

### Long Term Plan- Health and Relationships- Key Stage 1.

		Autumn1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Topic	This is me!	British Wildlife.	Dinosaurs	Spring	Pets	Space
	Theme	Healthy bodies, healthy minds	Healthy and happy friendships	Caring and responsibility	Families and Committed relationships	Coping with change	Similarities and Differences
	Objective	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Forming friendships and how kind or unkind behaviours impact other people.	Identifying who our special people are and how they keep us safe.	What a family is (including difference and diversity between families), and why families are important and special.	Growing from young to old and how we have changed since we were born.	Similarities and differences between people and how to respect and celebrate these.
Year 2	Topic	Planet Protectors	Time Travel	Super Humans and Amazing Athletes	Explorers and Survival	Mad about minibeasts	Ocean Adventures
	Theme	Caring and responsibility	Healthy and happy friendships	Healthy bodies, healthy minds	Coping with change	Families and Committed relationships	Similarities and Differences
	Objective	The different communities and groups we belong to and how we help and support one another within these.	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.	The different people in our families, and how families vary.	Exploring different strengths and abilities. Understanding and challenging stereotypes.