



# Subject: Relationship and Health Education

	Autumn	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Relationships Education, Caring Friendships, Mental Health and Well-being		Relationships Education, Caring Friendships, Health Education, Mental Health and Well-being		Families and people who care for me, Caring friendships, Respectful Relationships	
Year 1	Respecting Ourselves and Others Families and Friendships Safe Relationships		Belonging to a Our Community Media Literacy and Digital Resilience Money and Work		Physical Health and Mental Well-being Keeping Healthy, Food and Exercise Hygiene Routines and Sun Safety Keeping Safe	Changing and Growing
Year 2 & 3	Respecting Ourselves and Others Families and Friendships Safe Relationships		Belonging to a Our Community Media Literacy and Digital Resilience Money and Work		Physical Health and Mental Well-being Keeping Healthy, Food and Exercise Hygiene Routines and Sun Safety Keeping Safe	Changing and Growing
Year 4	Respecting Ourselves and Others Families and Friendships Safe Relationships		Belonging to a Our Community Media Literacy and Digital Resilience Money and Work		Physical Health and Mental Well-being Keeping Healthy, Food and Exercise Hygiene Routines and Sun Safety Keeping Safe	Changing and Growing
Year 5	Respecting Ourselves and Others Families and Friendships Safe Relationships		Belonging to a Our Community Media Literacy and Digital Resilience Money and Work		Physical Health and Mental Well-being Keeping Healthy, Food and Exercise Hygiene Routines and Sun Safety Keeping Safe	Changing and Growing
Year 6	Respecting Ourselves and Others Families and Friendships Safe Relationships		Belonging to a Our Community Media Literacy and Digital Resilience Money and Work		Physical Health and Mental Well-being Keeping Healthy, Food and Exercise Hygiene Routines and Sun Safety Keeping Safe	Changing and Growing