

## **St Bridget's CofE Primary School PSHE; Kapow**

### **Family and relationships Autumn 1&2**

Year group	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 1	Introduction: Setting ground rules for RSE & PSHE Lesson 1: Rules (citizenship)	Lesson 1: What is family?	Lesson 2: What are friendships?	Lesson 3: Recognising other people's emotions Lesson 4: Working with others	Lesson 5: Friendship problems Lesson 6: Healthy friendships	Lesson 7: Gender stereotypes Assessment	
Year 2	Introduction: Setting ground rules for RSE & PSHE Lesson 1: Rules beyond school (citizenship)	Lesson 6: School council (citizenship) Lesson 7: Giving my opinion (citizenship)	Lesson 1: Families offer stability and love Lesson 2: Families are all different	Lesson 3: Other peoples' feelings Lesson 4: Unhappy friendships	Lesson 5: Introduction to manners and courtesy	Lesson 6: Change and loss	Lesson 7: Gender stereotypes – Careers and jobs Assessment
Year 3	Introduction: Setting ground rules for RSE & PSHE	Lesson 1: Healthy families	Lesson 2: Friendship conflict	Lesson 4: Effective communication	Lesson 5: Learning who to trust	Lesson 6: Respecting differences in	Lesson 7: Stereotyping: Gender

	Lesson 1: Rights of the child (citizenship) Lesson 2: Rights and responsibilities (citizenship) Lesson 7: Rules (citizenship)		Lesson 3: Friendship: conflict versus bullying			others	Lesson 8: Stereotyping: Age Assessment
Year 4	Introduction: Setting ground rules for RSE & PSHE Lesson 1: What are human rights? (citizenship)	Lesson 1: Respect and manners	Lesson 2: Healthy friendships Lesson 3: How my behaviour affects others	Lesson 4: Bullying	Lesson 5: Stereotypes: Gender  Lesson 6: Stereotypes: Disability	Lesson 7: Families in the wider world	Lesson 8: Change and loss  Assessment
Year 5	Introduction: Setting ground rules for RSE & PSHE Lesson 1: Breaking the law(citizenship) Lesson 2: Rights and responsibilities (citizenship)	Lesson 1: Build a friend Lesson 2: Friendship skills	Lesson 3: Marriage	Lesson 4: Respecting myself	Lesson 5: Family life	Lesson 6: Bullying	Lesson 7: Stereotyping: Gender Lesson 8: Stereotypes: Race and religion Assessment

Year 6	Introduction: Setting ground rules for RSE & PSHE Lesson 1: Human rights	Lesson 1: Respect Lesson 2: Respectful relationships	Lesson 3: Stereotypes: Attitudes	Lesson 4: Challenging stereotypes	Lesson 5: Resolving conflict	Lesson 6: Change and loss Assessment	

### **Health and wellbeing Sping 1**

Year group	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 1	Lesson 1: Understanding my emotions	Lesson 2: What am I like?	Lesson 3: Ready for bed Lesson 4: Relaxation	Lesson 5: Hand washing and personal hygiene	Lesson 6: Sun safety	Lesson 7: Allergies	Lesson 8: People who help us keep healthy Assessment
Year 2	Lesson 1: Experiencing different emotions	Lesson 2: Being active (PE) Lesson 3: Relaxation: breathing exercises	Lesson 4: Steps to success Lesson 5: Developing a growth mindset	Lesson 6: Healthy diet	Lesson 7: Looking after our teeth Assessment		
Year 3	Lesson 1: My healthy diary	Lesson 2: Relaxation:	Lesson 3: Wonderful me	Lesson 5: Resilience:	Lesson 6: Communicating	Lesson 7: Diet and dental	

		stretches	Lesson 4: My superpowers	breaking down barriers	my feelings	health Assessment	
Year 4	Lesson 1: Looking after our teeth	Lesson 2: Relaxation: Visualisation	Lesson 3: Celebrating mistakes	Lesson 4: Meaning and purpose: My role	Lesson 5: My happiness Lesson 6: My emotions	Lesson 7: Mental health Assessment	
Year 5	Lesson 1: Relaxation: yoga (PE) Lesson 2: The importance of rest	Lesson 3: Embracing failure	Lesson 4: Going for goals	Lesson 5: Taking responsibility for my feelings	Lesson 6: Healthy meals	Lesson 7: Sun safety Assessment	
Year 6	Lesson 1: What can I be?	Lesson 2: Relaxation: Mindfulness Could move all along and do relaxation before lessons or a starter for the day.	Lesson 3: Taking responsibility for my health Lesson 7: Good and bad habits	Lesson 4: The impact of technology on health	Lesson 5: Resilience toolbox	Lesson 6: Immunisation	Lesson 8: Physical health concerns Assessment

