

Reception PSHE long-term plan 2024-25						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Refer to Reception content</i>	Building relationships: Special relationships	Self-regulation: My feelings	Managing self: My wellbeing	Building relationships: My family and friends	Managing self: Taking on challenges	Self-regulation: Listening and following instructions
Lesson 1	My family (include key safeguarding messages)	Identifying my feelings	What is exercise? (include key safeguarding messages)	Festivals	Why do we have rules? (include key safeguarding messages)	Simon says
Lesson 2	Special people	Feeling jars	Yoga and relaxation	Sharing	Building towers	Listening to a story
Lesson 3	Sharing	Anti-bullying week: Make a noise about bullying	Looking after ourselves	What makes a good friend?	Team den building	Pass the whisper
Lesson 4	I am unique	Coping strategies	Being a safe pedestrian	Being a good friend	Grounding	Obstacle races
Lesson 5	My interests	Emotional adjectives	Eating healthily	Teamwork	Team races	Blindfold walk
Lesson 6	Similarities and differences	Facial expressions	A rainbow of food	Celebrating friendships	Circus skills	Treasure hunt
Lesson 7		Creating a calm corner				Transition

Year 1 PSHE long-term plan 2024-25						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Refer to KS1 – Year 1 content	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	What is family?	Understanding my emotions	People who help us stay healthy	Safety at home	Democratic decisions	Rollover weeks to account for shorter half-terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE.
Lesson 2	What are friendships?	What am I like?	Adults in school	People who help to keep us safe	Introduction to money	
Lesson 3	Recognising other people's emotions	Ready for bed	Adults outside school	Rules	Looking after money	
Lesson 4	Working with others	Relaxation	Getting lost	Caring for others: animals	Banks and building societies	
Lesson 5	Friendship problems	Handwashing and personal hygiene	Making a call to the emergency services	The needs of others	Saving and spending	
Lesson 6	Healthy friendships	Sun safety	Appropriate contact	Similar, yet different	Jobs in school	Transition
Lesson 7	Gender stereotypes	Allergies	Safety with substances	Belonging		

Year 2/ 3 PSHE long-term plan 2024-25						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Refer to KS1 – Year 2 content and extend	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	Families offer stability and love (include key safeguarding messages)	Experiencing different emotions	Introduction to the internet	Crossing roads safely	School Council	Everyone is welcome
Lesson 2	Families are all different	Being active	Communicating online	Staying safe with medicine	Giving my opinion	Rollover weeks to account for shorter half-terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE.
Lesson 3	Other people's feelings	Relaxation – breathing exercises	Secrets and surprises	Rules beyond school	Where does money come from?	
Lesson 4	Unhappy friendships	Steps to success	Appropriate contact: My private parts	Our school environment	Exploring needs	
Lesson 5	Introduction to manners and courtesy	Developing a growth mindset	Appropriate contact: My private parts are private	Our local environment	Exploring wants	
Lesson 6	Change and loss	Healthy diet	Respecting personal boundaries	Job roles in our local community	Bank cards and accounts	Transition
Lesson 7	Gender stereotypes: Careers and jobs	Looking after our teeth	Road safety	Similar yet different – my local community	My skills and talents	

Year 4 / 5 PSHE long-term plan 2024-25						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Refer to UPKS2 – Year 5 content, adapted for Year 4	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	Build a friend	Stereotyping: Race and religion	Sun safety	Alcohol, drugs and tobacco: making decisions	Borrowing	Rollover weeks to account for shorter half-terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE. Use additional weeks to explore relevant themes further.
Lesson 2	Friendship skills	Yoga	Online friendships	Breaking the law	Income and expenditure	
Lesson 3	Marriage	The importance of rest	Staying safe online	Rights and responsibilities	Risks with money	
Lesson 4	Respecting myself	Embracing failure	Y4: Growing up Y5: Puberty	Protecting the planet	Prioritising spending	
Lesson 5	Family life	Going for Goals	Y4: Introducing puberty Y5: Menstruation	Contributing to the community	Stereotyping in the workplace	
Lesson 6	Bullying	Taking responsibility for my feelings	Emotional changes in puberty	Pressure groups	Careers Fair	Transition: Roles and responsibilities
Lesson 7	Stereotyping: Gender	Healthy meals	First Aid: Bleeding	Parliament		

Year 5/6 PSHE long-term plan 2024-25						
KAPOW	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Refer to UPKS2 – Year 5/6 content Cycle B	Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Lesson 1	Friendship skills	Relaxation: Mindfulness	Good and bad habits	Changes in puberty	Attitudes to money	Y5: Transition to Year 6 Y6: What is identity?
Lesson 2	Respect	What can I be?	Critical digital consumers	Pressure groups	Keeping money safe	Y5: Roles of Year 6 Y6: Gender identity?
Lesson 3	Resolving conflict	Taking responsibility for my health	Social media	Valuing diversity	Stereotypes in the workplace	Y5: Leaders Y6: Identity and body image
Lesson 4	Family life	The impact of technology on health	First Aid: Bleeding	Food choices and the environment	Gambling	Rollover weeks to account for shorter half- terms. Ensure all lessons are complete before completing transition lesson in final week of PSHE. Use additional weeks to explore relevant themes further.
Lesson 5	Stereotyping	Resilience toolbox	First Aid: Basic life support	Caring for others	Careers	
Lesson 6	Challenging stereotypes	Immunisation	Y5: Puberty Y6: Conception	Rights and responsibilities	Careers Fair	Transition: Roles and responsibilities
Lesson 7	Change and loss	Physical health concerns	Y5: Menstruation Y6: Pregnancy and birth	Parliament and national democracy		