



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Main Topic	Healthy and Happy Friendships	Our Similarities and Differences	Caring and Responsibility	Families and Committed Relationships	Healthy Body, Healthy Mind	Coping with Change
Year 1	<p>Negotiating rules. How can we make friends and get along?</p> <p>KAPOW Primary – Lesson 1: Wonderful Me</p> <ul style="list-style-type: none"> Friendships Feelings Kind/unkind behaviours Communicate <p>NATIONAL RECYCLE WEEK 16th-22nd Oct</p> <p>Macmillan coffee morning Fri 29th Sept</p> <p>WORLD MENTAL HEALTH DAY 10th Oct</p>	<p>How can we recognise and celebrate similarities and differences?</p> <p>KAPOW Primary – Lesson 4: Meaning and Purpose</p> <ul style="list-style-type: none"> Special Similarities and differences Respect Celebrate Feelings and response <p>CHILDREN IN NEED 17th Nov</p> <ul style="list-style-type: none"> Giving, Charity, Help, support <p>FRIENDSHIP WEEK 13th-17th Nov</p> <p>ROAD SAFETY WEEK 19th-25th Nov</p>	<p>Can we think about our special people and how do they keep us safe?</p> <p>KAPOW Primary – Lesson 3: Resilience</p> <ul style="list-style-type: none"> Responsibilities Needs <p>GG 14/15 – Life on land and below water</p> <p>What groups do we belong to?</p> <ul style="list-style-type: none"> Groups Community <p>Maths link: What is money and what forms does it come in?</p> <ul style="list-style-type: none"> Money Spending <p>Children's Mental Health Week 5-11th Feb</p> <p>SAFER INTERNET DAY 6th Feb</p>	<p>What is a family and why are families important and special?</p> <p>KAPOW Primary – Lesson 2: People Around Me</p> <ul style="list-style-type: none"> Love Care Types Family life Differences Safe Worries <p>FAIRTRADE FORTNIGHT 4-17th March</p> <ul style="list-style-type: none"> Spending decisions, Global neighbours, Help and support <p>Science – Animals including humans</p> <ul style="list-style-type: none"> Human body parts 	<p>How are our bodies amazing and what do we know about our own body?</p> <p>KAPOW Primary – Lesson 5: Healthy body, healthy brain</p> <ul style="list-style-type: none"> Healthy eating physical activity sleep wellbeing sun protection <p>How can hygiene routines help stop the spread of germs?</p> <ul style="list-style-type: none"> Hygiene Germs <p>National Sunscreen Day May 27th</p>	<p>How have we changed since we were born?</p> <p>KAPOW Primary – Lesson 6: Relaxation</p> <ul style="list-style-type: none"> Young/old Changes Grow Needs <p>Child Safety Week – week beginning 3rd June</p> <p>HEALTHY EATING WEEK – 10-14th June</p>

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Year 2	<p>Negotiating rules. What makes a happy friendship?</p> <p>KAPOW Primary – Lesson 1: Wonderful Me</p> <ul style="list-style-type: none"> Characteristics Friendship Personal boundaries Safe/unsafe situations Unwanted touch Worried/unsafe <p>NATIONAL RECYCLE WEEK 16th-22nd Oct</p> <p>Macmillan coffee morning Fri 29th Sept</p> <p>WORLD MENTAL HEALTH DAY 10th Oct</p>	<p>What can we learn about strengths, abilities and stereotypes?</p> <p>KAPOW Primary – Lesson 3: Meaning and Purpose</p> <ul style="list-style-type: none"> Strengths Abilities Stereotypes Unhelpful and unfair Gender stereotypes Challenged <p>Science unit – Living things</p> <p>CHILDREN IN NEED 17th Nov</p> <ul style="list-style-type: none"> Giving, Charity, Help, support <p>FRIENDSHIP WEEK 13th-17th Nov</p> <p>ROAD SAFETY WEEK 19th-25th Nov</p>	<p>What communities and groups do we belong to?