

# RSE & PSHE

## Long-term plan

### Standard

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Our full 36-week **RSE & PSHE** curriculum plan for EYFS, KS1 and KS2, is for schools who teach **RSE & PSHE** on a weekly basis.

This document is updated regularly to reflect changes to our content. This version was updated on 17.12.24.

You can find the most up-to-date version [here](#).

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**Kapow**  
Primary™

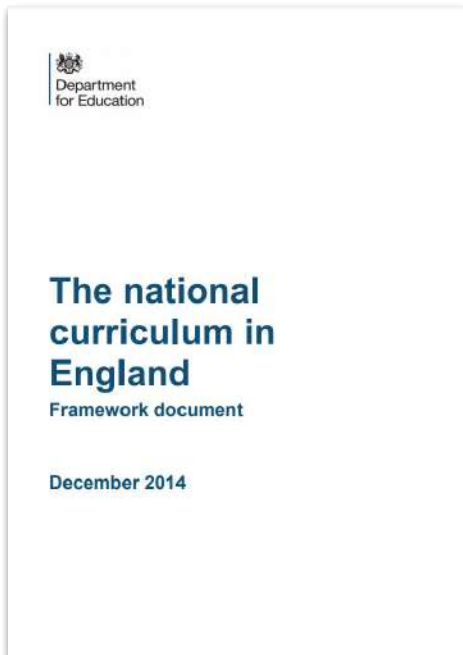
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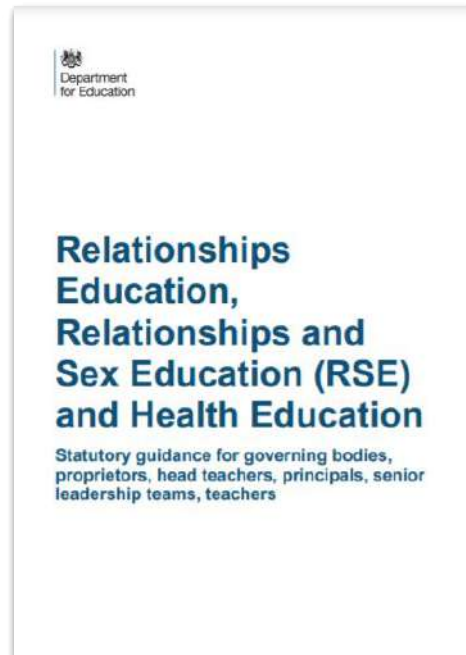
# How does Kapow Primary help our school to meet the statutory (and non-statutory) guidance for RSE & PSHE?

Our scheme of work fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education') and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education.)

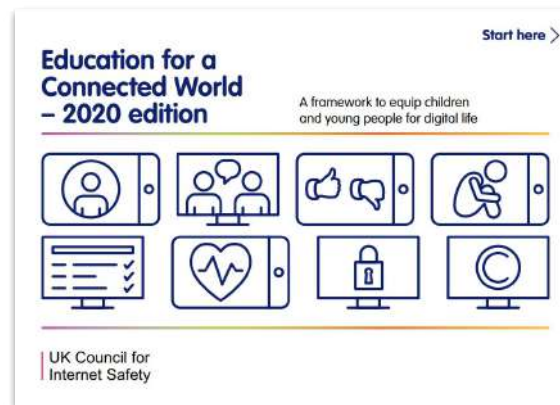
When this RSE & PSHE scheme of work is taught in conjunction with our Computing scheme, it also covers the government's **Education for a Connected World -2020 edition** framework (see our [Education for a Connected World framework mapping](#)) and helps schools to meet the non-statutory guidance requirements of [Teaching online safety in schools](#).(2023, See our [Teaching online safety in schools mapping](#)).



