

Year 1 Kapow Overview – Blue writing is statutory teaching

<p align="center">Autumn 1 – Family relationships (7 lessons)</p>	<p align="center">Autumn 2 – Health and wellbeing (8 lessons)</p>
<ol style="list-style-type: none"> 1. What is family? 2. What are friendships? 3. Recognising other people’s emotions 4. Working with others 5. Friendship problems 6. Healthy friendships 7. Gender stereotypes 	<ol style="list-style-type: none"> 1. Understanding my emotions 2. What am I like? 3. Ready for bed 4. Relaxation 5. Handwashing and personal hygiene 6. Sun safety 7. Allergies 8. People who help us keep healthy
<p align="center">Spring 1 - Citizenship (6 lessons)</p>	<p align="center">Spring 2 – Economic wellbeing (5 lessons)</p>
<ol style="list-style-type: none"> 1. Rules 2. Caring for animals 3. The needs of others 4. Similar, yet different 5. Belonging 6. Democratic decisions 	<ol style="list-style-type: none"> 1. Introduction to money 2. Looking after money 3. Banks and building societies 4. Saving and spending 5. Jobs in school
<p align="center">Summer 1 – Safety and the changing body (8 lessons)</p>	<p align="center">Summer 2 – wellbeing, transition and overflow lessons</p>
<ol style="list-style-type: none"> 1. Adults in school 2. Adults outside school 3. Getting lost 4. Making an emergency phone call 5. Appropriate contact 6. Safety with substances 7. Safety at home 8. People who help to keep us safe 	<p>Transition - Strengths and transition</p> <p>Wellbeing</p> <ol style="list-style-type: none"> 1. Wonderful me and understanding my feelings 2. People around me: Special people 3. Resilience: People to turn to 4. Meaning and purpose: What am I like? 5. Healthy body, health brain: Ready for bed 6. Relaxation: Progressive muscle relaxation

Year 2 Kapow Overview – Blue writing is statutory teaching

<p align="center">Autumn 1 – Family relationships (7 lessons)</p>	<p align="center">Autumn 2 – Health and wellbeing (7 lessons)</p>
<ol style="list-style-type: none"> 1. Families offer stability and love 2. Families are all different 3. Other peoples’ feelings 4. Unhappy friendships 5. Introduction to manners and courtesy 6. Change and loss 7. Gender stereotypes: Careers and jobs 	<ol style="list-style-type: none"> 1. Experiencing different feelings 2. Being active 3. Relaxation: breathing exercises 4. Steps to success 5. Developing a growth mindset 6. Healthy diet 7. Looking after our teeth
<p align="center">Spring 1 - Citizenship (7 lessons)</p>	<p align="center">Spring 2 – Economic wellbeing (5 lessons)</p>
<ol style="list-style-type: none"> 1. Rules beyond school 2. Our school environment 3. Our local environment 4. Jobs roles in our school and community 5. Similar yet different – my local community 6. School council 7. Giving my opinion 	<ol style="list-style-type: none"> 1. Where money comes from 2. Needs and wants 3. Wants and needs 4. Looking after money 5. Jobs
<p align="center">Summer 1 – Safety and the changing body (8 lessons)</p>	<p align="center">Summer 2 – wellbeing, transition and overflow lessons</p>
<ol style="list-style-type: none"> 1. Introduction to the internet 2. Communicating online 3. Secrets and surprises 4. Appropriate contact: My private parts 5. Appropriate contact: My private parts are private 6. Road safety 7. Crossing roads safely 8. Staying safe with medicine 	<p>Transition</p> <p>Wellbeing</p> <ol style="list-style-type: none"> 1. Wonderful me! Experiencing different feelings 2. People around me: Other people’s feelings 3. Meaning and purpose: Steps to success 4. Resilience: Developing a growth mindset 5. Healthy body, healthy brain: Being active 6. Relaxation: Breathing exercises.

Year 3 Kapow Overview – Blue writing is statutory teaching

<p align="center">Autumn 1 – Family relationships (8 lessons)</p>	<p align="center">Autumn 2 – Health and wellbeing (6 lessons)</p>
<ol style="list-style-type: none"> 1. Healthy families 2. Friendship conflict 3. Friendship: conflict versus bullying 4. Effective communication 5. Learning to trust 6. Respecting differences in others 7. Stereotyping: Gender 8. Stereotyping: Age 	<ol style="list-style-type: none"> 1. My health diary 2. Relaxation: stretches 3. Wonderful me 4. My superpowers 5. Resilience: breaking down barriers 6. Diet and dental health
<p align="center">Spring 1 - Citizenship (7 lessons)</p>	<p align="center">Spring 2 – Economic wellbeing (6 lessons)</p>
<ol style="list-style-type: none"> 1. Rights of the child 2. Rights and responsibilities 3. Recycling 4. Local community groups 5. Charity 6. Local democracy 7. Rules 	<ol style="list-style-type: none"> 1. Ways of paying 2. Budgeting 3. How spending affects others 4. Impact of spending 5. Jobs and careers 6. Gender and careers
<p align="center">Summer 1 – Safety and the changing body (8 lessons)</p>	<p align="center">Summer 2 – wellbeing, transition and overflow lessons</p>
<ol style="list-style-type: none"> 1. First aid: emergencies and calling for help 2. First aid: bites and stings 3. Be kind online 4. Cyberbullying 5. Fake emails 6. Drugs, alcohol and tobacco: Making choices 7. Drugs, alcohol and tobacco: influences 8. Keeping safe out and about 	<p>Transition- coping strategies</p> <p>Wellbeing</p> <ol style="list-style-type: none"> 1. Wonderful me! Who am I? 2. People around me: Communication 3. Meaning and purpose: My superpowers 4. Resilience: Breaking down barriers 5. Healthy body, healthy brain: My healthy diary 6. Relaxation: Stretches

