RSE & PSHE at Kapow Primary

Specialist-created RSE & PSHE scheme of work for Years 1 - 6

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What is Kapow Primary?

Kapow Primary helps teachers deliver a broad and balanced curriculum through specialist-created primary school teaching resources for the specialist subjects.

Kapow Primary RSE & PSHE provides a full scheme of work, easily adaptable to your teaching needs, with in-built CPD for teachers — so you learn as you plan.

Full curriculum coverage across six foundation subjects + free wellbeing lessons.

Computing

Wellbeing

Art and design

Design and technology

Music

RSE & PSHE

French

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What are the challenges faced by classroom teachers?

- Lacking confidence in their own RSE and PSHE knowledge.
- Worrying about teaching issues which could be sensitive and where difficult questions could arise.
- Lacking the time to plan and resource.
- Struggling to 'pitch' the lesson at the correct level for the age range they teach and for those pupils who need further support or extension.
- Ensuring that lessons build on previous years' learning.
- Assessing children's progress.
- Ensuring there is no duplication of lessons or gaps in learning.
- Pitching lessons appropriately in mixed-age classes.

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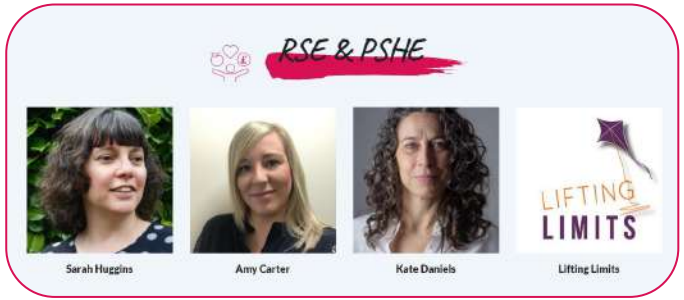
How Kapow Primary can help

- Full scheme of work delivering the statutory requirements of the RSE curriculum as well as PSHE.
- Authored by RSE & PSHE specialist teachers
- Six bespoke, animated pupil videos covering puberty and sex education.
- Collection of teacher support videos videos covering key curriculum areas.
- Planning, assessments and knowledge organisers including, 3 I's statement outlining the intent and rationale behind the scheme.



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What do you need to know about the RSE & PSHE curriculum?

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The components of the PSHE curriculum

Personal Social Health Economic (PSHE) education

Relationships

Health

- Sex
- Safety
- Financial wellbeing
- Personal skills

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What does the statutory Relationships Education include?

Families and people who care for me –

Importance of, characteristics, different families, stable and caring relationships, marriage and problems in families.

Caring friendships –

Importance of, characteristics, healthy friendships, ups and downs and trust.

Respectful relationships –

Courtesy and manners, self- respect, respect of others, bullying, stereotypes and permission seeking.

Online relationships –

Behaviour online, respect, rules of keeping safe, critically consider online friendships and use of information.

Being safe –

Boundaries, privacy, physical contact, appropriate and safe responses to adults, recognising and reporting feelings, asking for advice, reporting concerns and where to get advice.

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What does statutory Health Education include?

Mental wellbeing –
Part of daily life, range of emotions, recognise and talk about emotions, appropriate and proportionate behaviour, activities to support, self care, impact of isolation, bullying, seeking support and mental ill health.

Internet safety and harms –
Benefits, time online, effect of actions, age restrictions, negatives of internet, discerning consumer and reporting concerns.

Physical health and fitness –
Benefits of activity, regular exercise, risks of inactivity and seeking support.

Basic first aid –
Call emergency services and dealing with common injuries.

Healthy eating –
Healthy diet, healthy meals, poor diet and associated risks.

Drugs, alcohol and tobacco –
Facts about legal and illegal harmful substances, risks, smoking, alcohol and drug taking.

Health and prevention –
Early signs of illness, exposure to the sun, importance of sleep, dental health, personal hygiene, allergies and vaccination.

Changing adolescent body –
Puberty, physical and emotional changes, menstrual wellbeing.

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Should Primary schools teach sex education?

- Science National Curriculum includes some aspects although human reproduction is optional.
- DfE recommends children know “how a baby is conceived and born” before leaving primary school.
- Parents have the right to withdraw their children from Sex Education beyond the Science National Curriculum.
- Right to withdraw should be in your policy.

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Our **Curriculum overview** shows how Kapow Primary's scheme covers the statutory content for Relationships and Health education.

We also show how our lessons link to the PSHE Association Programme of Study.

