



PHSE & RHE Overview

KS1- Cycle A	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
	Health and Wellbeing						Relationships						Living in the Wider World					
	Healthy Lifestyles		Ourselves, Growing and Changing		Keeping Safe		Feelings and Emotions		Healthy Relationships		Valuing Difference		British Values		Environment		Money	
	1. Topic: Keeping healthy. Kapow (1) H& W lesson 8- People who help us to stay healthy	2. Topic: The importance of sleep. Kapow (1) H&W Lesson 4 (1)- Ready for bed	3. Topic: Personal hygiene. Kapow (1) H&W lesson 5- hand washing and personal hygiene	4. Topic: What makes you special? Ten: Ten: I am unique 5. Topic: the importance of self-respect. Kapow (1) H&W What am I like? Black History Month: ready steady go by Mo Farragh 6. Topic: Understanding emotions. Kapow (1) H& W. Understanding my emotions 7. Topic: Understanding other people’s emotions. Kapow (1) F & R	8. Topic: Talking to adults. Kapow (1) S&CB Understanding how to talk to adults 9. Topic: How to keep myself safe if I get lost. Kapow (1) S&CB. Getting lost 10. Topic: Accident prevention Ten: Ten: Can you help me? 11. Topic: Know how to stay safe. Ten: Ten: Harmful substances	1. Topic: Know that we all have different feelings. Ten Ten: feeling inside out 2. Topic: To know how to manage big feelings. Ten: Ten: Super Suzie gets angry	3. Topic: To know what is appropriate and inappropriate physical contact K lesson 5 S&CB appropriate contact 4 Topic: Know what are good and bad secrets. Ten: Ten: Good & Bad secrets 5. Topic: We have private areas of our body. Physical contact NSPCC pants are private Ten: Ten: Physical Contact	6. Topic: Similarities and differences. Kapow (1) lesson 4 Similar, yet different 7. Topic: Gender stereotypes Ten: Ten: Who will I be?	1. Topic: Rules Ten: Ten: Rules to help us 2. Topic: We all belong. Kapow (1) C Lesson 5 Belonging BOOK IN Police visit- to know that the police help us 3. Topic: Protected characteristics – to know that there are 9 protected characteristics	7. Topic: Our environment. Kapow (2) C lesson 2 Our school environment 8. Topic: Our community Kapow: (2) C Lesson 3 Our local environment	9. Topic: Money Kapow (1) EW Lesson 1 What is Money? 10. Topic: What do we need and what do we want? Needs and wants Ten: Ten 11. Topic: How to be money smart. Kapow (1) EW Lesson 2 keeping money safe							



KS1- Cycle B	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
	Health and Wellbeing						Relationships						Living in the Wider World					
	Healthy Lifestyles		Ourselves, Growing and Changing		Keeping Safe		Feelings and Emotions		Healthy Relationships		Valuing Difference		British Values		Environment		Money	
	1.Topic: Physical exercise. Kapow (2) H& W lesson 2 Keeping active 2.Topic: Health goals. Kapow (2) H &W lesson 4 Steps to success 3.Topic: Healthy bodies. Ten Ten: Clean and healthy- my body 4.Topic: Health and nutrition Kapow (2) lesson 5. Topic: healthy Teeth Kapow lesson 7- healthy teeth		6. Topic: Girls & Boys Ten: Ten: correct terminology for body parts and genitalia 7. Topic: Life cycle of a human. Ten: Ten: The cycle of life to know the life cycle of a human 8. Topic: beginnings & Endings. Ten: Ten: beginnings and endings to know that we change from young to old 9. Topic: Changes. Ten: Ten: Change is all around us to know that changes are something we all experience		Anti bullying week- make a noise about bullying 10. Topic: My private parts. Kapow (2) S&CB Pants are private- my private parts 11. Topic: Online safety. Ten: Ten: Real life online 12. Topic: First aid. Ten: Ten: Can you help me? To know basic first aid 13. What to do if I get lost. Kapow (1/2 cycle B) What to do if I get lost		1.Topic: It’s cool to be kind Ten: Ten treat others well to recognise appropriate and inappropriate behaviour 2.Topic: To recognise unkind behaviours. Ten Ten: and say sorry 3.Topic: Appropriate contact. Kapow Safety lesson 6 respecting personal boundaries		4. Topic: People who care for us. Ten: Ten: special people to recognise people who care for us 5. Topic: Change and Loss. Kapow (2) F& R Change and Loss 6. Topic: Our community relationships Ten: Ten: Communities we live in		8. World Autism awareness day 9. Topic: the needs of others. Kapow (2) C: Lesson 3 The needs of others		1. Topic: Animal rights Kapow (1) C- Lesson 2 Caring for animals 2. Police visit- what type of work do the police do and how do they protect us? 3. Topic: the school council. Kapow (2) C lesson 6 school council 4. Topic: Democracy Kapow (1/2, cycle B) Lesson 5 democratic decisions		6. National environment day- plan steps to improve our environment- eco warriors. 7. Topic: Job roles in our local community. Kapow (2) C lesson 4.		8. Topic: Where does money come from. Kapow EW (2) Lesson 1. Money 9. Topic: Exploring our needs. Kapow EW (2) Lesson 2 Needs 9. Topic: Exploring our wants. Kapow EW (2) Lesson 3 wants 10. Topic: Saving and spending. Kapow (1) EW. Lesson 4- Saving and Spending	