RSE & PSHE



Mapping to the PSHE Association's Programme of study

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PSHE Association Programme of Study

Kapow Primary RSE & PSHE lessons

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Core theme: Health and wellbeing - *Healthy lifestyles (physical wellbeing)*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
H1	about what keeping healthy means; different ways to keep healthy	Health and wellbeing Y1 > Lesson 4: Relaxation Health and wellbeing Y2 > Lesson 3: Relaxation breathing techniques
H2	about foods that support good health and the risks of eating too much sugar	Health and wellbeing Y2 > Lesson 6: Healthy diet
H3	about how physical activity helps us to stay healthy; and ways to be physically active everyday	Health and wellbeing Y1 > Lesson 2: Healthy body, healthy brain: being active
H4	about why sleep is important and different ways to rest and relax	Health and wellbeing Y1 > Lesson 3: Ready for bed
H5	simple hygiene routines that can stop germs from spreading	Health and wellbeing Y1 > Lesson 5: Hand washing and personal hygiene
H6	that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy	Health and wellbeing Y1 > Lesson 7: Allergies
H7	about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	Health and wellbeing Y2 > Lesson 7: Looking after our teeth
H8	how to keep safe in the sun and protect skin from sun damage	Health and wellbeing Y1 > Lesson 6: Sun safety
H9	about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV	Safety and the changing body Y2 > Lesson 1: Introduction to the internet

Core theme: Health and wellbeing - *Healthy lifestyles (physical wellbeing)*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
H10	about the people who help us to stay physically healthy	Health and wellbeing Y1 > Lesson 8: People who keep us healthy
Core theme: Health and wellbeing - *Mental health*		
H11	about different feelings that humans can experience	Families and relationships Y2 > Lesson 6: Change and loss Health and wellbeing Y1 > Lesson 1: Understanding my emotions
H12	how to recognise and name different feelings	Families and relationships Y2 > Lesson 6: Change and loss Health and wellbeing Y1 > Lesson 1: Understanding my emotions
H13	how feelings can affect people's bodies and how they behave	Health and wellbeing Y1 > Lesson 1: Understanding my emotions
H14	how to recognise what others might be feeling	Families and relationships Y2 > Lesson 3: Managing friendships
H15	to recognise that not everyone feels the same at the same time, or feels the same about the same things	Health and wellbeing Y2 > Lesson 1: Experiencing different feelings
H16	about ways of sharing feelings; a range of words to describe feelings	Families and relationships Y2 > Lesson 6: Change and loss Health and wellbeing Y1 > Lesson 1: Understanding my emotions Health and wellbeing Y2 > Lesson 1: Experiencing different feelings
H17	about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)	Health and wellbeing Y2 > Lesson 2: Healthy body, healthy brain: being active
H18	different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good	Health and wellbeing Y1 > Lesson 1: Understanding my emotions Health and wellbeing Y1 > Lesson 4: Relaxation Health and wellbeing Y2 > Lesson 3: Relaxation breathing techniques

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Core theme: Health and wellbeing - Mental health		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
H19	to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it	Health and wellbeing Y1 > Lesson 1: Understanding my emotions
H20	about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better	Families and relationships Y2 > Lesson 6: Change and loss
Core theme: Health and wellbeing - *Ourselves, growing and changing*		
H21	to recognise what makes them special	Health and wellbeing Y1 > Lesson 2: What am I like?
H22	to recognise the ways in which we are all unique	Families and relationships Y2 > Lesson 2: Families are all different
H23	to identify what they are good at, what they like and dislike	Health and wellbeing Y1 > Lesson 2: What am I like?
H24	how to manage when finding things difficult	Health and wellbeing Y2 > Lesson 5: Resilience: developing a growth mindset
H25	to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)	Safety and the changing body Y2 > Lesson 4: Appropriate contact: my private parts
H26	about growing and changing from young to old and how people's needs change	Citizenship > Y1: The needs of others

Core theme: Health and wellbeing - *Ourselves, growing and changing*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
H27	about preparing to move to a new class/year group	Transition Y1 Transition Y2
Core theme: Health and wellbeing - *Keeping safe*		
H28	about rules and age restrictions that keep us safe	
H29	to recognise risk in simple everyday situations and what action to take to minimise harm	Safety and the changing body Y1 > Lesson 8: People who help to keep us safe
H30	about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)	Safety and the changing body Y1 > Lesson 7: Safety at home
H31	that household products (including medicines) can be harmful if not used correctly	Safety and the changing body Y1 > Lesson 6: Safety with substances Safety and the changing body Y2 > Lesson 8: Staying safe with medicine
H32	ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely	Safety and the changing body Y1 > Lesson 3: Getting lost Safety and the changing body Y2 > Lesson 6: Road safety Safety and the changing body Y2 > Lesson 7: Road safety 2
H33	about the people whose job it is to help keep us safe	Safety and the changing body Y1 > Lesson 8: People who help to keep us safe
H34	basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them	Safety and the changing body Y2 > Lesson 2: Communicating online

