

PRIMARY PSHE / RSE MEDIUM-TERM OVERVIEWS - UPDATED COVERAGE

EYFS - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships People who care for us; belonging; different families; feeling safe and loved	• identify important people in their lives and talk about how they care for one another • know that families can be different and that children should feel loved, cared for and safe • build positive relationships with adults and other children • know that they can talk to a trusted adult if they are worried or need help	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Autumn - Relationships	Safe relationships Body boundaries; privacy; safe and unsafe feelings; trusted adults	• understand that their body belongs to them and begin to recognise personal space and boundaries • use simple language to say when they do or do not like something • understand that some parts of the body are private • know to tell a trusted adult if something makes them feel worried, uncomfortable or unsafe	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Autumn - Relationships	Respecting ourselves and others Feelings; kindness; sharing; turn-taking; similarities and differences	• recognise and talk about their own feelings and begin to notice how others may feel • show kindness, cooperate, share and take turns with others • understand that people can be similar and different and that everyone should be treated with respect • begin to resolve simple conflicts with adult support	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Spring - Living in the wider world	Belonging to a community Rules and routines; responsibilities; caring for others and the environment	• understand why simple rules and routines help everyone to feel safe and included • follow classroom expectations and take increasing responsibility for their own actions • recognise people who help us in school and the wider community • care for living things and the immediate environment	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Spring - Living in the wider world	Media literacy and digital resilience Using technology; asking permission; safe choices; getting help	• recognise that digital devices and the internet can be used for learning, play and communication • follow simple rules for using technology safely and responsibly • know to ask an adult before using unfamiliar apps, games or online content • know to stop and tell a trusted adult if something on a device worries, upsets or confuses them	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Spring - Living in the wider world	Money and work People who help us; jobs; strengths and interests; simple money awareness	• notice that adults do different jobs and that jobs help people and communities • talk about their own interests, strengths and things they enjoy doing • recognise money in everyday play and understand that it is used to pay for things • begin to understand that people make choices about what they need and want	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Summer - Health and wellbeing	Physical health and mental wellbeing Healthy routines; food; activity; sleep; hygiene; feelings	• know that food, movement, sleep and hygiene help keep their bodies healthy • manage basic personal hygiene with increasing independence, including handwashing and toileting • identify and name a range of feelings and use simple strategies to calm themselves • know which adults can help when they feel worried, sad, frightened or unwell	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
Summer - Health and wellbeing	Growing and changing Being unique; body parts; growth; independence; transition	• recognise that everyone is unique and talk positively about their own abilities and qualities • use correct age-appropriate names for main body parts, including penis and vulva • understand that people grow and change from babies to adults • prepare positively for increasing independence and transition into Year 1	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.

Summer - Health and wellbeing	Keeping safe Everyday hazards; road and sun safety; medicines; emergencies	• recognise simple hazards and follow adult instructions and safety rules • know basic ways to stay safe near roads and in the sun • understand that medicines and household products should only be used with adult help • know that in an emergency they should get a trusted adult quickly and begin to recognise 999 as the emergency number	Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.
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EYFS planning note: *This learning should be delivered through developmentally appropriate, play-based and responsive provision, principally supporting Personal, Social and Emotional Development and Understanding the World. It provides foundations for the Year 1 curriculum and should be adapted to children's needs and experiences.*

YEAR 1 - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships People who care for us; different families; feeling safe, loved and cared for	• identify the people who care for them and the different roles these people may have • understand that families can look different but should be characterised by love, care, security and stability • recognise ways family members and trusted adults help children feel safe and supported • know to tell a trusted adult if something in a family relationship makes them feel worried, unhappy or unsafe	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Safe relationships Privacy; body boundaries; safe and unsafe touch; asking permission; trusted adults	• understand that their body belongs to them and that some parts of the body are private • recognise that different kinds of touch can feel comfortable, uncomfortable or unsafe • practise asking permission and understand that people can say yes or no to touch • know simple ways to respond and who to tell if something makes them feel uncomfortable or unsafe	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Respecting ourselves and others Kindness and respect; how behaviour affects others; manners and cooperation	• recognise kind and unkind behaviour and how it can make people feel • understand why respect, politeness, sharing and turn-taking are important • begin to notice the needs and preferences of others • know that everyone should be treated with kindness and respect	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Belonging to a community Rules and responsibilities; caring for people, animals and the environment	• understand what rules are and why rules help people to live and learn safely together • recognise that people have different needs and that we can care for others in different ways • identify simple responsibilities they have at home and school • explore practical ways to care for animals, living things and the local environment	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Media literacy and digital resilience Using digital devices; safe communication; age restrictions; asking for help online	• recognise common ways people use the internet and digital devices • understand that the same expectations for kindness and respect apply online and offline • know that some games, apps and content have age restrictions to help keep children safe • know to stop and tell a trusted adult if something online makes them worried, upset or confused	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local</i>

