

# RSE & PSHE

Long Term

Plan



Kapow  
Primary™

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 1</b>	<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>
<b>Year 2</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 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>



## 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
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.</p>

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
<p>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p>	<p>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.</p>	<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>	<p>Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.</p>	<p>Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.</p>
				<p><b>Identity</b></p> <p>Two lessons on the theme of personal identity and body image.</p>