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RSE & PSHE Curriculum Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family and relationships	• Introduction to RSE • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships	• Introduction to RSE • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change	• Introduction to RSE • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping	• Introduction to RSE • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change	• Introduction to RSE • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying	• Introduction to RSE • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change
Safety and the changing body	• Getting lost • Making a call to the emergency services	• The Internet • Communicating online • Secrets and	• Basic first aid • Communicating safely online • Online safety	• Online restrictions • Share aware • Basic first aid • Privacy and	• Online friendships • Identifying online dangers • The changing	• Drugs alcohol & tobacco • First aid • Critical digital

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How does Kapow Primary work?

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RSE & PSHE Units

Each year group covers the following topics as part of a spiral curriculum

- Family and Relationships
- Health and Wellbeing
- Safety and the Changing Body
- Citizenship
- Economic Wellbeing

As well as an introductory lesson and transition lesson.

Year 6 has an additional unit on identity.

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Lessons and accompanying resources

Lesson plans:

These outline each stage of the lesson in detail, including preparation, differentiation and assessment information.

They contain:

- Have ready (prep)
- Learning objectives
- Success criteria
- National Curriculum links
- Cross-curricular links
- Attention-grabber (starter)
- Main event (body)
- Wrapping up (plenary)
- Differentiation
- Assessment information
- Key vocabulary

Videos:

- 8 Q&A Teacher videos with experts covering key themes from the subject
- 5 animated pupil videos for puberty, menstruation and sex education

Supporting resources:

Lessons contain numerous supporting resources such as:

- Worksheets (including differentiated versions where appropriate)
- Knowledge organisers
- Presentations
- Pupil videos

...and more.

Key documents:

Located in '**Essential subject materials**' and on the RSE & PSHE page, these include:

- Curriculum overview
- Progression of skills
- Overview of the lessons o
- Mapping to PSHE Association Programme of Study
- Guidance for parents

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What else is included?

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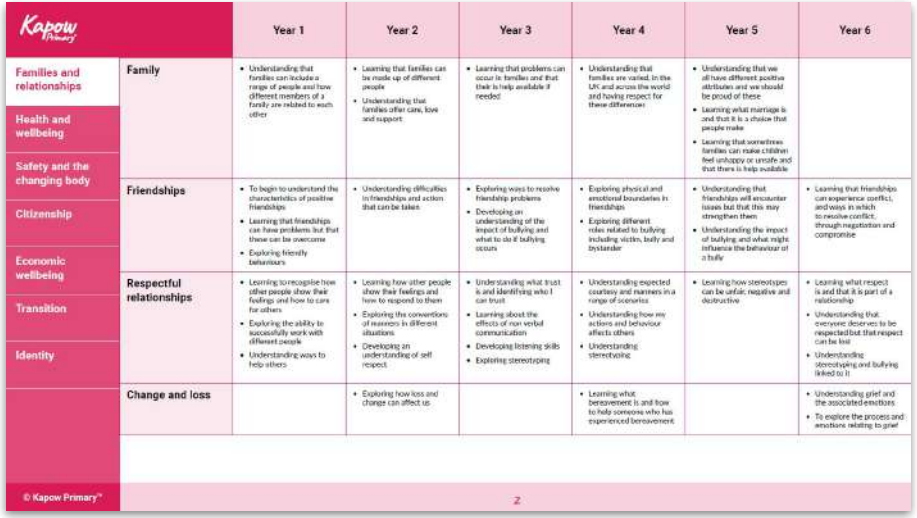
Progression of skills

Kapow Primary have built their RSE & PSHE scheme to ensure clear progression of skills for each year group year on year. This progression is visually represented in their Progression of skills document.



Kapow Primary		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	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	
Health and wellbeing	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 friendships can experience conflict, and ways in which to resolve conflict through negotiation and compromise
Safety and the changing body	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 respect is and that it is part of a relationship • Understanding that everyone deserves to be respected but that respect can be lost • Understanding stereotyping and bullying linked to it
Citizenship	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 grief and the associated emotions • To explore the process and emotions relating to grief
Economic wellbeing							
Transition							
Identity							
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This is also a useful document for adapting the scheme of work to suit your needs.

