



RHE – Year 4

At Abbey Lane, we follow the Sheffield Schools Relationships and Health Education scheme, which is based on the National Curriculum for RHE

Autumn	Spring	Summer
Relationships- Friends; healthy friendships	Community- Online safety	Health & Wellbeing- Mental wellbeing – understanding my feelings
Pupils will discuss: What makes a good friend? Are all friends the same? Are friendships always fun?	Pupils will discuss: Online strangers Sharing online Friendship online Personal information Digital media Verifying content and echo chambers	Pupils will discuss: How do I manage my feelings? Are we happy all the time?