Sacred Heart RC Primary School – ‘Where Every Heart is Sacred’ LTP

Subject: RSHE

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|  | **Autumn 1****Family &****Community** | **Autumn 2****Dignity of the Human Person** | **Spring 1****Dignity of Work** | **Spring 2****Option for the****Poor and****Vulnerable** | **Summer 1****Stewardship** | **Summer 2****Rights and****Responsibilities** |
| **Butterflies** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation |
| **Nursery** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Healthy Lifestyles.** | **Relationships: Families and Friendships.** | **Relationships: Families and Friendships.** | **Relationships: Managing hurtful behaviour.** |
| **Reception** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Living in the Wider World: Media and Digital Literacy.**Unit - Life Online | **Relationships: Safe Relationships.**Unit - Keeping Safe**Health and Well Being: Healthy Lifestyles.**Unit - Keeping Safe | **Health and Well Being: Keeping Safe.**Unit - Keeping Safe | **Living in the Wider World: Communities.**Unit - Living In The Wider World**Living in the Wider World: Aspirations, Careers and Money.** Unit - Living In The Wider World |
| **KS1****Cycle A** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Healthy Lifestyles and Ourselves, Growing and changing.**Unit - Me, My Body, My Health | **Health and Well Being: Mental Health.**Unit - Emotional Well Being | **Health and Well Being: Mental Health.**Unit - Life Cycles | **Relationships:****Families, Friends.**Unit - Personal Relationships |
| **KS1 Cycle B** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Living in the Wider World: Media and digital Literacy.**Unit - Life Online | **Relationships: Safe Relationships.**Unit - Keeping Safe | **Health and Well Being: Keeping Safe.**Unit – Keeping Safe | **Living in the Wider World: Communities, Aspirations and Careers, Money.**Unit - Living In The Wider World |
| **LKS2 Cycle A** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Relationships: Friendships.**Unit - Personal Relationships | **Living in the Wider World: Media and Digital Literacy.**Unit – Life Online.**Health and Well Being: Keeping Safe.**Unit – Keeping Safe | **Health and Well Being: Drugs and Alcohol.**Unit – Keeping Safe**Health and Well Being: Keeping Safe.**Unit – Keeping Safe | **Relationships: Friendships.****Unit** - Living in the Wider World**Living in the Wider World: Aspirations and Careers.**Unit - Living in the Wider World |
| **LKS2 Cycle B** | **Living in the Wider World: Money**Unit -Living in the Wider World | **Health and Well Being: Ourselves, Growing and Changing** Unit - Life Me, My Body, My Health | **Health and Well Being: Ourselves, Growing and Changing**Unit - Life Me, My Body, My Health | **Health and Well Being: Mental Health**Unit - Emotional Well Being | **Health and Well Being: Ourselves, Growing and Changing**Unit - Life Cycles | **Health and Well Being: Ourselves, Growing and Changing**Unit - Life Cycles |
| **UKS2 Cycle A** | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Mental Health.**Unit - Zones of Regulation | **Health and Well Being: Keeping Safe.**Unit – Keeping Safe | **Health and Well Being: Keeping Safe.**Unit – Keeping Safe**Living in the Wider World: Aspirations and Careers.**Unit - Living in the Wider | **Living in the Wider World: Money****Unit -** Living In The Wide World**Health and Well Being: Ourselves, Growing and Changing**Unit - Me, My Body, My Health | **Health and Well Being: Healthy Lifestyles**Unit - Me, My Body, My Health**Health and Well Being: Ourselves, Growing and Changing**Unit - Life Cycles |
| **UKS2 Cycle B** | **Relationships: Managing hurtful behaviour.**Unit - Personal Relationships | **Relationships: Respecting Self and others.**Unit - Personal Relationships | **Living in the Wider World: Media and digital Literacy.**Unit - Life Online**Health and Well Being: Ourselves, Growing and Changing**Unit - Me, My Body, My Health. | **Health and Well Being: Ourselves, Growing and Changing**Unit - Me, My Body, My Health.**Health and Well Being: Mental Health**Unit - Emotional Well Being | **Relationships: Friendships, Respecting self and others.****Health and Well Being: Mental Health****Unit -** Emotional Well Being**Living in the Wider World: Media and digital Literacy.****Unit -** Emotional Well Being | **Health and Well Being: Mental Health and Ourselves, Growing and Changing.**Unit. Life Cycle |