

## St Peter's PSHE Yearly Overviews

Visit the Kapow website for all lessons. [RSE & PSHE - Kapow Primary](#) Lessons underlined in yellow are non-statutory and may be omitted.

### EYFS

Week	Autumn	Spring	Summer
<b>Week 1</b>	<a href="#">Self-regulation: My feelings (6 lessons)</a> Lesson 1: Identifying my feelings	<a href="#">Managing self: Taking on challenges (6 lessons)</a> Lesson 1: Why do we have rules?	<a href="#">Building relationships: My family and friends (6 lessons)</a> Lesson 1: Festivals
<b>Week 2</b>	<u>Lesson 2: Feelings jars</u>	Lesson 2: Building towers	Lesson 2: Sharing
<b>Week 3</b>	Lesson 3: Coping strategies	<u>Lesson 3: Team den building</u>	Lesson 3: What makes a good friend?
<b>Week 4</b>	Lesson 4: Describing feelings	<u>Lesson 4: Grounding</u>	Lesson 4: Being a good friend
<b>Week 5</b>	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
<b>Week 6</b>	<u>Lesson 6: Creating a calm corner</u>	Lesson 6: Circus skills	<u>Lesson 6: Celebrating friendships</u>
<b>Week 7</b>	<a href="#">Building relationships: Special relationships (6 lessons)</a> Lesson 1: My family	<a href="#">Self-regulation: Listening and following instructions (6 lessons)</a> Lesson 1: Simon says	<a href="#">Managing self: My wellbeing (6 lessons)</a> Lesson 1: What is exercise?
<b>Week 8</b>	Lesson 2: Special people	Lesson 2: Listening to a story	<u>Lesson 2: Yoga and relaxation</u>
<b>Week 9</b>	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
<b>Week 10</b>	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
<b>Week 11</b>	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
<b>Week 12</b>	Lesson 6: Similarities and differences	<u>Lesson 6: Treasure hunt</u>	<u>Lesson 6: A rainbow of food</u>

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### Year 1

Week	Autumn	Spring	Summer
Introduction	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
Week 1	<a href="#">Family and relationships (7 lessons)</a> Lesson 1: What is family?	Lesson 6: Sun safety	<u>Lesson 2: Caring for others: Animals</u>
Week 2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Optional: Extend the unit by visiting a farm or a different animal-centre to learn more about animal care.
Week 3	Lesson 3: Recognising other people's emotions	<u>Lesson 8: People who help keep us healthy</u>	Lesson 3: The needs of others
Week 4	<u>Lesson 4: Working with others</u>	<a href="#">Safety and the changing body (8 lessons)</a> Lesson 1: Adults in school	Lesson 4: Similar, yet different
Week 5	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
Week 6	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
Week 7	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	<a href="#">Economic wellbeing (6 lessons)</a> Lesson 1: What is money?
Week 8	<a href="#">Health and wellbeing (8 lessons)</a> Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Keeping money safe
Week 9	<u>Lesson 2: What am I like?</u>	Lesson 6: Safety with substances	Lesson 3: What is a bank?
Week 10	Lesson 3: Ready for bed	<u>Lesson 7: Safety at home</u>	Lesson 4: Saving and spending
Week 11	<u>Lesson 4: Relaxation</u>	<u>Lesson 8: People who help keep us safe</u>	<u>Lesson 5: Jobs in school</u>
Week 12	Lesson 5: Hand washing and personal hygiene	<a href="#">Citizenship (6 lessons)</a> Lesson 1: Rules	<u>Lesson 6: Jobs out of school</u>
Transition			<a href="#">Transition lesson</a> Individual strengths and new skills