			<i>resources as appropriate.</i>
Spring - Living in the wider world	Money and work Strengths and interests; jobs in the community; how people help us	• recognise that everyone has different strengths and interests • identify a range of jobs people do in school and the local community • understand that different jobs need different skills and qualities • begin to recognise that work can help individuals, families and communities	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Physical health and mental wellbeing Healthy routines; food, activity, sleep, hygiene; feelings and support	• understand simple routines that help keep the body healthy, including food, movement, sleep and hygiene • recognise why handwashing and basic hygiene are important • name a range of feelings and recognise that feelings can affect behaviour • identify people who can help when they feel worried, sad, frightened or unwell	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Growing and changing Being unique; naming body parts; private parts and personal boundaries	• recognise what makes them unique and identify things they are good at • identify similarities and differences between themselves and others • use correct age-appropriate names for main body parts, including penis and vulva • understand that private body parts are private and that they can communicate their own boundaries	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Keeping safe Everyday hazards; rules; sun and fire safety; getting help in an emergency	• identify simple hazards at home, school and outside and follow safety rules • know basic ways to stay safe in the sun and around fire • understand that adults have responsibilities for keeping children safe • know how to get help in an emergency and that telling an adult quickly is important	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

Planning note: Schools should adapt sequencing where local safeguarding needs or pupil needs require it, while ensuring the full statutory end-of-primary content is taught in an age- and stage-appropriate way.

YEAR 2 - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships Making and keeping friends; kindness, honesty and inclusion; loneliness and getting help	- describe qualities of a caring friendship, including kindness, honesty and listening - use simple strategies for joining in, including others and resolving minor disagreements - recognise that everyone can feel lonely sometimes and that there is no shame in asking for help - know how to recognise when a friendship is making them feel unhappy and who they can talk to	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Safe relationships Secrets and surprises; resisting pressure; hurtful behaviour and bullying; body boundaries	- recognise hurtful behaviour and different forms of bullying, including online bullying - understand the difference between a happy surprise and a secret that makes them worried or uncomfortable - practise simple ways to resist pressure to do something unsafe or uncomfortable - know how to ask for help and use clear words to explain when something does not feel right	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Respecting ourselves and others Similarities and differences; cooperation; listening and sharing opinions	- recognise similarities and differences between themselves and others - work and play cooperatively in different groups - listen to other people's ideas and share their own views respectfully - understand that everyone is equal even when people are different	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Belonging to a community Groups, roles and responsibilities; inclusion and equality	- identify groups and communities they belong to and the roles people have within them - recognise simple rights and responsibilities in school and the wider community - understand how communities can help people feel included - recognise ways people can be the same and different while still being equal	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Media literacy and digital resilience The internet in everyday life; true and untrue content; safe choices online	- identify different devices that can connect to the internet and common reasons people use them - recognise that online content can be factual, for entertainment, or designed to persuade - understand that not everything online is true - know to check with a trusted adult when they are unsure about content or contact online	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Money and work Money and ways to pay; needs and wants; spending, saving and looking after money	- recognise different forms of money and common ways people pay for things - understand that money can be earned through work - distinguish between needs and wants - describe simple choices people make about spending, saving and looking after money	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add</i>

