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| **Week**  Please note that our reception units have not been organised into Cycle A and Cycle B because they follow the EYFS framework, rather than the statutory guidance for RSE, like our other year groups. | **Autumn** | **Spring** | **Summer** |
| **Week 1** | [Self-regulation: My feelings](https://www.kapowprimary.com/subjects/rse-pshe/eyfs-reception-2/eyfs-reception-units/self-regulation-my-feelings/) **(6 lessons)**  Lesson 1: Identifying my feelings | [Managing self: Taking on challenges](https://www.kapowprimary.com/subjects/rse-pshe/eyfs-reception-2/eyfs-reception-units/managing-self-taking-on-challenges/) **(6 lessons)**  Lesson 1: Why do we have rules? | [Building relationships: My family and friends](https://www.kapowprimary.com/subjects/rse-pshe/eyfs-reception-2/eyfs-reception-units/building-relationships-my-family-and-friends-continued/)  **(6 lessons)**  Lesson 1: Festivals |
| **Week 2** | Lesson 2: Feelings jars | Lesson 2: Building towers | Lesson 2: Sharing |
| **Week 3** | Lesson 3: Coping strategies | Lesson 3: Team den building | Lesson 3: What makes a good friend? |
| **Week 4** | Lesson 4: Describing feelings | Lesson 4: Grounding | Lesson 4: Being a good friend |
| **Week 5** | Lesson 5: Facial expressions | Lesson 5: Team races | Lesson 5: Teamwork |
| **Week 6** | Lesson 6: Creating a calm corner | Lesson 6: Circus skills | Lesson 6: Celebrating friendships |
| **Week 7** | [Building relationships: Special relationships](https://www.kapowprimary.com/subjects/rse-pshe/eyfs-reception-2/eyfs-reception-units/building-relationships-special-relationships/)  **(6 lessons)**  Lesson 1: My family | [Self-regulation: Listening and following instructions](https://www.kapowprimary.com/subjects/rse-pshe/eyfs-reception-2/eyfs-reception-units/self-regulation-listening-and-following-instructions/)  **(6 lessons)**  Lesson 1: Simon says | [Managing self: My wellbeing](https://www.kapowprimary.com/subjects/rse-pshe/eyfs-reception-2/eyfs-reception-units/managing-self-my-wellbeing/) **(6 lessons)**  Lesson 1: What is exercise? |
| **Week 8** | Lesson 2: Special people | Lesson 2: Listening to a story | Lesson 2: Yoga and relaxation |
| **Week 9** | Lesson 3: Sharing | Lesson 3: Pass the whisper | Lesson 3: Looking after ourselves |
| **Week 10** | Lesson 4: I am unique | Lesson 4: Obstacle race | Lesson 4: Being a safe pedestrian |
| **Week 11** | Lesson 5: My interests | Lesson 5: Blindfold walk | Lesson 5: Eating healthily |
| **Week 12** | Lesson 6: Similarities and differences | Lesson 6: Treasure hunt | Lesson 6: A rainbow of food |

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|  | **Families and relationships** | | **Health and wellbeing** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-a/families-and-relationships-2/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-b/families-and-relationships-2/) | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-a/mixed-age-y1-2-health-and-wellbeing/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-b/mixed-age-y1-2-health-and-wellbeing-cycle-b/) |
| **1** | Introduction: Setting ground rules for RSE & PSHE lessons\* | Introduction: Setting ground rules for RSE & PSHE lessons\* | Understanding my feelings\* | Understanding my feelings\* |
| **2** | Family\* | Family\* | Relaxation - laughter and progressive muscle relaxation | Steps to success |
| **3** | Friendships\* | Friendships\* | What am I like? | Developing a growth mindset |
| **4** | Families are all different | Other people’s feelings | Ready for bed? | Being active |
| **5** | Other people’s feelings | Getting along with others\* | Hand washing and personal hygiene | Relaxation: breathing exercises |
| **6** | Getting along with others\* | Friendship problems\* | Sun safety | Healthy diet |
| **7** | Friendship problems\* | Gender stereotypes\* | Allergies | Looking after our teeth |
| **8** | Gender stereotypes\* | Change and loss | People who help us stay healthy |  |

