

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self regulation		Building relationships		Managing self	
Nursery Reception Kapow PSHE / RSE unit and related End Point	<p><b>My feelings</b></p> <p>In this unit, children learn 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.</p>	<p><b>Listening and following instructions</b></p> <p>In this unit, children learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.</p>	<p><b>Special relationships</b></p> <p>In this unit, children learn to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individuals and explore diversity through thinking about similarities and differences.</p>	<p><b>My Family and Friends</b></p> <p>In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p><b>Taking on Challenges</b></p> <p>In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.</p>	<p><b>My Wellbeing</b></p> <p>In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>
Year 1 Kapow PSHE / RSE unit and related End Point	<p><b>Family and relationships</b></p> <p>Children understand how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair</p>	<p><b>Health and wellbeing</b></p> <p>Children know personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy</p>	<p><b>Safety and the changing body</b></p> <p>Children understand 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>Citizenship</b></p> <p>Children know: 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>Economic wellbeing</b></p> <p>Children know about a range of money and bank functions including cash safety, spending, saving and jobs.</p>	<p><b>Transition</b></p> <p>Recognising personal achievements and future goals</p>
	Family and	Health and	Safety and the	Citizenship	Economic well	Transition

<p>Year 2</p> <p>Kapow PSHE / RSE unit and related End Point</p>	<p>relationships</p> <p>Children understand that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.</p>	<p>wellbeing</p> <p>Children know about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene</p>	<p>changing body</p> <p>Children understand personal safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p>	<p>being</p> <p>Children know about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.</p>	<p>being</p> <p>Children understand financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.</p>	<p>Recognising personal achievements and future goals</p>
<p>Year 3</p> <p>Kapow PSHE / RSE unit and related End Point</p>	<p>Family and relationships</p> <p>Children understand 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</p>	<p>Health and wellbeing</p> <p>Children understand that a healthy lifestyle includes physical activity, a balanced diet, and 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 into achievable steps.</p>	<p>Safety and the changing body</p> <p>Children know about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence</p>	<p>Citizenship</p> <p>Children understand 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</p>	<p>Economic well being</p> <p>Children understand about 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 careers</p>	<p>Transition</p> <p>Recognising personal achievements and future goals</p>
<p>Year 4</p> <p>Kapow PSHE / RSE unit and related End Point</p>	<p>Family and relationships</p> <p>Children know that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how</p>	<p>Health and wellbeing</p> <p>Children are developing emotional maturity; they understand that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying</p>	<p>Safety and the changing body</p> <p>Children have an awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and</p>	<p>Citizenship</p> <p>Children know 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</p>	<p>Economic well being</p> <p>Children understand choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.</p>	<p>Transition</p> <p>Recognising personal achievements and future goals</p>

	behaviour affects others; manners in different situations and learning about bereavement	calming and relaxing activities; developing independence in dental hygiene	emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma			
Year 5 Kapow PSHE / RSE unit and related End Point	<p><b>Family and relationships</b></p> <p>Children have developed an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p>	<p><b>Health and wellbeing</b></p> <p>Children know how 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</p>	<p><b>Safety and the changing body</b></p> <p>Children understand 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</p>	<p><b>Citizenship</b></p> <p>Children have an understanding of 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</p>	<p><b>Economic well being</b></p> <p>Children understand how to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.</p>	<p><b>Transition</b></p> <p>Recognising personal achievements and future goals</p>
Year 6 Kapow PSHE / RSE unit and related End Point	<p><b>Family and relationships</b></p> <p>Children know how to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief</p>	<p><b>Health and wellbeing</b></p> <p>Children know 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</p>	<p><b>Safety and the changing body</b></p> <p>Children know 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>	<p><b>Citizenship</b></p> <p>Children know about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy</p>	<p><b>Economic well being</b></p> <p>Children understand choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.</p>	<p><b>Transition</b></p> <p>Recognising personal achievements and future goals</p>
Project Evolve online safety unit (in all year groups)	<p><b>Privacy and security</b></p> <p>Online reputation</p>	<p><b>Health, wellbeing and lifestyle</b></p>	<p><b>Managing online information</b></p>	<p><b>Online relationships</b></p> <p>Online bullying</p>	<p><b>Copyright and ownership</b></p>	<p><b>Self Image and Identity</b></p>