

September Focus Unit.

<u>Unit</u>	<u>Resources</u>
<u>Unit 1</u> <u>Healthy Lifestyles (Keeping Safe)</u> H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media.	Kapow Y6 H/W lesson 4
H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact	
<u>Living in the Wider World (Media literacy & digital resilience)</u> L11. recognise ways in which the internet and social media can be used both positively and negatively	
L13. about some of the different ways information and data is shared and used online.	
L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information	
L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images	
L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation	Kapow Y5 Safety lesson 2
<u>Relationships (Friendships)</u>	Kapow Y6 Citizenship lesson

R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing	3
R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary in relation to online Gaming.	Kapow Y5 Safety lesson 1
<u>Unit 2</u> <u>Living in the Wider World (Shared Responsibility)</u> L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws	Kapow Y5 Citizenship lessons 1 & 2 Kapow Y6 Citizenship lesson 1
L2. to recognise there are human rights, that are there to protect everyone	1
<u>Unit 3</u> <u>Living in the Wider World (Economic Wellbeing: Aspirations, work and career</u> L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Kapow Y5 H/W lesson 4
L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation	
<u>Ourselves, growing and changing</u> H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.	Kapow Y5 H/W lesson 3 Kapow Y5 H/W lesson 5
<u>Relationships (Respecting Self and Others)</u> R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings	Kapow Y5 F/R lesson 4

Discrete Lessons

<u>Unit</u>	<u>Objective</u>	<u>Resources</u>
Healthy Lifestyles (Mental Wellbeing)	H16. about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.	Kapow Y5 H/W lesson 2 PSHE Association Mental Health and Emotional Wellbeing lesson plans.
Healthy Lifestyles (Ourselves, growing and changing)	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	
	H27. to recognise their individuality and personal qualities	
	H34. about where to get more information, help and advice about growing and changing, especially about puberty (Science)	Kapow Y5 Changing Body lessons 3–5 Kapow Y6 Changing Body lesson 4
	H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene	PSHE Association 'Rethink Periods' lesson plans
Healthy Lifestyles (Keeping Safe)	H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming	
	H38. how to predict, assess and manage risk in different situations	

	H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about (Safety Week)	
	H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say	
Healthy Lifestyles (Drugs, alcohol and tobacco)	H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others	PSHE Association – KS2 drug & alcohol education lesson plans and resources.
	H48. about why people choose to use or not use drugs (focus on nicotine)	Kapow Y5 Safety Lesson 7
	H49. about the mixed messages in the media about drugs, including smoking/vaping	
	H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns	
Living in the Wider World (L) Economic Wellbeing: Aspirations, work and career	L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)	Kapow Y5 E/W lesson 5 PSHE Association LOUD! Jobs, Skills, Influences and Goals.
	L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid	Kapow Y6 E/W lesson 5

	L31. to identify the kind of job that they might like to do when they are older	
	L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)	Kapow Y6 E/W lesson 6
Relationships (R) Families and Close Positive Relationships	R18. to recognise if a family relationship is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. To recognise there are different types of families.	Kapow Y5 F/R lesson 5
	R1. to recognise that there are different types of relationships (e.g. romantic relationships, online relationships)	
	R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different	
Relationships (R) Friendships	R15 To recognise the effects of online actions on others.	
	R18. to recognise if a friendship is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. Focus on Social Media.	
Relationships (R) Managing hurtful behaviour and bullying	R19. about the impact of bullying, focus - offline and the consequences of hurtful behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, focus - offline (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support	Kapow Y5 F/R lesson 6
Relationships Respecting self and others	R21. about discrimination: what it means and how to challenge it	Kapow Y5 F/R lesson 8 Kapow Y6 Citizenship lesson 4.

	R32. about respecting the differences and similarities between people and recognising what they have in common with others. Focus on Race / Culture	
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