



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 & Emotions	Healthy Relationships	Valuing difference	British Values	Environment	Money
	<p>1. Topic: Keeping healthy Kapow (1) H&W lesson 8- People who help us to stay healthy</p> <p>2. Topic: The importance of sleep Kapow (1) H&W Lesson 4 (1)- Ready for bed</p> <p>3. Topic: Personal hygiene Kapow (1) H&W lesson 5- hand washing and personal hygiene</p>	<p>4. Topic: What makes you special? Ten: Ten: I am unique</p> <p>5. Topic: the importance of self-respect Kapow (1) H&W What am I like?</p> <p>6. Topic: Understanding emotions Kapow (1) H&W. Understanding my emotions</p> <p>7. Topic: Understanding other people's emotions Kapow (1) F & R</p>	<p>8. Topic: Talking to adults Kapow (1) S&CB Understanding how to talk to adults</p> <p>9. Topic: How to keep myself safe if I get lost? Kapow (1) S&CB. Getting lost</p> <p>10. Topic: Accident prevention Ten: Ten: Can you help me?</p> <p>11. Topic: Know how to stay safe Ten: Ten: Harmful substances</p> <p>12. Topic: Online safety Ten: Ten: Real life online</p>	<p>1. Topic: Know that we all have different feelings Ten Ten: feeling inside out</p> <p>2. Topic: To know how to manage big feelings Ten: Ten: Super Suzie gets angry</p>	<p>3. Topic: To know what is appropriate and inappropriate physical contact K lesson 5 S&CB appropriate contact</p> <p>4. Topic: Know what are good and bad secrets Ten: Ten: Good & Bad secrets</p> <p>5. Topic: We have private areas of our body Physical contact NSPCC pants are private Ten: Ten: Physical Contact</p>	<p>6. Topic: Similarities and differences Kapow (1) lesson 4 Similar, yet different</p> <p>7. Topic: Gender stereotypes Ten: Ten: Who will I be?</p>	<p>1. Topic: Rules Ten: Ten: Rules to help us</p> <p>2. Topic: We all belong Kapow (1) C Lesson 5 Belonging</p> <p>3. Topic: Protected characteristics To know that there are 9 protected characteristics</p>	<p>4. Topic: Our environment Kapow (2) C lesson 2 Our school environment</p> <p>5. Topic: Our community Kapow: (2) C Lesson 3 Our local environment</p>	<p>6. Topic: Money Kapow (1) EW) Lesson 1 What is money?</p> <p>7. Topic: What do we need and what do we want? Needs and wants Ten: Ten</p> <p>8. Topic: How to be money smart Kapow (1) EW Lesson 2 keeping money safe</p>



PHSE & RHE Overview

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 & Emotions	Healthy Relationships	Valuing difference	British Values	Environment	Money			
	<p>1.Topic: Physical exercise Kapow (2) H&W lesson 2 Keeping active</p> <p>2.Topic: Health goals Kapow (2) H &W lesson 4 Steps to success</p> <p>3.Topic: Healthy bodies Ten Ten: Clean and healthy-my body</p> <p>4.Topic: Health and nutrition Kapow (2) lesson 5.</p> <p>5.Topic: Healthy teeth Kapow lesson 7- healthy teeth</p>	<p>6. Topic: Girls & Boys Ten: Ten: correct terminology for body parts and genitalia</p> <p>7. Topic: Life cycle of a human Ten: Ten: The cycle of life to know the life cycle of a human</p> <p>8. Topic: Beginnings & endings Ten: Ten: beginnings and endings to know that we change from young to old</p> <p>9. Topic: Changes Ten: Ten: Change is all around us to know that changes are something we all experience</p>	<p>10. Topic: My private parts Kapow (2) S&CB Pants are private-my private parts</p> <p>11. Topic: Online safety Ten: Ten: Real life online</p> <p>12. Topic: First aid Ten: Ten: Can you help me? To know basic first aid</p> <p>13. What to do if I get lost Kapow (1/2 cycle B) What to do if I get lost</p>	<p>1.Topic: It's cool to be kind Ten: Ten treat others well to recognise appropriate and inappropriate behaviour</p> <p>2.Topic: To recognise unkind behaviours Ten Ten: and say sorry</p> <p>3.Topic: Appropriate contact Kapow Safety lesson 6 respecting personal boundaries</p>	<p>4. Topic: People who care for us Ten: Ten: special people to recognise people who care for us</p> <p>5. Topic: Change and loss Kapow (2) F& R Change and Loss</p> <p>6. Topic: Our community relationships Ten: Ten: Communities we live in</p>	<p>8. Topic: Diversity World Autism awareness day</p> <p>9. Topic: the needs of others Kapow (2) C: Lesson 3 The needs of others</p>	<p>1. Topic: Animal rights Kapow (1) C- Lesson 2 Caring for animals</p> <p>2. Topic: the school council Kapow (2) C lesson 6 school council</p> <p>3. Topic: Democracy Kapow (1/2, cycle B) Lesson 5 democratic decisions</p>	<p>4. Topic: Job roles in our local community Kapow (2) C lesson 4.</p>	<p>5. Topic: Where does money come from? Kapow EW (2) Lesson 1. Money</p> <p>6. Topic: Exploring our needs Kapow EW (2) Lesson 2 Needs</p> <p>7. Topic: Exploring our wants Kapow EW (2) Lesson 3 wants</p> <p>8. Topic: Saving and spending Kapow (1) EW. Lesson 4- Saving and Spending</p>			