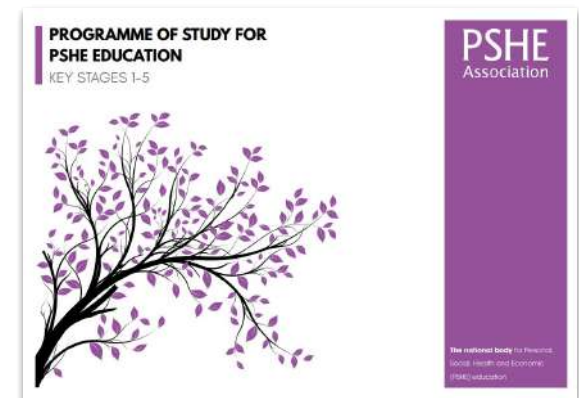
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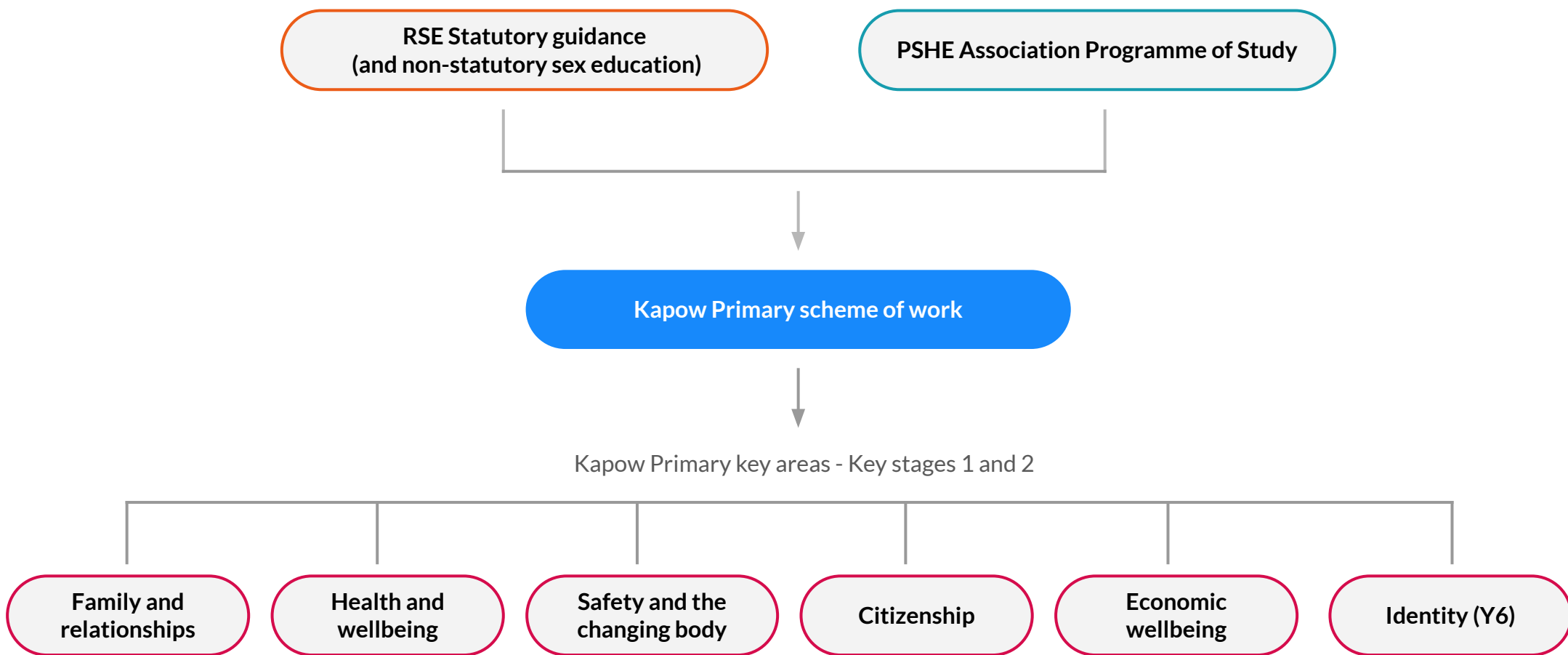


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# How is the RSE & PSHE scheme of work organised?



# Key areas

We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey. Year 6 also have a further key area: Identity.

## Family and relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.

## Health and wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

## Safety and the changing body

Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty,

## Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

## Economic wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Year 6 only:

## Identity

Considering what makes us who we are whilst learning about body image.



# Oracy in RSE & PSHE

**'Oracy is the ability to speak eloquently, to articulate ideas and thoughts, to influence through talking, to collaborate with peers and to express views confidently and appropriately.'**

**Oracy refers both to the development of speaking and listening skills, and the effective use of spoken language in teaching and learning. It is to speech what literacy is to reading and writing, and numeracy is to Maths.'**

Speak for Change: Final report and recommendations from the Oracy All-Party Parliamentary Group Inquiry.

