



RSHE Medium Term Plan  
Summer Term: Health and Wellbeing



<b>Year 1: Health and Wellbeing</b>	
Session 1	To know what keeps our bodies healthy.
Session 2	To know how I keep clean.
Session 3	To learn about things that go into bodies and onto skin and how this can make people feel.
Session 4	To recognise what I am good at and to set a target.
Session 5	To understand what change is (growing and changing)
Session 6	To know how to stay safe at home.
Session 7	To know how to ask for help when I need it.



RSHE Medium Term Plan  
Summer Term: Health and Wellbeing



Year 2: Health and Wellbeing	
Session 1	To make informed choices about my health.
Session 2	To learn about medicines, and the people who help them to stay healthy
Session 3	To learn about rules for keeping safe around medicines and other household products
Session 4	To recognise my feelings and describe them. To have self-confidence. <b>How to be a lion – Ed Vere</b>
Session 5	To use correct names for body parts (boys and girls)
Session 6	To recognise what I am good at and set myself goals <b>Impossible by Tracey Courderoy</b>
Session 7	To know how to stay safe online.
Session 8	To know how to stay safe outside (road, water, fire etc)



RSHE Medium Term Plan  
Summer Term: Health and Wellbeing



Year 3 Spring term: Health and Wellbeing	
Session 1	To understand what makes a balanced diet.
Session 2	To understand what habits are hygienic.
Session 3	To describe my feelings to others and be welcoming. <b>Beegu – Alexis Deacon</b>
Session 4	To understand conflicting feelings. To understand what a by-stander is. <b>We're all wonders – RJ Palacio</b>
Session 5	To understand what habits are hygienic and who helps to keep me healthy and safe (Doctor/Dentist)
Session 6	To understand how to help people in need. (fires etc)
Session 7	To learn about the safe use of medicines and household products
Kiva (Anti-bullying)	Session 7: The bullied child needs your support Session 8: I will not be bullied Session 9: Literature lesson Session 10: Kiva Contract



RSHE Medium Term Plan  
Summer Term: Health and Wellbeing



Year 4 Spring term: Health and Wellbeing	
Session 1	To understand what makes a balanced lifestyle.
Session 2	To promote mental health and well being <b>Incredible you – Rhys Brisenden and Nathan Reed</b>
Session 3	To learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people’s health
Session 4	To recognise that my emotions may change. <b>Where happiness begins- Eva Eland.</b>
Session 5	To know there are more things we have in common than divide us <b>Aalfred and Albert – Morag Hood</b>
Session 6	To understand the changes that happen at puberty.
Session 7	To understand how to stay safe online.
Session 8	To recognise why it’s sometimes hard to be assertive <b>Dogs don’t do ballet- Morag Hood</b>
Kiva (Anti-bullying)	Lesson 7: The bullied child needs your support Lesson 8: I will not be bullied Lesson 9: Literature lesson Lesson 10: Kiva Contract



RSHE Medium Term Plan  
Summer Term: Health and Wellbeing



Year 5 Spring term: Health and Wellbeing	
Session 1	To recognise what affects your health and wellbeing and explore friendship. <b>The girls – Lauren Lee and Jenny Lovile</b>
Session 2	To manage change (loss, separation, divorce and bereavement) <b>Waiting for wolf- Sandra Diekmaan</b>
Session 3	To learn how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing
Session 4	To understand the effect of alcohol on the body
Session 5	To understand the effects of smoking on the body
Session 6	To understand the difference between legal and illegal drugs
Session 7	To learn about some of the risks and effects of legal and illegal drug use
Session 8	To explore online safety. To consider the consequences of sharing pictures online.
Kiva (Anti-bullying)	Lesson 7: The bullied child needs your support Lesson 8: I will not be bullied Lesson 9: Literature lesson Lesson 10: Kiva Contract



RSHE Medium Term Plan  
Summer Term: Health and Wellbeing



Year 6 Spring term: Health and Wellbeing	
Session 1	To recognise how content online doesn't always reflect reality. How can online photos distort reality?
Session 2	To explore the effects of commonly available drugs and substances.
Session 3	To learn about human reproduction. (*This lesson may be delivered by a school nurse).
Session 4	To recognise peer pressure.
Session 5	To learn about the reasons why people use drugs; managing situations and peer influence
Session 6	To learn that mixed messages about drug use in the media exist and that these can influence opinions and decisions
Session 7	To celebrate personal achievements and identify goals.
Session 8	To consider how transition may affect me. (moving to secondary school)
Kiva (Anti-bullying)	Session 7: Confronting bullying as a group Session 8: What to do if I get bullied Session 9: Kiva School – Let's do it together! Session 10: Our School Now