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### Year 2

Week	Autumn	Spring	Summer
Introduction	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
Week 1	<a href="#">Family and relationships (7 lessons)</a> Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	<u>Lesson 3: Our local environment</u>
Week 2	Lesson 2: Families are all different	<a href="#">Safety and the changing body (8 lessons)</a> Lesson 1: Introduction to the internet	<u>Lesson 4: Job roles in our local community</u>
Week 3	<u>Lesson 3: Other people's' feelings</u>	Lesson 2: Communicating online	Lesson 5: Similar yet different - my local community
Week 4	Lesson 4: Unhappy friendships	Lesson 3: Secrets and surprises	Lesson 6: School council
Week 5	Lesson 5: Introduction to manners and courtesy	Lesson 4: Appropriate contact: My private parts	<u>Lesson 7: Giving my opinion</u>
Week 6	Lesson 6: Change and loss	Lesson 5: Appropriate contact: My private parts are private	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
Week 7	Lesson 7: Gender stereotypes: Careers and jobs	<u>Lesson 6: My personal boundaries</u>	<a href="#">Economic wellbeing (6 lessons)</a> Lesson 1: Where does money come from?
Week 8	<a href="#">Health and wellbeing (7 lessons)</a> Lesson 1: Experiencing different emotions	Lesson 7: Road safety	Lesson 2: Exploring wants
Week 9	<u>Lesson 2: Being active</u>	<u>Lesson 8: Crossing roads safely</u>	Lesson 3: Exploring needs
Week 10	<u>Lesson 3: Relaxation: Breathing exercise</u>	Lesson 9: Staying safe with medicine	Lesson 4: Bank cards and accounts
Week 11	<u>Lesson 4: Steps to success</u>	<a href="#">Citizenship (7 lessons)</a> Lesson 1: Rules beyond school	<u>Lesson 5: My skills and talents</u>
Week 12	Lesson 5: Developing a growth mindset	<u>Lesson 2: Our school environment</u>	<u>Lesson 6: Everyone is welcome</u>
Week 13	Lesson 6: Healthy diet		
Transition			<a href="#">Transition lesson</a> Change

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### Year 3

Week	Autumn	Spring	Summer
Introduction	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
Week 1	<a href="#">Family and relationships (8 lessons)</a> Lesson 1: Healthy families	<u>Lesson 6: Communicating my feelings - coming soon!</u>	Lesson 3: Recycling
Week 2	Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	<u>Lesson 4: Local community groups</u>
Week 3	Lesson 3: Friendship conflict versus bullying	<a href="#">Safety and the changing body (8 lessons)</a> Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
Week 4	<u>Lesson 4: Effective communication</u>	<u>Lesson 2: First Aid: Bites and stings</u>	Lesson 6: Local democracy
Week 5	Lesson 5: Learning who to trust	<u>Lesson 3: Be kind online</u>	<u>Lesson 7: Rules</u>
Week 6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
Week 7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	<a href="#">Economic wellbeing (6 lessons)</a> Lesson 1: How can we pay for something?
Week 8	<u>Lesson 8: Stereotyping age</u>	<u>Lesson 6: Making choices</u>	<u>Lesson 2: Budgeting</u>
Week 9	<a href="#">Health and wellbeing (6 lessons)</a> Lesson 1: My healthy diary	Lesson 7: Influences	<u>Lesson 3: Understanding our feelings about money</u>
Week 10	<u>Lesson 2: Relaxation</u>	Lesson 8: Keeping safe out and about	Lesson 4: Impact of spending
Week 11	Lesson 3: Wonderful me	<a href="#">Citizenship (7 lessons)</a> Lesson 1: Rights of the child	Lesson 5: Career quest
Week 12	<u>Lesson 4: My superpowers</u>	Lesson 2: Rights and responsibilities	Lesson 6: Can anyone be anything?
Week 13	Lesson 5: Resilience breaking down barriers		
Transition			<a href="#">Transition lesson</a> Coping strategies

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### Year 4

Week	Autumn	Spring	Summer
Introduction	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
Week 1	<a href="#">Family and relationships</a> (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	<a href="#">Citizenship</a> (6 lessons) Lesson 1: What are human rights?
Week 2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
Week 3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	<u>Lesson 3: Community</u>
Week 4	Lesson 4: Bullying	<a href="#">Safety and the changing body</a> (8 lessons) Lesson 1: Internet safety: Age restrictions	<u>Lesson 4: Contributing</u>
Week 5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
Week 6	Lesson 6: Stereotypes: Disability	<a href="#">Economic wellbeing</a> (6 lessons) <u>Lesson 1: Navigating feelings about money</u>	Lesson 6: Local councillors <a href="#">Safety and the changing body</a>
Week 7	<u>Lesson 7: Families in the wider world</u>	Lesson 2: Keeping money safe	<u>Lesson 3: First Aid: Asthma</u>
Week 8	Lesson 8: Change and loss	<u>Lesson 3: Imagining our financial future</u>	Lesson 4: Privacy and secrecy
Week 9	<a href="#">Health and wellbeing</a> (7 lessons) Lesson 1: Looking after our teeth	Lesson 4: The risks of gambling	<u>Lesson 5: Consuming information online</u>
Week 10	<u>Lesson 2: Relaxation: Visualisation</u>	<u>Lesson 5: Workplace environments</u>	Lesson 6: Growing up
Week 11	Lesson 3: Celebrating mistakes	Lesson 6: Career routes	Lesson 7: Introducing puberty
Week 12	<u>Lesson 4: Meaning and purpose: My role</u>	★ Extend the unit, or allow children time to explore the <a href="#">Thinkuknow website</a> about online safety	Lesson 8: Tobacco
Transition			<a href="#">Transition lesson</a> Setting goals

