

Kapow Scheme

Intent

The scheme aims to give children the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters and will support them in becoming confident individuals and active members of society. Kapow Primary's RSE/PSHE scheme of work covers the Relationships and Health Education statutory guidance (as set out by the Department for Education), including the non-statutory sex education.

Implementation

The Kapow Primary scheme is a whole school approach. Each area is revisited to allow children to build on prior learning. The lessons also provide a progressive programme. The lessons are based upon the statutory requirements for Relationships and Health education, but where lessons go beyond these requirements (primarily in the Citizenship and Economic wellbeing areas) they refer to the PSHE Association Programme of Study which is recommended by the DfE. Sex education has been included in line with the DfE recommendations and is covered in Year 6 of the scheme. Kapow supports the requirements of the Equality Act through direct teaching, for example learning about different families, the negative effect of stereotypes and celebrating differences, in addition to the inclusion of diverse teaching resources throughout.

Impact

A range of teaching and learning activities are used and are based on good practice in teaching RSE/PSHE education to ensure that all children can access learning and make progress. In key stage 1 and 2, there is an introductory lesson at the start of each year group which provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. All lessons include ideas for differentiation to stretch the most able learners and give additional support to those who need it. Many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in. Impact is also established through teacher assessment, both formative and summative.

No Outsiders

No Outsiders has three core values:

- Respect for diversity through education in schools;
- Commitment to community cohesion through understanding and acceptance of difference;
- Promotion of dialogue to counter fear and hate in society.

The scheme involves the use of age appropriate story books to teach about seven of the protected characteristics of the Equality Act 2010. These include: age, disability, gender reassignment, race, religion or belief, gender, sexual orientation and prepares children for life in modern Britain today.

EYFS Kapow Unit Summaries

Self-Regulation: My Feelings

Learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.

Building relationships: Special relationships

Exploring why families and special people are valuable, understanding why it is important to share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.

Managing self: Taking on challenges

Considering why we have rules and the importance of persistence and perseverance in the face of challenges, learning how to communicate effectively with others, practicing 'grounding' coping strategies.

Self-regulation: Listening and following instructions

Listening to stories to practise their comprehension skills, playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.

Building relationships: My family and friends

Exploring cultural festivals that are important to individuals, reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.

Managing self: My wellbeing

Learning why exercise is important for our physical and mental health, considering the effect of different types of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.

Autumn	Spring	Summer
Kapow		
Self Regulation: My Feelings Lesson 1 Identifying my feelings	Managing Self: Taking on Challenges Lesson 1 Why do we have rules?	Building Relationships: My Family and Friends Lesson 1 Festivals
Lesson 2 Feelings jars	Lesson 2 Building towers	Lesson 2 Sharing
Lesson 3 Coping Strategies	Lesson 3 Team den building	Lesson 3 What makes a good friend?
Lesson 4 Describing Feelings	Lesson 4 Grounding	Lesson 4 Being a good friend
Lesson 5 Facial Expressions	Lesson 5 Team races	Lesson 5 Teamwork
Lesson 6 Creating a calm corner	Lesson 6 Circus Skills	Lesson 6 Celebrating friendships
Building Relationships: Special Relationships Lesson 1 My family	Self Regulation: Listening and Following Instructions Lesson 1 Simon Says	Managing Self: My Wellbeing Lesson 1 What is exercise
Lesson 2 Special people	Lesson 2 Listening to a story	Lesson 2 Yoga and relaxation
Lesson 3 Sharing	Lesson 3 Pass the whisper	Lesson 3 Looking after ourselves
Lesson 4 I am unique	Lesson 4 Obstacle race	Lesson 4 Being a safe pedestrian
Lesson 5 My interests	Lesson 5 Blindfold walk	Lesson 5 Eating healthily
Lesson 6 Similarities and differences	Lesson 6 Treasure Hunt	Lesson 6 A rainbow of food
No Outsiders		
Autumn 1 Book: You Choose Focus: To choose what I like	Spring 1 Book: Hello Hello Focus: To say hello	Summer 1 Book: Mummy, Mama and Me Focus: To celebrate my family
Autumn 2 Book: Red Rockets and Rainbow Jelly Focus: It is ok to like different things	Spring 2 Book: The Family Book Focus: All families are different	Summer 2 Book: Blue Chameleon Focus: To make a new friend

Year 1 Unit Summaries

Families and relationships

Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.

Health and wellbeing

Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.

Citizenship

Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.

Economic wellbeing

Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some job roles in and out of school.

