

St Helena's Church of England Primary School PSHE Long Term Plan (Kapow)

	KS1		LKS2		UKS2	
	Year A	Year B	Year A	Year B	Year A	Year B
Unit 1	Family and Relationships (Cycle A)	Family and Relationships (Cycle B)	Family and Relationships (Cycle A)	Family and Relationships (Cycle B)	Family and Relationships (Cycle A)	Family and Relationships (Cycle B)
Unit 2	Citizenship (Cycle A)	Citizenship (Cycle B)	Health and Wellbeing (Cycle A)	Health and Wellbeing (Cycle B)	Citizenship (Cycle A)	Citizenship (Cycle B)
Unit 3	Health and Wellbeing (Cycle A)	Health and Wellbeing (Cycle B)	Citizenship (Cycle A)	Citizenship (Cycle B)	Health and Wellbeing (Cycle A)	Health and Wellbeing (Cycle B)
Unit 4	Safety and the Changing Body (Cycle A)	Safety and the Changing Body (Cycle B)	Economic Wellbeing (Cycle A)	Economic Wellbeing (Cycle B)	Safety and the changing Body (Cycle A) *2(See Below)	Safety and the changing Body (Cycle B) *2(See Below)
Unit 5	Economic Wellbeing (Cycle A)	Economic Wellbeing (Cycle B)	Safety and the Changing Body (Cycle A) *1(See Below)	Safety and the Changing Body (Cycle B) *1(See Below)	Economic Wellbeing (Cycle A)	Economic Wellbeing (Cycle B)
Unit 6	Transition (Cycle A)	Transition (Cycle B)	Transition (Cycle A)	Transition (Cycle B)	Identity/Transition (Cycle A)	Identity/Transition (Cycle B)

ALL RSE lessons must be delivered by the class teacher, not any other adult who might be covering PPA (including supply) and will be planned in advance.
Note, KS1 RSE includes the NSPCC Pants Campaign, which will need to be downloaded separately.

*1: Children in Year 3 and 4 will all complete the Y4 RSE materials (Introducing Puberty, Growing Up) in both Year A and B, repeating the sessions.

*2 Children in Year 5 and 6 will all complete the Y6 RSE materials (Puberty, Physical and Emotional Changes of Puberty, Menstruation, Conception, Pregnancy and Birth) in both Year A and Year B.