Core theme: Health and wellbeing - Keeping safe		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
H35	about what to do if there is an accident and someone is hurt	Safety and the changing body Y1 > Lesson 4: Making an emergency phone call
H36	how to get help in an emergency (how to dial 999 and what to say)	Safety and the changing body Y1 > Lesson 4: Making an emergency phone call
Core theme: Health and wellbeing - *Keeping safe*		
H37	about things that people can put into their body or on their skin; how these can affect how people feel	Safety and the changing body Y1 > Lesson 6: Safety with substances Safety and the changing body Y2 > Lesson 8: Staying safe with medicine
Core theme: Relationships - *Families and close positive relationships*		
R1	about the roles different people (e.g. acquaintances, friends and relatives) play in our lives	Families and relationships Y1 > Lesson 1: What is family?
R2	to identify the people who love and care for them and what they do to help them feel cared for	Families and relationships Y1 > Lesson 1: What is family? Families and relationships Y2 > Lesson 1: Families offer stability and love Economic wellbeing Y2 > Lesson 2: Exploring needs
R3	about different types of families including those that may be different to their own	Families and relationships Y2 > Lesson 1: Families offer stability and love Families and relationships Y2 > Lesson 2: Families are all different
R4	to identify common features of family life	Families and relationships Y1 > Lesson 1: What is family? Families and relationships Y2 > Lesson 2: Families are all different

Core theme: Relationships - *families and close positive relationships*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
R5	that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried	Families and relationships Y2 > Lesson 6: Change and loss
Core theme: Health and wellbeing - *Keeping safe*		
R6	about how people make friends and what makes a good friendship	Families and relationships Y1 > Lesson 2: What are friendships? Families and relationships Y1 > Lesson 3: Recognising other people's emotions Families and relationships Y1 > Lesson 4: Working with others Families and relationships Y1 > Lesson 5: Friendship problems Families and relationships Y2 > Lesson 3: Managing friendships
R7	about how to recognise when they or someone else feels lonely and what to do	Families and relationships Y1 > Lesson 6: Healthy friendships
R8	simple strategies to resolve arguments between friends positively	Families and relationships Y1 > Lesson 3: Recognising other people's emotions Families and relationships Y1 > Lesson 5: Friendship problems Families and relationships Y2 > Lesson 3: Managing friendships
R9	how to ask for help if a friendship is making them feel unhappy	Families and relationships Y1 > Lesson 5: Friendship problems Families and relationships Y1 > Lesson 4: Unhappy friendships
Core theme: Health and wellbeing - *Managing hurtful behaviour and bullying*		
R10	that bodies and feelings can be hurt by words and actions; that people can say hurtful things online	Families and relationships Y2 > Lesson 2: Communicating online
R11	about how people may feel if they experience hurtful behaviour or bullying	Families and relationships Y2 > Lesson 3: Managing friendships
R12	that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult	Safety and the changing body Y2 > Lesson 2: Communicating online

Core theme: Relationships - *Safe relationships*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
R13	to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private	Safety and the changing body Y2 > Lesson 4: Appropriate contact: my private parts
R14	that sometimes people may behave differently online, including by pretending to be someone they are not	Safety and the changing body Y2 > Lesson 2: Communicating online
R15	how to respond safely to adults they don't know	Safety and the changing body Y1 > Lesson 1: Adults in school Safety and the changing body Y1 > Lesson 2: Adults outside school Safety and the changing body Y1 > Lesson 1: Getting lost
R16	about how to respond if physical contact makes them feel uncomfortable or unsafe	Safety and the changing body Y2 > Lesson 5: Appropriate contact: My private parts are private
R17	about knowing there are situations when they should ask for permission and also when their permission should be sought	Safety and the changing body Y1 > Lesson 5: Appropriate contact
R18	about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)	Safety and the changing body Y2 > Lesson 3: Secrets and surprises
R19	basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe	Safety and the changing body Y2 > Lesson 6: Respecting personal boundaries
R20	what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard	Safety and the changing body Y1 > Lesson 1: Adults outside school Safety and the changing body Y2 > Lesson 4: Appropriate contact: my private parts Safety and the changing body Y2 > Lesson 5: Appropriate contact: My private parts are private

Core theme: Relationships - *Respecting self and others*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
R21	about what is kind and unkind behaviour, and how this can affect others	Families and relationships Y2 > Lesson 4: Unhappy friendships
R22	about how to treat themselves and others with respect; how to be polite and courteous	Families and relationships Y2 > Lesson 5: Introduction to manners and courtesy Health and wellbeing Y2 > Lesson 2: What am I like?
R23	to recognise the ways in which they are the same and different to others	Citizenship Y1 > Lesson 4: Similar yet different Citizenship Y2 > Lesson 5: Similar yet different - my local community
R24	how to listen to other people and play and work cooperatively	Families and relationships Y1 > Lesson 4: Working with others
R25	how to talk about and share their opinions on things that matter to them	Citizenship Y2 > Lesson 7: Giving my opinion
Core theme: Living in the Wider World - *Shared responsibilities*		
L1	about what rules are, why they are needed, and why different rules are needed for different situations	Citizenship Y1 > Lesson 1: Rules Citizenship Y2 > Lesson 1: Rules beyond school
L2	how people and other living things have different needs; about the responsibilities of caring for them	Citizenship Y1 > Lesson 2: Caring for others: animals Citizenship Y1 > Lesson 2: The needs of others Economic wellbeing Y2 > Lesson 2 : Needs

