


<b>Long-Term Plan</b>		<b>Curriculum Strand</b>	My PSED	
<b>Trust</b>	Diverse Academies	<b>Subject</b>	PSHE and RSHE	
<b>School</b>	Yeoman Park Academy			

	<b>Year A and Year C</b>	<b>Year B and Year D</b>
<b>Autumn 1</b>	Families and People Who Care For Me	Respectful Relationships, including Friendships
<b>Autumn 2</b>	Basic First Aid	Mental Wellbeing
	Health Prevention	
<b>Spring 1</b>	Caring Friendships	Changing Adolescent Body
<b>Spring 2</b>	Internet and Safety Harms	Online Relationships
		Online and Media
<b>Summer 1</b>	Being Safe	Physical Health and Fitness
<b>Summer 2</b>	Drugs, Alcohol and Tobacco	Healthy Eating

There are two strands within this area of the curriculum:

- Relationships and Sex Education (highlighted in blue)
- Physical Health and Mental Wellbeing (highlighted in yellow).

This is a bi-annual long-term plan, whereby every other year these topics will be the same, however, the activities and sessions can be adapted in order to be linked to the curriculum theme/topic for the term, where appropriate.

All learners will access bespoke learning, which caters to their individual needs at the different developmental stages of their lives. These bespoke sessions may be on a 1:1 or small group basis, and will be in agreement with parents/carers.