

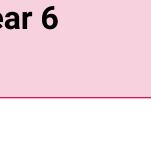
Families and re Health and we Safety and the Citizenship **Economic well** Transition Identity

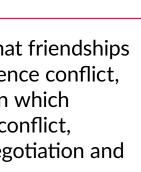


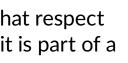
RSE & PSHE Pupil Progression

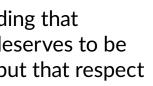
elationships	02
ellbeing	03
e changing body	04
	05
llbeing	06
	07
	80

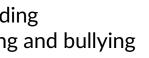
Kapow Primary ^m		Year 1	Year 2	Year 3	Year 4	Year 5	Year
Families and relationshipsHealth and wellbeingSafety and the	Family	 Understanding that families can include a range of people and how different members of a family are related to each other 	 Learning that families can be made up of different people Understanding that families offer care, love and support 	 Learning that problems can occur in families and that their is help available if needed 	 Understanding that families are varied, in the UK and across the world and having respect for these differences 	 Understanding that we all have different positive attributes and we should be proud of these Learning what marriage is and that it is a choice that people make Learning that sometimes families can make children feel unhappy or unsafe and that there is help available 	
changing body Citizenship Economic	Friendships	 To begin to understand the characteristics of positive friendships Learning that friendships can have problems but that these can be overcome Exploring friendly behaviours 	• Understanding difficulties in friendships and action that can be taken	 Exploring ways to resolve friendship problems Developing an understanding of the impact of bullying and what to do if bullying occurs 	 Exploring physical and emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and bystander 	 Understanding that friendships will encounter issues but that this may strengthen them Understanding the impact of bullying and what might influence the behaviour of a bully 	• Learning that for can experience and ways in write to resolve constitution through negot compromise
wellbeing Transition Identity	Respectful relationships	 Learning to recognise how other people show their feelings and how to care for others Exploring the ability to successfully work with different people Understanding ways to help others 	 Learning how other people show their feelings and how to respond to them Exploring the conventions of manners in different situations Developing an understanding of self respect 	 Understanding what trust is and identifying who I can trust Learning about the effects of non verbal communication Developing listening skills Exploring stereotyping 	 Understanding expected courtesy and manners in a range of scenarios Understanding how my actions and behaviour affects others Understanding stereotyping 	 Learning how stereotypes can be unfair, negative and destructive 	 Learning what is and that it is relationship Understanding everyone dese respected but can be lost Understanding stereotyping a linked to it
	Change and loss		• Exploring how loss and change can affect us		 Learning what bereavement is and how to help someone who has experienced bereavement 		 Understanding the associated To explore the emotions relat

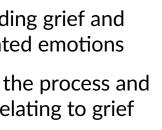












Kapow Primary [™]		Year 1	Year 2	Year 3	Year 4	Year 5	Year
Families and relationships Health and wellbeing	Health and prevention	 Understanding the importance of hand hygiene Understanding the risks of sun exposure and how to stay safe in the sun Developing an understanding of allergies and what to do if someone has an allergic reaction 	 Developing an understanding of how to look after my teeth 		 Developing independence in looking after my teeth 	 Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun 	 Understanding preventing illne benefits of imm Developing and of possible sign and some actio
Safety and the changing body Citizenship Economic wellbeing	Physical health and wellbeing	 Exploring health related jobs and people who help to keep us healthy Understanding the importance of sleep and positive sleep habits Exploring two different methods of relaxation: progressive muscle relaxation and laughter 	 Understanding the importance of exercise and its effect on the body Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation 	 Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest Understanding the positive impact of relaxation on the body and learning relaxation stretches Understanding what a balanced diet is and the effects upon mental and physical health 	 Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles 	 Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation 	 Understanding the responsibility to leaverall health, inclusion overall health, inclusion hygiene, physical a relaxation Understanding the contribute to my period mental health Identifying a range strategies and situathey would be use Learning about the technology can have health
Transition Identity	Mental wellbeing	 Understanding my strengths and qualities Understanding and describing feelings and emotions 	 Recognising an increasing range of feelings and some strategies for managing different emotions Developing empathy Identifying personal goals and how to work towards them Exploring the need for perseverance and developing a growth mindset 	 Exploring my identity through the groups I belong to Identifying my strengths and exploring how I use them to helps others Understanding how to overcome problems by breaking them into smaller, achievable steps 	 Understanding that it is normal to experience a range of emotions Developing the ability to appreciate the emotions of others in different situations Learning to take responsibility for my emotions and that I can control some things but not others Developing an understanding of mental health including experiencing problems Developing a growth mindset, acknowledging that mistakes are useful to learning 	 Understanding what can cause stress and how to deal with it Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets Developing the ability to take responsibility for and manage my feelings Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success 	 Exploring my propulation on them Learning the impresilience and constrategies for bein challenging set in challenging set of the inchallenging set of the

