



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



PHSE & RHE Overview

UKS2- 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 & Emotions	Healthy Relationships	Valuing difference	British Values	Environment	Money			
	<p>1.Topic: Physical health concerns Kapow (5/6) cycle B lesson 7</p> <p>2. Topic: The impact of technology on health Kapow (5/6) lesson 4 cycle B</p> <p>3. Topic: How to relax my body and mind Kapow (5/6) cycle B lesson 1- relaxation and mindfulness</p> <p>4. Topic: My health, my choices Kapow (5/6) cycle B lesson 3- taking responsibility for my own health.</p>	<p>5. Topic: My Value Ten: Ten: Gifts and talents</p> <p>6. Topic: Body Changes Ten: Ten- girls' bodies</p> <p>7. Topic Body Changes Ten: ten- boys' bodies.</p> <p>8. Topic: To know we need rest, sleep, exercise and good personal hygiene as we grow and develop Ten: ten: Spots and sleep.</p>	<p>9. Topic: The dangers of social media Kapow (5/6) lesson 2- social media</p> <p>10. Topic: Critical digital consumers Kapow (5/6) lesson 1</p> <p>11. Topic: Online friendships Kapow (5/6) lesson 1 cycle A</p> <p>11. Topic: Staying safe online Kapow (5/6) lesson 2.</p>	<p>1.Topic: What tools can I use for my own wellbeing Kapow (5/6) lesson 5 cycle B resilience toolbox</p> <p>2.Topic: There's hope beyond death Ten: Ten: Hope beyond death</p> <p>3. Positive perspective on body image Ten: Ten: Body image</p> <p>4. Topic: Peculiar feelings Ten: ten: Know how to deal with peculiar feelings.</p> <p>5. Topic: Emotional changes Ten: Ten.</p>	<p>6. Topic: Friendship skills Kapow (5/6) lesson 2 cycle B</p> <p>7. Topic: How do I resolve conflicts well? Kapow (5/6) lesson 4 resolving conflicts</p> <p>8. Topic: Having a baby Ten: Ten: Making babies</p> <p>9. Topic: menstruation Ten: Ten.</p>	<p>10. Topic: Valuing diversity Kapow- lesson 2 cycle B</p> <p>11. Topic: Caring for others Kapow- lesson 4 cycle B</p> <p>12. Topic: Pressure groups Kapow lesson 1</p>	<p>1.Topic: Rights and responsibilities Kapow (5/6) lesson 5</p> <p>2. Topic: Everyone should be treated fairly Ten: Ten: Build others up.</p>	<p>3. Topic: Food choices and the environment Kapow (5/6) lesson 3</p> <p>4. Topic: To understand Catholic Social teaching Ten: Ten: Catholic Social Teaching.</p>	<p>5. Topic: Attitudes to money Kapow lesson 4.</p> <p>6. Topics: Stereotypes in the workplace Kapow lesson 3.</p>			