</p> <p>KAPOW Primary – Lesson 4: Resilience</p> <ul style="list-style-type: none"> Environment Care and respect Responsibilities Community <p>GG 14/15 – Life on land and below water</p> <p>How can we explore the different roles and responsibilities people have in our community?</p> <ul style="list-style-type: none"> Groups Community Responsibilities Similarities/differences <p>How can we classify our needs from our wants and how do people earn money?</p> <ul style="list-style-type: none"> Spending 	<p>What is family life?</p> <p>KAPOW Primary – Lesson 2: People Around Me</p> <ul style="list-style-type: none"> Love Care Respect Features Family life Worries Help <p>FAIRTRADE FORTNIGHT 4-17th March</p> <ul style="list-style-type: none"> Spending decisions, Global neighbours, Help and support 	<p>How can we stay healthy?</p> <p>KAPOW Primary – Lesson 5: Healthy body, healthy brain</p> <ul style="list-style-type: none"> Physical activity Healthy Wellbeing <p>How can we look after our teeth?</p> <ul style="list-style-type: none"> Dental care Dentist Hygiene Cleanliness <p>Science – Habitats</p> <ul style="list-style-type: none"> Habitat Design and make Advocate of change Care Shelter Security Safe 	<p>How do our bodies and needs change as we grow older?</p> <p>KAPOW Primary – Lesson 6: Relaxation</p> <ul style="list-style-type: none"> Change Growing Independence Achievements <p>Science unit- Feeding and exercise</p> <ul style="list-style-type: none"> Exercise Food groups Hygiene <p>Child Safety Week – week beginning 3rd June</p> <p>HEALTHY EATING WEEK – 10-14th June</p>
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Year 3	<p>Negotiating rules. How can we be a good friend?</p> <p>KAPOW Primary – Lesson 1: Wonderful Me</p> <ul style="list-style-type: none"> • Personal space • Resilience • Strategies <p>Science – Movement and feeding • Nutrition and food</p> <p>NATIONAL RECYCLE WEEK 16th-22nd Oct</p> <p>Macmillan coffee morning Fri 29th Sept</p> <p>WORLD MENTAL HEALTH DAY 10th Oct</p>	<p>Why is it important to value and respect one another?</p> <p>KAPOW Primary – Lesson 3: Meaning and Purpose</p> <ul style="list-style-type: none"> • Differences and similarities • Respect and value • Communities • Belong • Shared values <p>CHILDREN IN NEED 17th Nov • Giving, Charity, Help support</p> <p>FRIENDSHIP WEEK 13th-17th Nov</p> <p>ROAD SAFETY WEEK 19th-25th Nov</p>	<p>What are our responsibilities of care and respect?</p> <p>KAPOW Primary – Lesson 4: Resilience</p> <ul style="list-style-type: none"> • Community • Groups • Contributions <p>GG 8 – Decent work and economic growth</p> <p>How can people make choices about saving and spending?</p> <ul style="list-style-type: none"> • Spending • Saving • Budgeting <p>Children's Mental Health Week 5-11th Feb</p> <p>SAFER INTERNET DAY 6th Feb</p>	<p>What is a committed relationship and how can they differ?</p> <p>KAPOW Primary – Lesson 2: People Around Me</p> <ul style="list-style-type: none"> • Online • Friendship • Romantic • Online • Relationship types <p>FAIRTRADE FORTNIGHT 4-17th March • Spending decisions, Global neighbours, Help and support</p>	<p>How can we maintain physical and mental wellbeing?</p> <p>KAPOW Primary – Lesson 5: Healthy body, healthy brain</p> <ul style="list-style-type: none"> • Habit • Positive • Negative • Lifestyle • Routines <p>National Sunscreen Day May 27th</p>	<p>How can we cope with our feelings around changes?</p> <p>KAPOW Primary – Lesson 6: Relaxation</p> <ul style="list-style-type: none"> • Independence • Target setting • Aspirations • Target-setting • Goals <p>Child Safety Week – week beginning 3rd June</p> <p>HEALTHY EATING WEEK – 10-14th June</p>