ar 6

ling ways of illness and the immunisation an understanding

signs of illness ctions I can take

ng that I have a to look after my , including, diet, oral sical activity, rest and

g the factors which my physical and

ange of relaxation I situations in which e useful

ut the affects In have on mental

y personal d how to build

e importance of nd developing or being resilient ng situations

long-term goals ping a plan as to ieve them

oout the affects can have on th

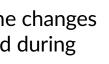
Productions in programments and upper protective programments in mage contract and programment with a mage contract and programment with a mage contract and provide protective p	Kapou Primary ^m		Year 1	Year 2	Year 3	Year 4	Year 5	Year
Economic wellbeing Drugs, alcohol and tobacco • Exploring what is and isn't safe to put in or on my body • Learning how to be safe around medicines • Exploring that people and things can influence me and i need to make the right decision forme • Understanding the risks associated with tobacco • Unde	relationships Health and wellbeing Safety and the changing body		 respond appropriately to adults in a range of settings Understanding what to do if I get lost Exploring potential hazards in the home and how to avoid these Understanding the roles people have within the local community to help keep me safe Developing an understanding of appropriate physical 	 understanding of being safe near roads and learning how to cross roads safely Understanding the safe use of medicines Beginning to understand the importance of staying safe online Understanding the difference between secrets and surprises Understanding the concept of privacy and naming the 	 keep safe when crossing and near roads Developing skills as a responsible digital citizen Recognising and responding to cyberbullying Beginning to recognise 	 understanding of being safe online Understanding how to seek help if I need to Exploring the difference between private and public Understanding that age restrictions are designed to protect me Learning about the benefits and risks of 	 understanding of how to ensure relationships online are safe Recognising an increasing number of online risks and 	 Developing an understanding the reliability of information Exploring online relationships in dealing with pr Understanding relationships shat reated in the saface to face relimination for the saface to face relimination
Identity The changing adolescent body · Knowing the names of parts of my body · Knowing the names of parts of my body · Developing an understanding of physical and emotional changes as I grow up · Understanding the physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of physical and emotional changes as I grow up · Understanding of the main aspects of puberty, including menstruation is conceived and emotional changes as I grow up · Knowing how to help someone whe is bleeding what classes as an emergency and how to make a call to the emergency services · Knowing how to call the emergency services · Knowing how to respond to bites and stings · Knowing how to help someone who is bleeding what classes as an emergency and how to make a call to the emergency services · Knowing how to respond to bites and stings · Knowing how to respond to bites and stings · Knowing how to help someone who is bleeding whet help someone whee help someone whelp someone whee help someone whelp someone whee help	wellbeing		safe to put in or on my	0	 things can influence me and I need to make the right decision for me Exploring choices and 		 influence others can have on me Learning strategies I can use to overcome pressure 	 Understanding associated with
classes as an emergency and how to make a call to the emergency servicesemergency servicessomeone with asthmasomeone who is bleedingsomeone who• Knowing how to respond to bites and stings• Knowing how to respond to bites and stings		•••		_		understanding of physical and emotional changes as I	 changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including menstruation Learning about the emotional changes during 	 Knowing the clexperienced dupuberty Understanding is conceived ar
Kanow Primary™		Basic first aid	classes as an emergency and how to make a call to		emergency servicesKnowing how to respond	J I	C .	 Knowing how to someone who Knowing how to help someone to unresponsive

ar 6

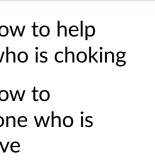
; an ling about ty of online

online os including h problems ding that online os should be he same way as e relationships where to get help nline problems

