

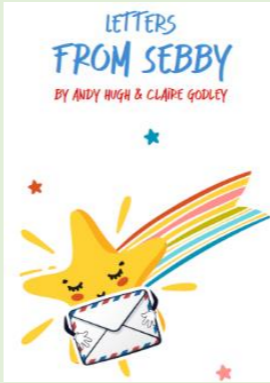
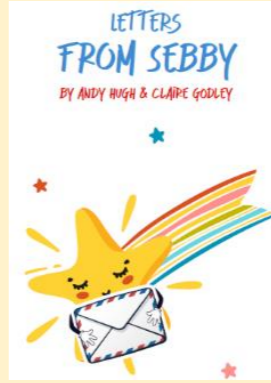



YPS PSHE/RSE	Autumn		Spring		Summer	
R	Think Equal Programme	Think Equal Programme	Think Equal Programme	Think Equal Programme	Think Equal Programme	Think Equal Programme
	PSHE in R – discussions ongoing according to the needs of the children.					
Yr 1	Settling in to the New Year Group/class	Kapow	Heads-up Kids Year 1	Heads-up Kids Year 1	Kapow	Kapow RSE and Transition activities
	Using Kapow and growth mindset stories to Revise Yavneh rules, Yavneh behaviour management Brains and Growth mindset , Zones of regulation, calm corners and strategies to regulate	KapowY1 Family and relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair Kapow Y1 Health and wellbeing Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the	-The star that fell from the sky. Each session consists of reading a chapter to the children and completing an activity and learning new vocabulary to match each session.  Session 1 - chapter 1 curious, scared, connected Session 2 -chapter 2 shy, friendly, safe	-The star that fell from the sky  from the sky Session 7 -chapter 7 groups, choice, included Session 8 – chapter 8 sorry, hurt, repair Session 9 – chapter 9 big feelings, stormy, calm	Kapow Y1 Citizenship Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy Kapow Y1 Economic wellbeing	Kapow Y1 Safety and the changing body Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe

	<p>Lesson 1 Kapow A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p>	<p>importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy</p>	<p>Session 3 - chapter 3 happy, sad, angry, scared Session 4 – chapter 4 body clue, relaxed, tight Session 5- chapter 5 kindness, listening, taking turns Session 6 -chapter 6 groups, choice, included</p>	<p>Session 10 -chapter 10 disappointed, practise, resilient Session 11 – chapter 11 worried, nervous, wobble Session 12 – chapter 12 proud, positive, star feeling</p>	<p>Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of jobs roles in schools</p>	
<p>Yr 2</p>	<p>Settling in to the new Year Group/class</p> <p>Using Kapow and growth mindset stories to Revise Yavneh rules, Yavneh behaviour management Brains and Growth mindset , Zones of regulation, calm corners and strategies to regulate</p> <p>Lesson 1 Kapow</p>	<p>Kapow</p> <p>Kapow Y2 Families and relationships</p> <p>Learning that families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.</p> <p>Kapow Y2 Health and wellbeing</p> <p>Learning: about the benefits of exercise and</p>	<p>Kapow</p> <p>Kapow Y2 Citizenship</p> <p>Lesson collection: learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion</p> <p>Kapow Y2 Economic wellbeing</p> <p>Learning about where money comes from, how to look after money and why we use</p>	<p>Heads-up Kids Letters from Sebby .</p> <p>Each session the teacher reads a chapter and completes the activity and introduces new vocabulary.</p>  <p>Chapter 1 Part 1</p>	<p>Heads-up Kids Letters from Sebby continued</p>  <p>Chapter 4 Part 1 Chapter 4 Part 2</p> <p>Chapter 4 Part 1 empathy, notice, kindness Chapter 4 Part 2 friendship, behaviour, kindness</p>	<p>Kapow RSE and Transition activities</p> <p>Kapow Y2 Safety and the changing body-</p> <p>Lesson collection: Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p> <p>Year 2: Transition lesson</p> <p>A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes</p>

