



RSE & PSHE

Mixed-age

This document may be useful to you if your school has mixed-age classes.

It organises our units into a two-year rolling cycle which ensures full coverage of the National Curriculum objectives.

Along with our suggestions for differentiation included in each lesson plan, this document will enable you to support progress between year groups, despite the challenges of mixed-age teaching.

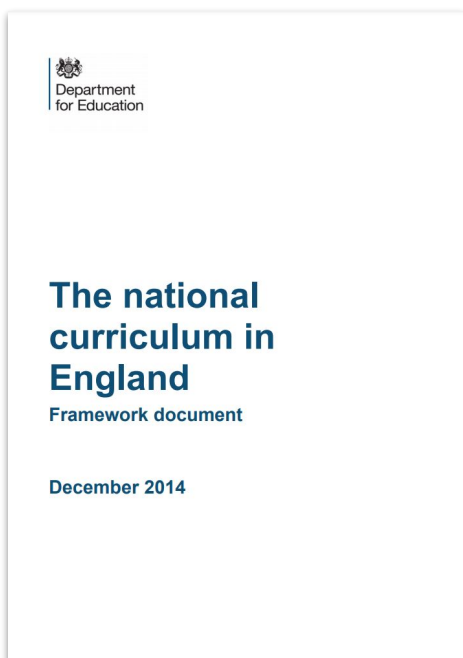
Contents:

How does Kapow Primary help our school to meet the statutory guidance for RSE & PSHE?	3
How is the RSE & PSHE scheme of work organised?	4
Key areas	5
A spiral curriculum	6
Is there any flexibility in the Kapow Primary PSHE & RSE scheme?	6
What about sex education?	7
Short of curriculum time?	8
RSE & PSHE (Mixed-age cycle) Year 1 and 2	9-10
RSE & PSHE (Mixed-age cycle) Year 3 and 4	11-13
RSE & PSHE (Mixed-age cycle) Year 5 and 6	14-16

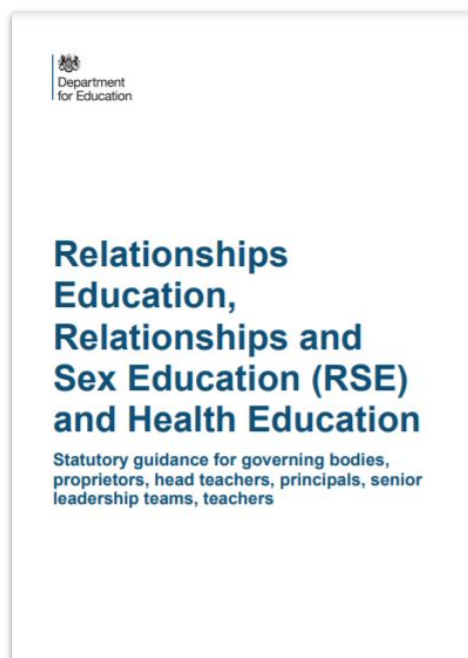
How does Kapow Primary help our school to meet the statutory guidance for RSE & PSHE?

Our scheme of work fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education') and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education.)

When this RSE & PSHE scheme of work is taught in conjunction with our Computing scheme, it also covers the government's **Education for a Connected World -2020 edition** framework (see our [Education for a Connected World framework mapping](#)).