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Year 4	<p>Negotiating rules. How can we solve friendship difficulties?</p> <p>KAPOW Primary – Lesson 1: Wonderful Me</p> <ul style="list-style-type: none"> • Qualities • Values • Issues • Manage • Respect • Personal boundaries 	<p>What do we know about identity and diversity?</p> <p>KAPOW Primary – Lesson 3: Meaning and Purpose</p> <ul style="list-style-type: none"> • Similarities and differences • Society • Value and respect • Judgements • Dangers • Perspectives 	<p>What are our rights and responsibilities within our families and the wider society?</p> <p>KAPOW Primary – Lesson 4: Resilience</p> <ul style="list-style-type: none"> • Diversity • Community • Value and respect • Benefits <p>GG 8 – Decent work and economic growth</p>	<p>What sort of relationships can we experience in our everyday lives?</p> <p>KAPOW Primary – Lesson 2: People Around Me</p> <ul style="list-style-type: none"> • Marriage • Civil partnership • Legal • Commitment • Lifelong love and care <p>FAIRTRADE FORTNIGHT 4-17th March</p>	<p>What are the influences on our health and wellbeing?</p> <p>KAPOW Primary – Lesson 5: Healthy body, healthy brain</p> <ul style="list-style-type: none"> • Routines • Dental care • Sleep • Exercise • Healthy diet 	<p>How do our bodies change as we enter puberty?</p> <p>KAPOW Primary – Lesson 6: Relaxation</p> <ul style="list-style-type: none"> • Conflicting emotions • Feelings • Transitions • Loss • Separation <p>Child Safety Week – week beginning 3rd June</p>
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	<p>Science – dangers to living things</p> <ul style="list-style-type: none"> Environment Changes Dangers <p>NATIONAL RECYCLE WEEK 16th-22nd Oct</p> <p>Macmillan coffee morning Fri 29th Sept</p> <p>WORLD MENTAL HEALTH DAY 10th Oct</p>	<p>CHILDREN IN NEED 17th Nov</p> <ul style="list-style-type: none"> Giving, Charity, Help, support <p>FRIENDSHIP WEEK 13th-17th Nov</p> <p>ROAD SAFETY WEEK 19th-25th Nov</p>	<p>Children's Mental Health Week 5-11th Feb</p> <p>SAFER INTERNET DAY 6th Feb</p>	<ul style="list-style-type: none"> Spending decisions, Global neighbours, Help and support 	<p>Science unit – Biodiversity – human impact on the environment</p> <p>National Sunscreen Day May 27th</p>	<p>HEALTHY EATING WEEK – 10-14th June</p>
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Year 5	<p>Negotiating rules. What is peer pressure?</p> <p>KAPOW Primary – Lesson 1: Wonderful Me</p> <ul style="list-style-type: none"> Identity Peer pressure Real life and online Informed choices Emotional health and wellbeing Support <p>NATIONAL RECYCLE WEEK 16th-22nd Oct</p> <p>Macmillan coffee morning Fri 29th Sept</p> <p>WORLD MENTAL HEALTH DAY 10th Oct</p>	<p>How can we celebrate our strengths and set our own goals?</p> <p>KAPOW Primary – Lesson 3: Meaning and Purpose</p> <ul style="list-style-type: none"> Strengths and abilities Appreciation Differences Future goals and aspirations Risks and benefits Internet Safety <p>CHILDREN IN NEED 17th Nov</p> <ul style="list-style-type: none"> Giving, Charity, Help, support <p>FRIENDSHIP WEEK 13th-17th Nov</p> <p>ROAD SAFETY WEEK 19th-25th Nov</p>	<p>What are the effects of loneliness and isolation and how can we show care?</p> <p>KAPOW Primary – Lesson 4: Resilience</p> <ul style="list-style-type: none"> Stereotypes Negative Influence Behaviours <p>GG 5 – Gender equality</p> <p>Children's Mental Health Week 5-11th Feb</p> <p>SAFER INTERNET DAY 6th Feb</p>	<p>What are the characteristics of healthy, positive and committed relationships?