

Camelford Primary

RSE and PSHE Curriculum Map 2022-2023 - Based on KAPOW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr R	FS Being me in my World	FS Celebrating difference	FS Dreams and goals	FS Healthy me	FS Relationships	FS Changing me
Year 1/2 Cycle A	Family and relationships: L1: Family L2: Friendship L3:Families are different L4: Other people's feelings L5: Getting along with each other L6: Friendship problems L7: Gender stereotypes	Health and Wellbeing: L1: Understand my feelings L2:Relaxation – laughter and progressive muscle relaxation L3: What am I like? L4: Ready for bed? L5:Handwashing and personal hygiene L6: Sun safety L7: Allergies L8: People who help us stay healthy.	Safety and the changing body: L1: Communicating with adults L2:People who help keep us safe in our local community L3: Road safety L4:Safety with medicines L5:Making a call to the emergency services L6:The difference between secrets and surprises L7: Appropriate contact L8: My private parts are private	Citizenship: L1: Rules L2:Similar yet different L3: Belonging L4: Job roles in the community L5: Our school environment L6: : Our local environment	Economic Wellbeing: L1: Money L2: Needs and wants L3: Looking after money L4: Banks and building societies L5: Jobs	Wellbeing lessons: (Year 1 scheme) Wellbeing my world L1: Wonderful me- understand my feelings L2:People around me – special people L3:Resilience – people to turn to L4:Meaning and purpose – What am I like L5: Healthy body, healthy brain – Ready for bed L6: Relaxation – muscle relaxation L6: Transition Lesson
Year 1/2 Cycle B	Family and relationships: L1: Family L2: Friendships	Health and Wellbeing L1: Understand my feelings L2: Steps to success	Safety and the changing body L1: Communicating with adults L2:Road safety	Citizenship L1: Rules L2:Similar yet different	Economic Wellbeing: L1: Money L2: Needs and wants	Wellbeing lessons: (Year 2 scheme) Wellbeing Looking out

	L3:Other people's feelings L4: Getting along with others L5: Friendship problems L6: Gender stereotypes L7: Change and loss.	L3: Developing a growth mindset L4: Being active L5:Relaxation:breathing exercises L6: Healthy diet L7: Looking after our teeth	L3: Safety at home L4:Safety with medicines L5:What do I do if I get lost L6:The internet L7: Appropriate contact L8: My private parts are private	L3: Caring for others: Animals L4: The needs of others L5: Democratic decisions L6: : School council L7: Giving my opinion	L3: Saving and spending L4: Banks and building societies L5: Jobs	L1: Wonderful me- experience different feelings L2: People around me – Other people's feelings L3:Meaning and purpose – steps to success L4: Resilience – developing a growth mindset L5: Healthy body, healthy brain – being active L6: Relaxation – breathing L6: Transition Lesson
Year 3/4 Cycle A	Family and relationships: L1: Friendship issues and bullying L2: The effects of bullying and the responsibility of the bystander L3: Stereotyping - Gender L4: Stereotyping – age/disability L5: Healthy friendships - boundaries L6: Learning who to trust	Health and Wellbeing L1: My Healthy diary L2: Diet and dental health L3: Relaxation - stretches L4: Wonderful me L5: My Superpowers L6: Celebrating mistakes L7: My Happiness	Safety and the changing body L1: Be Kind online L2: Cyberbullying L3: Share aware L4: Privacy and secrecy L5: First aid: bites and stings L6: Alcohol and tobacco	Citizenship L1: Recycling/reusing L2: Local community building and groups L3: Local council and democracy L4: Rules L5: Rights of the child L6: Human rights	Economic Wellbeing L1: Spending choices L2: Budgeting L3: Money and emotions L4: Jobs and careers L5: Gender and careers	Wellbeing lessons: (Year 3 scheme) Wellbeing: Getting to know me L1: Wonderful me! Who am I? L2: People around me: Communication L3: meaning and purpose: My Superpower L4: Resilience: Breaking down barriers L5: Healthy Body, Healthy brain, My Healthy Diary L6: Relaxation: Stretches L7: Transition Lesson