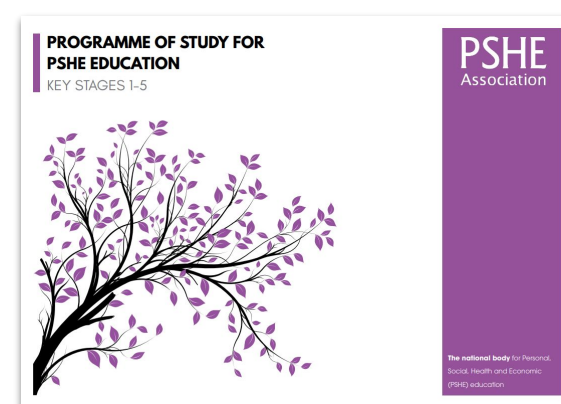
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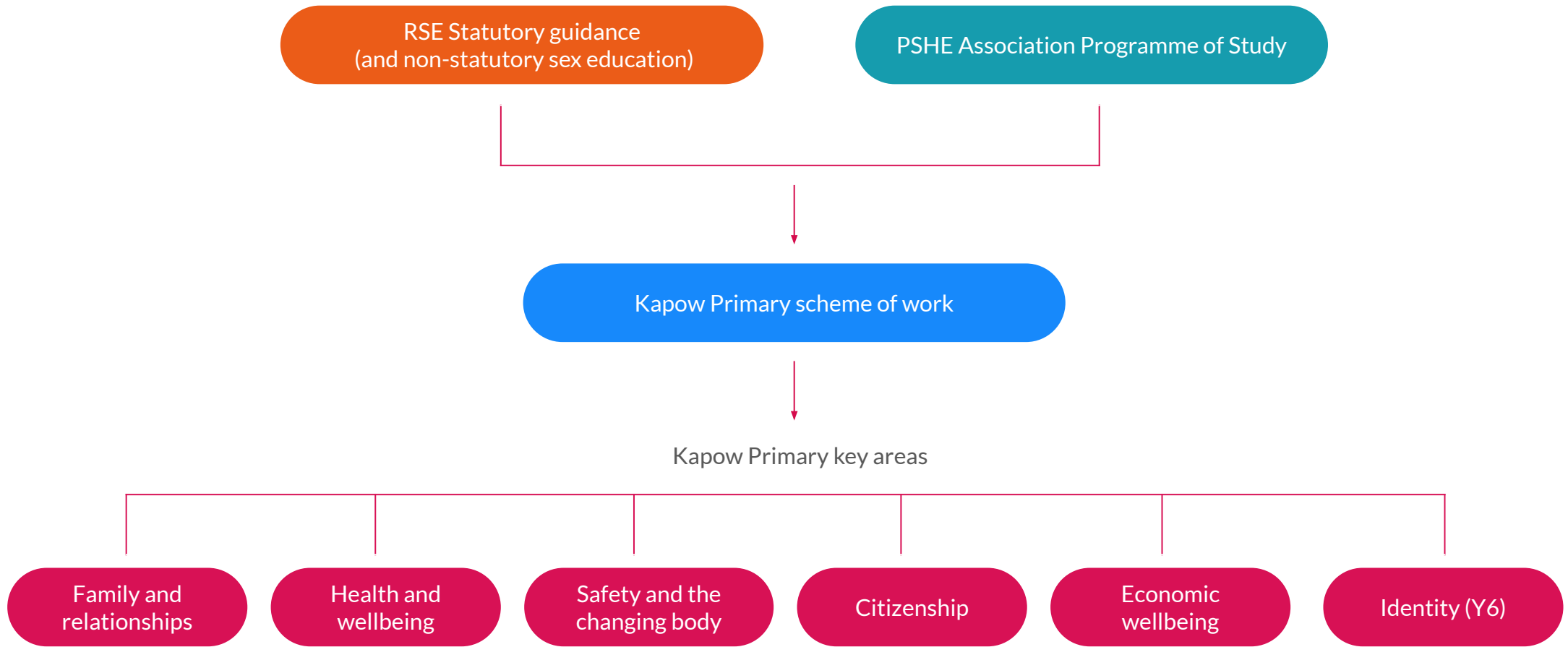


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How is the RSE & PSHE scheme of work organised?



Key areas

We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey. Year 6 also have a further key area: Identity.

Family and relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.

Health and wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

Safety and the changing body

Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty,

Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

Economic wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Year 6 only:

Identity

Considering what makes us who we are whilst learning about gender and sexual identity and body image.



A spiral curriculum

Kapow Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ **Cyclical:** Pupils revisit the five key areas throughout KS1 and KS2.
- ✓ **Increasing depth:** Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ✓ **Prior knowledge:** Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.



Is there any flexibility in the Kapow Primary PSHE & RSE scheme?

Our RSE & PSHE scheme of work is organised into units.

Within each most units, lessons should be taught in order as they build upon one another.

Across a single year group, units themselves do not need to be taught in the suggested order, apart from the Introductory lessons which are to be taught at the beginning of the year and the Transition lessons at the end of the year.

