



Reepham Church of England Primary School

Be Known, Be Loved, Belong

Long Term Planning

School Vision: Be Known, Be Loved, Belong
“Who you are is God’s gift to you. Who you become is your gift to God.”

Subject Intent:

Our PSHE curriculum equips pupils with the knowledge, skills and understanding that they need to become healthy, independent and responsible members of society. They learn to thrive, stay safe and make informed decisions about their wellbeing and build positive, inclusive relationships with others.

Spirituality in PSHE

As you explore topics such as relationships, feelings and attitudes, keeping safe and ‘your body’ where are the natural links with the wows, ows, and nows? How can the honesty and sensitivity needed to explore these topics gently reflect the language of spirituality already used throughout the school.

Year Group	Autumn – Core 2 – Relationships	Spring – Core 1 – Health and Wellbeing	Summer – Core 3 – Citizenship
EYFS	<i>Lessons added in focussing on:</i> - <i>Resilience</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles) Lesson 11 – I Feel Poorly	Unit 1 (Rules and Responsibilities) Lesson 5 – What a Problem Lesson 9 – Stick to the Rules

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	- <i>Coping strategies for independence e.g., 5 finger breathing</i> - <i>Class Charter e.g., behaviour expectations</i> Unit 1 (Communication) Lesson 1 – Hide and Seek Lesson 17 – I’m Stuck Lesson 18 – A Piece of Cake Unit 2 (Bullying / Collaboration) Lesson 13 – Bully Boy Lesson 24 – Playing Games Unit 3 (Respecting Self and Others) Lesson 4 – It’s Your Turn Lesson 8 – Me and You Lesson 16 – All Join In Unit 4 (Healthy Relationships) Lesson 2 – Nan’s House Lesson 7 – An Old Friend Lesson 14 – Family Fun	Lesson 19 – Busy Busy Unit 3 (Hygiene, Growing and Changing) Lesson 3 – I Like Lesson 12 – Clean and Tidy Lesson 21 – Getting in a Knot Unit 4 (Emotions) Lesson 1 – Hide and Seek Lesson 2 – Nan’s House Unit 6 (Safe Zone – Wellbeing Online) Lesson 1 – Happy Birthday Grandpa Jo Lesson 4 – Yesterday’s News Lesson 7 – Time Flies for Grandpa Jo	Unit 2 (Aspirations) Lesson 6 – Take the Plunge Lesson 10 – Rainy Days Lesson 15 – One Gold Star Unit 4 (Communities) Lesson 22 – Eid Mubarak Unit 5 (Media Literacy) Lesson 2 – E Safety, Be Safe Safe Zone Lesson 5 – Great Grandpa Joe’s Robin Surprise
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	Lesson 17 – I’m Stuck Unit 5 (Safe Zone – Online Safety and Awareness) Lesson 2 – Family Connections Lesson 3 – What a Nuisance Lesson 4 – Yesterday’s News		
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Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 1	<i>Lessons added in focussing on:</i> - <i>Resilience</i> - <i>Coping strategies for independence e.g., 5 finger breathing</i> - <i>Class Charter e.g., behaviour expectations</i> Unit 1 (Communication) Lesson 1 – Opinions <i>I Think....!</i> Lesson 2 – Cooperation <i>Want to Play?</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles) Lesson 2 – Physical Activity <i>Mighty Muscles</i> Lesson 3 – Physical Activity <i>Get Physical!</i> Unit 2 (Nutrition and Food) Lesson 1 – Healthy Eating <i>Vote Green</i> Lesson 2 – Healthy Eating <i>Meat Eaters</i>	Unit 1 (Rules and Responsibilities) Lesson 3 – Taking Turns <i>It’s Your Turn</i> Lesson 5 – Sharing <i>Share the Booty</i> Lesson 6 – Caring <i>Talking to Plants</i> Unit 2 (Aspirations) Lesson 1 – Setting Goals <i>When I Grow Up!</i> Unit 3 (Money and Finance)