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|  | **Safety and the changing body** | | **Citizenship** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-a/mixed-age-y1-2-safety-changing-body-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-b/mixed-age-y1-2-safety-changing-body-cycle-b/) | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-a/mixed-age-y1-2-citizenship-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-b/mixed-age-y1-2-citizenship-cycle-b/) |
| **1** | Communicating with adults\* | Communicating with adults\* | Rules\* | Rules\* |
| **2** | People who help to keep us safe in our local community | Road safety\* | Similar, yet different \* | Similar, yet different \* |
| **3** | Road safety\* | Safety at home | Belonging | Caring for others: Animals |
| **4** | Safety with medicines\* | Safety with medicines\* | Job roles in the community | The needs of others |
| **5** | Making a call to the emergency services | What to do if I get lost | Our school environment | Democratic decisions |
| **6** | The difference between secrets and surprises | The internet | Our local environment | School council |
| **7** | Appropriate contact\* | Appropriate contact\* |  | Giving my opinion |
| **8** | My private parts are private\* | My private parts are private\* |  |  |
| **9** | Personal boundaries\* | Personal boundaries\* |  |  |

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|  | **Economic Wellbeing** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-a/mixed-age-y1-2-economic-wellbeing-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-b/mixed-age-y1-2-economic-wellbeing-cycle-b/) |
| **1** | Money\* | Money\* |
| **2** | Needs and wants\* | Needs and wants\* |
| **3** | Looking after money | Saving and spending |
| **4** | Banks and building societies\* | Banks and building societies\* |
| **5** | Jobs\* | Jobs\* |
|  | **Transition** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-a/mixed-age-y1-2-transition-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y1-2/year-1-2-cycle-b/mixed-age-y1-2-transition-cycle-b/) |
| **1** | Transition lesson\* | Transition lesson\* |

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|  | **Families and relationships** | | **Health and wellbeing** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/cycle-a/families-and-relationships/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/y3-4-cycle-b/mixed-age-y3-4-families-and-relationships/) | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/cycle-a/mixed-age-y3-4-health-and-wellbeing-2/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/y3-4-cycle-b/mixed-age-y3-4-health-and-wellbeing-cycle-b/) |
| **1** | Introductory lesson: Setting ground rules and signposting\* | Introductory lesson: Setting ground rules and signposting\* | My healthy diary | My healthy diary |
| **2** | Friendship issues and bullying\* | Friendship issues and bullying\* | Diet and dental health | Looking after our teeth |
| **3** | The effects of bullying and the responsibility of the bystander | Healthy families | Relaxation - stretches | Relaxation - visualisation |
| **4** | Stereotyping - Gender\* | Stereotyping - Gender\* | Wonderful me | Meaning and purpose - my role |
| **5** | Stereotyping - Age/disability\* | Stereotyping - Age/disability\* | My superpowers | Resilience: breaking down problems |
| **6** | Healthy friendships - boundaries | How my behaviour affects others | Celebrating mistakes | Emotions |
| **7** | Learning who to trust | Effective communication to support relationships | Communicating my feelings\* | Communicating my feelings\* |
| **8** | Respecting differences\* | Respect and manners | My happiness | Mental health |
| **9** | Change and loss - bereavement\* | Respecting differences |  |  |

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|  | **Safety and the changing body** | | **Citizenship** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/cycle-a/mixed-age-y3-4-safety-changing-body-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/y3-4-cycle-b/mixed-age-y3-4-safety-changing-body-cycle-b-2/) | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/cycle-a/mixed-age-y3-4-citizenship-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/y3-4-cycle-b/mixed-age-y3-4-citizenship-cycle-b/) |
| **1** | Be kind online | Fake emails | Recycling / reusing\* | Recycling? reusing\* |
| **2** | Cyberbullying | Internet safety: age restrictions | Local community buildings and groups\* | Local community buildings and groups\* |
| **3** | Share aware | Consuming information online | Local council and democracy\* | Local council and democracy\* |
| **4** | Privacy and secrecy | Tobacco | Rules | Diverse communities |
| **5** | First Aid: Bites and stings | First Aid: asthma | Rights of the child\* | Rights of the child |
| **6** | Choices and inﬂuences\* | Choices and inﬂuences\* | Human rights | Charity |
| **7** | Year 3: First Aid: Emergencies and calling for help  Year 4: Introducing puberty | Year 3: First Aid: Emergencies and calling for help  Year 4: Introducing puberty |  |  |
| **8** | Year 3: Road safety Year 4: Growing up | Year 3: Road safety Year 4: Growing up |  |  |

