



PHSE & RHE Overview

EYFS – 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. Healthy lifestyle decisions Ten: Ten: Ready Teddy.</p> <p>2. Topic: What is exercise? Kapow: Managing self: Lesson 1.</p> <p>3. Topic: Self care, dressing and hygiene Kapow: Managing self: Lesson 3</p>	<p>4. Topic: Handmade with love Ten: Ten: Handmade with love</p> <p>5. Topic: I am special Ten: Ten: I am me</p> <p>6. Topic: Resilience Kapow: Taking on challenges: Lesson 6</p>	<p>7. Topic: My body and keeping it safe Ten: Ten: Heads, Shoulders, Knees and Toes</p> <p>8. Topic: Pants are private Ten: Ten: My body rules</p> <p>9. Topic: Online safety: Using devices Ten: Ten: What is the internet?</p> <p>10. Topic: Safe inside and outside Ten: Ten: Safe Inside Out</p>	<p>1. Topic: Identifying my feelings Kapow: My feelings: Lesson 1</p> <p>2. Topic: Feelings Kapow: My feelings: Lesson 1</p> <p>3. Topic: Self regulation Kapow: My feelings: Lesson 3</p>	<p>4. Topic: Role Model Ten: Ten: Role Model</p> <p>5. Topic: People I trust Ten: Ten: Who's who</p> <p>6. Topic: Sharing Kapow: Building relationships: Lesson 2</p> <p>7. Topic: What makes a good friend? Kapow: Building relationships: Lesson 3</p>	<p>8. Topic: Being a good friend Kapow: Building relationships: Lesson 4</p> <p>9. Topic: Teamwork Kapow: Building relationships: Lesson 5</p>	<p>1. Topic: Rules Kapow: Taking on challenges: Lesson 1</p> <p>2. Topic: Community Kapow: Taking on challenges: Lesson 2</p> <p>3. Topic: People who help us. Ten: Ten: People who help us</p> <p>4. Topic: Created to live in community Ten: Ten: God is love</p>	<p>5. Topic: Created to live in community Ten: Ten: Loving God, loving others</p> <p>6. Topic: Caring for our world and community Ten: Ten: Me, you, us</p>	<p>7. Topic: When I grow up Ten: Ten: When I grow up</p> <p>8. Topic: Money Ten: Ten: Money doesn't grow on trees</p>



PHSE & RHE Overview



EYFS – 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: Healthy lifestyle decisions Ten: Ten: Ready Teddy</p> <p>2. Topic: Eating healthily Kapow: Managing self: Lesson 5</p> <p>3. Topic: Being a safe pedestrian Kapow: Managing self: Lesson 4</p>	<p>4. Topic: Handmade with love Ten: Ten: Handmade with love</p> <p>5. Topic: I am special Ten: Ten: I am me</p> <p>6. Topic: We all have differences Ten: Ten: I like, you like, we all like</p> <p>7. Topic: The changes as we grow up Ten: Ten: Growing Up</p>	<p>8. Topic: My body and keeping it safe Ten: Ten: Heads, Shoulders, Knees and Toes</p> <p>9. Topic: Pants are private Ten: Ten: My body rules</p> <p>10. Topic: Online safety Ten: Ten: Playing Online</p> <p>11. Topic: Medicine and Drugs Ten: Ten: Feeling Poorly</p>	<p>1. Topic: Naming emotions Ten: Ten: All the feelings</p> <p>2. Topic: Actions have consequences Ten: Ten: Let's get real</p> <p>3. Topic: Self regulation Kapow: My feelings: Lesson 3</p>	<p>4. Topic: People I trust Ten: Ten: Who's who</p> <p>5. Topic: Positive and negative relationships Ten: Ten: You've got a friend in me</p> <p>6. Topic: Forgiveness and saying sorry Ten: Ten: Forever Friends</p>	<p>7. Topic: My interests Kapow: Building relationships: Lesson 5</p> <p>8. Topic: Similarities and differences Kapow: Building relationships: Lesson 6</p>	<p>1. Topic: Diversity – Similarities and difference Kapow: Special relationships: Lesson 6</p> <p>2. Topic: People who help us. Ten: Ten: People who help us</p> <p>3. Topic: Created to live in community Ten: Ten: God is love</p>	<p>4. Topic: Created to live in community Ten: Ten: Loving God, loving others</p> <p>5. Topic: Caring for our world and community Ten: Ten: Me, you, us</p>	<p>6. Topic: When I grow up Ten: Ten: When I grow up</p> <p>7. Topic: Money Ten: Ten: Money doesn't grow on trees</p>



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>			



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			
	<p>1. Topic: Respecting our bodies Ten: Ten Respecting our bodies to know how to respect our bodies through what we eat, wear and do</p> <p>2. Topic: Oral hygiene Kapow (4) H&W- lesson 1 Looking after our teeth</p> <p>3. Topic: How our body relaxes Kapow (3), lesson 2 relaxation</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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.</p>	<p>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</p>			



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



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	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</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. NSPCC</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</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>			