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	Unit 2 (Bullying / Collaboration) – Lesson 1 Bullying <i>The Ugly Duckling</i> Lesson 3 – Behaviour <i>In My Shoes</i> Lesson 4 – Kindness <i>Give a Little</i> Unit 3 (Respecting Self and Others) Lesson 1 Fair and Unfair <i>It's Not Fair!</i> Unit 4 (Healthy Relationships) Lesson 1 – Friendship <i>Friends Together</i> Lesson 4 – Family <i>My Family</i> Lesson 5 – Family <i>Special People</i> Lesson 6 – Staying Safe <i>Secret Surprise</i> Unit 5 (Safe Zone – Online Safety and Awareness)	Unit 3 (Hygiene, Growing and Changing) Lesson 1 – Dental Hygiene <i>Brushing Up!</i> Lesson 2 – Dental Hygiene <i>Bright White</i> Lesson 5 – Keeping Clean <i>Bath Time!</i> Lesson 6 – Similarities and Differences <i>Boys V Girls</i> Lesson 8 – Changing Needs <i>I Need...</i> Unit 4 (Emotions) Lesson 2 – Happiness <i>Smile!</i> Lesson 3 – Anger <i>Grr!</i> Lesson 4 – Love <i>Three Little Words</i> Unit 5 (Keeping Safe) Lesson 1 – Sun Safety <i>It's A Cover Up!</i> Lesson 2 – Road Safety <i>Green X Code</i>	Lesson 1 – Money <i>Grows on Trees?</i> Lesson 2 – Money <i>Coining It In</i> Lesson 3 – Money <i>Keep It Safe</i> Unit 4 (Communities) Lesson 1 – Our School <i>Common Goals</i> Lesson 2 – Belonging <i>Join The Club</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)</i>
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	Lesson 2 – Self Image and Identify Lesson 3 – Managing Online Information Lesson 4 – Privacy and Security	<i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)</i> Lesson 2 – Self Image and Identity Lesson 3 - Managing Online Information Lesson 4 – Privacy and Security	
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Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 2	<i>Lessons added in focussing on:</i> - <i>Resilience</i> - <i>Coping strategies for independence e.g., 5 finger breathing</i> - <i>Class Charter e.g., behaviour expectations</i> Unit 1 (Communication) – Lesson 3 Cooperation <i>Let's Debate</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles) Lesson 1 – Physical Activity <i>Workout!</i> Lesson 4 – Sleep <i>Nighty Night!</i> Lesson 5 – Keeping Healthy <i>Give It a Boost</i> Unit 2 (Nutrition and Food)	Unit 1 (Rules and Responsibilities) Lesson 1 – Rules and Expectations <i>Class Charter</i> Lesson 2 – Rules and Expectations <i>Who's at fault?</i> Lesson 4 – Lending / Borrowing <i>The Borrowings</i> Unit 2 (Aspirations)

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Lesson 4 – Good Manners <i>How Rude!</i> Unit 2 (Bullying / Collaboration) – Lesson 2 - Teasing <i>That’s Mean</i> Lesson 5 - Behaviour <i>Help Me!</i> Unit 3 (Respecting Self and Others) Lesson 2 - Comparisons <i>All the Same</i> Lesson 3 - Right and Wrong <i>In The Right</i> Unit 4 (Healthy Relationships) Lesson 2- Friendship <i>Hola! Bonjour!</i> Lesson 3 -Friendship <i>Share Alike</i> Lesson 7 -Staying Safe <i>I Don’t Know You!</i> Unit 5 (Safe Zone – Online Safety and Awareness) Lesson 1- Self Imagine and Identity	Lesson 3 – Healthy Eating <i>What a Load of Junk!</i> Lesson 4 – Healthy Eating <i>Party Time!</i> Unit 3 (Hygiene, Growing and Changing) Lesson 3 – Dental Hygiene <i>Top Teeth</i> Lesson 4 – Keeping Clean <i>Meet Grub!</i> Lesson 7 – The Human Body <i>Body Bits</i> Unit 4 (Emotions) Lesson 1 – Emotions <i>Mood Swings</i> Lesson 5 – Sadness <i>How To Cope</i> Lesson 6 – Consequences <i>Good V Bad</i> Lesson 7 – Emotions <i>Differences Makers</i> Unit 5 (Keeping Safe)	Lesson 2 – Aspirations <i>It’s a Goal</i> Unit 3 (Money and Finance) Lesson 4 – Money <i>Shopping List</i> Lesson 5 – Choices <i>This or That?</i> Lesson 6 – Enterprise <i>Dragon’s Den</i> Unit 4 (Communities) Lesson 3 – Local Citizenship <i>Our Local Area</i> Lesson 4 – Local Citizenship <i>Community Care</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)</i>
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	Lesson 2 – Online Relationships Lesson 3 – Online Reputation	Lesson 3 – Drug Safety <i>Magic Medicine</i> Lesson 5 – Fire Safety <i>Escape Plan</i> Lesson 6 – Emergency Calls <i>999!</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)</i> Lesson 4 – Online Bullying Lesson 5 – Managing Online Information Lesson 7 – Privacy and Security	
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Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 3	<i>Lessons added in focussing on:</i> - <i>Resilience</i> - <i>Coping strategies for independence e.g., 5 finger breathing</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles) Lesson 1 – A Balanced Approach <i>Define: Healthy</i>	Unit 1 (Healthy Lifestyles) Lesson 1 – Rules <i>I’m In Charge</i> Lesson 2 – Thinking Ahead <i>Lesson Planning</i>