			<i>school/local resources as appropriate.</i>
Summer - Health and wellbeing	Physical health and mental wellbeing Sleep, dental health, medicines and vaccinations; recognising and managing feelings	• understand why sleep and rest are important for physical and mental health • know basic routines for keeping teeth healthy and why dental check-ups matter • understand that medicines and vaccinations can help protect health when used safely • describe a range of feelings and use simple strategies for calming down or asking for help	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Growing and changing Human life cycle; body parts; growing older; change and responsibility	• describe the human life cycle from babyhood to old age • understand that bodies and responsibilities change as people grow • use correct names for external body parts, including penis, vulva, vagina and testicles • prepare positively for moving to a new class or year group	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Keeping safe Risk at home and outside; road, rail and water safety; medicines; calling 999	• recognise everyday risks in familiar and unfamiliar places • know simple ways to stay safe around roads, railways and water • understand why medicines, electrical items and household products must be used safely • practise making a clear 999 call and explaining what has happened	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

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YEAR 3 - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships Different families; stable and caring relationships; support and seeking help	• recognise and respect a range of family structures • understand that safe and happy family life is built on care, commitment, support and stability • identify ways people care for one another during difficulties • know how to seek help if a family relationship makes them feel unhappy or unsafe	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Safe relationships Personal boundaries and privacy, including online; bullying; safe sharing; trusted adults	• understand personal boundaries and what information is appropriate to share in different contexts • use basic strategies for protecting privacy online, including passwords and trusted sites • recognise bullying and hurtful behaviour as unacceptable, whether online or face to face • know how to report concerns and seek help from trusted adults	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Respecting ourselves and others Self-respect; respectful communication; assertiveness; stereotypes and inclusion	• recognise and model respectful behaviour in different settings • understand the importance of self-respect and the right to be treated respectfully • practise expressing needs and boundaries assertively and kindly • recognise simple stereotypes and explain why they can be unfair	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Belonging to a community Rules, laws, rights and responsibilities; how communities support people	• explain why rules and laws exist and what may happen when they are broken • identify basic rights of children and the responsibilities that go alongside rights • understand that communities are made up of people with different roles • recognise how people and services support others in the community	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Media literacy and digital resilience Altered content; reliable information; age suitability; reporting harmful content	• explain positive uses of the internet for learning, leisure and work • recognise that images and information can be changed, edited or presented misleadingly • use simple checks to decide whether online information is likely to be reliable • know how to report content or communication that is worrying, harmful or inappropriate	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Money and work Jobs, skills and interests; challenging job stereotypes; personal goals	• identify jobs across a range of sectors and the skills they require • recognise common stereotypes about who can do certain jobs and challenge them • connect their own interests and strengths with possible future opportunities • set realistic personal goals and identify steps towards achieving them	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Physical health and mental wellbeing Healthy choices and habits; balanced diet and activity; feelings	• identify daily choices that affect physical and mental health • understand what makes a balanced diet and why regular physical activity matters • recognise that habits can be started, changed or stopped • identify things that affect feelings and use appropriate words to talk about emotions	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Growing and changing	• recognise how strengths and interests contribute to identity and self-worth • identify common challenges that can affect confidence	<i>Kapow Primary can be used to support lesson</i>

	Strengths, identity and self-worth; setbacks; introduction to puberty	• use basic strategies to manage setbacks and try again • understand that puberty is a normal stage of growing up and that trusted adults can provide help and information	<i>delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Keeping safe Hazards and managing risk; fire, road, rail and water safety; basic first aid	• identify typical hazards and explain how risk can be reduced • apply simple strategies for staying safe around roads, railways, water and fire • understand the importance of following safety rules in unfamiliar places • know basic responses to common minor injuries and when to get adult or emergency help	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