	<p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.</p>	<p>relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene</p>	<p>banks and building societies.</p>	<p>mental health, compromise, cooperate Chapter 1 Part 2 adaptable, resourceful, teamwork Chapter 2 Part 1 surprised, agitated, optimistic Chapter 2 Part 2 uncomfortable, different, temporary Chapter 3 Part 1 mental health, express ourselves, positive Chapter 3 Part 2 strategies, self- control, big feeling</p>	<p>Chapter 5 Part 1 conflict, solution, resolve Chapter 5 Part 2 team, intentional, repetitive Chapter 6 Part 1 change, respond, adapt Chapter 6 Part 2 team, intentional, repetitive</p>	<p>that may come with this move.</p>
<p>Yr 3</p>	<p>Settling in to the new Year Group/class Kapow Using Kapow and growth mindset stories to Revise Yavneh rules, Yavneh behaviour management</p>	<p>Kapow Kapow Y3 Family and relationships Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist</p>	<p>Heads-up kids Year 3 Heads-up kids in year 3 consists of a weekly lesson, completing the activities and using and developing emotional language each session.</p> <p>Session 1 -Head start Session 2- How does it feel?</p> 	<p>Heads-up kids Year 3 continued</p> <p>Session 6- Big feelings Session 7- working together Session 8- celebration</p> <p>After the main 8 weeks programme has finished Consolidation - 3 sessions and then a final evaluation</p>	<p>Kapow Kapow Y3 Economic wellbeing Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers Y3 Citizenship</p>	<p>Kapow RSE and Transition activities Kapow Y3 Safety and the changing body Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence Kapow Year 3: Transition lesson</p>

	<p>Brains and Growth mindset , Zones of regulation, calm corners and strategies to regulate</p> <p>Kapow Introduction: Setting ground rules for RSE & PSHE lessons 1 lesson</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	<p>Kapow Y3 Health and wellbeing</p> <p>Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.</p>	<p>Session 3 -Riding the friendship wave</p> <p>Session 4 -Bullying</p> <p>Session 5 -What's the weather like?</p>		<p>Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy</p>	<p>Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this</p>
Yr 4	<p>Settling in to the new Year Group/class</p> <p>Kapow</p>	<p>Kapow</p> <p>Kapow Y4 Families and relationships-</p>	<p>Kapow</p> <p>Kapow Y4 Citizenship-</p> <p>Learning about Human rights and caring for the</p>	<p>Kapow RSE</p> <p>Kapow Y4 Safety and the changing body-</p> <p>Building awareness of online safety and the</p>	<p>Heads-up kids Year 4</p> <p>Session 1 Message of the Day</p> <p>It's helpful to remind ourselves that our class is made up of many different parts.</p>	<p>Heads-up kids Year 4</p> <p>Session 6 Message of the Day</p> <p>There are lots of ways that we can solve</p>

	<p>Using Kapow and growth mindset stories to Revise Yavneh rules, Yavneh behaviour management Brains and Growth mindset , Zones of regulation, calm corners and strategies to regulate</p>	<p>Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement</p> <p>Y4 Health and wellbeing-</p>	<p>environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government</p>	<p>benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma</p> <p>Kapow Y4 Economic wellbeing-</p>	<p>Session 2 Message of the Day We all have different strengths and different areas where we need help and support. Sometimes it's hard to see what our strengths are and sometimes other people can see this before us. When we use our strengths to help others it makes us all feel good.</p> <p>Session 3 Message of the Day As a class we are feel safe and comfortable to look out for one another in the playground and classroom</p> <p>Session 4 Message of the Day Working together and supporting one another is a skill and something that we can practise and learn to do well together.</p>	<p>disagreements and we often need to remember to stop and think.</p> <p>Session 7 Message of the Day It's often much easier to think about all the things that we can do when things go wrong after the event. It's much harder to do that in the moment when we feel upset and angry. But the more we try and practise doing this the easier it will become.</p> <p>Session 8 Message of the Day We can all have lots of different feelings at the same time. It's helpful to remember that we can express our feelings in many ways; drawing, dancing, singing, playing an instrument or sport.</p> <p>Session 9 Message of the Day We have all been resilient in the past and we can use our experience to help us be resilient in the future.</p> <p>Session 10 final session 'Two stars and a wish'.</p>
	<p>Kapow Introduction: Setting ground rules for RSE & PSHE lessons- 1 lesson</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	<p>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene</p>		<p>Exploring: choices associated spending, what makes something good value for money, career aspirations and what influences career choices</p>		<p>Kapow Year 4: Transition lesson</p> <p>Helping Year 4 pupils prepare for the transition</p>