## **Safety and the changing body Spring 2**

Year group	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 1	Lesson 1: Adults in school Lesson 2: Adults outside school	Lesson 3: Getting lost	Lesson 4: Making an emergency phone call	Lesson 5: Appropriate contact	Lesson 6: Safety with substances Lesson 7: Safety at home	Lesson 8: People who help to keep us safe Assessment	
Year 2	Lesson 3: Secrets and surprises	Lesson 4: Appropriate contact: My private parts Lesson 5: Appropriate contact: My private parts are private	Lesson 6: Respecting personal boundaries	Lesson 7: Road safety Lesson 8: Crossing roads safely	Lesson 9: Staying safe with medicine Assessment		
Year 3	Lesson 1: First Aid: Emergencies and calling for help Lesson 2: First Aid: bites and stings	Lesson 6: Making choices	Lesson 7: Influences	Lesson 8: Keeping safe out and about  Assessment			
Year 4	Lesson 3: First	Lesson 4:	Lesson 6:	Lesson 7:	Menstruation	Lesson 8:	

	Aid: asthma	Privacy and secrecy	Growing up	Introducing puberty	lesson from lil lets videos. ▶ Chapter ... ▶ Chapter ...	Tobacco Assessment	
Year 5	Lesson 3: Puberty	Menstruation lesson from Lil lets videos. ▶ Chapter ... ▶ Chapter ...	Lesson 5: Emotional changes in puberty	Lesson 6: First Aid: Bleeding and head injuries	Lesson 7: Alcohol, drugs and tobacco: Making decisions Assessment		
Year 6	Lesson 1: Alcohol	Lesson 4: Physical and emotional changes of puberty	Lesson 7: First Aid: Choking Lesson 8: First Aid: Basic life support	Assessment	Periods lesson reinforced if time with SAT's ▶ Chapter ... ▶ Chapter ...		

### **Citizenship Summer 1**

Year group	Week 1	Week 2	Week 3	Week 4	Week 5
Year 1	Lesson 2: Caring for others: Animals Lesson 3: The needs of others	Lesson 4: Similar, yet different Lesson 5: Belonging	Lesson 6: Democratic decisions Assessment		

Year 2	Lesson 2: Our school environment Lesson 3: Our local environment	Lesson 4: Job roles in our local community	Lesson 5: Similar yet different – my local community Assessment		
Year 3	Lesson 3: Recycling	Lesson 4: Local community groups	Lesson 5: Charity	Lesson 6: Local democracy Assessment	
Year 4	Lesson 2: Caring for the environment	Lesson 3: Community Lesson 4: Contributing	Lesson 5: Diverse communities	Lesson 6: Local councillors Assessment	
Year 5	Lesson 3: Protecting the planet	Lesson 4: Contributing to the community	Lesson 5: Pressure groups Lesson 6: Parliament		
Year 6	Lesson 2: Food choices and the environment	Lesson 3: Caring for others	Lesson 4: Prejudice and discrimination	Lesson 5: Valuing diversity	Lesson 6: National democracy

### **Economic well being Summer 2**

Year group	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1	Lesson 1: What is money?	Lesson 2: Keeping money	Lesson 3: What is a bank?	Lesson 5: Jobs in schools		Transition

		safe	Lesson 4: Saving and spending	Lesson 6: Jobs out of school Assessment		
Year 2	Lesson 1: Where does money come from?	Lesson 2: Exploring needs Lesson 3: Exploring wants	Lesson 4: Bank cards and accounts	Lesson 5: My skills and talents	Lesson 6: Everyone is welcome Assessment	Transition
Year 3	Lesson 1: How do people pay for things?	Lesson 2: What does budgeting mean?	Lesson 3: How do people feel about money? Lesson 4: What happens when people spend money?	Lesson 5: What careers do people have? Lesson 6: Can anyone be anything? Assessment		Transition
Year 4	Lesson 1: What is value for money?	Lesson 2: Why keep track of money?	Lesson 3: What ways are there to look after money?	Lesson 4: What influences career choices? Lesson 5: Why make a career change?	Lesson 6: How can workplace stereotypes be challenged? Assessment	Transition
Year 5	Lesson 1: Why prioritise needs over wants? Lesson 2: What is a weekly budget?	Lesson 3: What is borrowing and loaning?	Lesson 4: What are the risks of handling money online?	Lesson 5: Why challenge workplace stereotypes?	Lesson 6: What makes a suitable career? Assessment	Transition
Year 6	Lesson 1: How do people navigate their feelings about money?	Lesson 2: How do people keep money safe?	Lesson 3: What money responsibilities are there in secondary	Lesson 4: What are the risks of gambling?	Lesson 5: What is a workplace? Lesson 6: What career routes are there?	Transition



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