Safety and the changing body

Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.

Autumn	Spring	Summer
Kapow		
Introduction Setting ground rules for RSE & PSHE		
Family and relationships (7 lessons) Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 3: What is a bank?
Lesson 2: What are friendships?	Lesson 7: Allergies	Lesson 4: Saving and spending
Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 5: Jobs in school
Lesson 4: Working with others	Citizenship (6 lessons) Lesson 1: Rules	Lesson 6: Jobs out of school
Lesson 5: Friendship problems	Lesson 2: Caring for others: Animals	Safety and the changing body (8 lessons) Lesson 1: Adults in school
Lesson 6: Healthy friendships	★ Optional: Extend the unit by visiting a farm or a different animal-centre to learn more about animal care.	Lesson 2: Adults outside school
Lesson 7: Gender stereotypes	Lesson 3: The needs of others	Lesson 3: Getting lost
Health and wellbeing (8 lessons) Lesson 1: Understanding my emotions	Lesson 4: Similar, yet different	Lesson 4: Making an emergency phone call
Lesson 2: What am I like?	Lesson 5: Belonging	Lesson 5: Appropriate contact
Lesson 3: Ready for bed	Lesson 6: Democratic decisions	Lesson 6: Safety with substances
Lesson 4: Relaxation	Economic wellbeing (6 lessons) Lesson 1: What is money?	Lesson 7: Safety at home
Lesson 5: Hand washing and personal hygiene	Lesson 2: Keeping money safe	Lesson 8: People who help keep us safe
		Transition lesson Individual strengths and new skills
No Outsiders		
Autumn 1 Book: Elmer Focus: I like the way I am	Spring 1 Book: Want to play trucks? Focus: To find ways to play together	Summer 1 Book: My world, your world Focus: I share the world with lots of different people
Autumn 2 Book: Going to the Volcano Focus: To join in	Spring 2 Book: Hair, it's a family affair Focus: Proud to be Me	Summer 2 Book: Errol's Garden Focus: To work together

Year 2 Unit Summaries

Families and relationships

Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.

Health and wellbeing

Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.

Citizenship

Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.

Economic wellbeing

Learning about where money comes from, how to look after money, how we use money and looking at careers and jobs.

Safety and the changing body

Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.

Autumn	Spring	Summer
Kapow		
Introduction Setting ground rules for RSE & PSHE		
Family and relationships (7 lessons) Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	Lesson 4: Bank cards and accounts
Lesson 2: Families are all different	Citizenship ((7 lessons) Lesson 1: Rules beyond school	Lesson 5: My skills and talents
Lesson 3: Other people's' feelings	Lesson 2: Our school environment	Lesson 6: Everyone is welcome
Lesson 4: Unhappy friendships	Lesson 3: Our local environment	Safety and the changing body (8 lessons) Lesson 1: Introduction to the internet
Lesson 5: Introduction to manners and courtesy	Lesson 4: Job roles in our local community	Lesson 2: Communicating online
Lesson 6: Change and loss	Lesson 5: Similar yet different - my local community	Lesson 3: Secrets and surprises
Lesson 7: Gender stereotypes: Careers and jobs	Lesson 6: School council	Lesson 4: Appropriate contact: My private parts
Health and wellbeing (7 lessons) Lesson 1: Experiencing different emotions	Lesson 7: Giving my opinion	Lesson 5: Appropriate contact: My private parts are private
Lesson 2: Being active	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)	Lesson 6: My personal boundaries
Lesson 3: Relaxation: Breathing exercise	Economic wellbeing (6 lessons) Lesson 1: Where does money come from?	Lesson 7: Road safety
Lesson 4: Steps to success	Lesson 2: Exploring wants	Lesson 8: Crossing roads safely
Lesson 5: Developing a growth mindset	Lesson 3: Exploring needs	Lesson 9: Staying safe with medicine
Lesson 6: Healthy diet		
		Transition lesson Change
No Outsiders		
Autumn 1 Book: Can I Join Your Club? Focus: To welcome different people	Spring 1 Book: The Great Big Book of Families Focus: To understand what diversity is	Summer 1 Book: What the Jackdaw saw Focus: To communicate in different ways
Autumn 2 Book: How to be a Lion Focus: To have self-confidence	Spring 2 Book: Amazing Focus: To think about what makes a good friend	Summer 2 Book: All are welcome Focus: To know I belong

Year 3 Unit Summaries

Families and relationships

Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.

Health and wellbeing

Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.

Citizenship

Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.