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YEAR 4 - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships Positive friendships, including online; trust, respect, inclusion and conflict	• identify features of positive, healthy friendships such as trust, mutual respect and shared interests • use strategies to build friendships and help others feel included • recognise that online friendships can carry additional risks • practise respectful ways to manage disagreement and repair friendships	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Safe relationships Pressure and dares; confidentiality; unsafe contact and harmful online behaviour	• distinguish playful teasing from hurtful behaviour and bullying • recognise pressure linked to dares and use strategies to resist it • understand when a confidence or secret should be shared to keep someone safe • recognise harmful content or contact online and know how to report concerns	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Respecting ourselves and others Differences; healthy boundaries; assertive versus controlling behaviour; stereotypes	• recognise similarities and differences between people and discuss them respectfully • understand the importance of setting and respecting healthy boundaries • distinguish between assertive and controlling behaviour • identify stereotypes and explain how they can lead to unfairness or bullying	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Belonging to a community Communities and shared responsibilities; compassion; volunteering	• explain what a community is and the benefits of belonging • identify people and groups who contribute to local communities • understand the role of volunteering and shared responsibility • show compassion towards people in need and suggest practical ways communities can help	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Media literacy and digital resilience Digital footprints; personal data; advertising and targeting; scams and misinformation	• understand that online activity can leave a digital footprint • recognise that organisations collect and use data, including for targeted advertising • compare factual content with advertising and persuasive content • recognise simple signs of scams, misleading content and unreliable search results	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Money and work Spending and saving; budgets; payment methods; financial choices and impact	• understand why people make different spending decisions based on needs, values and budgets • use simple ways to track money and understand why budgeting is useful • compare different ways to pay for goods and services • recognise that spending choices can have positive or negative effects on other people and the environment	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Physical health and mental wellbeing Balanced health; oral health; sleep; screen time and healthy online habits	• identify factors that support a balanced physical and mental lifestyle • recognise early signs that someone may be physically unwell and know when to seek help • understand good oral hygiene, including brushing, cleaning between teeth and dental visits • consider how sleep and screen habits can affect mood, learning and wellbeing	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

Summer - Health and wellbeing	Growing and changing Puberty: physical and emotional changes; menstruation; erections and wet dreams; hygiene	• identify key physical and emotional changes that can happen during puberty • learn key facts about menstruation and menstrual wellbeing before periods may begin • understand erections and wet dreams as normal changes that can happen during puberty • know practical hygiene strategies and where to seek trusted help and advice	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Keeping safe Medicines and household products; smoking, vaping, alcohol and nicotine; help	• understand why medicines and household products must be used correctly and safely • recognise that cigarettes, vaping products, alcohol and medicines can affect health • understand that nicotine can be addictive and that vaping is not harmless • know how to resist pressure and where to seek help or advice about harmful substances	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

Planning note: Schools should adapt sequencing where local safeguarding needs or pupil needs require it, while ensuring the full statutory end-of-primary content is taught in an age- and stage-appropriate way.

YEAR 5 - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships Healthy friendships; peer influence; resolving conflict; changing friendships	- describe characteristics of healthy friendships and how they make people feel included - recognise peer influence and the need for approval, including online - use assertive communication and exit strategies to manage pressure - recognise when a friendship feels unsafe or unhealthy and know when to seek support	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Safe relationships Consent and permission; physical contact; pressure; body autonomy	- identify acceptable and unacceptable, wanted and unwanted physical contact - practise asking for, giving and not giving permission - understand that it is never someone's fault if they experience unwanted contact - recognise pressure around physical contact and know how to respond and seek help	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Respecting ourselves and others Equality; prejudice and discrimination; bystanders; challenging harmful behaviour	- understand that everyone should be treated equally and respectfully - identify prejudice and discrimination, including racism, sexism, homophobia and disability discrimination - understand the impact of discrimination on individuals and communities - know safe ways to challenge or report discrimination, including online	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Belonging to a community Environment, resources and responsibility; valuing diversity and contribution	- understand how the allocation and use of resources affects people and the environment - explain how everyday actions can protect or damage the environment - consider personal and shared responsibility for caring for living things and communities - recognise and value diverse contributions within communities	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Media literacy and digital resilience Media influence; targeted content; bias and misinformation; scams and gaming risks	- identify different types of media and their purposes - distinguish fact, opinion and bias and compare the reliability of sources - recognise targeted content, suspicious messages and basic online scams - understand that gaming can involve financial risks, including in-game purchases and gambling-like features	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Money and work Careers and aspirations; routes into work; influences and stereotypes	- identify jobs and careers that interest them and the strengths these may require - understand different routes into work, including training, apprenticeships, college and university - explore factors that influence career choices, such as interests, values, pay and working conditions - challenge workplace stereotypes and value diversity and inclusion	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Physical health and mental wellbeing Sleep, sun safety, illness prevention, medicines, vaccination and allergies	- explain how good-quality sleep supports health and learning and identify practical sleep strategies - understand safe and unsafe sun exposure and ways to reduce the risk of sun damage - recognise how medicines, vaccinations and immunisation can help protect health - understand how germs spread and how hygiene helps prevent infection	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Growing and changing	- recognise factors that contribute to personal identity without relying on stereotypes - identify personal qualities, strengths and interests that support self-esteem	<i>Kapow Primary can be used to support lesson</i>