## Learning *through* talk

At Kapow Primary, we believe it's crucial to provide pupils with opportunities for exploratory talk during their learning. This involves thinking aloud, questioning, discussing, and collaboratively building ideas.

## Learning *to* talk

Similarly, developing oracy skills is essential for pupils to express and articulate themselves effectively across various contexts and settings, including formal ones like public speaking, debates, and interviews.

Through our RSE & PSHE curriculum, pupils have opportunities to develop their oracy skills by:

- Discussing scenarios to gain understanding.
- Role-playing characters in scenarios to help empathise.
- Contributing to discussions.
- Explaining choices using key vocabulary.
- Responding to questions.
- Asking questions of one another.
- Collaborating on tasks as a group or in pairs.
- Summarising key information.
- Expressing opinions in a respectful and thoughtful way.



# A spiral curriculum

Kapow Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ **Cyclical:** Pupils revisit the five key areas throughout KS1 and KS2.
- ✓ **Increasing depth:** Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ✓ **Prior knowledge:** Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.



## Is there any flexibility in the Kapow Primary PSHE & RSE scheme?

Our RSE & PSHE scheme of work is organised into units.

Within each most units, lessons should be taught in order as they build upon one another.

Across a single year group, units themselves do not need to be taught in the suggested order, apart from the Introductory lessons which are to be taught at the beginning of the year and the Transition lessons at the end of the year.

The flexibility in the order the units can be taught allows teachers to adapt the planning to suit their class and to cover particular units based on need at any moment in time.

# What about sex education?

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- **Year 1:** Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- **Year 2:** Notice that animals, including humans, have offspring which grow into adults
- **Year 5:** Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age [They should learn about the changes experienced in puberty.]

## The RSE statutory guidance states that:

*Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.*

The Kapow Primary scheme of work includes **two** Year 6 lessons which parents have the opportunity to withdraw their children from all/part of the lesson: *Safety and the changing body*: [Lesson 5: Conception](#) and [Lesson 6: Pregnancy and birth](#).

We suggest that you consult with parents about the content of these lessons prior to teaching them, to provide them time to consider the content and to withdraw their child if they so wish. You are welcome to share the Kapow Primary puberty video content with parents either in school or via video call.



## Short of curriculum time?

At Kapow Primary, we understand that curriculum time is always tight in primary schools.

We have created a Condensed curriculum version of our Long term plan to help those schools who want to ensure coverage of the statutory guidance, without dedicating a lesson a week to RSE & PSHE.

Our Condensed curriculum long-term plan abstracts units which cover key skills and knowledge in 20 lessons.

The selected lessons ensure that there is coverage of our five key areas of RSE & PSHE, with a slightly greater emphasis on the areas: Family and relationships, Health and wellbeing and Safety and the changing body as these are the areas where statutory guidance is covered.

This version of our Long term plan could be used if you are teaching RSE & PSHE in a two-week, half termly cycle or are block teaching foundation subjects. It could also be used to relieve pressure on teachers and pupils in terms of the amount of curriculum content.



# Assessment in RSE and PSHE

## Formative assessment

Every lesson begins with the 'Recap and recall' section which is intended to allow pupils retrieval practice of key knowledge relevant to the upcoming lesson. This section also provides teachers with an opportunity to make informal judgements about whether pupils have retained prior learning and are ready to move on.

Each lesson contains the 'Assessing progress and understanding' section which helps teachers to identify those pupils who are **secure** in their learning or working at a **greater depth** in each lesson. These assessments can then be recorded on our [RSE and PSHE: Assessment spreadsheet](#) which supports the teacher in identifying gaps in learning amongst the class or for individual pupils.

## Summative assessment

Each unit has accompanying assessment quizzes to support the teacher in checking the key knowledge and skills from the unit have been retained.

All units have a Knowledge catcher - mind-map version (see image) and a Knowledge catcher - table version which can be used at the start and/or end of the unit to allow children to show what they know about the topics covered in the unit. Many schools complete these at the start of a unit and then add to them at the end to show new learning.


Each unit also has a knowledge catcher which tests knowledge and understanding of a specific element of the unit in more detail (see image), further supporting the assessment of children's understanding through short answer questions.

*Please note that this variety of assessment methods is provided so that schools can choose to utilise those which best fit their assessment practices.*



**Year 3 - Safety and the changing body - Road safety**

Imagine you and your friends are in this picture.



**1** What dangers do you need to be aware of?

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**2** How can you keep yourselves safe in relation to the road?

