



### RSHE Long Term Planning

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education</b>	Families and people who care for me	Mental wellbeing Physical health and fitness Healthy eating	Respectful relationship Online relationships	Caring friendships	Health and prevention Being safe Basic first aid Drugs, alcohol and tobacco	Internet safety and harms Changing adolescent body (yr5 &6)
<b>Heartsmart</b>	Get Heartsmart	Don't Forget to let Love in	Too Much Selfie isn't Healthy	Don't Rub it in Rub it out	Fake is a Mistake	No Way Through isn't True!
<b>Science Links</b>						
Yr 1/2						
Yr 3/4			<u>Habitats and living things</u> Can I recognise that living things can be grouped in a variety of ways?  Can I explore and use classification keys to help group, identify and name a variety of living things in their local and wider environment?  Can I recognise that environments can change and that this can sometimes pose dangers to living things?			

Yr 5/6					<p align="center"><u>Living things and their habitats</u></p> <p>Can I describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird?</p> <p>Can I describe the life process of reproduction in some plants and animals?</p> <p>Can I describe the changes as humans develop to old age?</p> <p>Can I describe how living things are classified into broad groups according to common observable characteristics and based on similarities and differences, including micro-organisms, plants and animals?</p> <p>Can I give reasons for classifying plants and animals based on specific characteristics?</p>	
<b>Cycle B</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 1/2			<p align="center"><u>Living things and their habitats</u></p> <p>Can I explore and compare the differences between things that are living, dead, and things that have never been alive?</p> <p>Can I identify that most living things live in habitats to which they are suited and describe how different habitats provide for the basic needs of different kinds of animals and plants, and how they depend on each other?</p> <p>Can I identify and name a variety of plants and animals in their habitats, including microhabitats?</p> <p>Can I describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food?</p>		<p align="center"><u>Animals, including humans</u></p> <p>Can I notice that animals, including humans, have offspring which grow into adults?</p> <p>Can I find out about and describe the basic needs of animals, including humans, for survival (water, food and air)?</p> <p>Can I describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene?</p> <p>Can I identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals?</p> <p>Can I identify and name a variety of common animals that are carnivores, herbivores and omnivores?</p>	

			<p>Can I compare the structure of a variety of a variety of common animals (fish, amphibians, reptiles, birds, mammals, including pets)?</p> <p>Can I identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense?</p>
Yr 3/4			<p style="text-align: center;"><u>Animals, including humans</u></p> <p>Can I understand why humans and some other animals have skeletons and muscles for support, protection and movement?</p> <p>Can I understand why animals, including humans, need the right types and amount of nutrition?</p> <p>Can I understand why animals including humans make their own food and get nutrition from what they eat?</p> <p>Can I describe how the basic parts of the digestive system in humans work?</p> <p>Can I identify the different types of teeth in humans and their simple functions?</p> <p>Can I construct and interpret a variety of food chains, identifying producers, predators and prey?</p>
Yr 5/6		<p style="text-align: center;"><u>Evolution and inheritance</u></p> <p>Can I recognise that living things have changed over time and that fossils provide information about living things that inhabited the Earth millions of years ago?</p> <p>Can I recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents?</p> <p>Can I identify how animals and plants are adapted to suit their environment in different ways and that adaptation may lead to evolution?</p>	<p style="text-align: center;"><u>Animals including humans</u></p> <p>Can I identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood?</p> <p>Can I recognise the impact of diet, exercise, drugs and lifestyle on</p>

				<p>the way their bodies function?</p> <p>Can I describe the ways in which nutrients and water are transported within animals, including humans?</p>
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