



## PHSE & RHE Overview

LKS2- 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: Respecting our bodies Ten: Ten Respecting our bodies to know how to respect our bodies through what we eat, wear and do		4.Topic: Understanding feelings. Ten: Ten: What am I feeling?		8.Topic: Cyberbullying. Kapow (3) S&CB Lesson 4 cyberbullying		1. Topic: Feelings and actions are different things. Ten Ten- I am thank full		4. Topic: To know strategies I can use if relationships become difficult. Ten: Ten friends, family and others		8. Topic Respecting differences. Kapow (3) F& R lesson 6 respecting differences in others.		1. Topic: Rights and responsibilities. Ten: ten: rights and responsibilities		5. Topic: Recycling Kapow (3) lesson 3 recycling		7. Topic: The emotional impact of money K (3/4) lesson 3 lesson 3- money and emotions	
2. Topic: Oral hygiene Kapow (4) H&W- lesson 1 Looking after our teeth		5. Topic: Communication. Kapow (3) lesson 4- effective communication.		9. It's cool to be kind online. Kapow (3) Safety lesson 3 Be kind online		2. Topic: Feelings and emotions can change. Ten Ten: When things feel bad		5.Topic: Recognising unsafe and unhealthy relationships in person and online. Ten: ten: When things feel bad online		10. Topic: Positive relationships with others. Ten: ten: how do I love others		2. Topic: Children's rights. Kapow (3) C lesson 1 Rights of the child.		6. Topic: Community groups who look after the environment Kapow (3/4) lesson 2 Cycle B local community groups.		8. Topic: How to budget. Kapow (3/4) lesson 2- budgets		
3. Topic: How our body relaxes. Kapow (3), lesson 2 lesson relaxation		6. Topic: Sharing my feelings. Kapow (3) H&W lesson 6 Communicating my feelings		10. Topic: Understanding the online world Ten: Ten: Real life online		3. Topic: Similarities and differences between people arise as they grow. Ten Ten: We don't have to be the same		6.Kapow (3) F&R lesson 2 friendship conflict				3. Topic: Rights and responsibilities Kapow (3) lesson 2 rights and responsibilities.				9. Topic: Introduction to jobs and careers Kapow (3/4) lesson 4 jobs and careers		
		7. Topic: How diet can affect our teeth. Kapow (3) lesson 7 Diet and Dental		11. Topic: First aid. Ten: Ten: Can you help me? To know basic first aid				7. Topic: Bullying. Kapow lesson 3: Conflict vs bullying				4. Topic: Human rights Kapow (4) C lesson 1 human rights						
				12. Topic: Responding to Emergencies Lesson 1 first aid and calling for help														



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<p>1. <b>Topic: Personal hygiene</b> Kapow (3/4) H&amp;W lesson 1 My health diary</p> <p>2. <b>Topic: learning about relaxation.</b> Kapow (3/4) lesson 3 relaxation and stretches</p> <p>3. <b>Topic: Asthma.</b> Kapow (3/4) lesson 5 first aid- asthma</p>		<p>4. <b>Topic: understanding puberty.</b> Ten Ten: what is puberty?</p> <p>6. <b>Topic: Understanding how our bodies change and develop.</b> Ten ten: Changing bodies</p> <p>7. <b>Topic: Safety.</b> Kapow (3/4) lesson 8</p> <p>Black history month- learn about the life of Michelle Obama</p>		<p>8. <b>Topic: The difference between friendship issues and bullying.</b> Kapow (3/4) lesson 2 friendship issues and bullying</p> <p>9. <b>Topic: the dangers of alcohol and tobacco</b> Ten: Ten: drugs alcohol and tobacco</p> <p>10. <b>Topic: Online safety and talking to people online.</b> Ten: Ten: chatting online</p> <p>11. <b>Topic: Bystander effect in bullying.</b> Kapow (3/4) lesson 3 cycle A. The effects of bullying and the responsibility of the bystander.</p>		<p>1. <b>Topic: To understand how emotions change as they grow up.</b> Ten: ten: What am I feeling?</p> <p>2. <b>Worries circle time.</b> Key text- the huge bag of worries book</p> <p>3. <b>Topic: To understand death and grief.</b> Ten: Ten: a time for everything.</p>		<p>4. <b>Topic: healthy families</b> Kapow (3/4 cycle B) lesson 3 healthy families</p> <p>5. <b>Topic: Understanding my behaviour</b> Kapow (3/4) lesson 6 How many behaviour affects others</p> <p>6.<b>Topic: Respect and manners.</b> Kapow F&amp;R Lesson 8- courtesy and manners</p> <p>7 <b>Topic: Unhealthy relationships.</b> Ten: Ten: When things feel bad</p>		<p>8. <b>Topic: To recognise fake reality in the media.</b> Ten: Ten: what am I looking at?</p> <p>9. <b>Topic: Stereotyping- gender</b> Kapow F&amp;R cycle B lesson 4 lesson 4 stereotyping gender</p> <p>10. <b>Topic: Stereotyping Age and disability.</b> K(3/4) cycle A lesson 5- Stereotyping age and disability</p>		<p>1. <b>Topic: local council</b> Kapow (3/4) cycle A lesson 3 local council &amp; democracy</p> <p>2. <b>Topic: Diverse communities</b> K (3/4) cycle B lesson 4 diverse communities</p> <p>3. <b>Topic: What is a charity?</b> Kapow (3/4) cycle B lesson 6 charity</p> <p>4. <b>Police visit-</b> what happens when you ring the police</p>		<p>5. <b>Topic: Recycling &amp; reusing</b> Kapow (3/4) cycle A lesson 1 recycling and reusing</p> <p>6. <b>Topic: Contributing to the community.</b> Kapow (4) citizenship lesson 4- contributing by litter picking</p> <p>National environment day- eco warriors- plastic police</p>		<p>7. <b>Topic: How to budget.</b> Kapow (3/4) cycle B economic lesson 2 Budgeting</p> <p>8. <b>Topic: What jobs and careers are there?</b> Kapow (3/4) cycle B economic lesson 4 jobs and careers</p> <p>9. <b>Topic: What jobs would suit me?</b> Kapow(3/4) cycle B economic lesson 5 jobs for me</p> <p>10. <b>Topic: Why does money matter?</b> Ten: Ten: Money matters</p>	