Economic wellbeing

Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and stereotypes.

Safety and the changing body

Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.

Autumn	Spring	Summer
Kapow		
Introduction Setting ground rules for RSE & PSHE		
Family and relationships (8 lessons) Lesson 1: Healthy families	Lesson 6: Communicating my feelings - coming soon!	Lesson 3: How do people feel about money?
Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	Lesson 4: What happens when people spend money?
Lesson 3: Friendship conflict versus bullying	Citizenship (7 lessons) Lesson 1: Rights of the child	Lesson 5: What careers do people have?
Lesson 4: Effective communication	Lesson 2: Rights and responsibilities	Lesson 6: Can anyone be anything?
Lesson 5: Learning who to trust	Lesson 3: Recycling	Safety and the changing body (8 lessons) Lesson 1: First Aid: Emergencies and calling for help
Lesson 6: Respecting differences in others	Lesson 4: Local community groups	Lesson 2: First Aid: Bites and stings
Lesson 7: Stereotyping gender	Lesson 5: Charity	Lesson 3: Be kind online
Lesson 8: Stereotyping age	Lesson 6: Local democracy	Lesson 4: Cyberbullying
Health and wellbeing (6 lessons) Lesson 1: My healthy diary	Lesson 7: Rules	Lesson 5: Fake emails
Lesson 2: Relaxation	★ Extend the unit, or set up a mock election to demonstrate how democracy works.	Lesson 6: Making choices
Lesson 3: Wonderful me	Economic wellbeing (6 lessons) Lesson 1: How do people pay for things?	Lesson 7: Influences
Lesson 4: My superpowers	Lesson 2: What does budgeting mean?	Lesson 8: Keeping safe out and about
Lesson 5: Resilience breaking down barriers		
		Transition lesson Coping strategies
No Outsiders		
Autumn 1 Book: This is our house Focus: To understand what discrimination means	Spring 1 Book: Beegu Focus: To be welcoming	Summer 1 Book: The Hueys in the New Jumper Focus: To recognise and help an outsider
Autumn 2 Book: We're All Wonders Focus: To understand what a bystander is	Spring 2 Book: The truth about old people Focus: To recognise a stereotype	Summer 2 Book: Planet Omar Focus: To consider living in Britain today

Year 4 Unit Summaries

Families and relationships

Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.

Health and wellbeing

Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.

Citizenship

Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.

Economic wellbeing

Exploring: choices associated with spending, what makes something good value for money, stereotypes in the workplace, career aspirations and what influences career choices.

Safety and the changing body

Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.

Autumn	Spring	Summer
Kapow		
Introduction: Setting ground rules for RSE & PSHE		
Family and relationships (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	Lesson 4: What influences career choices?
Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 5: Why make a career change?
Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 6: How can workplace stereotypes be challenged?
Lesson 4: Bullying	Citizenship (6 lessons) Lesson 1: What are human rights?	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions
Lesson 5: Stereotypes: Gender	Lesson 2: Caring for the environment	Lesson 2: Share aware
Lesson 6: Stereotypes: Disability	Lesson 3: Community	Lesson 3: First Aid: Asthma
Lesson 7: Families in the wider world	Lesson 4: Contributing	Lesson 4: Privacy and secrecy
Lesson 8: Change and loss	Lesson 5: Diverse communities	Lesson 5: Consuming information online
Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Local councillors	Lesson 6: Growing up
Lesson 2: Relaxation: Visualisation	Economic wellbeing (6 lessons) Lesson 1: What is value for money?	Lesson 7: Introducing puberty
Lesson 3: Celebrating mistakes	Lesson 2: Why keep track of money?	Lesson 8: Tobacco
Lesson 4: Meaning and purpose: My role	Lesson 3: What ways are there to look after money?	★ Extend the unit, or allow children time to explore the Thinkuknow website about online safety
		Transition lesson Setting goals
No Outsiders		
Autumn 1 Book: Along came a different Focus: To help someone accept difference	Spring 1 Book: Red: A Crayon's Story Focus: To be proud of who I am	Summer 1 Book: When sadness comes to call Focus: To look after my mental health
Autumn 2 Book: Dogs can't do ballet Focus: To choose to be assertive	Spring 2 Book: Aalfred and Aalbert Focus: To find common ground	Summer 2 Book: Julian is a Mermaid Focus: To show acceptance

Year 5 Unit Summaries

Families and relationships

Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.

Health and wellbeing

Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.

Citizenship

An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.