Core theme: Living in the wider world - *Shared responsibilities*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
L3	about things they can do to help look after their environment	Citizenship Y2 > Lesson 2: Our school environment Citizenship Y2 > Lesson 3: Our local environment
Core theme: Living in the Wider World - *Communities*		
L4	about the different groups they belong to	Families and relationships Y1 > Lesson 7: Gender stereotypes Families and relationships Y2 > Lesson 7: Gender stereotypes - careers and jobs Citizenship Y1 > Lesson 5: Belonging
L5	about the different roles and responsibilities people have in their community	Citizenship Y2 > Lesson 3: Our local environment Citizenship Y2 > Lesson 4: Job roles in our local community
L6	to recognise the ways they are the same as, and different to, other people	Citizenship Y1 > Lesson 4: Similar yet different Citizenship Y2 > Lesson 5: Similar yet different - my local community
Core theme: Living in the Wider World - *Media literacy and digital resilience*		
L7	about how the internet and digital devices can be used safely to find things out and to communicate with others	Safety and the changing body Y2 > Lesson 1: Introduction to the internet
L8	about the role of the internet in everyday life	Safety and the changing body Y2 > Lesson 1: Introduction to the internet
L9	that not all information seen online is true	Safety and the changing body Y2 > Lesson 2: Communicating online

Core theme: Living in the wider world - *Economic wellbeing: money*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
L10	what money is; forms that money comes in; that money comes from different sources	Economic wellbeing Y1 > Lesson 1: What is money? Economic wellbeing Y1 > Lesson 2: What is a bank? Economic wellbeing Y2 > Lesson 1: Where does money come from? Economic wellbeing Y2 > Lesson 4: Bank cards and accounts
L11	that people make different choices about how to save and spend money	Economic wellbeing Y1 > Lesson 4: Saving and spending Economic wellbeing Y2 > Lesson 2: Exploring needs Economic wellbeing Y2 > Lesson 3: Exploring wants Economic wellbeing Y2 > Lesson 4: Bank cards and accounts
L12	about the difference between needs and wants; that sometimes people may not always be able to have the things they want	Economic wellbeing Y2 > Lesson 2: Exploring needs Economic wellbeing Y2 > Lesson 3: Exploring wants
L13	that money needs to be looked after; different ways of doing this	Economic wellbeing Y1 > Lesson 2: Keeping money safe Economic wellbeing Y1 > Lesson 3: What is a bank? Economic wellbeing Y2 > Lesson 4: Bank cards and accounts
Core theme: Living in the Wider World - *Economic wellbeing: Aspirations, work and career*		
L14	that everyone has different strengths	Economic wellbeing Y1 > Lesson 5: Jobs in schools Economic wellbeing Y1 > Lesson 6: Jobs out of school Economic wellbeing Y2 > Lesson 5: My skills and talents Economic wellbeing Y2 > Lesson 6: Everyone is welcome
L15	that jobs help people to earn money to pay for things	Economic wellbeing Y1 > Lesson 1: What is money? Economic wellbeing Y1 > Lesson 4: Saving and spending Economic wellbeing Y2 > Lesson 1: Where does money come from?
L16	different jobs that people they know or people who work in the community do	Economic wellbeing Y1 > Lesson 5: Jobs in schools Economic wellbeing Y1 > Lesson 6: Jobs out of school Economic wellbeing Y2 > Lesson 5: My skills and talents Economic wellbeing Y2 > Lesson 6: Everyone is welcome
L17	about some of the strengths and interests someone might need to do different jobs	Economic wellbeing Y1 > Lesson 5: Jobs in schools Economic wellbeing Y1 > Lesson 6: Jobs out of school Economic wellbeing Y2 > Lesson 5: My skills and talents Economic wellbeing Y2 > Lesson 6: Everyone is welcome