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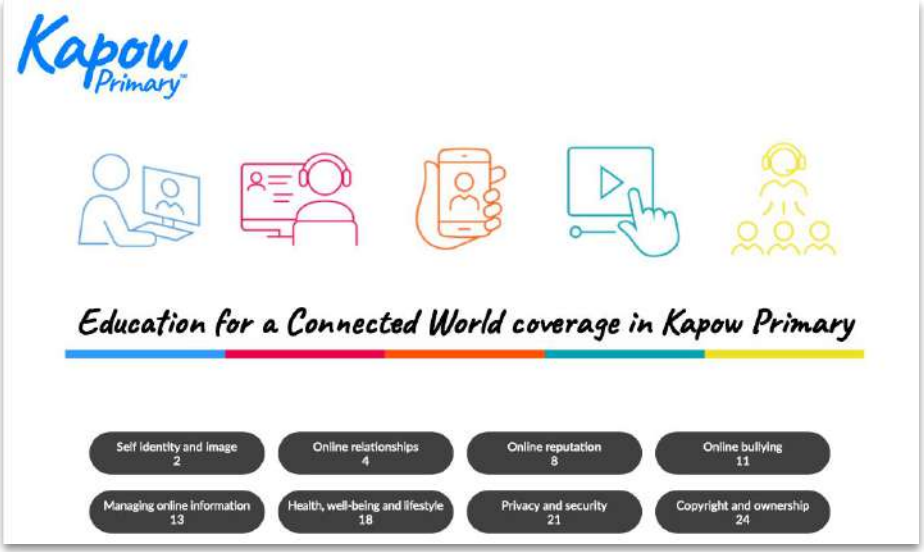
This document details how Kapow Primary's Computing and RSE & PSHE schemes address the Education for a Connected World framework. This overview will enhance schools' Online Safety provision based on new, updated DfE guidelines.



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Long-term plan

Kapow Primary's Long-term plans show how the scheme meets the statutory and curriculum guidance and how it has been designed.

There are three versions of the long term plan:

- **Standard** - for schools teaching the subject every week
- **Condensed** - for schools with less curriculum time available (20 weeks)
- **Mixed-age** - for those in mixed age settings

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Suggested long-term plan: RSE & PSHE - Outline (Year 1)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (7 lessons) Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
Week 2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Extend the unit, or visit a farm or a different animal-centre to learn more about animal care.
Week 3	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
Week 4	Lesson 4: Working with others	Safety and the changing body (8 lessons) Lesson 1: Adults in school	Lesson 4: Similar, yet different
Week 5	Lesson 5: Friendship problems	Lesson 2: Adults outside of 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	Economic wellbeing (5 lessons) Lesson 1: Introduction to money
Week 8	Health and wellbeing (8 lessons) Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Looking after money
Week 9	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: Banks and building societies
Week 10	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
Week 11	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
Week 12	Lesson 5: Hand washing and personal hygiene	Citizenship (6 lessons) Lesson 1: Rules	★ Extend the unit, or get the children involved with some jobs and responsibilities around school.
Transition			Transition lesson Individual strengths and new skills

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Mixed-age plan

The mixed-age plan organises and adapts the scheme to a two-year rolling cycle (Cycle A and Cycle B) approach, which ensures full coverage of the statutory requirements.

This document enables you to support progress between year groups, despite the challenges of mixed-age teaching in RSE and PSHE.

NB: some lessons will need to be taught in single-year groups to ensure they are age-appropriate. We have identified where these are and provided an alternative lesson for the other half of the class.

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RSE & PSHE (Mixed-age) Year 1 and 2

Where lessons are repeated in Cycle A and Cycle B, the Year 1 and Year 2 children will have a different focus to their learning on the theme, with the Year 2 activities providing extension and depth to their learning of the topic.

	Cycle A	Cycle B	Cycle A	Cycle B
	Families and relationships		Safety and the changing body	
1	Introduction to RSE and setting ground rules	Introduction to RSE and setting ground rules	Communicating safely and effectively with adults	Communicating safely and effectively with adults
2	Family	Family?	People who help to keep us safe in our local community	Road safety
3	Friendships	Friendships?	Road safety	Safety at home
4	Other people's feelings	Other people's feelings	Safety with medicines	Safety with medicines
5	Getting along with others	Getting along with others	Making a call to emergency services	What to do if I get lost?
6	Friendship problems	Friendship problems	The differences between secrets and surprises	The internet
7	Stereotyping - gender	Stereotyping - gender	Appropriate contact - acceptable and unacceptable physical contact	Appropriate contact - acceptable and unacceptable physical contact
8	Families are all different	Introduction to change and loss	My private parts are private	My private parts are private

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Condensed plan

- **The RSE and PSHE Long-term plan: Condensed o**ffers help to those schools who want to ensure coverage of the statutory requirements, but have limited time available.
- Our Condensed curriculum long-term plan has 20 selected lessons which covers all the statutory requirements and some elements of wider PSHE which are unlikely to be covered in other subject areas

Kapow Primary — Suggested long-term plan: RSE & PSHE Year 1-3 (condensed)

