



PHSE & RHE Overview

UKS2- 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			
	<div>1. Topic: being safe in the sun. Kapow (5/6) cycle A lesson 7- Sun safety</div> <div>2. Topic: What do healthy meals consist of? Kapow 5/6 cycle A lesson 6 Healthy meals</div> <div>3. Topic: What are good and bad habits for our health? Kapow (5/6-cycle A) lesson 8 good and bad habits</div>	<div>5. Topic: puberty. Ten Ten: what is puberty?</div> <div>6.Topic: How do our bodies change as we grow and develop? Ten ten: Changing bodies</div> <div>7. Topic: Respecting myself. Kapow (5/6) cycle A lesson 2 Respecting myself.</div> <div>8. Why is rest important for our bodies? Kapow (5/6) cycle A lesson 2 The importance of rest.</div> <div>Black history month-learn about the life of Michelle Obama</div>	<div>9. Topic: E-Safety sharing online. Ten: Ten: Sharing isn't always caring.</div> <div>10. E-safety cyberbullying. Ten: Ten: Cyberbullying.</div> <div>11. Topic: Abuse. Ten: Ten: Types of Abuse</div> <div>12. Topic: the effects of drugs, alcohol and tobacco on our bodies. Ten: Ten: impacted lifestyles.</div> <div>13. Topic: Emergency help. Ten: Ten: Giving assistance.</div>	<div>1. Topic: To know what peer pressure is and to recognise pressure from other people. Ten: Ten: under pressure.</div> <div>2. Topic: To know how to explain and demonstrate your own personal boundaries. Ten: Ten: Do you want a piece of cake?</div> <div>3. Topic: Thoughts and feelings and how they impact wellbeing. Ten: Ten: Self- talk.</div>	<div>4.Topic: Consent. Ten: Ten: What is meant by consent?</div> <div>5. Topic: What does a good friend do? Kapow (5/6) cycle A lesson 2- What makes a good friend?</div> <div>6. Topic: Setting rules and signposting. Kapow (3/4) lesson 1.</div> <div>7. Topic: Respect. Kapow (5/6) cycle A lesson 3- respect.</div>	<div>8. Topic: Prejudice and discrimination. Kapow (5/6) cycle A lesson 2- prejudice and discrimination explained.</div>	<div>1. Topic: the law. Kapow (5/6) cycle A lesson 1 Breaking the law.</div> <div>2. Topic: Rights and responsibilities. Kapow (5/6) lesson 5</div> <div>3. Topic: Parliament and national democracy. Kapow (5/6) cycle A lesson 6</div>	<div>4. Topic: To know how to share God's love with the world. Ten: Ten: The Holy Trinity.</div> <div>5. Topic: Protecting the Planet. Kapow (5/6) lesson 3 cycle A</div> <div>6. Topic: To understand Catholic Social teaching. Ten: Ten: Catholic Social Teaching.</div>	<div>7. Topic: Income and expenditure. Kapow (5/6) cycle A lesson 2</div> <div>8. Topic: Prioritising spending. Kapow (5/6) cycle A lesson 3</div> <div>9. Topic: Risks with money. Kapow (5/6) lesson 4.</div>			



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1.Topic: Physical health concerns. Kapow (5/6) cycle B lesson 7 2. Topic: The impact of technology on health. Kapow (5/6) lesson 4 cycle B 3. Topic: How to relax my body and mind. Kapow (5/6) cycle B lesson 1- relaxation and mindfulness 4. Topic: My health, my choices. Kapow (5/6) cycle B lesson 3- taking responsibility for my own health.		5. Topic: My Value Ten: Ten: Gifts and talents 6. Topic: Body Changes. Ten: Ten- girls bodies 7. Topic Body Changes. Ten: ten- boys bodies. 8. Topic: To know we need rest, sleep, exercise and good personal hygiene as we grow and develop. Ten: ten: Spots and sleep.		9. Topic: The dangers of social media. Kapow (5/6) lesson 2- social media 10. Topic: Critical digital consumers. Kapow (5/6) lesson 1 11. Topic: Online friendships. Kapow (5/6) lesson 1 cycle A 12. Topic: Staying safe online. Kapow (5//6) lesson 2.		1.Topic: What tools can I use for my own wellbeing. Kapow (5/6) lesson 5 cycle B resilience toolbox 2.Topic: There’s hope beyond death. Ten: Ten: Hope beyond death 3. Positive perspective on body image. Ten: Ten: Body image 4. Topic: Peculiar feelings. Ten: ten: Know how to deal with peculiar feelings. 5. Topic: Emotional changes. Ten: Ten.		6. Topic: Friendship skills. Kapow (5/6) lesson 2 cycle B 7. Topic: How do I resolve conflicts well? Kapow (5/6) lesson 4 resolving conflicts 8. Topic: Having a baby. Ten: Ten: Making babies 9. Topic: menstruation. Ten: Ten.		10. Topic: Valuing diversity. Kapow- lesson 2 cycle B 11. Topic: Caring for others. Kapow- lesson 4 cycle B 12. Topic: Pressure groups. Kapow lesson 1		1.Topic: Rights and responsibilities. Kapow (5/6) lesson 5 2. Topic: Everyone should be treated fairly. Ten: Ten: Build others up.		3. Topic: Food choices and the environment. Kapow (5/6) lesson 3		4. Topic: Attitudes to money. Kapow lesson 4. 5. Topics: Stereotypes in the workplace. Kapow lesson 3.	