Core theme: Health and wellbeing - *Healthy lifestyles (physical wellbeing)*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H1	how to make informed decisions about health	Health and wellbeing Y3 > Lesson 6: Diet and dental health Health and wellbeing Y5 > Lesson 6: Healthy meals
H2	about the elements of a balanced, healthy lifestyle	Health and wellbeing Y3 > Lesson 1: My healthy diary Health and wellbeing Y3 > Lesson 6: Diet and dental health Health and wellbeing Y5 > Lesson 6: Healthy meals
H3	about choices that support a healthy lifestyle, and recognise what might influence these	Health and wellbeing Y3 > Lesson 6: Diet and dental health Health and wellbeing Y3 > Lesson 6: Drugs, alcohol and tabacco: making choices Health and wellbeing Y3 > Lesson 7: Drugs, alcohol and tabacco: influences Health and wellbeing Y5 > Lesson 6: Healthy meals Health and wellbeing Y6 > Lesson 7: Good and bad habits Safety and the changing body Y5 > Lesson 7: Alcohol, drugs andd tobacco: making decisions
H4	how to recognise that habits can have both positive and negative effects on a healthy lifestyle	Health and wellbeing Y3 > Lesson 1: My healthy diary Health and wellbeing Y6 > Lesson 7: Good and bad habits
H5	about what good physical health means; how to recognise early signs of physical illness	Health and wellbeing Y6 > Lesson 8: Physical health concerns
H6	about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.	Health and wellbeing Y3 > Lesson 7: Diet and dental health Health and wellbeing Y5 > Lesson 6: Healthy meals
H7	how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	Health and wellbeing Y3 > Lesson 1: My healthy diary Health and wellbeing Y6 > Lesson 7: Good and bad habits
H8	about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	Health and wellbeing Y5 > Lesson 2: The importance of rest

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Core theme: Health and wellbeing - *Healthy lifestyles (physical wellbeing)*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H9	that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it	Health and wellbeing Y6 > Lesson 6: Immunisation
H10	how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed	Health and wellbeing Y6 > Lesson 6: Immunisation
H11	how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)	Health and wellbeing Y3 > Lesson 7: Diet and dental health Health and wellbeing Y4 > Lesson 6: Looking after our teeth
H12	about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer	Health and wellbeing Y5 > Lesson 7: Sun safety
H13	about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online	Health and wellbeing Y6 > Lesson 4: The impact of technology on health
H14	how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health	Health and wellbeing Y6 > Lesson 8: Physical health concerns
Core theme: Health and wellbeing - *Mental health*		
H15	that mental health, just like physical health, is part of daily life; the importance of taking care of mental health	Health and wellbeing Y3 > Lesson 2: Relaxation: stretches Health and wellbeing Y3 > Lesson 4: My superpowers Health and wellbeing Y4 > Lesson 2: Relaxation: visualisation Health and wellbeing Y4 > Lesson 3: Celebrating my mistakes Health and wellbeing Y4 > Lesson 5: My happiness Health and wellbeing Y5 > Lesson 1: Relaxation yoga Health and wellbeing Y5 > Lesson 3: Embracing failure Health and wellbeing Y6 > Lesson 2: Relaxation mindfulness Health and wellbeing Y6 > Lesson 3: Taking responsibility for my health

Core theme: Health and wellbeing - *Mental health*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H16	about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing	Health and wellbeing Y3 > Lesson 1: My healthy diary Health and wellbeing Y3 > Lesson 2: Relaxation: stretches Health and wellbeing Y4 > Lesson 2: Relaxation: visualisation Health and wellbeing Y4 > Lesson 5: My happiness Health and wellbeing Y5 > Lesson 1: Relaxation yoga Health and wellbeing Y6 > Lesson 2: Relaxation mindfulness Health and wellbeing Y6 > Lesson 3: Taking responsibility for my health
H17	to recognise that feelings can change over time and range in intensity	Families and relationships Y4 > Lesson 8: Change and loss Health and wellbeing Y4 > Lesson 6: Emotions Families and relationships Y6 > Lesson 6: Change and loss Health and wellbeing Y5 > Lesson 5: Taking responsibility for my feelings
H18	about everyday things that affect feelings and the importance of expressing feelings	Health and wellbeing Y4 > Lesson 5: My happiness
H19	a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;	Families and relationships Y4 > Lesson 8: Change and loss Families and relationships Y6 > Lesson 6: Change and loss
H20	strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations	Health and wellbeing Y4 > Lesson 6: Emotions Health and wellbeing Y5 > Lesson 5: Taking responsibility for my feelings
H21	to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others	Health and wellbeing Y3 > Lesson 3: Wonderful me Health and wellbeing Y4 > Lesson 6: Emotions Health and wellbeing Y4 > Lesson 7: Mental health Health and wellbeing Y5 > Lesson 5: Taking responsibility for my feelings Health and wellbeing Y6 > Lesson 3: Taking responsibility for my health
H22	to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult	Health and wellbeing Y4 > Lesson 7: Mental health Health and wellbeing Y6 > Lesson 3: Taking responsibility for my health
H23	about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement	Families and relationships Y4 > Lesson 8: Change and loss Families and relationships Y6 > Lesson 6: Change and loss