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**3** What other safer crossing places might there be in a town?

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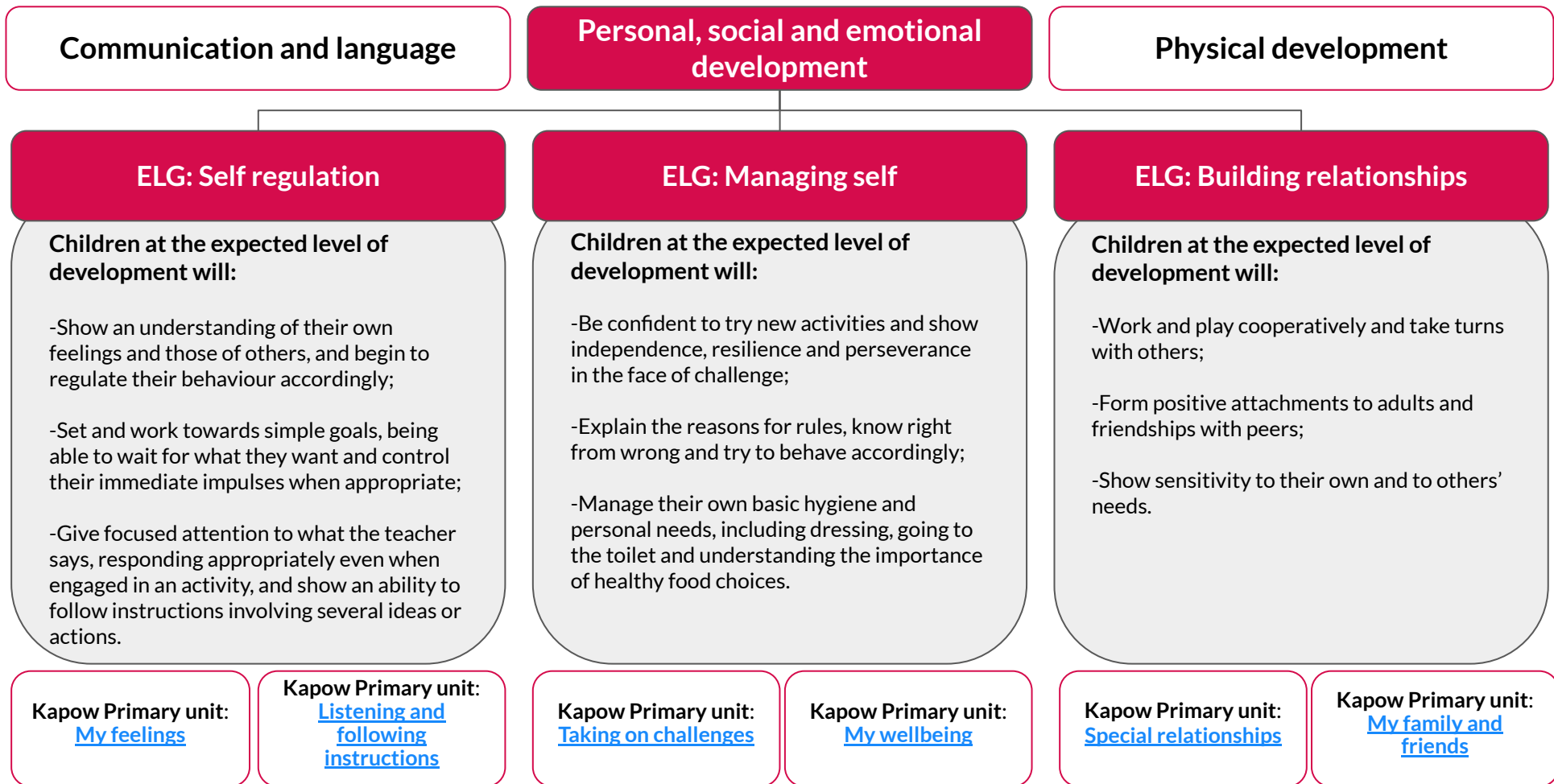
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# RSE & PSHE in EYFS: Reception

Personal, social and emotional development is one of the three Prime Areas in the [Statutory framework for the early years foundation stage](#).

The prime areas, **Communication and language**, **Physical development** and **Personal, social and emotional development**, lay the foundations for children to achieve in all areas of learning and life.

