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 |