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|  | **Economic Wellbeing** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/cycle-a/mixed-age-y3-4-economic-wellbeing-cycle-a-2-2/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/y3-4-cycle-b/mixed-age-y3-4-economic-wellbeing-cycle-b/) |
| **1** | Spending choices\* | Spending choices\* |
| **2** | Budgeting\* | Budgeting\* |
| **3** | Money and emotions \* | Money and emotions \* |
| **4** | Jobs and careers\* | Jobs and careers\* |
| **5** | Gender and careers | Jobs for me |
|  | **Transition** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/cycle-a/mixed-age-y3-4-transition-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y3-4/y3-4-cycle-b/mixed-age-y3-4-transition-cycle-b/) |
| **1** | Coping strategies\* | Coping strategies\* |

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|  | **Families and relationships** | | **Health and wellbeing** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/cycle-a/families-and-relationships/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/y5-and-y6-mixed-age-lessons-cycle-b-rse-pshe/) | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/cycle-a/mixed-age-y5-6-health-and-wellbeing/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/mixed-age-y5-6-cycleb-health-and-wellbeing/) |
| **1** | Introduction lesson: Setting rules and signposting\* | Introduction lesson: Setting rules and signposting\* | Relaxation - yoga | Relaxation - mindfulness |
| **2** | Build a friend - what makes a good friend | Friendship skills | The importance of rest | What can I be? |
| **3** | Respect\* | Respect\* | Embracing failure | Taking responsibility for my health |
| **4** | Respecting myself | Resolving conﬂict | Going for goals | The impact of technology on health |
| **5** | Marriage | Family life | Taking responsibility for my feelings | Resilience toolbox |
| **6** | Bullying | Stereotyping | Healthy meals | Immunisation |
| **7** | Stereotyping | Challenging stereotypes | Sun safety | Physical health concerns |
| **8** | Challenging stereotypes | Change and loss |  | Good and bad habits |

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|  | **Safety and the changing body** | | **Citizenship** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/cycle-a/mixed-age-y5-6-safety-changing-body-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/mixed-age-y5-6-safety-changing-body-cycle-b/) | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/cycle-a/mixed-age-y5-6-citizenship-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/mixed-age-y5-6-citizenship-cycle-b/) |
| **1** | Online friendships | Critical digital consumers | Breaking the law | Pressure groups |
| **2** | Staying safe online | Social media | Prejudice and discrimination | Valuing diversity |
| **3** | First Aid: Choking | First Aid: Bleeding | Protecting the planet | Food choices and the environment |
| **4** | Alcohol | First Aid: Basic life support | Contributing to the community | Caring for others |
| **5** | Drugs, alcohol and tobacco: Inﬂuences | Year 5: Puberty  Year 6: Physical and emotional changes of puberty | Rights and responsibilities\* | Rights and responsibilities\* |
| **6** | Year 5: Puberty  Year 6: Physical and emotional changes of puberty | Year 5: Menstruation | Parliament and national democracy\* | Parliament and national democracy\* |
| **7** | Year 5: Menstruation | Year 5: Emotional changes in puberty |  |  |
| **8** | Year 5: Emotional changes in puberty |  |  |  |

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|  | **Economic wellbeing** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-a/mixed-age-y5-6-economic-wellbeing-cycle-a/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/mixed-age-y5-6-economic-wellbeing-cycle-b/) |
| **1** | Borrowing | Attitudes to money |
| **2** | Income and expenditure | Keeping money safe |
| **3** | Prioritising spending | Stereotypes in the workplace |
| **4** | Risks with money | Gambling |
| **5** | Careers\* | Careers\* |
|  | **Identity** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-a/mixed-age-pshe-rse-identity/) | [**Cycle B**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/mixed-age-pshe-rse-cycle-b-identity/) |
| **1** | Year 6: What is identity? | Year 6: What is identity? |
| **2** | Year 6: Identity and body image | Year 6: Identity and body image |
|  | **Transition lesson** | |
|  | [**Cycle A**](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/cycle-a/mixed-age-y5-6-transition-cycle-a/) | [Cycle B](https://www.kapowprimary.com/subjects/rse-pshe/mixed-age-y5-6/year-5-6-cycle-b/mixed-age-year-5-6-cycle-b-transition/) |
| **1** | Roles and responsibilities\* | Roles and responsibilities\* |