The early learning goals (ELG) below summarise the knowledge, skills and understanding that all young children should have gained by the end of the reception year in the Personal, social and emotional development prime area and are referenced in our Kapow Primary RSE & PSHE lesson plans, along with the relevant non-statutory [Development Matters](#) guidance. We have organised our EYFS: Reception content under the most relevant early learning goal, however please be aware that these areas are interrelated.



Please click on each year group to see the break down of lessons for that year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS: Reception	<a href="#">Self regulation: My feelings</a>	<a href="#">Building relationships: Special relationships</a>	<a href="#">Managing self: Taking on challenges</a>	<a href="#">Self-regulation: Listening and following instructions</a>	<a href="#">Building relationships: My family and friends</a>	<a href="#">Managing self: My wellbeing</a>
Year 1	<a href="#">Introduction lesson</a> <a href="#">Family and relationships</a>	<a href="#">Family and relationships</a> <a href="#">Health and wellbeing</a>	<a href="#">Health and wellbeing</a> <a href="#">Safety and the changing body</a>	<a href="#">Safety and the changing body</a> <a href="#">Citizenship</a>	<a href="#">Citizenship</a> <a href="#">Economic wellbeing</a>	<a href="#">Economic wellbeing</a> <a href="#">Transition lesson</a>
Year 2	<a href="#">Introductory lesson</a> <a href="#">Family and relationships</a>	<a href="#">Family and relationships</a> <a href="#">Health and wellbeing</a>	<a href="#">Health and wellbeing</a> <a href="#">Safety and the changing body</a>	<a href="#">Safety and the changing body</a> <a href="#">Citizenship</a>	<a href="#">Citizenship</a>	<a href="#">Economic wellbeing</a> <a href="#">Transition lesson</a>

Please click on each year group to see the break down of lessons for that year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<a href="#">Introductory lesson</a> <a href="#">Family and relationships</a>	<a href="#">Family and relationships</a> <a href="#">Health and wellbeing</a>	<a href="#">Health and wellbeing</a> <a href="#">Safety and the changing body</a>	<a href="#">Safety and the changing body</a> <a href="#">Citizenship</a>	<a href="#">Citizenship</a>	<a href="#">Economic wellbeing</a> <a href="#">Transition lesson</a>
<b>Year 4</b>	<a href="#">Introductory lesson</a> <a href="#">Family and relationships</a>	<a href="#">Family and relationships</a> <a href="#">Health and wellbeing</a>	<a href="#">Health and wellbeing</a> <a href="#">Safety and the changing body</a>	<a href="#">Safety and the changing body</a> 	<a href="#">Citizenship</a>	<a href="#">Citizenship</a> <a href="#">Economic wellbeing</a> <a href="#">Transition lesson</a>
<b>Year 5</b>	<a href="#">Introductory lesson</a> <a href="#">Family and relationships</a>	<a href="#">Family and relationships</a> <a href="#">Health and wellbeing</a>	<a href="#">Health and wellbeing</a> <a href="#">Safety and the changing body</a>	<a href="#">Safety and the changing body</a> <a href="#">Citizenship</a>	<a href="#">Citizenship</a> <a href="#">Economic wellbeing</a>	<a href="#">Economic wellbeing</a> <a href="#">Transition lesson: Roles and responsibilities</a>
<b>Year 6</b>	<a href="#">Introductory lesson</a> <a href="#">Family and relationships</a>	<a href="#">Health and wellbeing</a>	<a href="#">Health and wellbeing</a> <a href="#">Safety and the changing body</a>	<a href="#">Safety and the changing body</a> <a href="#">Citizenship</a>	<a href="#">Citizenship</a> <a href="#">Economic wellbeing</a>	<a href="#">Economic wellbeing</a> <a href="#">Identity</a> <a href="#">Transition lesson: Dealing with change</a>

EYFS: Reception

**Self-regulation: My feelings**

Learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.

**Building relationships: Special relationships**

Exploring why families and special people are valuable, understanding why it is important to share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.

**Managing self: Taking on challenges**

Considering why we have rules and the importance of persistence and perseverance in the face of challenges, learning how to communicate effectively with others, practicing 'grounding' coping strategies.

**Self-regulation: Listening and following instructions**

Listening to stories to practise their comprehension skills, playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.

**Building relationships: My family and friends**

Exploring cultural festivals that are important to individuals, reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.

**Managing self: My wellbeing**

Learning why exercise is important for our physical and mental health, considering the effect of different types of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.

