

**RSE & PSHE Curriculum Overview**

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**Year 1 Year 2 Year 3 Year 4 Year 5 Year 6**

**Family and relationships**

**Safety and the changing body**

**Health and wellbeing**

* Introduction to RSE
* What is family?
* What are friendships?
* Family and friends help and support each other
* Making friends
* Friendship problems
* Healthy Friendships
* Introduction to RSE
* Families offer stability and love
* Families are all different
* Managing friendships
* Unhappy friendships
* Valuing me
* Manners & courtesy
* Loss and change
* Introduction to RSE
* Healthy families
* Friendships -

conflict

* Effective communication
* Learning who to trust
* Respecting differences
* Stereotyping
* Introduction to RSE
* Respect & manners
* Healthy friendships
* My behaviour
* Bullying
* Stereotypes
* Families in the wider world
* Loss and change
* Introduction to RSE
* Build a friend
* Resolving conflict
* Respecting myself
* Family life
* Bullying
* Introduction to RSE
* Respect
* Developing respectful relationships
* Stereotypes
* Bullying
* Being me
* Loss and change
* Getting lost
* Making a call to the emergency services
* Asking for help
* Appropriate contact
* Medication
* Safety at home
* People who help to keep us safe
* The Internet
* Communicating online
* Secrets and surprises
* Appropriate contact
* Road safety
* Drug education
* Basic first aid
* Communicating safely online
* Online safety
* Fake emails
* Drugs, alcohol & tobacco
* Keeping safe out and about
* Online restrictions
* Share aware
* Basic first aid
* Privacy and secrecy
* Consuming information online
* The changing adolescent body (puberty)
* Online friendships
* Identifying online dangers
* The changing adolescent body (puberty, including menstruation)
* First aid
* Drug education
* Drugs alcohol & tobacco
* First aid
* Critical digital consumers
* Social media
* The changing adolescent body (puberty,

conception, birth)

* Wonderful me
* What am I like?
* Ready for bed
* Relaxation
* Hand washing & personal hygiene
* Sun safety
* Allergies
* People who help us stay healthy
* Experiencing different emotions
* Being active
* Relaxation
* Steps to success
* Growth mindset
* Healthy diet
* Dental health
* My healthy diary
* Relaxation
* Who am I?
* My superpowers
* Breaking down barriers
* Dental health
* Diet and dental health
* Visualisation
* Celebrating mistakes
* My role
* My happiness
* Emotions
* Mental health
* Relaxation
* The importance of rest
* Embracing failure
* Going for goals
* Taking responsibility for my feelings
* Healthy meals
* Sun safety
* What can I be?
* Mindfulness
* Taking responsibility for my health
* Resilience toolkit
* Immunisation
* Health concerns
* Creating habits
* The effects of technology on health



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**Year 1 Year 2 Year 3 Year 4 Year 5 Year 6**

**Citizenship**

**Economic wellbeing**

**Transition Identity**

**Responsibility**

* Rules
* Caring for others: Animals
* The needs of others

**Community**

* Similar, yet different
* Belonging

**Democracy**

* Democratic decisions

**Responsibility**

* Rules beyond school
* Our school environment
* Our local environment

**Community**

* Job roles in our local community
* Similar yet different: My local community

**Democracy**

* School Council
* Giving my opinion

**Responsibility**

* Rights of the child
* Rights and responsibilities
* Recycling

**Community**

* Local community groups
* Charity

**Democracy**

* Local democracy
* Rules

**Responsibility**

* What are human rights?
* Caring for the environment

**Community**

* Community groups
* Contributing
* Diverse communities

**Democracy**

* Local councillors

**Responsibility**

* Breaking the law
* Rights and responsibilities
* Protecting the planet

**Community**

* Contributing to the community
* Pressure groups

**Democracy**

* Parliament

**Responsibility**

* Human rights
* Food choices and the environment
* Caring for others

**Community**

* Prejudice and discrimination
* Valuing diversity

**Democracy**

* National democracy

**Money**

* Introduction to money
* Looking after money
* Banks and building societies
* Saving and spending

**Career and aspirations**

* Jobs in school

**Money**

* Where money comes from
* Needs and wants
* Wants and needs
* Looking after money

**Career and aspirations**

* Jobs

**Money**

* Ways of paying
* Budgeting
* How spending affects others
* Impact of spending

**Career and aspirations**

* Jobs and careers
* Gender and careers

**Money**

* Spending choices/ value for money
* Keeping track of money
* Looking after money

**Career and aspirations**

* Influences on

career choices

* Jobs for me

**Money**

* Borrowing
* Income and expenditure
* Risks with money
* Prioritising spending

**Career and aspirations**

* Stereotypes in the workplace

**Money**

* Attitudes to money
* Keeping money safe
* Gambling

**Career and aspirations**

* What jobs are available
* Career routes

**1 lesson**

**1 lesson**

**1 lesson**

**1 lesson**

**1 lesson**

**1 lesson**

* What is identity
* Gender identity
* Identity and body image