ding the risks with alcohol

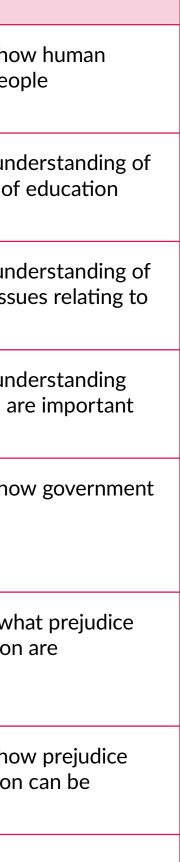


ding how a baby d and develops



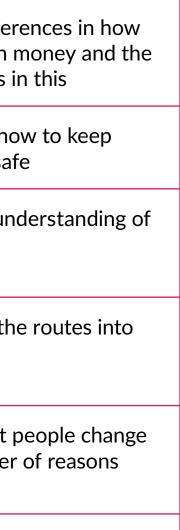
Kapow Primary ^m	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	 Understanding rules in school 	 Understanding rules in the community 	 Developing an understanding of children's rights and how they help children 	 Understanding that human rights apply to everyone and who protects these 	 Understanding the law and what happens when someone breaks it 	 Understanding how rights protect people
Health and wellbeing	 Recognising why rules are necessary 	 Understanding how rules are made 	• Considering the responsibilities adults and children have to maintain children's rights	 Understanding how reusing items is of benefit to the environment 	 Understanding how rights and responsibilities link 	• Developing an unde the importance of e
Safety and the	 Understanding the needs of different animals and how to meet these 	 Recognising the importance of looking after the school environment 	 Understand how recycling can have a positive impact on the environment 	 Understanding the role of local government 	 Developing an understanding of freedom of expression 	 Developing an unde environmental issue food
changing body	 Understanding the needs of younger children and how these change 	 Identifying ways to help look after the school environment 	 Developing an understanding of how democracy works at a local level 	 Understanding the groups which make up a community and the benefits they bring 	 Understanding why reducing use of materials is positive for the environment 	 Developing an unde of causes which are personally
Citizenship	 Understanding how voting can be used to make decisions 	• Understanding the jobs people do to look after the environment in school and the local	• Understanding the need for rules and the consequences of breaking these	• Understanding the positives diversity brings to a community	• Developing an understanding of how parliament and Government work	 Understanding how works
Economic wellbeing	Understanding differences between people	 Community Understanding how democracy works in school through the School Council 	 Developing an understanding of groups within the local community and how these support the local community 		• Understanding the contribution people make to the community and how this is recognised	 Understanding what and discrimination a
Transition	 Recognising the groups we belong to 	• Understanding that everyone is unique			 Developing an understanding of pressure groups 	 Understanding how and discrimination c overcome
Identity		 Recognising the contribution people make to the local community 				
			-			
© Kapow Primary™				5		





Kapow Primary"	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	 Developing an understanding of the value of money and how to keep it safe 	• Understanding the value of money and where it comes from	 Understanding that there are different ways to pay for things 	 Understanding the factors which affect whether something is value for money 	 Understand how to create a budget based on priorities 	 Recognising different people deal with more role of emotions in t
Health and	 Understanding where money comes from 	 Developing an understanding of wants and needs 	 Developing an understanding of budgeting 	 Understand the importance of tracking money 	 Developing an understanding of borrowing money 	 Understanding how bank accounts safe
wellbeing	 Developing an understanding of how banks work 	 Recognising that people make choices about how to spend money 	 Understanding that money can cause a range of feelings 	 Understanding the impact of losing money 	 Beginning to understand income and expenditure 	 Developing an unde gambling
Safety and the changing body	 Recognising the range of jobs available in school and the skills people need to do these 	• Developing an understanding of how to select a bank account	Understanding that people have different attitudes to money	• Developing an understanding of what might influence job choices	 Developing an understanding about risks associated with money 	 Understanding the r different jobs
Citizenship		 Beginning to understand how people select the job they want to do 	 Growing understanding of the range of jobs available 	 Understanding how work can change over time 	 Understand stereotypes in work and how these can be overcome 	 Recognising that people jobs for a number of
Economic wellbeing			 Understanding the stereotypes which can exist around jobs but that these should not affect people's choices 		 Understanding the role of money in selecting a job 	
Transition						
Identity						
© Kapow Primary™				6		





Kapow Primary ^m	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	Recognising own strengths	• Understanding that change is part of life	• Learning strategies to deal with change	Recognising own achievements	• Understanding the skills needed for roles in school	 Recognising that char char cause mixed feeling
Health and wellbeing	• Understanding that changes can be both positive and negative	 Recognising ways to deal with change 	 Understanding opportunities and responsibilities 	Understanding how to set goals	 Recognising own skills and how these can de developed 	 Understanding a great of strategies to deal feelings associated v
Safety and the changing body						
Citizenship						
Economic wellbeing						
Transition						
Identity						
© Kapow Primary™				7		



t change can lings

a greater range deal with ted with change



Families and relationships

Health and wellbeing

Safety and the changing body

Citizenship

Economic wellbeing

Transition

Identity

• Understanding what makes identity

- Recognising the difference between how we see ourselves and how others see us
- Exploring the role of gender in identity
- Exploring how the media might inlfluence our identity

© Kapow Primary[™]

Year 6		