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	- <i>Class Charter e.g., behaviour expectations</i> Unit 1 (Communication) Lesson 1 Clear Messages <i>Dot, Dot, Dash</i> Lesson 2 Listening and Responding <i>I Hear You</i> Unit 2 (Bullying / Collaboration) Lesson 1 – Reactions <i>Frustration!</i> Lesson 2 – Self Worth <i>I’m A Marvel!</i> Unit 3 (Respecting Self and Others) Lesson 1 – Connections <i>Paper Chains</i> Lesson 2 – Family Links <i>Family Tree</i> Lesson 4 – Religious Views <i>Faith Findings</i> Lesson 6 – Self Respect <i>Let’s ROCK</i>	Lesson 2 – Physical Exercise <i>Active Kids?</i> Lesson 3 – Lifestyle Choices <i>It’s Your Choice</i> Lesson 4 – Sleep <i>Sweet Dreams</i> Unit 2 (Nutrition and Food) Lesson 1 – A Balanced Diet <i>Plant or Animal</i> Lesson 2 – Balancing Diet <i>Balancing Act</i> Unit 3 (Hygiene, Growing and Changing) Lesson 1 – Before Puberty <i>You’ve Grown</i> Lesson 2 – Keeping Clean <i>Squeaky Clean</i> Unit 4 (Emotions) Lesson 1 – Loss/Separation <i>Lost!</i> Lesson 2 – Loss/ Separation <i>Found!</i> Unit 5 (Keeping Safe)	Lesson 3 – Taking the Lead <i>Learning Time</i> Unit 2 (Aspirations) Lesson 1 – Identified Strengths <i>I’m Good at That</i> Lesson 2 – Identified Strengths <i>Future Me</i> Unit 4 (Communities) Lesson 1 – Working Together <i>Name Game</i> Lesson 2 – Working Together <i>Build It Up</i> Lesson 3 – Shared Goals <i>Better Places</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)</i>
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	Unit 4 (Healthy Relationships) Lesson 1 – Friendship <i>Best Features</i> Lesson 2 – Friendship <i>Circles Time</i> Lesson 3 – Friendship <i>Falling Out</i> Unit 5 (Safe Zone – Online Safety and Awareness) Lesson 2 – Online Relationships and Bullying Lesson 3 – Managing Online Information Lesson 4 – Health, Wellbeing and Lifestyle	Lesson 1 – Sun Safety <i>Too Hot!</i> Lesson 2 – Beach Safety <i>Follow the Flags</i> Lesson 3 – Health Safety <i>Aaachooo!</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)</i> Lesson 1 – Self Image and Identity Lesson 5 – Privacy and Security	
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Year 4	<i>Lessons added in focussing on:</i> - <i>Resilience</i> - <i>Coping Strategies for independence e.g, 5</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles)	Unit 2 (Aspirations) Lesson 3 – Setting Goals <i>That's My Goal!</i>

