Colgate Primary PSHE/RSE Long term plan 2022

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| Class | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Apple** | Families and People who care for me and  Caring Friendships | Physical health and fitness  Healthy eating  Health and prevention | Respectful relationships  Online relationships  Internet safety and harms | Mental wellbeing  Being safe | Drugs, alcohol and tobacco  Basic first aid | Changing adolescent body  Careers, Financial capability and economic well-being |
| **Maple** | Families and People who care for me and  Caring Friendships | Physical health and fitness  Healthy eating  Health and prevention | Respectful relationships  Online relationships  Internet safety and harms | Mental wellbeing  Being safe | Drugs, alcohol and tobacco  Basic first aid | Changing adolescent body  Careers, Financial capability and economic well-being |
| **Oak** | Physical health and fitness  Healthy eating  Health and prevention | Families and People who care for me and  Caring Friendships | Respectful relationships  Online relationships  Internet safety and harms | Mental wellbeing  Being safe | Drugs, alcohol and tobacco  Basic first aid | Changing adolescent body  Careers, Financial capability and economic well-being |
| **Cedar** | Physical health and fitness  Healthy eating  Health and prevention | Families and People who care for me and  Caring Friendships | Respectful relationships  Online relationships  Internet safety and harms | Mental wellbeing  Being safe  Changing adolescent body | Drugs, alcohol and tobacco | Basic first aid  Careers, Financial capability and economic well-being |
| **Willow** | Families and People who care for me and  Caring Friendships  Respectful relationships | Internet safety and harms  Health and prevention | Physical health and fitness  Healthy eating | Mental wellbeing | Online relationships  Being safe  Basic first aid | Drugs, alcohol and tobacco  Changing adolescent body  Careers, Financial capability and economic well-being |