Core theme: Health and wellbeing - *Mental health*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H24	problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools	Health and wellbeing Y4 > Lesson 3: Celebrating my mistakes Health and wellbeing Y5 > Lesson 3: Embracing failure
Core theme: Health and wellbeing - *Ourselves, growing and changing*		
H25	about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	Identity Y6 > Lesson 1: What is identity?
H26	that for some people gender identity does not correspond with their biological sex	*This is not covered in our scheme of work.*
H27	to recognise their individuality and personal qualities	Health and wellbeing Y6 > Lesson 1: What can I be?
H28	to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	Health and wellbeing Y3 > Lesson 3: Wonderful me Health and wellbeing Y3 > Lesson 4: My superpowers Health and wellbeing Y4 > Lesson 4: Meaning and purpose: my role Health and wellbeing Y6 > Lesson 1: What can I be?
H29	about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking	Health and wellbeing Y3 > Lesson 5: Resilience: breaking down barriers Health and wellbeing Y4 > Lesson 3: Celebrating my mistakes Health and wellbeing Y5 > Lesson 3: Embracing failure Health and wellbeing Y6 > Lesson 5: Resilience toolbox
H30	to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction	Safety and the changing body Y5 > Lesson 3: Puberty Safety and the changing body Y5 > Lesson 4: Menstruation Safety and the changing body Y6 > Lesson 4: Physical and emotional changes of puberty
H31	about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)	Safety and the changing body Y4 > Lesson 6: Growing up Safety and the changing body Y4 > Lesson 7: Introducing puberty Safety and the changing body Y5 > Lesson 3: Puberty Safety and the changing body Y5 > Lesson 4: Menstruation Safety and the changing body Y5 > Lesson 5: Emotional changes during puberty Safety and the changing body Y6 > Lesson 4: Physical and emotional changes of puberty Safety and the changing body Y6 > Lesson 5: Conception

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Core theme: Health and wellbeing - *Ourselves, growing and changing*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H32	about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene	Safety and the changing body Y4 > Lesson 7: Introducing puberty Safety and the changing body Y5 > Lesson 3: Puberty Safety and the changing body Y5 > Lesson 4: Menstruation Safety and the changing body Y6 > Lesson 4: Physical and emotional changes of puberty
H33	about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for[1]	Safety and the changing body Y6 > Lesson 5: Conception Safety and the changing body Y6 > Lesson 6: Pregnancy and birth
H34	about where to get more information, help and advice about growing and changing, especially about puberty	Safety and the changing body Y4 > Lesson 6: Growing up Safety and the changing body Y5 > Lesson 3: Puberty Safety and the changing body Y5 > Lesson 4: Menstruation Safety and the changing body Y5 > Lesson 5: Emotional changes during puberty Safety and the changing body Y6 > Lesson 4: Physical and emotional changes of puberty
H35	about the new opportunities and responsibilities that increasing independence may bring	Transition Y3 Transition Y5 Transition Y6
H36	strategies to manage transitions between classes and key stages	Transition Y3 Transition Y4 Transition Y5 Transition Y6
Core theme: Health and wellbeing - *Keeping safe*		
H37	reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming	Safety and the changing body Y4 > Lesson 1: Internet safety: age restrictions Health and wellbeing Y6 > Lesson 4: The impact of technology on health Safety and the changing body Y6 > Lesson 3: Social media
H38	how to predict, assess and manage risk in different situations	Safety and the changing body Y5 > Lesson 7: Alcohol, drugs and tobacco: making decisions

Core theme: Health and wellbeing - *Keeping safe*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H39	about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe	
H40	about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)	This is covered in KS1 in our scheme: Safety and the changing body Y1 > Lesson 6: Safety with substances Safety and the changing body Y1 > Lesson 7: Safety at home Safety and the changing body Y2 > Lesson 9: Staying safe with medicine
H41	strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about	Safety and the changing body Y3 > Lesson 8: Keeping safe out and about
H42	about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact	Safety and the changing body Y3 > Lesson 4: Cyberbullying Safety and the changing body Y3 > Lesson 5: Fake emails Safety and the changing body Y4 > Lesson 2: Share aware
H43	about what is meant by first aid; basic techniques for dealing with common injuries[2]	Safety and the changing body Y3 > Lesson 1: First aid: emergencies and calling for help Safety and the changing body Y3 > Lesson 2: First aid: bites and stings Safety and the changing body Y4 > Lesson 3: First aid: asthma Safety and the changing body Y5 > Lesson 6: First aid: bleeding Safety and the changing body Y6 > Lesson 7: First aid: choking Safety and the changing body Y6 > Lesson 8: First aid: basic life support
H44	how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say	Safety and the changing body Y3 > Lesson 1: First aid: emergencies and calling for help Safety and the changing body Y3 > Lesson 2: First aid: bites and stings Safety and the changing body Y4 > Lesson 3: First aid: asthma Safety and the changing body Y5 > Lesson 6: First aid: bleeding Safety and the changing body Y6 > Lesson 7: First aid: choking Safety and the changing body Y6 > Lesson 8: First aid: basic life support
H45	that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk[3]	