						into Year 5 and the changes, challenges and opportunities this brings
Yr 5						
	<p>Kapow and Transition activities Using Kapow and growth mindset stories to Revise Yavneh rules, Yavneh behaviour management Brains and Growth mindset , Zones of regulation, calm corners and strategies to regulate</p> <p>Kapow Introduction: Setting ground rules for RSE & PSHE lessons- 1 lesson A stand-alone introductory lesson</p>	<p>Kapow</p> <p>Kapow Y5 Families and relationships- Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p> <p>Kapow Y5 Health and wellbeing Learning to take greater responsibility for sleep, sun safety, healthy</p>	<p>Heads Up -Kids 5 4 sessions Session 1 This week's target; 'Did this session teach us about how gratitude helps us?' Session 2 This week's target Did this session teach us about the importance of including others?' Session 3 This week's target <i>Did this session teach us how our feelings can affect what we hear?</i> Session 4 This week's target</p>	<p>Heads-up Kids next 4 sessions Session 5 This week's target <i>Did this session teach us about how to manage our big feelings?</i> Session 6 This week's target <i>Did this session teach us about how we can 'unstick' things that other people might say to us?</i> Session 7 This week's target <i>'Did this session help us to scale</i></p>	<p>Kapow</p> <p>Kapow Y5 Economic wellbeing- Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace</p> <p>Kapow Y5 Citizenship- An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community</p>	<p>Kapow RSE and Transition activities</p> <p>Kapow Y5 Safety and the changing body- Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p> <p>Kapow Year 5: Transition lesson Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and</p>

	<p>outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	<p>eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation</p>	<p><i>Did this session help us think about what it means to be resourceful?</i></p>	<p><i>how we feel in different situations?</i> Session 8 This week's target <i>'Did this session help us to understand how to stop and think during an argument?'</i></p>		<p>responsibilities this brings.</p>
<p>Yr 6</p>	<p>Kapow and Transition activities Using Kapow and growth mindset stories to Revise Yavneh rules, Yavneh behaviour management Brains and Growth mindset , Zones of regulation, calm corners and</p>	<p>Kapow Kapow Y6 Family and relationships- 6 lessons Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief Kapow Y6 Health and wellbeing-</p>	<p>Kapow Kapow Y6 Citizenship 6 lessons Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy</p>	<p>Kapow Kapow Y6 Economic wellbeing Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available</p>	<p>Kapow RSE Kapow Y6 Safety and the changing body- Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p>	<p>Heads-up Kids Kids Year 6 and Kapow Session 1 Introduction Session 2 Our class community Session 3 The friendship seesaw Session 4 Thought catching Session 5</p>

	<p>strategies to regulate SATS preparing and having a good attitude</p>	<p>Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals</p>			<p>Kapow Y6 Identity Two lessons on the theme of personal identity and body image</p>	<p>Thinking about worries Session 6 What is mental health? Session 7 Moving through change Session 8 The voyage to secondary school island</p>
	<p>Kappw Introduction: Setting ground rules for RSE & PSHE lessons- 1 lesson A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>					<p>Kapow Year 6: Transition lesson- 1 lesson Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.</p>