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### Year 5

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Introduction	<a href="#">Introduction: Setting ground rules for RSE &amp; PSHE</a>		
Week 1	<a href="#">Family and relationships</a> (8 lessons) <u>Lesson 1: Build a friend</u>	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
Week 2	Lesson 2: Friendship skills	Lesson 6: Healthy meals	<u>Lesson 4: Contributing to the community</u>
Week 3	Lesson 3: Marriage	Lesson 7: Sun safety	<u>Lesson 5: Pressure groups</u>
Week 4	Lesson 4: Respecting myself	<a href="#">Safety and the changing body</a> (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
Week 5	Lesson 5: Family life	Lesson 2: Staying safe online	★ Optional: Extend the unit by spending time looking at the activities in the Parliament booklets available to order <a href="#">here</a> .
Week 6	Lesson 6: Bullying	<a href="#">Economic wellbeing</a> (6 lessons) Lesson 1: How can we make our money stretch further?	<a href="#">Safety and the changing body</a> Lesson 3: Puberty
Week 7	Lesson 7: Stereotyping: gender	<u>Lesson 2: How should I budget for the week?</u>	Lesson 4: Menstruation
Week 8	Lesson 8: Stereotypes: Race and religion	Lesson 3: Borrowing and loaning	Lesson 5: Emotional changes in puberty
Week 9	<a href="#">Health and wellbeing</a> (7 lessons) <u>Lesson 1: Relaxation: Yoga</u>	Lesson 4: Risks handling money online	Lesson 6: First Aid: Bleeding and head injuries.
Week 10	Lesson 2: The importance of rest	<u>Lesson 5: Why challenge workplace stereotypes?</u>	Lesson 7: Alcohol, drugs and tobacco: Making decisions
Week 11	Lesson 3: Embracing failure	<a href="#">Citizenship</a> (6 lessons) Lesson 1: Breaking the law	<u>Lesson 6: Finding a suitable career</u>
Week 12	<u>Lesson 4: Going for goals</u>	Lesson 2: Rights and responsibilities	
Transition			<a href="#">Transition lesson: Roles and responsibilities</a>

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### Year 6

Week	Autumn	Spring	Summer
Introduction	<a href="#">Introductory lesson: Setting rules and signposting</a>		
Week 1	<a href="#">Family and relationships</a> (6 lessons) Lesson 1: Respect	<u>Lesson 7: Good and bad habits</u>	<u>Lesson 3: Caring for others</u>
Week 2	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
Week 3	<u>Lesson 3: Stereotypes: Attitudes</u>	<a href="#">Safety and the changing body</a> (8 lessons) Lesson 1: Alcohol	<u>Lesson 5: Valuing diversity</u>
Week 4	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
Week 5	Lesson 5: Resolving conflict	Lesson 3: Social media	<a href="#">Safety and the changing body</a> Lesson 4: Physical and emotional changes of puberty
Week 6	Lesson 6: Change and loss	<a href="#">Economic wellbeing</a> (6 lessons) Lesson 1: Navigating feelings about money	Lesson 5: Conception <i>Parents have a right to withdraw their child from part of this lesson</i>
Week 7	<a href="#">Health and wellbeing</a> (8 lessons) Lesson 1: What can I be?	<u>Lesson 2: Keeping money safe</u>	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>
Week 8	<u>Lesson 2: Relaxation: Mindfulness</u>	Lesson 3: Imagining our financial future	<u>Lesson 7: First Aid: Choking</u>
Week 9	Lesson 3: Taking responsibility for my health	Lesson 4: The risks of gambling	Lesson 8: First Aid: Basic life support
Week 10	Lesson 4: The impact of technology on health	<u>Lesson 5: Workplace environments</u>	<u>Lesson 6: Career routes</u>
Week 11	Lesson 5: Resilience toolbox	<a href="#">Citizenship</a> (6 lessons) Lesson 1: Human rights	<a href="#">Identity</a> (2 lessons) <u>Lesson 1: What is identity?</u>
Week 12	Lesson 6: Immunisation	<u>Lesson 2: Food choices and the environment</u>	Lesson 2: Identity and body image
Transition			<a href="#">Transition lesson: Dealing with change</a>

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