Core theme: Health and wellbeing - *Drugs, alcohol and tobacco*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
H46	about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break	Safety and the changing body Y4 > Lesson 8: Tobacco Safety and the changing body Y6 > Lesson 1: Alcohol
H47	to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others	Safety and the changing body Y4 > Lesson 8: Tobacco Safety and the changing body Y6 > Lesson 1: Alcohol
H48	about why people choose to use or not use drugs (including nicotine, alcohol and medicines);	Safety and the changing body Y4 > Lesson 8: Tobacco Safety and the changing body Y6 > Lesson 1: Alcohol
H49	about the mixed messages in the media about drugs, including alcohol and smoking/vaping	Safety and the changing body Y5 > Lesson 7: Alcohol, drugs and tobacco: making decisions
H50	about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns	Safety and the changing body Y6 > Lesson 1: Alcohol
Core theme: Relationships - *Families and close positive relationships*		
R1	to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)	Families and relationships Y3 > Lesson 1: Healthy families
R2	that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different	Safety and the changing body Y5 > Lesson 5 > Emotional changes in puberty This part is not covered in our scheme.
R3	about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong	Families and relationships Y5 > Lesson 3: Marriage

Core theme: Relationships - *Families and close positive relationships*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
R4	that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others	Families and relationships Y5 > Lesson 3: Marriage
R5	that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart	Families and relationships Y5 > Lesson 3: Marriage
R6	that a feature of positive family life is caring relationships; about the different ways in which people care for one another	Families and relationships Y3 > Lesson 1: Healthy families
R7	to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability	Families and relationships Y3 > Lesson 1: Healthy families Families and relationships Y4 > Lesson 7: Families in the wider world Families and relationships Y5 > Lesson 5: Family life
R8	to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty	Families and relationships Y4 > Lesson 3: How my behaviour affects others
R9	how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	Families and relationships Y3 > Lesson 1: Healthy families Families and relationships Y4 > Lesson 8: Change and loss Families and relationships Y5 > Lesson 5: Family life Families and relationships Y6 > Lesson 6: Change and loss
Core theme: Relationships - *Friendships*		
R10	about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing	Families and relationships Y5 > Lesson 2: Friendship skills
R11	what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships	Families and relationships Y4 > Lesson 3: How my behaviour affects others Families and relationships Y5 > Lesson 1: Build a friend

Core theme: Relationships - *Friendships*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
R12	to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face	Safety and the changing body Y5 > Lesson 1: Online friendships
R13	the importance of seeking support if feeling lonely or excluded	Health and wellbeing Y3 > Lesson 3: Wonderful me
R14	that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them	Families and relationships Y5 > Lesson 2: Friendship skills
R15	strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others	Safety and the changing body Y5 > Lesson 7: Alcohol, drugs and tobacco: making decisions
R16	how friendships can change over time, about making new friends and the benefits of having different types of friends	Families and relationships Y3 > Lesson 2: Friendship conflict
R17	that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely	Families and relationships Y3 > Lesson 2: Friendship conflict Families and relationships Y5 > Lesson 2: Friendship skills Families and relationships Y6 > Lesson 5: Resolving conflict
R18	to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary	Families and relationships Y3 > Lesson 5: Learning who to trust
Core theme: Relationships - *Managing hurtful and bullying behaviour*		
R19	about the impact of bullying, including offline and online, and the consequences of hurtful behaviour	Safety and the changing body Y3 > Lesson 4: Cyberbullying Families and relationships Y4 > Lesson 4: Bullying Families and relationships Y5 > Lesson 6: Bullying

Core theme: Relationships - *Managing hurtful and bullying behaviour*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
R20	strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support	Families and relationships Y3 > Lesson 3: Friendship conflict versus bullying Families and relationships Y4 > Lesson 4: Bullying Safety and the changing body Y3 > Lesson 4: Cyberbullying Families and relationships Y5 > Lesson 6: Bullying Safety and the changing body Y6 > Lesson 3: Social media
R21	about discrimination: what it means and how to challenge it	Families and relationships Y3 > Lesson 7: Stereotyping: gender Families and relationships Y3 > Lesson 8: Stereotyping: age Families and relationships Y4 > Lesson 5: Stereotypes: gender Families and relationships Y4 > Lesson 6: Stereotypes: disability Families and relationships Y5 > Lesson 7: Stereotyping: gender Families and relationships Y5 > Lesson 8: Stereotyping: race and religion
Core theme: Relationships - *Safe relationships*		
R22	about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);	Families and relationships Y4 > Lesson 2: Healthy friendships Safety and the changing body Y6 > Lesson 3: Social media
R23	about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns	Safety and the changing body Y5 > Lesson 2: Staying safe online Safety and the changing body Y6 > Lesson 3: Social media
R24	how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know	Safety and the changing body Y5 > Lesson 2: Staying safe online
R25	recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact	Families and relationships Y4 > Lesson 2: Healthy friendships
R26	about seeking and giving permission (consent) in different situations	Families and relationships Y4 > Lesson 2: Healthy friendships Safety and the changing body Y6 > Lesson 3: Social media
R27	about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret	Safety and the changing body Y4 > Lesson 4: Privacy and secrecy

