

Kapow states that PSHE can be taught in any order. Below is a guide.  
If something needs to be taught in your class/year group, please teach it!

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>To be taught in any order:</p> <ul style="list-style-type: none"> <li>• Self-regulation: My feelings</li> <li>• Building relationships: Special relationships</li> <li>• Managing self: Taking on challenges</li> <li>• Self-regulation: Listening and following instructions</li> <li>• Building relationships: My family and friends</li> <li>• Managing self: My wellbeing</li> </ul>					
Year 1	<p><b><u>Families and relationships</u></b></p> <p><b>Introduction to RSE</b> 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><b><u>Safety and the Changing Body</u></b></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><b><u>Health and Wellbeing</u></b></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><b><u>Citizenship</u></b></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><b><u>Economic Well Being</u></b></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>	<p>Transition lesson</p>

<b>Year 2</b>	<u><b>Families and relationships</b></u>  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.	<u><b>Health and Wellbeing</b></u>  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.	<u><b>Safety and the changing body</b></u>  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	<b>Citizenship</b>  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.	<b>Economic Wellbeing</b>  Learning about where money comes from, how to look after money, how we use money and looking at careers and jobs	<b>Transition lesson: change</b>
<b>Year 3</b>	<u><b>Family and relationships</b></u>  <ul style="list-style-type: none"> <li>Learning how to resolve relationship problems; effective listening skills and non-verbal communication. Looking at the impact</li> </ul>	<u><b>Health and wellbeing</b></u>  <ul style="list-style-type: none"> <li>Understanding that a healthy lifestyle includes physical activity; a balanced diet, rest and relaxation; exploring</li> </ul>	<u><b>Safety and the changing body</b></u>  <ul style="list-style-type: none"> <li>Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about</li> </ul>	<u><b>Citizenship</b></u>  <ul style="list-style-type: none"> <li>Learning about children's rights; exploring why we have rules and the roles of community groups, charities and recycling and an</li> </ul>	<u><b>Economic wellbeing</b></u>  <ul style="list-style-type: none"> <li>Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of</li> </ul>	<b>transition lesson.</b>

	of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	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.	cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	introduction to local democracy.	spending and thinking about potential jobs and stereotypes.	
<b>Year 4</b>	<p><b><u>Families and relationships</u></b></p> <ul style="list-style-type: none"> <li>Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and</li> </ul>	<p><b><u>Health and wellbeing</u></b></p> <ul style="list-style-type: none"> <li>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a</li> </ul>	<p><b><u>Safety and the changing body</u></b></p> <ul style="list-style-type: none"> <li>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</li> </ul>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>	<p><b><u>Economic wellbeing</u></b></p> <ul style="list-style-type: none"> <li>Exploring: choices associated with spending, what makes something good value for money, stereotypes in the workplace, career aspirations and what influences</li> </ul>	transition lesson

## Lifeskills – Yearly Whole School Overview

	bystander; how behaviour affects others; appropriate manners and bereavement	growth mindset; identifying calming activities and developing independenc e in dental hygiene.	puberty; the risks associated with tobacco and how to help someone with asthma.		career choices.	
<b>Year 5</b>	<b><u>Families and relationships</u></b> <ul style="list-style-type: none"> <li>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</li> </ul>	<b><u>Health and wellbeing</u></b> <ul style="list-style-type: none"> <li>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.</li> </ul>	<b><u>Safety and the changing body</u></b> <ul style="list-style-type: none"> <li>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.</li> </ul>	<b><u>Citizenship</u></b> <ul style="list-style-type: none"> <li>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.</li> </ul>	<b><u>Economic wellbeing</u></b> <ul style="list-style-type: none"> <li>Developing understanding about income and expenditure, borrowing risks with money, career choices, finances and feelings, stereotypes in the workplace.</li> </ul>	transition lesson

	behaviour; learning to appreciate our attributes.					
<b>Year 6</b>	<u><b>Families and relationships</b></u> <ul style="list-style-type: none"> <li>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief</li> </ul>	<u><b>Health and wellbeing</b></u> <ul style="list-style-type: none"> <li>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.</li> </ul>	<u><b>Safety and the changing body</b></u> <p>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.</p>	<u><b>Citizenship</b></u> <p>Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.</p>	<u><b>Economic Wellbeing</b></u> <p>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.</p>	<u><b>Identity</b></u> <p>Two lessons on the theme of personal identity and body image.</p> <p>Transition lesson: Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have</p>