



## Middlewich Primary School



### Relationships and Health Education Whole School Overview

|                  | <b>Autumn I<br/>(8 lessons)</b>  | <b>Autumn II<br/>(6 lessons)</b>                                     | <b>Spring I<br/>(6 lessons)</b>   | <b>Spring II<br/>(6 lessons)</b>   | <b>Summer I<br/>(5 lessons)</b>  | <b>Summer II<br/>(7 lessons)</b>   |
|------------------|--|--|---|--|--|--|
| <b>Reception</b> | <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Health eating</li> <li>• Caring Friendships</li> </ul>                               | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Being safe II</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe III</li> </ul> | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Basic first aid</li> </ul>                                     |
| <b>Year 1</b>    | <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Caring Friendships</li> </ul>                              | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Being safe II</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe III</li> </ul> | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Basic first aid</li> </ul>                                     |
| <b>Year 2</b>    | <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Caring Friendships</li> </ul>                              | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Being safe II</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe III</li> </ul> | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Basic first aid</li> </ul>                                     |
| <b>Year 3</b>    | <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Caring friendships/online relationships</li> </ul>         | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Being safe II</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe III</li> </ul> | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Basic first aid</li> </ul>                                     |
| <b>Year 4</b>    | <ul style="list-style-type: none"> <li>• Respectful Relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Health eating</li> <li>• Caring friendships/online relationships</li> </ul>          | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Changing adolescent body</li> </ul>                            | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe II</li> </ul>  | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Basic first aid</li> </ul>                                     |
| <b>Year 5</b>    | <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy eating/choices</li> <li>• Caring friendships/online relationships</li> </ul> | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Basic first aid</li> </ul>                                     | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe II</li> </ul>  | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Changing adolescent body and conception &amp; birth</li> </ul> |
| <b>Year 6</b>    | <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Being safe I</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy eating/choices</li> <li>• Caring friendships/online relationships</li> </ul> | <ul style="list-style-type: none"> <li>• Respectful relationships II</li> <li>• Changing adolescent body and conception &amp; birth</li> </ul> | <ul style="list-style-type: none"> <li>• Families</li> <li>• Being Safe II</li> </ul>  | <ul style="list-style-type: none"> <li>• Health and prevention</li> <li>• Basic first aid</li> </ul>                                     |