Year 4 Kapow Overview – Blue writing is statutory teaching

<p align="center">Autumn 1 – Family relationships (8 lessons)</p>	<p align="center">Autumn 2 – Health and wellbeing (7 lessons)</p>
<ol style="list-style-type: none"> 1. Respect and manners 2. Healthy friendships 3. How my behaviour affects others 4. Bullying 5. Stereotypes: Gender 6. Stereotypes: Disability 7. Families in the wider world 8. Change and loss 	<ol style="list-style-type: none"> 1. Looking after our teeth 2. Relaxation: Visualisation 3. Celebrating mistakes 4. Meaning and purpose: my role 5. My happiness 6. Emotions 7. Mental health
<p align="center">Spring 1 - Citizenship (6 lessons)</p>	<p align="center">Spring 2 – Economic wellbeing (5 lessons)</p>
<ol style="list-style-type: none"> 1. What are human rights? 2. Caring for the environment 3. Community 4. Contributing 5. Diverse communities 6. Local councillors 	<ol style="list-style-type: none"> 1. Spending choices 2. Keeping track of money 3. Looking after money 4. Influences on career choices 5. Changing job
<p align="center">Summer 1 – Safety and the changing body (8 lessons)</p>	<p align="center">Summer 2 – wellbeing, transition and overflow lessons</p>
<ol style="list-style-type: none"> 1. Internet safety: Age restrictions 2. Share aware 3. First Aid: asthma 4. Privacy and secrecy 5. Consuming information online 6. Growing up 7. Introducing puberty 8. Tobacco 	<p>Transition – setting goals</p> <p>Wellbeing</p> <ol style="list-style-type: none"> 1. Wonderful me! : My happiness 2. People around me: A positive difference 3. Meaning and purpose: My role 4. Resilience: Celebrating mistakes 5. Healthy body, healthy brain: Diet and dental health 6. Relaxation: Visualisation

Year 5 Kapow Overview – Blue writing is statutory teaching

<p align="center">Autumn 1 – Family relationships (8 lessons)</p>	<p align="center">Autumn 2 – Health and wellbeing (7 lessons)</p>
<ol style="list-style-type: none"> 1. Build a friend 2. Friendship skills 3. Marriage 4. Respecting myself 5. Family life 6. Bullying 7. Stereotyping: Gender 8. Stereotyping: Race and religion 	<ol style="list-style-type: none"> 1. Relaxation: yoga 2. The importance of rest 3. Embracing failure 4. Going for goals 5. Taking responsibility for my feelings 6. Healthy meals 7. Sun safety
<p align="center">Spring 1 - Citizenship (6 lessons)</p>	<p align="center">Spring 2 – Economic wellbeing (5 lessons)</p>
<ol style="list-style-type: none"> 1. Breaking the law 2. Rights and responsibilities 3. Protecting the planet 4. Contributing to the community 5. Pressure groups 6. Parliament 	<ol style="list-style-type: none"> 1. Borrowing 2. Income and expenditure 3. Risks with money 4. Prioritising spending 5. Stereotypes in the workplace
<p align="center">Summer 1 – Safety and the changing body (7 lessons)</p>	<p align="center">Summer 2 – wellbeing, transition and overflow lessons</p>
<ol style="list-style-type: none"> 1. Online friendships 2. Staying safe online 3. Puberty 4. Menstruation 5. Emotional changes in puberty 6. First Aid: Bleeding 7. Alcohol, drugs and tobacco: Making decisions 	<ol style="list-style-type: none"> 1. Wonderful me: Taking responsibility for my feelings 2. People around me: Good friends 3. Meaning and purpose: Going for goals 4. Resilience: Embracing failure 5. Healthy body, healthy brain importance of rest 6. Relaxation: Yoga

Year 6 Kapow Overview – Blue writing is statutory teaching

<p align="center">Autumn 1 – Family relationships (6 lessons)</p>	<p align="center">Autumn 2 – Health and wellbeing (8 lessons)</p>
<ol style="list-style-type: none"> 1. Respect 2. Respectful relationships 3. Stereotypes: Attitudes 4. Challenging stereotypes 5. Resolving conflict 6. Change and loss 	<ol style="list-style-type: none"> 1. What can I be? 2. Relaxation: Mindfulness 3. Taking responsibility for my health 4. The impact of technology on health 5. Resilience toolbox 6. Immunisation 7. Good and bad habits 8. Physical health concerns
<p align="center">Spring 1 - Citizenship (6 lessons)</p>	<p align="center">Spring 2 – Economic wellbeing (5 lessons)</p>
<ol style="list-style-type: none"> 1. Human rights 2. Food choices and the environment 3. Caring for others 4. Prejudice and discrimination 5. Value diversity 6. National democracy 	<ol style="list-style-type: none"> 1. Attitudes to money 2. Keeping money safe 3. Gambling 4. What jobs are available 5. Career routes
<p align="center">Summer 1 – Safety and the changing body (6 lessons)</p>	<p align="center">Summer 2 – wellbeing, transition and overflow lessons</p>
<ol style="list-style-type: none"> 1. Alcohol 2. Critical digital consumers 3. Social media 4. Physical and emotional changes in puberty 5. First Aid: Choking 6. First Aid: Basic life support 	<p>Transition – Dealing with change</p> <p>Wellbeing</p> <ol style="list-style-type: none"> 1. Wonderful me! Our social media selves 2. People around me: Resolving conflict and compromising 3. Meaning and purpose: What can I be? 4. Resilience: Resilience toolbox 5. Healthy body. healthy brain: Taking responsibility for my health 6. Relaxation: Mindfulness