Core theme: Relationships - *Safe relationships*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
R28	how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this	Families and relationships Y4 > Lesson 4: Bullying Safety and the changing body Y3 > Lesson 7: Drugs, alcohol and tobacco: influences Families and relationships Y5 > Lesson 6: Bullying
R29	where to get advice and report concerns if worried about their own or someone else's personal safety (including online)	Safety and the changing body Y3 > Lesson 4: Cyberbullying Safety and the changing body Y4 > Lesson 4: Privacy and secrecy Safety and the changing body Y5 > Lesson 1: Online friendships
Core theme: Relationships - *Respecting self and others*		
R30	that personal behaviour can affect other people; to recognise and model respectful behaviour online	Safety and the changing body Y3 > Lesson 3: Be kind online Safety and the changing body Y6 > Lesson 3: Social media
R31	to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships	Families and relationships Y4 > Lesson 1: Respect and manners Health and wellbeing Y4 > Lesson 4: Meaning and my purpose: my role Families and relationships Y5 > Lesson 4: Respecting myself Families and relationships Y6 > Lesson 1: Respect
R32	about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background	Families and relationships Y3 > Lesson 6: Respecting differences in others Families and relationships Y4 > Lesson 7: Families in the wider world
R33	to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own	Families and relationships Y3 > Lesson 4: Communication Families and relationships Y3 > Lesson 6: Respecting differences in others Families and relationships Y4 > Lesson 1: Respect and manners Families and relationships Y4 > Lesson 7: Families in the wider world Families and relationships Y6 > Lesson 2: Respectful relationships
R34	how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with	Families and relationships Y6 > Lesson 3: Stereotypes: attitudes Families and relationships Y6 > Lesson 4: Challenging stereotypes

Core theme: Living in the wider world - *Shared responsibilities*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
L1	to recognise reasons for rules and laws; consequences of not adhering to rules and laws	Citizenship Y3 > Lesson 7: Rules Citizenship Y5 > Lesson 1: Breaking the law
L2	to recognise there are human rights, that are there to protect everyone	Citizenship Y4 > Lesson 1: What are human rights? Citizenship Y6 > Lesson 1: Human rights
L3	about the relationship between rights and responsibilities	Citizenship Y3 > Lesson 1: Rights of the child Citizenship Y3 > Lesson 2: Rights and responsibilities Citizenship Y5 > Lesson 2: Rights and responsibilities
L4	the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others	Citizenship Y3 > Lesson 5: Charity Citizenship Y6 > Lesson 3: Caring for others
L5	ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)	Citizenship Y3 > Lesson 3: Recycling Citizenship Y4 > Lesson 2: Caring for the environment Citizenship Y5 > Lesson 3: Protecting the planet Citizenship Y6 > Lesson 2: Food choices and the environment Economic wellbeing > Lesson 4: Impact of spending
Core theme: Living in the wider world - *Communities*		
L6	about the different groups that make up their community; what living in a community means	Families and relationships Y3 > Lesson 6: Respecting differences in others Citizenship Y3 > Lesson 4: Local community groups Citizenship Y4 > Lesson 3: Community Citizenship Y4 > Lesson 4: Contributing
L7	to value the different contributions that people and groups make to the community	Citizenship Y3 > Lesson 8: Stereotyping: age Citizenship Y4 > Lesson 6: Stereotypes: disability Citizenship Y5 > Lesson 4: Contributing to the community Citizenship Y5 > Lesson 5: Pressure groups
L8	about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities	Families and relationships Y4 > Lesson 5: Stereotypes: gender Citizenship Y4 > Lesson 5: Diverse communities Citizenship Y6 > Lesson 5: Valuing diversity

Core theme: Living in the wider world - *Communities*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
L9	about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes	Families and relationships Y3 > Lesson 7: Stereotyping: gender Families and relationships Y3 > Lesson 8: Stereotyping: age Families and relationships Y4 > Lesson 5: Stereotypes: gender Families and relationships Y4 > Lesson 6: Stereotypes: disability Families and relationships Y5 > Lesson 7: Stereotyping: gender Families and relationships Y5 > Lesson 8: Stereotyping: race and religion Families and relationships Y6 > Lesson 3: Stereotyping: attitudes Families and relationships Y6 > Lesson 4: Challenging stereotypes Economic wellbeing Y3> Lesson 6: Can anyone be anything? Economic wellbeing Y4> Lesson 6: Workplace equality Economic wellbeing Y5> Lesson 5: Why challenge workplace stereotypes?
L10	about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced	Families and relationships Y6 > Lesson 4: Challenging stereotypes Citizenship Y6 > Lesson 4: Prejudice and discrimination
Core theme: Living in the wider world - *Media literacy and digital resilience*		
L11	recognise ways in which the internet and social media can be used both positively and negatively	Safety and the changing body Y3 > Lesson 3: Be kind online Safety and the changing body Y3 > Lesson 4: Cyberbullying Safety and the changing body Y5 > Lesson 1: Online friendships Safety and the changing body Y5 > Lesson 2: Staying safe online Safety and the changing body Y6 > Lesson 3: Social media
L12	how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results	Safety and the changing body Y3 > Lesson 5: Fake emails Safety and the changing body Y4 > Lesson 5: Consuming information online Safety and the changing body Y6 > Lesson 2: Critical digital consumers
L13	about some of the different ways information and data is shared and used online, including for commercial purposes	Safety and the changing body Y6 > Lesson 2: Critical digital consumers
L14	about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information	Safety and the changing body Y4 > Lesson 5: Consuming information online Safety and the changing body Y6 > Lesson 2: Critical digital consumers
L15	recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images	Safety and the changing body Y4 > Lesson 2: Share aware Safety and the changing body Y6 > Lesson 3: Social media

