know that I can follow my aspirations, irrespective of the gender that I was born- I know everyone is both similar and different to other people- I have thought about my family and how it is unique and special to me- I have identified some of the things that make me who I am and can celebrate these	<ul style="list-style-type: none">- I know that it is my right to decide who can touch my body- I have thought about the reasons why some people may need to touch my body- I know how to respond if someone touches my body without my permission- I understand what marriage is and why this is something special between two people- I have explored the reasons why some people choose not to get married- I know that marriage should always be a choice	<ul style="list-style-type: none">- I can identify a secret and a surprise, understanding the difference- I know that it is OK to keep a surprise and that it is important to share a secret- I have considered ways of sharing a secret appropriately- I can recognise situations that I will need help to manage- I know who I can ask for help- I have practiced asking for help

Year B

	<u>Autumn term</u> <u>My feelings</u>	<u>Spring term</u> <u>My body</u>	<u>Summer term</u> <u>My relationships</u>
<u>Overview</u>	<ul style="list-style-type: none"> - I understand the term self-esteem and know why it is important to have high self esteem - I can recognise some of my strengths - I have set an aspirational personal goal for myself - I can recognise a wide range of emotions, and identify factors that affect emotions - I have considered strategies to help manage my emotions - I have thought about ways to recognise and respond to other people's emotions 	<ul style="list-style-type: none"> - I understand how my body might change as I grow and develop - I can celebrate everybody's physical uniqueness - I know how to keep my body clean and hygienic - I know how a baby develops - I know how a baby is born - I know how my body has changed so far and how it might change in the future 	<ul style="list-style-type: none"> - I know what a relationship is and the different types of relationships that people enjoy - I can identify the different types of relationships that I am in - I have considered ways people show that they care for each other within a relationship - I can recognise that some things can be done in public and some things should only be done in private - I have thought about different types of touch within relationships and how to respond - I have thought about types of behaviours within relationships and how to respond

