

RSE & PSHE

Kapow Primary

Teach with confidence with Kapow Primary

- Trusted by over 5,800 schools
- Engaging and knowledge-rich schemes of work in 12 foundation subjects
- Full coverage of national curriculum and statutory guidance
- Builds subject confidence through integrated CPD and teacher videos
- Varied and memorable lessons including pupil videos and resources
- Clear planning, subject leader, Ofsted and assessment documents
- By teachers for specialists and non-specialists alike!



Introducing RSE & PSHE

A progressive scheme of work for Reception to KS2

Our comprehensive scheme has been collaboratively designed to provide child-friendly and engaging resources.

Quality RSE & PSHE education can be confidently delivered with support for sensitive topics and videos to enhance teacher CPD and subject knowledge.

We also offer alternative condensed and mixed-age lesson plans!

Get ready to teach with a newfound confidence!

*To access the document, either an RSE & PSHE subscription or [free trial](#) is needed.

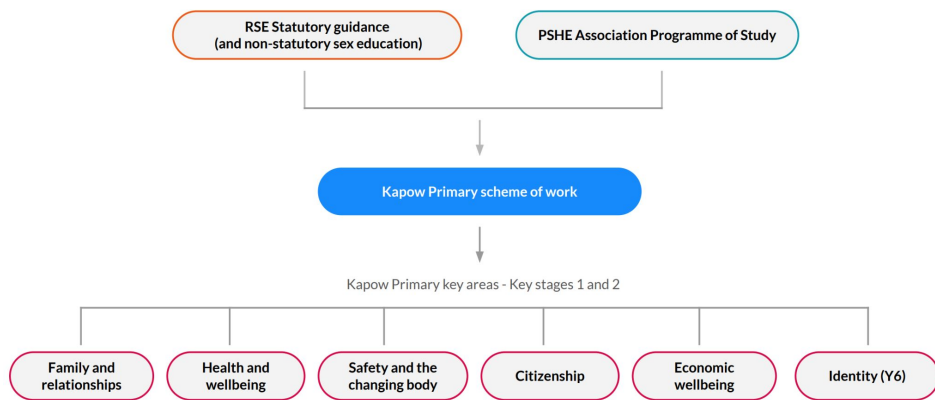


In your own time:
[Read our RSE & PSHE Intent,](#)
[Implementation and Impact statement!](#)



Scheme Design

- Our scheme aligns with statutory RSE requirements by DfE, PSHE in the national curriculum, and references the PSHE Association Programme of Study.
- When paired with our Computing scheme, it covers Education for a Connected World and supports online safety per non-statutory guidance (2023).
- Our lessons are grouped into **five key areas**, revisited in each year group, with Year 6 having an additional focus on Identity.



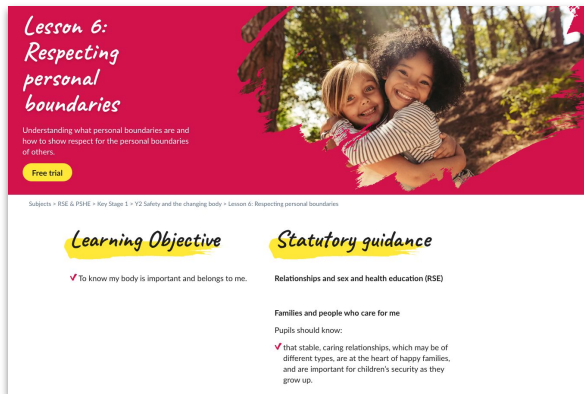
In your own time:
See how the full scheme is mapped with RSE guidance!



Scheme organisation

- Each year group has five units (six in KS2), with each containing six to eight lessons lasting around 45 minutes.
- Year groups in KS1 and KS2 begin with an introductory lesson to familiarise pupils with RSE & PSHE as a subject and help them create an effective learning environment.
- Pupils end with a transition lesson to prepare them for the changes and challenges of moving to the next year group.

*To access the document, either an RSE & PSHE subscription or [free trial](#) is needed.



In your own time:

Discover the entire structure of the scheme with our long-term plan!



Videos to help teach sensitive topics

- Our animated videos handle puberty and sexual reproduction with age-appropriate sensitivity.
- Beginning in Year 4, topics are explored progressively throughout KS2, balancing comprehensive coverage with sensitivity.
- Optional videos support different teaching approaches, including separate groups for discussing menstruation and varying anatomical details.



In your own time:

Watch an example of our animated videos!



Videos to support CPD

Explore our specially designed bite-sized teacher videos, crafted to boost confidence in RSE & PSHE for non-specialist teachers.

These videos include expert-led CPD content, providing valuable support, advice, and guidance.

**To access the video, either an RSE & PSHE subscription or free trial is needed.*

This video is with Kate Daniels and highlights healthy and safe relationships.



Experience the confidence boost yourself – watch the video!*

Verified by experts


We collaborated with a team of experts to create and verify our RSE & PSHE content. Our resources are child-friendly and engaging, ensuring confident delivery of quality education.

Meet our experts:


- **Cat Lamin:** Online safety expert with 12+ years of teaching experience and a passion for coding
- **Elaine Bousfield:** Founder of Kooth, an online mental health platform advocate
- **Kate Daniels:** Highly experienced PSHE consultant and educator with 20+ years of expertise
- **Sarah Huggins:** Education expert with 20+ years of experience, specialising in PSHE education



Case Study - Mesne Lea Primary



"The scheme tends to build slowly and give contextual knowledge, so it's been working OK. In RSE, we've seen a huge increase in both general knowledge and specific topics. The children knew about discrimination, for example, but the scheme really gave them the opportunity to understand what it meant properly."



"The children really enjoyed the sex education lessons. They really liked talking about something so grown up in school with their friends and with other adults that they felt comfortable with. Especially learning about how a baby develops. They also really enjoyed learning about discrimination – especially the job interview task and enjoyed having their preconceptions challenged."



In your own time:

[Read more about how Mesne Lea ensured progression with RSE & PSHE!](#)

Now it's your turn to explore Kapow Primary!

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