The flexibility in the order the units can be taught allows teachers to adapt the planning to suit their class and to cover particular units based on need at any moment in time.

What about sex education?

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- **Year 1:** Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- **Year 2:** Notice that animals, including humans, have offspring which grow into adults
- **Year 5:** Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age [They should learn about the changes experienced in puberty.]

The RSE statutory guidance states that:

Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.

The Kapow Primary scheme of work includes **two** Year 6 lessons which parents have the opportunity to withdraw their children from: *Safety and the changing body*: [Lesson 5: Conception](#) and [Lesson 6: Pregnancy and birth](#).

We suggest that you consult with parents about the content of these lessons prior to teaching them, to provide them time to consider the content and to withdraw their child if they so wish.

Short of curriculum time?

At Kapow Primary, we understand that curriculum time is always tight in primary schools.

We have created a Condensed curriculum version of our Long term plan to help those schools who want to ensure coverage of the statutory guidance, without dedicating a lesson a week to RSE & PSHE.

Our Condensed curriculum long-term plan abstracts units which cover key skills and knowledge in 20 lessons.

The selected lessons ensure that there is coverage of our five key areas of RSE & PSHE, with a slightly greater emphasis on the areas: Family and relationships, Health and wellbeing and Safety and the changing body as these are the areas where statutory guidance is covered.

This version of our Long term plan could be used if you are teaching RSE & PSHE in a two-week, half termly cycle or are block teaching foundation subjects. It could also be used to relieve pressure on teachers and pupils in terms of the amount of curriculum content.



Where lessons are repeated in Cycle A and Cycle B, the Year 1 and Year 2 children will have a different focus to their learning on the theme, with the Year 2 activities providing extension and depth to their learning of the topic.

	Cycle A	Cycle B	Cycle A	Cycle B
	Families and relationships		Safety and the changing body	
1	Introduction to RSE and setting ground rules	Introduction to RSE and setting ground rules	Communicating safely and effectively with adults	Communicating safely and effectively with adults
2	Family	Family?	People who help to keep us safe in our local community	Road safety
3	Friendships	Friendships?	Road safety	Safety at home
4	Other people's feelings	Other people's feelings	Safety with medicines	Safety with medicines
5	Getting along with others	Getting along with others	Making a call to emergency services	What to do if I get lost?
6	Friendship problems	Friendship problems	The differences between secrets and surprises	The internet
7	Stereotyping - gender	Stereotyping - gender	Appropriate contact - acceptable and unacceptable physical contact	Appropriate contact - acceptable and unacceptable physical contact
8	Families are all different	Introduction to change and loss	My private parts are private	My private parts are private

	Cycle A	Cycle B	Cycle A	Cycle B
	Health and wellbeing		Citizenship	
1	Understanding my feelings	Understanding my feelings	Rules	Rules
2	Relaxation - laughter and progressive muscle relaxation	Steps to success - setting achievable goals	Similar, yet different	Similar, yet different
3	What am I like? Identifying strengths and qualities	Growth mindset - overcoming difficulties	Belonging	Caring for others: Animals
4	Ready for bed - effects of good quality sleep	Being active	Job roles in the community	The needs of others
5	Hand washing & personal hygiene	Relaxation - breathing exercises	Our school environment	Democratic decisions
6	Sun safety	Healthy diet	Our local environment	School council
7	Allergies	Looking after our teeth		Giving my opinion
8	People who help us stay healthy			

Transition lesson

Where lessons are repeated in Cycle A and Cycle B, the Year 3 and Year 4 children will have a different focus to their learning on the theme, with the Year 4 activities providing extension and depth to their learning of the topic.