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	- <i>Finger breathing</i> - <i>Class Charter e.g., behaviour expectations</i> Unit 1 (Communication) Lesson 3 – Expressing Opinions <i>It's Debatable</i> Lesson 4 – Privacy <i>The Secrets Jar</i> Unit 2 (Bullying / Collaboration) Lesson 3 – Persistence and Resilience <i>Don't Give Up</i> Lesson 4 – Negative Persistence <i>Over and Over</i> Unit 3 (Respecting Self and Others) Lesson 3 – Family Changes <i>Two Homes</i> Lesson 5 – Religious Views <i>Inside Outside</i> Lesson 7 – Gender Stereotyping <i>His and Hers</i>	Lesson 5 – Physical, Emotional and Mental <i>I Am Who I Am</i> Lesson 6 – Physical, Emotional and Mental <i>Hearts and Minds</i> Unit 2 (Nutrition and Food) Lesson 3 – Working with Food <i>Master Chef</i> Lesson 4 – Working with Food <i>Picnic Preparations</i> Unit 3 (Hygiene, Growing and Changing) Lesson 3 – Changing Bodies <i>Everyone Changes</i> Lesson 4 – Menstrual Cycle <i>Every Month</i> Unit 4 (Emotions) Lesson 3 – Loss/Separation <i>Left Behind</i> Lesson 4 – Feelings <i>Overreacting</i> Lesson 5 - Feelings <i>Left Out</i> Unit 5 (Keeping Safe)	Lesson 4 – Setting Goals <i>The Impossible Dream</i> Unit 3 (Money and Finance) Lesson 1 – Money Choices <i>A Million Dreams</i> Lesson 2 – Spending <i>Ping!</i> Lesson 3 – Managing Money <i>It's A Gamble</i> Lesson 4 – Managing Money <i>Design Choices</i> Unit 4 (Communities) Lesson 4 – Different Communities <i>My Community</i> Lesson 5 – School Communities <i>School Swap</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)</i>
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	Lesson 8 – Racial Discrimination <i>Coming to England</i> Unit 4 (Healthy Relationships) Lesson 4 – Friendships <i>The BAFAs</i> Lesson 5 – Boundaries <i>Don't Push It</i> Lesson 6 – Trusting Strangers <i>Safe Strangers</i> Unit 5 (Safe Zone – Online Safety and Awareness) Lesson 1 – Online Relationships and Bullying Lesson 3 – Managing Online Information Lesson 4 – Self Image and Identity Lesson 6 – Privacy and Security	Lesson 4 – First Aid <i>Home Hospital</i> Lesson 6 – Drug Safety <i>My Medicine</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)</i> Lesson 2 – Health, Wellbeing and Lifestyles Lesson 5 – Copyright and Ownership	
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Year 5	<i>Lessons added in focusing on:</i> - <i>Resilience</i> - <i>Coping strategies for independence e.g., 5 finger breathing</i> - <i>Class Charter e.g., behaviour expectations</i> Unit 1 (Communication) Lesson 1 – Confidentiality <i>Secret Info</i> Lesson 2 – Listening <i>I’m All Ears</i> Unit 2 (Bullying / Collaboration) Lesson 1 – Teamwork <i>Scrabble</i> Lesson 2 – Teamwork <i>The Puzzler</i> Unit 3 (Respecting Self and Others) Lesson 1 – Race and Ethnicity <i>Unity Matters</i> Lesson 3 – Disabilities <i>Equal Bodies</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles) Lesson 1 – Healthy Lifestyles <i>You Choose!</i> Lesson 4 - Healthy Minds <i>I Feel Happy!</i> Lesson 6 – Physical, Emotional and Mental <i>3-Dimensional</i> Unit 2 (Nutrition and Food) Lesson 1 – Food Choices <i>A Good Balance</i> Lesson 2 – Food Choices <i>Breakfast Club</i> Lesson 3 – Food Choices <i>A Healthy Relationship</i> Unit 4 (Emotions) Lesson 1 – Death and Grief <i>It’s Natural</i> Lesson 2 – Death and Grief <i>Poppies</i> Unit 5 (Keeping Safe)	Unit 1 (Healthy Lifestyles) Lesson 1 – Structure <i>Just Imagine...</i> Lesson 2 – Law and Order <i>In Charge</i> Lesson 3 – UN Rights <i>Our Rights</i> Unit 2 (Aspirations) Lesson 1 – Identified Strengths <i>Big Dreams</i> Unit 3 (Money and Finance) Lesson 1 – Budgeting <i>Money Supermarket</i> Lesson 4 – Generating Income <i>Making Money</i> Lesson 6 – Online Spending <i>App Trapp!</i> Unit 4 (Communities) Lesson 1 – Diverse Communities <i>Welcome!</i> Lesson 2 – Shared Goals <i>It’s All Go!</i>
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	Lesson 4 – Culture <i>Cultural Feast</i> Unit 4 (Healthy Relationships) Lesson 1 – Physical Contact <i>Touch Sensitive</i> Lesson 2 - Support and Care <i>Connections</i> Unit 5 (Safe Zone – Online Safety and Awareness) Lesson 3 – Managing Online Information Lesson 4 – Health, Wellbeing and Lifestyle Lesson 6 – Online Relationships and Bullying	Lesson 1 – Fire Safety <i>Fire Risk</i> Lesson 2 – Water Safety <i>Water Wise</i> Lesson 4 – First Aid <i>Rapid Response</i> Lesson 6 – Drugs and Medicines <i>Just Say No!</i> Lesson 8 – Alcohol <i>Drink Aware</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)</i> Lesson 1 – Online Reputation Lesson 2 – Online Bullying	<i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn or Spring term)</i>
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Year Group	Autumn Term – Core 2 Focus – Relationships	Spring Term – Core 1 Focus – Health and Wellbeing	Summer Term – Core 3 Focus – Citizenship
Year 6	<i>Lessons added in focussing on:</i> - <i>Resilience</i>	<i>Lesson added in focussing on:</i> - <i>Stirling Wellbeing Scale</i> Unit 1 (Healthy Lifestyles)	Unit 2 (Aspirations) Lesson 2 – Identified Strengths <i>Big Achievers</i>