	L7: Respecting differences L8: Change and loss - bereavement		*individual year groups *L7: Year 3 – First aid: Emergencies and calling for help *Y4 – Introducing puberty *L8: Y3- Road Safety *Y4: Growing up			
Year 3/4 Cycle B	Family and relationships: L1: Friendship issues and bullying L2: Healthy families L3: Stereotyping - Gender L4: Stereotyping – age/disability L5: How my behaviour affects others L6: Effective communication to support relationships L7: Respect and manners L8: Respecting differences	Health and Wellbeing L1: My Healthy diary L2: Looking after our teeth L3: Relaxation-visualisation L4: Meaning and purpose – my role L5: Resilience: breaking down problems L6: Emotions L7: Mental health	Safety and the changing body L1: Fake emails L2: Internet safety – age restrictions L3: Consuming information online L4: Tobacco L5: First aid: asthma L6: Alcohol and Tobacco *individual year groups *L7: Year 3 – First aid: Emergencies and calling for help	Citizenship L1: recycling? Reusing? L2: Local community building and groups L3: Local council and democracy L4: Diverse communities L5: Rights of the child L6: Charity	Economic Wellbeing L1: Spending choices L2: Budgeting L3: Money and emotions L4: jobs and careers L5: Jobs for me	Wellbeing lessons: (Year 4 scheme) Wellbeing: My Place in the world L1: Wonderful me, my happiness L2: People around me: A positive difference L3: meaning and purpose: My Role L4: Resilience: Celebrating mistakes L5: Healthy Body, Healthy brain, dental health L6: Relaxation: visualisation L7: Transition Lesson

			*Y4 – Introducing puberty *L8: Y3- Road Safety Y4: Growing up			
Year 5/6 Cycle A	Family and relationships: L1: Build a friend – what makes a good friend L2: Respect L3: Respecting myself L4: Marriage L5: Bullying L6: Stereotyping L7: Challenging stereotypes	Health and Wellbeing L1: Relaxation - Yoga L2: The importance of rest L3: Embracing failure L4: Going for goals L5: Taking responsibility for my feelings L6: Healthy meals L7: Sun safety	Citizenship L1: Breaking the law L2: Prejudice and discrimination L3: Protecting the planet L4: Contributing to the community L5: Rights and responsibilities L6: Parliament and national democracy	Safety and the changing body L1: Online friendships L2: Staying safe: Online L3: First Aid: Choking L4: Alcohol L5: Drugs, alcohol and tobacco Influences *individual year groups *L6: Year 5: Puberty Year 6: Physical and emotional changes of puberty *L7: Year 5: Menstruation Year 6: Conception	Economic Wellbeing L1: Borrowing L2: Income and expenditure L3: Prioritising spending L4: Risks with money L5: Careers	Identity – needs to be broken into year group Year 5 L1: Wonderful me – Taking responsibility for my feelings L2: People around me: Good friends L3: Meaning and purpose: going for goals L4: Resilience: Embracing failure L5: Healthy body, healthy brain: importance of rest L6: Relaxation: Yoga Year 6 L1: What is identity? L2: Gender identity L3: Identity and body image L4: Transition lesson: roles and responsibilities

				*L8: Year 5: Emotional changes in puberty Year 6: Pregnancy and birth		L5: Well-being focus: Wonderful me: Our social media selves L6: People around me: Resolving conflict and compromising L7: Meaning: What can I be? L8: Resilience: Resilience toolbox.
Year 5/6 Cycle B	Family and relationships: L1: Friendship skills L2: Respect L3: Resolving conflict L4: Family life L5: Stereotyping L6: Challenging stereotypes L7: Change and loss	Health and Wellbeing L1: Relaxation - mindfulness L2: What can I be? L3: Taking responsibility for my health L4: The impact of technology on health L5: Resilience toolbox L6: Immunisation L7: Physical health concerns L8: Good and bad habits	Citizenship L1: Pressure groups L2: Valuing diversity L3: Food choices and the environment L4: Caring for others L5: Rights and responsibilities L6: Parliament and national democracy	Safety and the changing body L1: Critical digital consumers L2: Social media L3: First Aid: Bleeding L4: First Aid: Basic life support *individual year groups *L5: Year 5: Puberty Year 6: Physical and emotional changes of puberty *L6: Year 5: Menstruation Year 6: Conception	Economic Wellbeing L1: Attitudes to money L2: Keeping money safe L3: Stereotypes in the workplace L4: Gambling L5: Careers	Identity – needs to be broken into year group Year 5 L1: Wonderful me – Taking responsibility for my feelings L2: People around me: Good friends L3: Meaning and purpose: going for goals L4: Resilience: Embracing failure L5: Healthy body, healthy brain: importance of rest L6: Relaxation: Yoga Year 6 L1: What is identity? L2: Gender identity L3: Identity and body image

				*L7: Year 5: Emotional changes in puberty Year 6: Pregnancy and birth		L4: Transition lesson: roles and responsibilities L5: Well-being focus: Wonderful me: Our social media selves L6: People around me: Resolving conflict and compromising L7: Meaning: What can I be?
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