



Eureka Primary School Long Term Plan: RSHE



An Enriching Learning Journey where we feel Safe, Happy and Comfortable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS & Year 1 ADVENTURERS	Mental health and Emotional well-being: Feelings	Keeping safe and Managing risk: Feeling safe (Anti-Bullying)	Physical Health and Well-being: Fun times	Drug, alcohol and tobacco education: What do we put into and on our bodies?	Identity, society and equality: Me and others	Relationships and Health Education: PANTS - NSPCC
Year 1 & 2 THINKERS	Mental health and Emotional well-being: Friendship	Keeping safe and Managing risk: Indoors and outdoors (Anti-Bullying)	Physical health and Well-being: What keeps me healthy?	Drug, alcohol and tobacco education: Medicines and Me	Identity, society and equality: Caring for Others and different families (Y2 Relationships lessons 5 and 6)	Relationships and Health Education: Boys and Girls; Families
Years 3 & 4 EXPLORERS	Mental health and Emotional well-being: Strengths and Challenges	Keeping safe and Managing risk: Bullying – see it, say it, stop it and Playing safe (Anti-Bullying)	Physical health and Well-being: What helps me choose?	Drug, alcohol and tobacco education: Tobacco is a Drug	Identity, society and equality: Celebrating Difference	Relationships and Health Education: Growing Up and Changing
Years 4 & 5 INVESTIGATORS	Mental health and Emotional well-being: Dealing with Feelings	Keeping safe and Managing risk: Making safer choices (Anti-Bullying)	Physical health and Well-being: What is important to me?	Drug, alcohol and tobacco education: Making Choices	Identity, society and equality: Democracy	Relationships and Health Education: Growing Up and Changing
Years 5 & 6 ENQUIRERS	Mental health and Emotional well-being: Healthy Minds	Keeping safe and Managing risk: Keeping safe out and about (Anti-Bullying)	Physical health and Well-being : In the Media	Drug, alcohol and tobacco education: Different Influences and weighing up risk	Identity, society and equality: Stereotypes, discrimination and prejudice Human Rights	Relationships and Health Education: Healthy Relationships Moving on: Transition to secondary school
Careers, financial capability and economic well-being units: Additional units	Year 1/2 unit: My money		Year 3/4 unit: Saving spending and budgeting			Year 5/6 unit: Borrowing and earning money

Keeping all of us Safe, Happy and Comfortable is the Golden thread throughout our RSHE curriculum and at the heart of Eureka Primary School.