	Introductory lesson	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Year 1	Setting ground rules for RSE and PSHE lessons	L2 What are friendships? L5 Friendship problems L6 Healthy friendships L7 Gender stereotypes	L1 Understanding my emotions L3 Ready for bed L5 Handwashing & personal hygiene L6 Sun safety L7 Allergies	L1 Adults in school L2 Adults outside school L4 Making an emergency phone call L5 Appropriate contact L6 Safety with substances	L1 Rules L4 Similar, yet different L6 Democratic decisions	L1 Introduction to money L4 Saving and spending
Year 2	Setting ground rules for RSE and PSHE	L2 Families are all different L4 Unhappy friendships L5 Introduction to manners and courtesy L6 Change and loss L7 Gender stereotypes: Careers and jobs	L1 Experiencing different emotions L5 Developing a growth mindset L6 Healthy diet L7 Looking after our teeth	L2 Communicating online L3 Secrets and surprises L4 Appropriate contact: My private parts L5 Appropriate contact: My private parts are private L6 Staying safe with medicine	L1 Rules beyond school L5 Similar yet different: my local community L7 Giving my opinion	L3 Wants and needs L4 Looking after money
Year 3	Setting ground rules and signposting	L1 Healthy families L2 Friendship conflicts L3 Friendship: conflict vs bullying L5 Learning who to trust L6 Respecting differences in others L7 Stereotyping: gender	L1 My healthy diary L3 Resilience: breaking down barriers L6 Diet and dental health	L1 First Aid: emergencies and calling for help L4 Cyberbullying L7 Drugs, alcohol and tobacco: influences L8 Keeping safe out and about	L1 Rights of the child L5 Charity L6 Local democracy	L1 Ways of saving L3 How spending affects others L5 Jobs and careers

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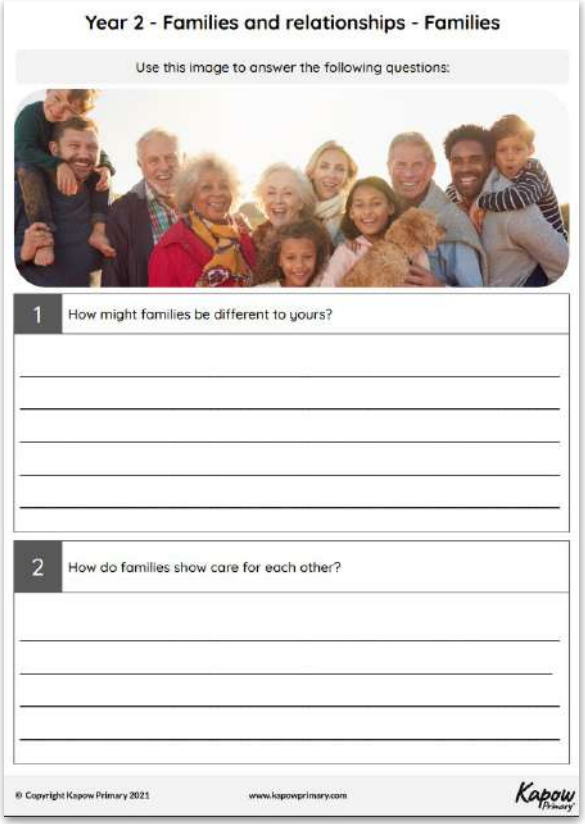
Assessment -Knowledge catchers

Knowledge catchers can be used at the start of the unit to assess the pupils' prior knowledge.

They can then be revisited by the pupils at the end of the unit and added to, to show the reflect on what they have learnt.



Year 2 - Families and relationships - Families

Use this image to answer the following questions:

1 How might families be different to yours?

2 How do families show care for each other?

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Assessment - summative

Unit quiz which can be used at the start and end of a unit to measure progress, or just at the end.

Each quiz has nine multiple-choice questions and a tenth, open-ended question.

Multiple-choice

Question 6:

What do 'calories' tell us?

A How much water is in food

B How much energy is in food

C How many vitamins are in food

D How much fat is in food

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Intent, Implementation and Impact statement

Kapow Primary's 3 I's statement outlines the intent and rationale behind our RSE & PSHE scheme of work as well as how to implement it and measure pupil progress and impact.

The Kapow Primary story

- Founded by teachers for teachers.
- The team includes former Espresso (Discovery Education) and Twinkl senior leaders.
- Used in a variety of primary schools, in the UK and internationally.
- Created in response to a need for specialist help with non-core subjects.
- Online platform available 24/7.
- Constantly evolving and improving.
- Over 2000 schools and 10,000 teachers already using Kapow Primary's schemes of work.

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