Week	Autumn	Spring	Summer
<b>Week 1</b>	<a href="#">Self-regulation: My feelings (6 lessons)</a> Lesson 1: Identifying my feelings	<a href="#">Managing self: Taking on challenges (6 lessons)</a> Lesson 1: Why do we have rules?	<a href="#">Building relationships: My family and friends (6 lessons)</a> Lesson 1: Festivals
<b>Week 2</b>	Lesson 2: Feelings jars	Lesson 2: Building towers	Lesson 2: Sharing
<b>Week 3</b>	Lesson 3: Coping strategies	Lesson 3: Team den building	Lesson 3: What makes a good friend?
<b>Week 4</b>	Lesson 4: Describing feelings	Lesson 4: Grounding	Lesson 4: Being a good friend
<b>Week 5</b>	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
<b>Week 6</b>	Lesson 6: Creating a calm corner	Lesson 6: Circus skills	Lesson 6: Celebrating friendships
<b>Week 7</b>	<a href="#">Building relationships: Special relationships (6 lessons)</a> Lesson 1: My family	<a href="#">Self-regulation: Listening and following instructions (6 lessons)</a> Lesson 1: Simon says	<a href="#">Managing self: My wellbeing (6 lessons)</a> Lesson 1: What is exercise?
<b>Week 8</b>	Lesson 2: Special people	Lesson 2: Listening to a story	Lesson 2: Yoga and relaxation
<b>Week 9</b>	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
<b>Week 10</b>	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
<b>Week 11</b>	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
<b>Week 12</b>	Lesson 6: Similarities and differences	Lesson 6: Treasure hunt	Lesson 6: A rainbow of food

## Year 1

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
<p>Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.</p>	<p>Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.</p>	<p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.</p>	<p>Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.</p>	<p>Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some job roles in and out of school.</p>

Transition lesson: Helping Year 1 pupils with the transition to a new year and the changes that come with it.

## Year 2

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
<p>Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.</p>	<p>Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.</p>	<p>Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p>	<p>Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.</p>	<p>Learning about where money comes from, how to look after money, how we use money and looking at careers and jobs.</p>

Transition lesson: A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes that may come with this move.



Week	Autumn	Spring	Summer
<b>Introduction</b>	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
<b>Week 1</b>	<a href="#">Family and relationships (7 lessons)</a> Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
<b>Week 2</b>	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Optional: Extend the unit by visiting a farm or a different animal-centre to learn more about animal care.
<b>Week 3</b>	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
<b>Week 4</b>	Lesson 4: Working with others	<a href="#">Safety and the changing body (8 lessons)</a> Lesson 1: Adults in school	Lesson 4: Similar, yet different
<b>Week 5</b>	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
<b>Week 6</b>	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
<b>Week 7</b>	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	<a href="#">Economic wellbeing (6 lessons)</a> Lesson 1: What is money?
<b>Week 8</b>	<a href="#">Health and wellbeing (8 lessons)</a> Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Keeping money safe
<b>Week 9</b>	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: What is a bank?
<b>Week 10</b>	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
<b>Week 11</b>	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
<b>Week 12</b>	Lesson 5: Hand washing and personal hygiene	<a href="#">Citizenship (6 lessons)</a> Lesson 1: Rules	Lesson 6: Jobs out of school
<b>Transition</b>	<a href="#">Transition lesson</a> Individual strengths and new skills		

