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 andCaring Friendships | Physical health and fitnessHealthy eatingHealth and prevention | Respectful relationshipsOnline relationshipsInternet safety and harms | Mental wellbeingBeing safe | Drugs, alcohol and tobaccoBasic first aid | Changing adolescent bodyCareers, Financial capability and economic well-being |
| **Maple** | Families and People who care for me andCaring Friendships | Physical health and fitnessHealthy eatingHealth and prevention | Respectful relationshipsOnline relationshipsInternet safety and harms | Mental wellbeingBeing safe | Drugs, alcohol and tobaccoBasic first aid | Changing adolescent bodyCareers, Financial capability and economic well-being |
| **Oak** | Physical health and fitnessHealthy eatingHealth and prevention | Families and People who care for me andCaring Friendships | Respectful relationshipsOnline relationshipsInternet safety and harms | Mental wellbeingBeing safe | Drugs, alcohol and tobaccoBasic first aid | Changing adolescent bodyCareers, Financial capability and economic well-being |
| **Cedar** | Physical health and fitnessHealthy eatingHealth and prevention | Families and People who care for me andCaring Friendships | Respectful relationshipsOnline relationshipsInternet safety and harms | Mental wellbeingBeing safeChanging adolescent body | Drugs, alcohol and tobacco | Basic first aidCareers, Financial capability and economic well-being |
| **Willow** | Families and People who care for me andCaring FriendshipsRespectful relationships | Internet safety and harmsHealth and prevention | Physical health and fitnessHealthy eating | Mental wellbeing | Online relationshipsBeing safeBasic first aid | Drugs, alcohol and tobaccoChanging adolescent bodyCareers, Financial capability and economic well-being |