



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



PHSE & RHE Overview



LKS2- 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			
	1. Topic: Personal hygiene Kapow (3/4) H&W lesson 1 My health diary 2. Topic: learning about relaxation Kapow (3/4) lesson 3 relaxation and stretches 3. Topic: Asthma Kapow (3/4) lesson 5 first aid- asthma	4. Topic: understanding puberty Ten Ten: what is puberty? 6. Topic: Understanding how our bodies change and develop Ten ten: Changing bodies 7. Topic: Safety Kapow (3/4) lesson 8	8. Topic: The difference between friendship issues and bullying Kapow (3/4) lesson 2 friendship issues and bullying 9. Topic: the dangers of alcohol and tobacco Ten: Ten: drugs alcohol and tobacco 10. Topic: Online safety and talking to people online Ten: Ten: chatting online 11. Topic: Bystander effect in bullying Kapow (3/4) lesson 3 cycle A. The effects of bullying and the responsibility of the bystander.	1. Topic: To understand how emotions change as they grow up Ten: ten: What am I feeling? 2. Worries circle time Key text- the huge bag of worries book 3. Topic: To understand death and grief Ten: Ten: a time for everything.	4. Topic: healthy families Kapow (3/4 cycle B) lesson 3 healthy families 5. Topic: Understanding my behaviour Kapow (3/4) lesson 6 How many behaviour affects others 6.Topic: Respect and manners Kapow F&R Lesson 8- courtesy and manners 7. Topic: Unhealthy relationships Ten: Ten: When things feel bad	8. Topic: To recognise fake reality in the media Ten: Ten: what am I looking at? 9. Topic: Stereotyping- gender Kapow F&R cycle B lesson 4 lesson 4 stereotyping gender 10. Topic: Stereotyping Age and disability K(3/4) cycle A lesson 5- Stereotyping age and disability	1. Topic: local council Kapow (3/4) cycle A lesson 3 local council & democracy 2. Topic: Diverse communities K (3/4) cycle B lesson 4 diverse communities 3. Topic: What is a charity? Kapow (3/4) cycle B lesson 6 charity	5. Topic: Recycling & reusing Kapow (3/4) cycle A lesson 1 recycling and reusing 6. Topic: Contributing to the community. Kapow (4) citizenship lesson 4- contributing by litter picking	7. Topic: How to budget. Kapow (3/4) cycle B economic lesson 2 Budgeting 8. Topic: What jobs and careers are there? Kapow (3/4) cycle B economic lesson 4 jobs and careers 9. Topic: What jobs would suit me? Kapow(3/4) cycle B economic lesson 5 jobs for me 10. Topic: Why does money matter? Ten: Ten: Money matters			