Economic wellbeing

Developing understanding about income and expenditure, borrowing, risks with money, career choices, finance and feelings, stereotypes in the workplace.

Safety and the changing body

Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.

Autumn	Spring	Summer
Kapow		
Introduction Setting ground rules for RSE & PSHE		
Family and relationships (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: What is borrowing and loaning?
Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: What are the risks of handling money online?
Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Why challenge workplace stereotypes?
Lesson 4: Respecting myself	Citizenship (6 lessons) Lesson 1: Breaking the law	Lesson 6: What makes a suitable career?
Lesson 5: Family life	Lesson 2: Rights and responsibilities	Safety and the changing body (7 lessons) Lesson 1: Online friendships
Lesson 6: Bullying	Lesson 3: Protecting the planet	Lesson 2: Staying safe online
Lesson 7: Stereotyping: gender	Lesson 4: Contributing to the community	Lesson 3: Puberty
Lesson 8: Stereotypes: Race and religion	Lesson 5: Pressure groups	Lesson 4: Menstruation
Health and wellbeing (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: Parliament	Lesson 5: Emotional changes in puberty
Lesson 2: The importance of rest	★ Optional: Extend the unit by spending time looking at the activities in the UK Parliament booklets	Lesson 6: First Aid: Bleeding and head injuries.
Lesson 3: Embracing failure	Economic wellbeing (6 lessons) Lesson 1: Why prioritise needs over wants?	Lesson 7: Alcohol, drugs and tobacco: Making decisions
Lesson 4: Going for goals	Lesson 2: What is a weekly budget?	
		Transition lesson Roles and responsibilities
No Outsiders		
Autumn 1 Book: Kenny Lives with Erica and Martina Focus: To consider consequences	Spring 1 Book: Mixed Focus: To consider responses to racist behaviour	Summer 1 Book: The Girls Focus: To explore friendship
Autumn 2 Book: Rose Blanche Focus: To justify my actions	Spring 2 Book: How to Heal a Broken Wing Focus: To recognise when someone needs help	Summer 2 Book: And Tango Makes Three Focus: To exchange dialogue and express an opinion

Year 6 Unit Summaries

Families and relationships

Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.

Health and wellbeing

Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.

Citizenship

Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.

Economic wellbeing

Exploring: attitudes to money, how to keep money safe, banks and organisations, the risks of gambling, career paths and the variety of different jobs available.

Identity

Two lessons on the theme of personal identity and body image.

Safety and the changing body

Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

Autumn	Spring	Summer
Kapow		
Introductory lesson Setting rules and signposting		
Family and relationships (6 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 5: What is a workplace?
Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 6: What career routes are there?
Lesson 3: Stereotypes: Attitudes	Citizenship (6 lessons) Lesson 1: Human rights	Identity (2 lessons) Lesson 1: What is identity?
Lesson 4: Challenging stereotypes	Lesson 2: Food choices and the environment	Lesson 2: Identity and body image
Lesson 5: Resolving conflict	Lesson 3: Caring for others	Safety and the changing body (8 lessons) Lesson 1: Alcohol
Lesson 6: Change and loss	Lesson 4: Prejudice and discrimination	Lesson 2: Critical digital consumers
Health and wellbeing (8 lessons) Lesson 1: What can I be?	Lesson 5: Valuing diversity	Lesson 3: Social media
Lesson 2: Relaxation: Mindfulness	Lesson 6: National democracy	Lesson 4: Physical and emotional changes of puberty
Lesson 3: Taking responsibility for my health	Economic wellbeing (6 lessons) Lesson 1: How do people navigate their feelings about money?	Lesson 5: Conception <i>Parents have a right to withdraw their child from part of this lesson</i>
Lesson 4: The impact of technology on health	Lesson 2: How do people keep money safe?	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>
Lesson 5: Resilience toolbox	Lesson 3: What money responsibilities are there in secondary school?	Lesson 7: First Aid: Choking
Lesson 6: Immunisation	Lesson 4: What are the risks of gambling?	Lesson 8: First Aid: Basic life support
		Transition lesson Dealing with change
No Outsiders		
Autumn 1 Book: King of the sky Focus: To consider responses to immigration	Spring 1 Book: Leaf Focus: To overcome fears about difference	Summer 1 Book: Introducing Teddy Focus: To show acceptance
Autumn 2 Book: Focus: To consider language and freedom of speech	Spring 2 Book: The Island Focus: To consider causes of racism	Summer 2 Book: A day in the life of Marlon Bundo Focus: To consider democracy

