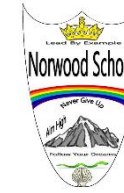


PSHE/RSE Curriculum Overview – Whole School

2024-2025



Where lesson numbers are not stated, all lessons from that unit are taught.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Kapow Full Curriculum	<p>KAPOW: Self-regulation- My Feelings</p> <p>Peer massage 2 x per week</p> <p>Mindfulness sessions 2 x per week</p> <p>Ways to make friends How to share and take turns Introduction to circle times.</p>	<p>KAPOW: Building Relationships: Special Relationships</p> <p>Peer massage 2 x per week</p> <p>Mindfulness sessions 2 x per week</p> <p>Firework Safety Mouse-nut- nut allergies and other allergies Remembering</p>	<p>Kapow: Managing self-Taking on challenges</p> <p>Peer massage 2 x per week</p> <p>Mindfulness sessions 2 x per week</p> <p>KAPOW: My Feelings and Emotions</p> <p>Keep safe: First Aid Road Safety Fire Safety. Emergency Services and scenarios- 999</p>	<p>Kapow: Self-regulation- Listening and following instructions</p> <p>KAPOW: Explore diversity. Developing strategies to see themselves as valid individuals.</p> <p>Peer massage 2 x per week</p> <p>Mindfulness sessions 2 x per week</p> <p>To understand different emotions and recognize them.</p> <p>Bike safety Pedestrian Safety Passenger Safety</p>	<p>Kapow: Building relationships – my family and friends</p> <p>Peer massage 2 x per week</p> <p>Mindfulness sessions 2 x per week</p>	<p>Kapow: Managing self- My wellbeing</p> <p>Peer massage 2 x per week</p> <p>Mindfulness sessions 2 x per week</p> <p>Sun Safety</p> <p>Caring for animals/pets</p> <p>Behaviour around animals</p>
Year 1	Introductory lesson: setting ground rules		Health and wellbeing (Lessons 1, 3, 5, 6 and	Safety and the changing body	Citizenship	Economic wellbeing (Lessons 1 and 4)

Kapow Condensed	for RSE and PSHE lessons Family and Relationships (Lessons 1, 2, 5, 6 and 7)		7)	(Lessons 1, 2, 4, 5 and 6)	(Lessons 1 and 4)	Transition lesson
Year 2 Kapow Condensed Online Safety unit covered throughout the year in class assemblies	Introductory lesson: Setting Ground rules for RSE and PSHE Family and Relationships (Lessons 2, 4, 5, 6 and 7)	Health and wellbeing (Lessons 1, 5, 6 and 7)	Safety and the changing body (Lessons 2, 3, 4, 5 and 8)	Citizenship (Lessons 1, 5 and 7)		Economic wellbeing (Lessons 3 and 4) Transition lesson
Year 3 Kapow Condensed	Introductory lesson: Setting Ground rules for RSE and PSHE Family and Relationships Kapow (Lessons 1, 2, 3, 5, 6 and 7)	Health and wellbeing (Lessons 1, 3, 5 and 6)	Citizenships (Lessons 1, 5 and 6)		Safety and the changing body (Lessons 1, 4, 7 and 8)	Economic wellbeing (Lessons 1 and 5) Transition lesson
Year 4 Kapow Condensed Online Safety covered throughout the year in class assemblies	Introductory lesson: Setting Ground rules for RSE and PSHE Family and Relationships		Health and wellbeing (Lessons 1, 3, 5, 6 and 7)	Citizenship (Lessons 1 and 5)	Economic wellbeing (Lessons 2 and 4)	Safety and Changing Body (Lessons 1, 2, 4, 7 and 8)

	(Lessons 1, 2, 4, 6 and 8)					
Year 5 Kapow Condensed	Introductory lesson: Setting Ground rules for RSE and PSHE Family and Relationships (Lessons 2, 3, 4, 5, 6 and 8)	Health and wellbeing (Lessons 2, 5, 6 and 7)	Citizenship (Lessons 1 and 6)		Economic Wellbeing (Lesson 3)	Safety and the Changing Body (Lessons 1, 2, 3, 4, 6 and 7) Transition lesson
Year 6 Kapow Condensed	Introductory lesson: Setting Ground rules for RSE and PSHE Families and Relationships (Lessons 1, 2, 4, 5 and 6)	Health and Wellbeing (Lessons 3, 4, 5, 6 and 8)	Safety and the Changing Body (Lessons 1, 3, 4, and 8)	Citizenship (Lessons 1, 4 and 6)	Economic Wellbeing (Lesson 4)	Secondary Transition – PiXL Safety and the Changing Body (Lessons 5 and 6: Conception, Pregnancy and Birth)