Week	Autumn	Spring	Summer
<b>Introduction</b>	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
<b>Week 1</b>	<a href="#">Family and relationships (7 lessons)</a> Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	Lesson 3: Our local environment
<b>Week 2</b>	Lesson 2: Families are all different	<a href="#">Safety and the changing body (8 lessons)</a> Lesson 1: Introduction to the internet	Lesson 4: Job roles in our local community
<b>Week 3</b>	Lesson 3: Other people's' feelings	Lesson 2: Communicating online	Lesson 5: Similar yet different - my local community
<b>Week 4</b>	Lesson 4: Unhappy friendships	Lesson 3: Secrets and surprises	Lesson 6: School council
<b>Week 5</b>	Lesson 5: Introduction to manners and courtesy	Lesson 4: Appropriate contact: My private parts	Lesson 7: Giving my opinion
<b>Week 6</b>	Lesson 6: Change and loss	Lesson 5: Appropriate contact: My private parts are private	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
<b>Week 7</b>	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 6: My personal boundaries	<a href="#">Economic wellbeing (6 lessons)</a> Lesson 1: Where does money come from?
<b>Week 8</b>	<a href="#">Health and wellbeing (7 lessons)</a> Lesson 1: Experiencing different emotions	Lesson 7: Road safety	Lesson 2: Exploring wants
<b>Week 9</b>	Lesson 2: Being active	Lesson 8: Crossing roads safely	Lesson 3: Exploring needs
<b>Week 10</b>	Lesson 3: Relaxation: Breathing exercise	Lesson 9: Staying safe with medicine	Lesson 4: Bank cards and accounts
<b>Week 11</b>	Lesson 4: Steps to success	<a href="#">Citizenship (7 lessons)</a> Lesson 1: Rules beyond school	Lesson 5: My skills and talents
<b>Week 12</b>	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	Lesson 6: Everyone is welcome
<b>Week 13</b>	Lesson 6: Healthy diet		
<b>Transition</b>			<a href="#">Transition lesson</a> Change

### Year 3

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and stereotypes.

Transition lesson: Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this.

### Year 4

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Exploring: choices associated with spending, what makes something good value for money, stereotypes in the workplace, career aspirations and what influences career choices.

Transition lesson: Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings.

Week	Autumn	Spring	Summer
<b>Introduction</b>	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
<b>Week 1</b>	<a href="#">Family and relationships (8 lessons)</a> Lesson 1: Healthy families	Lesson 6: Communicating my feelings - coming soon!	Lesson 3: Recycling
<b>Week 2</b>	Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	Lesson 4: Local community groups
<b>Week 3</b>	Lesson 3: Friendship conflict versus bullying	<a href="#">Safety and the changing body (8 lessons)</a> Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
<b>Week 4</b>	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
<b>Week 5</b>	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
<b>Week 6</b>	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
<b>Week 7</b>	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	<a href="#">Economic wellbeing (6 lessons)</a> Lesson 1: How do people pay for things?
<b>Week 8</b>	Lesson 8: Stereotyping age	Lesson 6: Making choices	Lesson 2: What does budgeting mean?
<b>Week 9</b>	<a href="#">Health and wellbeing (6 lessons)</a> Lesson 1: My healthy diary	Lesson 7: Influences	Lesson 3: How do people feel about money?
<b>Week 10</b>	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: What happens when people spend money?
<b>Week 11</b>	Lesson 3: Wonderful me	<a href="#">Citizenship (7 lessons)</a> Lesson 1: Rights of the child	Lesson 5: What careers do people have?
<b>Week 12</b>	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Can anyone be anything?
<b>Week 13</b>	Lesson 5: Resilience breaking down barriers		
<b>Transition</b>			<a href="#">Transition lesson</a> Coping strategies

Week	Autumn	Spring	Summer
<b>Introduction</b>	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
<b>Week 1</b>	<a href="#">Family and relationships</a> (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	<a href="#">Citizenship</a> (6 lessons) Lesson 1: What are human rights?
<b>Week 2</b>	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
<b>Week 3</b>	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
<b>Week 4</b>	Lesson 4: Bullying	<a href="#">Safety and the changing body</a> (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
<b>Week 5</b>	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
<b>Week 6</b>	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
<b>Week 7</b>	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	<a href="#">Economic wellbeing</a> (6 lessons) Lesson 1: What is value for money?
<b>Week 8</b>	Lesson 8: Change and loss	Lesson 5: Consuming information online	Lesson 2: Why keep track of money?
<b>Week 9</b>	<a href="#">Health and wellbeing</a> (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 3: What ways are there to look after money?
<b>Week 10</b>	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 4: What influences career choices?
<b>Week 11</b>	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 5: Why make a career change?
<b>Week 12</b>	Lesson 4: Meaning and purpose: My role	★ Extend the unit, or allow children time to explore the <a href="#">Thinkuknow website</a> about online safety	Lesson 6: How can workplace stereotypes be challenged?
<b>Transition</b>			<a href="#">Transition lesson</a> Setting goals

## Year 5

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Developing understanding about income and expenditure, borrowing, risks with money, career choices, finance and feelings, stereotypes in the workplace.

Transition lesson: Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.

## Year 6

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Exploring: attitudes to money, how to keep money safe, banks and organisations, the risks of gambling, career paths and the variety of different jobs available.
				Identity
				Two lessons on the theme of personal identity and body image.