</p> <p>KAPOW Primary – Lesson 2: People Around Me</p> <ul style="list-style-type: none"> Family structure Love, security and stability Single parents, same sex parents, step parents, blended families, foster parents Healthy family life <p>FAIRTRADE FORTNIGHT 4-17th March</p> <ul style="list-style-type: none"> Spending decisions, Global neighbours, Help and support 	<p>How can we value our bodies and minds?</p> <p>KAPOW Primary – Lesson 5: Healthy body, healthy brain</p> <ul style="list-style-type: none"> Hygiene routines Cleanliness Germes Bacteria Virus Habits Choices <p>National Sunscreen Day May 27th</p>	<p>How can puberty changes affect our emotions and how can we manage this?</p> <p>KAPOW Primary – Lesson 6: Relaxation</p> <ul style="list-style-type: none"> Puberty Physical and emotional changes Conflicting emotions <p>Child Safety Week – week beginning 3rd June</p> <p>HEALTHY EATING WEEK – 10-14th June</p>
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Year 6	<p>Negotiating rules. How do relationships and feelings change when moving on?</p> <p>KAPOW Primary – Lesson 1: Wonderful Me</p> <ul style="list-style-type: none"> Evolving relationships Changes Emotions Risks 	<p>What does respectful behaviour look like online and offline?</p> <p>KAPOW Primary – Lesson 3: Meaning and Purpose</p> <ul style="list-style-type: none"> Online identities and behaviour Identifying and responding to bullying Feelings 	<p>How can we take more responsibility for self-care and who cares for us as we grow older?</p> <p>KAPOW Primary – Lesson 4: Resilience</p> <ul style="list-style-type: none"> Discriminate Prejudice Response 	<p>What is human reproduction and how can we start a family?</p> <p>KAPOW Primary – Lesson 2: People Around Me</p> <ul style="list-style-type: none"> Commitment Care Trust Safe 	<p>How can I be the healthiest me and how can I prevent and manage mental ill-health?</p> <p>KAPOW Primary – Lesson 5: Healthy body, healthy brain</p> <ul style="list-style-type: none"> Medicines Vaccines Immunisations Disease 	<p>How can I manage the increasing responsibilities and emotions of life changes?</p> <p>KAPOW Primary – Lesson 6: Relaxation</p> <ul style="list-style-type: none"> Transitions Separation Emotional changes Managing feelings Aspirations and goals
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	<ul style="list-style-type: none"> Staying safe <p>NATIONAL RECYCLE WEEK 16th-22nd Oct</p> <p>Macmillan coffee morning Fri 29th Sept</p> <p>WORLD MENTAL HEALTH DAY 10th Oct</p>	<p>CHILDREN IN NEED 17th Nov</p> <ul style="list-style-type: none"> Giving, Charity, Help, support <p>FRIENDSHIP WEEK 13th-17th Nov</p> <p>ROAD SAFETY WEEK 19th-25th Nov</p>	<p>Science – Animals including humans</p> <ul style="list-style-type: none"> Diet Exercise Drugs Lifestyle Nutrients Circulatory system <p>What are the risks associated with money?</p> <ul style="list-style-type: none"> Won Lost Stolen Gambling Health <p>Children's Mental Health Week 5-11th Feb</p> <p>SAFER INTERNET DAY 6th Feb</p>	<p>Science – Evolution and Inheritance</p> <ul style="list-style-type: none"> Changes Offspring Adaptations Evolution <p>FAIRTRADE FORTNIGHT 4-17th March</p> <ul style="list-style-type: none"> Spending decisions, Global neighbours, Help and support 	<ul style="list-style-type: none"> Wellbeing <p>National Sunscreen Day May 27th</p>	<p>Child Safety Week – week beginning 3rd June</p> <p>HEALTHY EATING WEEK – 10-14th June</p>
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Respect Perseverance Joy Forgiveness Kindness Love