



Nursery - PSED is a prime area of our curriculum . In addition to planned, direct teaching, it is taught throughout the year whenever an opportunity arises, for instance if children fall out or a child is upset. We believe these moments are the appropriate time for achieving the maximum effect.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Children will learn to follow rules, understanding why they are important - especially for new starters</p> <p>Children will explore, name and recognise their own feelings.</p> <p>Develop friendships, understand how others may feel and how their actions may impact other children.</p>	<p>Talk about child's own family and their significant people.</p> <p>Gain awareness of their own physical characteristics, pointing to and naming features such as noses, hair and eyes.</p> <p>Discuss emotions related to night and dark.</p> <p>Understand how to keep yourself safe outside (road safety)</p>	<p>Children will learn to follow rules, understanding why they are important - especially for new starters</p> <p>Talk with other to solve conflict.</p> <p>Develop appropriate ways of being assertive through stories e.g. Blue Penguin</p>	<p>How to keep safe online- Smartie the Penguin</p> <p>Personal safety- pantosaurus</p>	<p>Children will learn to follow rules, understanding why they are important - especially for new starters.</p> <p>Show more confidence in new social situations- whole school activities E.G assemblies, The coronation.</p>	<p>Become more outgoing with unfamiliar people- transitions to reception.</p> <p>Make healthy choices about food, drink, activity and tooth brushing.</p>



Reception- PSED is a prime area of our curriculum . In addition to planned, direct teaching, it is taught throughout the year whenever an opportunity arises, for instance if children fall out or a child is upset. We believe these moments are the appropriate time for achieving the maximum effect.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Identify and moderate their own feelings socially and emotionally</p> <p>Show resilience and perseverance in the face of challenge</p> <p>Build constructive and respectful relationships- with new children and adults</p> <p>What makes a good friend? What does a good friend do/not do?</p> <p>Gain confidence in front of others</p> <p>Work collaboratively in a small group on their poetry performance</p>	<p>Recognise feelings and consider the feelings of others</p> <p>Kindness-point out in stories, how do we show it in school?</p> <p>Create kind and helpful badges</p> <p>Problem solving/Resilience- what might you do if you had a problem? How could you solve it?</p>	<p>Kidsafe EYFS Full Programme 1</p> <ol style="list-style-type: none"> 1.Trust 2.Yucky Feelings. 3.Bullying. 4.Voice Naming. 5.Computers/Internet 6.Arguing <p>Listening to other</p> <p>Think about the perspective of others</p> <p>Look at factors affecting own personal health</p> <p>Self care- keeping warm in cold weather</p>	<p>Understand that other may have a different point of view- living in Ethiopia will be very different to living in the UK.</p> <p>Understand that other children speak in different languages</p> <p>Persevere when things become difficult</p> <p>Encourage children to find ways to resolve their own conflicts.</p> <p>Recognise how they are changing as they grow</p>	<p>How do you care for living things?</p> <p>How do you feel when you are outside?</p> <p>What makes you feel good? What do you not like? How can you make yourself feel better?</p> <p>Understand factors that support overall health and wellbeing</p>	<p>Kidsafe EYFS Full Programme 1</p> <p>7.Recap</p> <p>https://drive.google.com/open?id=1GA0b5nWY8oytC4Uh6n03he6SSblUdiVA</p> <p>Be aware of the perspective of others</p> <p>Understand families are based on personal relationships</p> <p>Recognise that people may live if different ways to themselves</p> <p>Show resilience in the face of change- transition to Year One</p>



Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and Relationships.</u> 1.What is family? 2.Friendships. 3.Other people’s emotions. 4.Working with others. 5.Friendship problems. 6. Healthy friendships</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and Relationships continued.</u> 7. Gender stereotypes.</p> <p><u>Health and Wellbeing.</u> 1.Understanding my emotions. 2.What am I like? 3. Ready for bed. 4. Relaxation. 5. Hand washing/personal hygiene. 6.Sun safety.</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Health and Wellbeing continued.</u> 7.Allergies. 8. People who keep us healthy.</p> <p><u>Safety and Changing Body.</u> 1.Adults in school. 2.Adults out of school. 3.Getting lost. 4. Making an emergency call.</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Safety and Changing Body continued.</u> 5.Appropriate contact. 6.safety with substances. 7.Safety at home. 8. People who keep us safe.</p> <p><u>Citizenship.</u> 1.Rules 2.Caring for animals.</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Citizenship continued.</u> 3.Needs of others. 4.Similar yet different. 5.Belonging. 6.Democratic decisions. 7 & 8 <i>Visit Opportunity - Farm visit/alternative citizenship related activity ?</i></p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Economic Welbeing.</u> 1.Money. 2.Looking after money. Banks and Building Societies. 3.Saving and spending. 4.Jobs in school. 5. <i>Lesson opportunity - Local Bank visit or visitor to school.</i></p> <p><u>Transition</u> 1.Individual strengths and new skills.</p>



Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and Relationships.</u></p> <ol style="list-style-type: none"> 1.Families offer stability and love. 2.Families are all different. 3. Other people’s feelings. 4.Unhappy friendships. 5. Manners. 6. Change and loss. 	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and Relationships continued.</u></p> <ol style="list-style-type: none"> 7.Gender stereotypes in careers and jobs. <p><u>Health and Wellbeing.</u></p> <ol style="list-style-type: none"> 1.Experience of different emotions. 2.Being active. 3. Relaxation and breathing exercises. 4.Steps to success. 5.Growth Mindset. 6. Healthy diets. 	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Health and Wellbeing continued.</u></p> <ol style="list-style-type: none"> 7.Looking after teeth. 8. <i>Lesson opportunity - Dental Nurse visit?</i> <p><u>Safety and changing body.</u></p> <ol style="list-style-type: none"> 1.Introduction to the internet. 2. Communicating on line. 3. Secrets and surprises 4.Appropriate contact - private parts. 	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Safety and changing body continued.</u></p> <ol style="list-style-type: none"> 5.My private parts are private.(<i>Could use NSPCC Pantosaurus song</i>) 6. Road safety. 7. Crossing roads safely. (<i>Consider PCSO support.</i>) 8. Staying safe with medicine. <p><u>Citizenship.</u></p> <ol style="list-style-type: none"> 1.Rules beyond school. 2.Our school environment. 	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Citizenship continued.</u></p> <ol style="list-style-type: none"> 3. The local environment. 4. Job roles in the community. 5. Similar but different - local community. 6. School Council. 7. Giving my opinion. 8.<i>Organise community event/opportunity.</i> 	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Economic Wellbeing.</u></p> <ol style="list-style-type: none"> 1.Where money comes from. 2.Needs and wants. 3. Wants and needs. 4. Looking after money. 5. Jobs. 6.<i>Lesson opportunity - invite parents to talk about their jobs.</i> <p><u>Transition.</u></p> <p>Change.</p>



Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Kidsafe Full Programme 1-</u></p> <ol style="list-style-type: none"> 1. Building trust. 2. Bullying, saying no, trusted adults. 3. Computer/internet age ratings. 4. Keeping body and private places safe. 5. Parents/carers arguing. <p>https://sites.google.com/ic/tinschools.org/kidsafeuk2022/</p> <p><u>Kapow introduction:</u></p> <ol style="list-style-type: none"> 1. Setting ground rules for RSE and PSHE. 	<p>Refer to Condensed Kapow Plans on website to click on links for lesson plans.</p> <p><u>Families and Relationships.</u></p> <ol style="list-style-type: none"> 1. Healthy families. 2. Friendship conflicts. 3. Friendship conflicts versus bullying. 5. Learning who to trust. 6. Respecting differences in others. 7. Gender stereotyping. 	<p>Refer to Condensed Kapow Plans on website to click on links for lesson plans.</p> <p><u>Health and Wellbeing</u></p> <ol style="list-style-type: none"> 1. My healthy diary. 3. health and Wellbeing.. 5. Resilience- breaking down barriers. 6. Diet and dental health. <p><u>Safety and the changing body.</u></p> <ol style="list-style-type: none"> 1. First Aid- emergencies and calling for help.. 3. Be kind on -line. <p><i>Lesson opportunity - School Nurse/St John's ambulance to talk about basic first aid.</i></p>	<p>Refer to Condensed Kapow Plans on website to click on links for lesson plans.</p> <p><u>Safety and the changing body continued.</u></p> <ol style="list-style-type: none"> 4. Cyberbullying. 5. Fake e-mails. 7. Drugs, alcohol and tobacco: Influences 8. Keeping safe-out and about. <p><u>Citizenship.</u></p> <ol style="list-style-type: none"> 1. Rights of the child. 2. Rights and responsibilities. 	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Citizenship continued.</u></p> <ol style="list-style-type: none"> 3. Recycling. 4. Local community groups. 5. Charity. 6. Local democracy. 7. Rules <p><i>Lesson opportunity- class to raise money for a local charity.</i></p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Economic Wellbeing.</u></p> <ol style="list-style-type: none"> 1. Ways of paying. 2. Budgeting. 3. How spending affects others. 4. Jobs and careers. 5. Gender and careers. <p><u>Transition</u></p> <ol style="list-style-type: none"> 1. Coping strategies.



Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p>For September 2022 only: <u>Kidsafe Full Programme 1-</u> 1. Building trust. 2. Bullying, saying no, trusted adults. 3. Computer/internet age ratings. 4. Keeping body and private places safe. 5. Parents/carers arguing.</p> <p>https://sites.google.com/icinschools.org/kidsafeuk2022/</p> <p><u>Kapow introduction:</u> 1. Setting ground rules for RSE and PSHE..</p>	<p>Refer to Condensed Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and Relationships.</u> 1. Respect and manners. 2. Healthy friendships. 4. Bullying. 6. Stereotypes/disability. 8. Change/loss</p> <p><u>Health and Wellbeing.</u> 1. Looking after teeth. 3. Celebrating mistakes.</p>	<p>Refer to Condensed Kapow Plans on website to click on links for lesson plans.</p> <p><u>Health and Wellbeing continued.</u> 5. My happiness. 6. My emotions. 7. Mental health.</p> <p><u>Safety and changing body.</u> 1. Internet safety. 2. Share aware. 4. Privacy and security. 8. Tobacco.</p>	<p><u>Kidsafe Full programme 2. Refer to lesson plans.</u></p> <p>1. Recap Kidsafe Full Programme 1. 2. Death of a pet/bereavement. 3. Bullying and how it makes us feel. 4. Trust, not having a trusted grown-up, being bullied on-line. 5. Emotional harm and impact from exposure to violent films and games, peer pressure. 6. Cyber-bullying.</p>	<p><u>Kidsafe Full programme 2 continued. Refer to lesson plans.</u></p> <p>7. Peer pressure. 8. Anger and managing. 9. Recognising and controlling anger, mental health and emotional wellbeing. 10. Parents and carers arguing. 11. Recap</p>	<p>Refer to Condensed Kapow Plans on website to click on links for lesson plans.</p> <p><u>Citizenship</u> 1. What are human rights? 5. Diverse communities. 6. Local councillors.</p> <p><u>Economic wellbeing</u> 2. Keeping track of money. 3. Looking after money. 4. Influences on career choices.</p>



Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Kapow introduction:</u> 1.Setting ground rules for RSE and PSHE.</p> <p><u>Family and Relationships-</u> 1.Build a friend. 2.Friendship skills. 3.Marriage. 4. Respecting myself. 5.Family life.</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and Relationships continued-</u> 6.Bullying. 7.Stereotyping gender. 8.stereotypes -race and religion.</p> <p><u>Health and Wellbeing-</u> 1.Relaxation yoga. 2. Importance of rest. 3. Embracing failure. 4. Going for goals</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Health and Wellbeing continued-</u> 5.Taking responsibility. 6.Healthy meals. 7.Sun safety.</p> <p><i>Lesson opportunity - invite local chef/Furness College to demonstrate a healthy meal idea.</i></p> <p><u>Citizenship</u> 1.Breaking the law. <i>(consider PSCO supporting this lesson.)</i> 2.Rights and responsibilities. 3.Protecting the planet.</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Citizenship continued.</u> 4.Contributing to the planet. 5.Pressure groups. 6. Parliament.</p> <p><u>Economic Wellbeing-</u> 1.Borrowing. 2.Income and expenditure. 3. Risks with money.</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Economic Wellbeing continued-</u> 4. Prioritising spending. 5. Stereotypes in workplace.</p> <p><i>Lesson opportunity - invite local bank worker to discuss saving and banking etc.</i></p> <p><u>Safety and the changing body.</u> 1.Online friendships. 2.Staying safe online. 6. First Aid - bleeding. 7.Alcohol, drugs and tobacco: makingdecisions</p>	<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p><u>Safety and the changing body continued.</u> 3.Puberty 4. Menstruation. 5.Emotional Changes in puberty NB lessons 3-5 taught by school nurse.</p> <p><u>Transition lesson -</u> 1.Roles and responsibilities.</p>



Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Refer to Kapow Plans on website to click on links for lesson plans.</p> <p>For September 2022 only FP1 is taught in y3,4 Sept 2022 and Y4 Sept 2021) : Kidsafe Full Programme 1-</p> <ol style="list-style-type: none"> 1. Building trust. 2. Bullying, saying no, trusted adults. 3. Computer/internet age ratings. 4. Keeping body and private places safe. 5. Parents/carers arguing. <p>https://sites.google.com/ic/tinschools.org/kidsafeuk2022/</p> <p><u>Family and relationships.</u></p> <ol style="list-style-type: none"> 1. Respect. 2. Respectful relationships. 	<p>Refer to CONDENSED Kapow Plans on website to click on links for lesson plans.</p> <p><u>Family and relationships continued.</u></p> <ol style="list-style-type: none"> 4. Challenging stereotypes. 5. Resolving conflict. 6. Change and loss. <p><u>Health and Wellbeing</u></p> <ol style="list-style-type: none"> 3. Taking responsibility for my health. 4. Impact of technology on health. 5. Resilience toolkit. 8. Physical health concerns. 	<p>For September 2022-23 and 2023-24 only: Kidsafe Full Programme 2 (FP2 is taught in Y4 from Sept 2022).</p> <p><u>Kidsafe Full programme 2. Refer to lesson plans.</u></p> <ol style="list-style-type: none"> 1. Recap Kidsafe Full Programme 1. 2. Death of a pet/bereavement. 3. Bullying and how it makes us feel. 4. Trust, not having a trusted grown-up, being bullied on-line. 5. Emotional harm and impact from exposure to violent films and games, peer pressure. 6. Cyber-bullying. <p>https://sites.google.com/ic/tinschools.org/kidsafeuk2022/</p>	<p>Refer to CONDENSED Kapow Plans on website to click on links for lesson plans.</p> <ol style="list-style-type: none"> 7. Peer pressure. 8. Anger and managing. 9. Recognising and controlling anger, mental health and emotional wellbeing. 10. Parents and carers arguing. 11. Recap <p><u>Citizenship</u></p> <ol style="list-style-type: none"> 1. Human rights. 4. Prejudice and discrimination. 	<p>Refer to CONDENSED Kapow Plans on website to click on links for lesson plans.</p> <p><u>Citizenship continued.</u></p> <ol style="list-style-type: none"> 6. National democracy. <p><u>Economic Wellbeing</u></p> <ol style="list-style-type: none"> 4. What Jobs are available. (<i>seek local employers to give a talk about jobs available</i>) <p><u>Identity</u></p> <ol style="list-style-type: none"> 3. Identity and body image. (<i>You may wish to use Dove resources.</i>) <p><u>Safety and Changing body.</u></p> <ol style="list-style-type: none"> 1. Alcohol. 3. Social media. 8. First Aid - basic life support. 	<p>Refer to CONDENSED Kapow Plans on website to click on links for lesson plans.</p> <p><u>Safety and Changing body continued.</u></p> <ol style="list-style-type: none"> 4. Physical and emotional changes of puberty and sex education. (NB lesson taught by School Nurse.) <p><u>Kidsafe FP 2 continued</u></p> <ol style="list-style-type: none"> 12. Recap of rest of FP1 and FP2. <p>Optional scenarios to complete if appropriate-</p> <ul style="list-style-type: none"> • Being groomed/County Lines. • Child criminal Exploitation. • Impact and Harm • Peer pressure • Anger • Positive mental health. • Domestic Abuse