	Identity, self-esteem and body confidence; puberty and menstrual wellbeing	• understand that body confidence can be affected by comparison with others, including online • consolidate knowledge of puberty and menstrual wellbeing and know where to seek support	<i>delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Keeping safe Risky situations; personal safety; first aid including head injuries; emergencies	• recognise when a situation is becoming risky, unsafe or an emergency • identify ways to take increasing responsibility for personal safety • learn basic first aid responses for common injuries and ailments, including head injuries • understand the importance of reporting emergencies rather than filming them and know how to contact emergency services	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

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YEAR 6 - MEDIUM-TERM OVERVIEW

Term	Topic	In this unit of work, pupils learn...	Lesson overviews / teacher notes / resources
Autumn - Relationships	Families and friendships Families and committed relationships; marriage and civil partnerships; changing friendships	• understand that stable, caring relationships are central to safe and happy family life • know that marriage and civil partnerships are legally recognised commitments intended to be lifelong • recognise that friendships and relationships can change or end • use respectful strategies for managing difficult feelings linked to changing or ending friendships	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Safe relationships Consent and boundaries; pressure; unsafe or controlling behaviour; trusted and untrusted people	• recognise, communicate and respect consent and boundaries in age-appropriate relationships and online contexts • use strategies to identify and resist pressure from peers or others • recognise signs that behaviour may be controlling, coercive or unsafe • judge whether people or sources of information are trustworthy and know how to report concerns	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Autumn - Relationships	Respecting ourselves and others Respectful disagreement; equality; prejudice, misogyny and harmful attitudes	• express opinions respectfully and listen to different points of view • understand how stereotypes and prejudice can cause harm and contribute to discrimination • recognise misogynistic and other harmful attitudes without normalising them • understand that kindness and care go beyond simply respecting a person's stated boundaries	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Belonging to a community Rights, responsibilities and diversity; challenging discrimination; positive contribution	• recognise the value of diversity and the importance of equal treatment • understand individual rights alongside responsibilities to others and the community • identify safe ways to challenge discrimination and prejudice • plan ways they can contribute positively to school and wider communities	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Media literacy and digital resilience Critical online literacy; privacy; AI and deepfakes; harmful content; scams and reporting	• critically evaluate online information, images and sources and recognise misinformation • understand privacy, personal data, location settings and how information can be collected and targeted • understand that AI can create or alter convincing content, including deepfakes, and that such content can be used harmfully • recognise harmful or upsetting online content, scams and manipulative contact and know how and where to report concerns	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Spring - Living in the wider world	Money and work Financial decisions and risks; gaming and gambling-like features; future pathways	• understand influences on spending and saving decisions and recognise financial risk • recognise common online financial harms such as scams, fraud and manipulative purchases • understand risks linked to gambling-like features and monetisation in games • identify future goals, possible pathways and the skills needed for transition to secondary education and beyond	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Physical health and mental wellbeing Mental wellbeing; loneliness and change; healthy coping; body image; screen time; seeking help	• understand that everyone experiences difficult feelings at times and that these are not automatically signs of mental ill health • identify healthy coping strategies for worry, loneliness, disappointment, loss and change • recognise how online comparison and unrealistic images can affect body image and self-esteem • know when feelings or behaviour may require support and how to seek help for themselves or another person	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>

Summer - Health and wellbeing	Growing and changing Puberty and developing bodies; menstrual cycle; increasing independence; transition	• consolidate accurate knowledge of the human life cycle and physical and emotional changes during puberty • use correct names for body parts and understand privacy and personal boundaries • understand key facts about the menstrual cycle and ways to support menstrual wellbeing • prepare for increasing independence and the transition to secondary school	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>
Summer - Health and wellbeing	Keeping safe Harmful substances; vaping and nicotine; personal safety in public and online; emergency first aid	• know the facts and risks associated with legal and illegal harmful substances, including smoking, vaping, alcohol and drugs • understand the risks of nicotine addiction, including from vaping and nicotine products • identify strategies for personal safety in public spaces and online • consolidate emergency response and basic first aid, including making clear emergency calls and prioritising help over filming	<i>Kapow Primary can be used to support lesson delivery where content aligns. Add school/local resources as appropriate.</i>