Core theme: Living in the wider world - *Media literacy and digital resilience*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
L16	about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation	Safety and the changing body Y4 > Lesson 5: Consuming information online Safety and the changing body Y6 > Lesson 3: Identity and body image
Core theme: Living in the wider world - *Economic wellbeing: Money*		
L17	about the different ways to pay for things and the choices people have about this	Economic wellbeing Y3 > Lesson 1: How can we pay for something? Economic wellbeing Y5 > Lesson 3: Borrowing and loaning
L18	to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'	Economic wellbeing Y4 > Lesson 1: Value for money Economic wellbeing_Y5> Lesson 1: How can we make our money stretch further?
L19	that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)	Economic wellbeing Y3 > Lesson 4: Impact of spending
L20	to recognise that people make spending decisions based on priorities, needs and wants	Economic wellbeing Y3 > Lesson 2: Budgeting Economic wellbeing Y4 > Lesson 2: Keeping track of money Economic wellbeing_Y5> Lesson 1: How can we make our money stretch further? Economic wellbeing Y5 > Lesson 2: How should I budget for the week? Economic wellbeing Y6 > Lesson 3: Imagining our financial future
L21	different ways to keep track of money	Economic wellbeing Y3 > Lesson 2: Budgeting Economic wellbeing Y4 > Lesson 2: Keeping track of money Economic wellbeing Y5 > Lesson 2: How should I budget for the week?
L22	about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe	Economic wellbeing Y4 > Lesson 3: Looking after money Economic wellbeing Y5 > Lesson 3: Borrowing and loaning Economic wellbeing Y5 > Lesson 4: Risks handling money online Economic wellbeing Y6 > Lesson 2: Keeping money safe Economic wellbeing Y6 > Lesson 3: The risks of gambling
L23	about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations	Economic wellbeing Y5 > Lesson 4: Risks handling money online Economic wellbeing Y6 > Lesson 3: The risks of gambling

Core theme: Living in the wider world - *Economic wellbeing: money*		Kapow Primary RSE and PSHE links:
Point	**KS2 Learning opportunities *Pupils learn...***	**Lessons:**
L24	to identify the ways that money can impact on people's feelings and emotions	Economic wellbeing Y3> Lesson 3: Understanding our feelings about money Economic wellbeing Y6 > Lesson 1: Navigating feelings about money
Core theme: Living in the wider world - *Economic wellbeing: Aspirations, work and career*		
L25	to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Health and wellbeing Y3 > Lesson 5: Resilience: breaking down barriers Health and wellbeing Y4 > Lesson 4: Meaning and purpose: my role Economic wellbeing Y3 > Lesson 5: Career quest Transition Y4 Health and wellbeing Y5 > Lesson 4: Going for goals Transition Y5
L26	that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life	Health and wellbeing Y4 > Lesson 4: Meaning and purpose: my role Economic wellbeing Y4 > Lesson 5: Changing career Economic wellbeing Y6 > Lesson 5: Workplace environments
L27	about stereotypes in the workplace and that a person's career aspirations should not be limited by them	Economic wellbeing Y3 > Lesson 6: Can anyone be anything? Economic wellbeing Y4 > Lesson 6: Workplace equality Economic wellbeing Y5> Lesson 5: Why challenge workplace stereotypes?
L28	about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)	Economic wellbeing Y4 > Lesson 4: Influences on career choices Economic wellbeing Y6 > Lesson 5: Workplace environments
L29	that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid	Economic wellbeing Y6 > Lesson 6: Career routes
L30	about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation	Transition Y5
L31	to identify the kind of job that they might like to do when they are older	Economic wellbeing Y3 > Lesson 5: Career quest Economic wellbeing Y4 > Lesson 4: Influences on career choices Economic wellbeing Y5 > Lesson 6: Finding a suitable career

Core theme: Living in the wider world - *Economic wellbeing: aspirations, work and career*		Kapow Primary RSE and PSHE links:
Point	**KS1 Learning opportunities *Pupils learn...***	**Lessons:**
L32	to recognise a variety of routes into careers (e.g. college, apprenticeship, university)	Economic wellbeing Y6 > Lesson 6: Career routes

Version history

This page shows recent updates that have been made to this document.

Date	Update
26.07.22	Link removed on p.16 (H26) to reflect lesson removal from website.
05.01.24	Updated to reflect refreshed Economic wellbeing units published on the website.
26.08.24	Updated to correct omissions.