Transition lesson: Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.

Week	Autumn	Spring	Summer
<b>Introduction</b>	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
<b>Week 1</b>	<a href="#">Family and relationships</a> (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
<b>Week 2</b>	Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: Contributing to the community
<b>Week 3</b>	Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Pressure groups
<b>Week 4</b>	Lesson 4: Respecting myself	<a href="#">Safety and the changing body</a> (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
<b>Week 5</b>	Lesson 5: Family life	Lesson 2: Staying safe online	★ Optional: Extend the unit by spending time looking at the activities in the Parliament booklets available to order <a href="#">here</a> .
<b>Week 6</b>	Lesson 6: Bullying	Lesson 3: Puberty	<a href="#">Economic wellbeing</a> (6 lessons) Lesson 1: Why prioritise needs over wants?
<b>Week 7</b>	Lesson 7: Stereotyping: gender	Lesson 4: Menstruation	Lesson 2: What is a weekly budget?
<b>Week 8</b>	Lesson 8: Stereotypes: Race and religion	Lesson 5: Emotional changes in puberty	Lesson 3: What is borrowing and loaning?
<b>Week 9</b>	<a href="#">Health and wellbeing</a> (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding and head injuries.	Lesson 4: What are the risks of handling money online?
<b>Week 10</b>	Lesson 2: The importance of rest	Lesson 7: Alcohol, drugs and tobacco: Making decisions	Lesson 5: Why challenge workplace stereotypes?
<b>Week 11</b>	Lesson 3: Embracing failure	<a href="#">Citizenship</a> (6 lessons) Lesson 1: Breaking the law	Lesson 6: What makes a suitable career?
<b>Week 12</b>	Lesson 4: Going for goals	Lesson 2: Rights and responsibilities	
<b>Transition</b>			<a href="#">Transition lesson: Roles and responsibilities</a>

Week	Autumn	Spring	Summer
<b>Introduction</b>	<a href="#">Introductory lesson: Setting rules and signposting</a>		
<b>Week 1</b>	<a href="#">Family and relationships</a> (6 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 3: Caring for others
<b>Week 2</b>	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
<b>Week 3</b>	Lesson 3: Stereotypes: Attitudes	<a href="#">Safety and the changing body</a> (8 lessons) Lesson 1: Alcohol	Lesson 5: Valuing diversity
<b>Week 4</b>	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
<b>Week 5</b>	Lesson 5: Resolving conflict	Lesson 3: Social media	<a href="#">Economic wellbeing</a> (6 lessons) Lesson 1: How do people navigate their feelings about money?
<b>Week 6</b>	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of puberty	Lesson 2: How do people keep money safe?
<b>Week 7</b>	<a href="#">Health and wellbeing</a> (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception <i>Parents have a right to withdraw their child from part of this lesson</i>	Lesson 3: What money responsibilities are there in secondary school?
<b>Week 8</b>	Lesson 2: Relaxation: Mindfulness	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>	Lesson 4: What are the risks of gambling?
<b>Week 9</b>	Lesson 3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: What is a workplace?
<b>Week 10</b>	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Lesson 6: What career routes are there?
<b>Week 11</b>	Lesson 5: Resilience toolbox	<a href="#">Citizenship</a> (6 lessons) Lesson 1: Human rights	<a href="#">Identity</a> (2 lessons) Lesson 1: What is identity?
<b>Week 12</b>	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	Lesson 2: Identity and body image
<b>Transition</b>			<a href="#">Transition lesson: Dealing with change</a>



This page shows recent updates that have been made to this document.

Date	Update
26.07.22	Identity lesson removed to reflect website content.
19.08.22	Name change to Y3 lessons p.14
30.01.23	EYFS: Reception guidance and units added. New lessons added to Year 2 and Year 3.
09.05.23	Added in a statement saying 'You are welcome to share the Kapow Primary puberty video content with parents either in school or via video call' on p.7. Added a link to Teaching online safety in schools guidance and our mapping document p.3.
04.01.23	Updated information and lesson titles of all Economic wellbeing units to reflect the updates on the website.
11.07.24	Added a page about oracy in RSE & PSHE on p.6.
15.07.24	Added a page about Assessment in RSE & PSHE (p.10).
17.09.24	Fixed broken links Economic wellbeing (p.13).
17.12.24	Updated page about Assessment in RSE & PSHE (p.10).