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	- <i>Coping strategies for independence e.g., 5 finger breathing</i> - <i>Class Charter e.g., behaviour expectations</i> Year 6 Autumn Term is Relationships and Sex Education. This is supplemented by Positive Health who provide lessons on Puberty. Lesson 1 – Forming Relationships <i>Changing Faces</i> Lesson 2 – Sexual Relationships <i>Sexplanations</i> Lesson 3 – Healthy Relationships <i>It Must Be Love</i> Lesson 4 – Unhealthy Relationships <i>Harry Smile</i> Lesson 5 – Gender Issues / Relationships <i>Trans:Across</i>	Lesson 2 – Physical Illness <i>Bleugh!</i> Lesson 3 – Immunisation <i>One Sharp Scratch</i> Lesson 5 – Healthy Minds <i>Young Minds</i> Lesson 7 – Sleep <i>The Bed Bank</i> Unit 2 (Nutrition and Food) Lesson 4 – Cooking <i>Invention Team</i> Lesson 5 – Cooking <i>Michelin Stars</i> Unit 3 (Hygiene, Growing and Changing) Lesson 1 – Changing Bodies <i>What’s Puberty?</i> Lesson 2 – Keeping Clean <i>Feeling Fresh</i> Lesson 3 – The Menstrual Cycle <i>Fact or Fiction</i> Unit 5 (Keeping Safe)	Lesson 3 – Setting Goals <i>Super Futures</i> Lesson 4 – Setting Goals <i>I Can Do That</i> Unit 3 (Money and Finance) Lesson 2 – Consumer Sense <i>Payment Terms</i> Lesson 3 – Consumer Sense <i>A Class Catalogue</i> Lesson 5 – Generating Income <i>Raising Money</i> Lesson 7 – Online Spending <i>Appy Banking</i> Unit 4 (Communities) Lesson 3 – Community Event <i>We’re Cultured!</i> Lesson 4 – Disabilities <i>Super Powers</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not</i>
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	<i>Additional Lessons can be done from any of these units</i> Unit 1 (Communication) – Lesson 3 – Listening <i>Agree to Disagree</i> Lesson 4 – Responding <i>Scenarios</i> Unit 2 (Bullying / Collaboration) Lesson 3 – Teamwork <i>This Farming Life</i> Unit 3 (Respecting Self and Others) Lesson 2 – Race and Ethnicity <i>Equal Voices</i> Lesson 5 – Gender Stereotypes <i>Jobs 4 All</i> Lesson 6 – Culture <i>Our Support Network</i> Unit 4 (Healthy Relationships) Lesson 3 – Marriage <i>I Promise</i> Lesson 4 – Managing Conflict <i>Families at War</i>	Lesson 3 – Transport Safety <i>Tracks and Tarmac</i> Lesson 5 – First Aid <i>First Aid Smart</i> Lesson 7 – Tobacco and Vaping <i>Up in Smoke</i> Lesson 9 – Substance Abuse <i>Let's Be Frank</i> <i>Additional lessons can be done in Unit 6 (Safe Zone – Wellbeing Online – If not covered in Autumn term)</i>	<i>covered in Autumn or Spring term</i>
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	Unit 5 (Safe Zone – Online Safety and Awareness) Lesson 1 – Managing Online Information Lesson 2 – Online Relationships and Bullying Lesson 3 – Self Image and Identity Lesson 4 – Health, Wellbeing and Lifestyle Lesson 5 – Privacy and Security		
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