	Cycle A	Cycle B	Cycle A	Cycle B
	Families and relationships		Safety and the changing body	
1	Introduction and ground rules	Introduction and ground rules	Be kind online	Fake emails
2	Friendship issues and bullying	Friendship issues and bullying	Cyberbullying	Internet safety - Age restrictions
3	Bullying - the effects of bullying and the responsibility of the bystander	Healthy families	Internet safety - Share aware	Consuming information online - being a discerning consumer of online information
4	Stereotyping - Age/disability	Stereotyping - Age/disability	Privacy and secrecy - the difference between the two	Tobacco - the risks of smoking
5	Stereotyping - Gender	Stereotyping - Gender	Basic first aid - bites & stings	Basic first aid - asthma
6	Healthy friendships - physical and emotional boundaries	How my behaviour affects others	Alcohol and tobacco	Alcohol and tobacco
7	Learning who to trust	Effective communication to support relationships	(Y3 only) Emergencies and calling for help (Y4 only) Introduction to puberty	(Y3 only) Emergencies and calling for help (Y4 only) Introduction to puberty
8	Change and loss - bereavement	Respect and manners	(Y3 only) Road safety (Y4 only) Growing up - that the changes from being a child to an adult is called puberty	(Y3 only) Road safety (Y4 only) Growing up - that the changes from being a child to an adult is called puberty

	Cycle A	Cycle B	Cycle A	Cycle B
	Health and wellbeing		Citizenship	
1	Diet and dental health	Looking after our teeth	Recycling	Recycling
2	Relaxation - stretches	Relaxation - visualisation	Local community groups	Local community groups
3	Wonderful me	Meaning and purpose - my role	Local council and democracy	Local council and democracy
4	My superpowers	Breaking down problems	Rules	Diverse communities
5	Celebrating mistakes	Emotions	Rights of the child	Rights of the child
6	My happiness	Mental health	Human rights	Charity
7	My healthy diary - physical activity, rest and play	My healthy diary - physical activity, rest and play		

	Cycle A	Cycle B
	Economic wellbeing	
1	Spending choices	Spending choices
2	Budgeting	Budgeting
3	Money and emotions	Money and emotions
4	Jobs and careers	Jobs and careers
5	Gender and careers	Jobs for me
	Transition lesson	

Where lessons are repeated in Cycle A and Cycle B, the Year 5 and Year 6 children will have a different focus to their learning on the theme, with the Year 6 activities providing extension and depth to their learning of the topic.

	Cycle A	Cycle B	Cycle A	Cycle B
	Families and relationships		Safety and the changing body	
1	Introduction and ground rules	Introduction and ground rules	Online friendships	Critical digital consumers
2	Build a friend - what makes a good friend	Friendship skills	Staying safe online	Social media
3	Respect	Respect	First aid - choking	First aid - bleeding
4	Respecting myself	Resolving conflict	Alcohol	
5	Marriage	Family life	Drugs, alcohol and tobacco - understanding the influence others can have on us	Basic life support
6	Bullying - the effects of bullying and what might motivate a bully	Change and loss	(Y5 only) Puberty (Y6 only) Conception	(Y5 only) Puberty (Y6 only) Conception
7	Stereotyping	Stereotyping	(Y5 only) Menstruation (Y6 only) Pregnancy and birth	(Y5 only) Menstruation (Y6 only) Pregnancy and birth
8	Challenging stereotypes	Challenging stereotypes	Changes in puberty	Changes in puberty

	Cycle A	Cycle B	Cycle A	Cycle B
	Health and wellbeing		Citizenship	
1	Relaxation - yoga	Relaxation - mindfulness	Breaking the law	Pressure groups
2	The importance of rest	What can I be? - setting long term goals	Prejudice and discrimination	Valuing diversity
3	Embracing failure	Taking responsibility for my health	Protecting the planet	Food choices and the environment
4	Going for goals	The impact of technology on health	Contributing to the community	Caring for others
5	Taking responsibility for my feelings	Resilience toolbox	Rights and responsibilities	Rights and responsibilities
6	Healthy meals	The facts about immunisation	Parliament and national democracy	Parliament and national democracy
7	Sun safety	Physical health concerns - where to get help		
8		Habits - positive and negative		

	Cycle A	Cycle B	Cycle A	Cycle B
	Economic well being		Identity	
1	Borrowing	Attitudes to money	What is identity?	What is identity?
2	Income and expenditure	Keeping money safe	Gender identity?	Gender identity?
3	Prioritising spending	Stereotypes in the workplace	Identity and body image	Identity and body image
4	Risks with money	Risks with money		
5	Careers	Careers		
Transition lesson				