

Y56 PSHE/RSE Two Year Plan - Year A

	Autumn	Spring	Summer
1	Kapow Setting rules and signposting (F&R) Build a Friend	Kapow Relaxation and Yoga (H&W)	Kapow Borrowing (EW)
2	Kapow Respect (F&R) Respecting myself	Kapow Importance of rest (H&W)	Kapow Income and expenditure (EW)
3	IO:IO Module 1 Calming the storm	Kapow Embracing Failure (H&W)	Kapow Prioritise spending (EW)
4	IO:IO Module 1 My Identity/Gifts and Talents	Kapow Going for Goals (H&W)	Kapow Risks with money (EW)
5	IO:IO Module 2 Is God calling you?	Kapow Take responsibility (H&W)	Kapow Careers (EW)
6	Kapow Bullying (F&R)	IO:IO Module 2 Do you want a piece of cake?	Kapow Alcohol and Drugs (Safety & CB)
7	IO:IO Module 1 Under Pressure	IO:IO Module 2 Self Talk	Kapow Breaking the Law (C)
8	Stereotyping (F&R)	IO:IO Module 2 Sharing isn't always caring	Kapow Prejudice and discrimination (C)
9	Challenging stereotypes (F&R)	Kapow Online Friendships (Safety & CB)	Kapow Protect the planet (C)
10	IO:IO Relationship Education Girls/boys bodies, spots and sleep, Body Image, emotional change, Menstruation	Kapow Staying safe online (Safety & CB)	Kapow Contribute to community (C)
11	IO:IO Relationship Education Girls/boys bodies, spots and sleep, Body Image, emotional change, Menstruation	Kapow Healthy meals(Safety & CB)	Kapow Rights and responsibilities (C)
12	Kapow Marriage (F&R)	Kapow Sun safety (Safety & CB)	Kapow Parliament and Democracy (C)
13			

Y56 PSHE/RSE Two Year Plan - Year B

	Autumn	Spring	Summer
1	Kapow Setting rules and signposting (F&R)	Kapow Relaxation - Mindfulness (H&W)	Kapow Critical digital consumers (S&CB)
2	Kapow Friendship skills (F&R)	Kapow What can I be? (H&W)	Kapow Social Media (S&CB)
3	Kapow Respect (F&R)	Kapow Response for Health (H&W)	Kapow 1 st Aid – Bleeding (S&CB)
4	Kapow Resolving Conflict (F&R)	Kapow Impact of technology on health (H&W)	Kapow 1 st Aid – Basic life support (S&CB)
5	Kapow Family Life (F&R)	Kapow Resilience Toolbox (H&W)	Kapow Pressure Groups (C)
6	Kapow Change and Loss (F&R)	Kapow Immunisation (H&W)	Kapow Valuing Diversity (C)
7	IO:IO Module 2 Types of Abuse	Kapow Physical health Concerns (H&W)	Kapow Food choices and the environment (C)
8	IO:IO Module 2 Impacted lifestyles	Kapow Good and bad habits(H&W)	Kapow Caring for others (C)
9	IO:IO Module 2 Making Good choices	IO:IO Module 3 The Trinity	Kapow Attitude to money/keeping money safe/gambling (EW)
10	IO:IO Relationship Education Girls/boys bodies, spots and sleep, Body Image, emotional change, Menstruation	IO:IO Module 3 Catholic Social teaching	Kapow Stereotype in the workplace (EW)
11	IO:IO Relationship Education Girls/boys bodies, spots and sleep, Body Image, emotional change, Menstruation	IO:IO Module 3 Reaching Out	Kapow Careers (EW)
12			Kapow Transition lesson – Roles and responsibilities
13			

Relationship Education Provision for Year a and Year B

Year 5

Day 1	IO:IO Gifts & Talents
Day 2	Kapow Year 5 Puberty
Day 3	All that I am – Menstruation session
Day 4	IO:IO Emotional Changes

Year 6

Day 1	10:10 Review Gifts & Talents, and Kapow Puberty Y5 video then 10:10 Girls bodies and Menstruation
Day 2	10:10 Boys Bodies, wet dreams, Spots and Sleep
Day 3	All that I am – Bounty Puberty Film
Day 4	10:10 Body Image and All that I am Hygiene(mindmap)

Relationship Education Week 2022 -