



PSHE/RSE Curriculum Map

Kapow

Academic Year	Year Group	Cycle
2026-2027	1/2 4/5	A
2026-2027	2/3 5/6	B
2027-2028	1/2 4/5	B
2027-2028	2/3 5/6	C
2028-2029	1/2 4/5	C
2028-2029	2/3 5/6	A

PSHE/RSE Long Term Plan (3 Year Cycle)

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		Autumn Term		Spring Term		Summer Term	
Cycle	Year groups	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Reception	Self-regulation – My feelings (8)	Building relationships – Special relationships (6)	Managing self- Taking on challenges (6)	Self-regulation – Listening and following instructions (6)	Building relationships – My family and friends (6)	Managing self – My wellbeing (6)



A	Years 1, 2 and 3	Introduction lessons – setting rules and Zones of regulation My healthy self How can we look after our emotions?	Health protection How can I protect myself and others in daily life?	My healthy self How can I take care of my mind and body?	Health protection How can we prevent illness and injury and respond if they happen?	Growing up How can we look after and respect our bodies as we grow?	Staying safe How can I make safe choices in different places?
B		Introduction lessons – setting rules and Zones of regulation Connecting with others How can I build safe, kind and caring relationships with others?	My healthy self How can we look after our bodies?	Connecting with others What helps us feel safe and included?	Citizenship How do people belong to a community and earn money?	The online world How can we stay safe online?	Citizenship What careers do people choose and why?
C		Introduction lessons – setting rules and Zones of regulation The online world How do we spend time online?	Staying safe How can I stay safe?	The online world How should we communicate online?	Citizenship How can I help others and the environment?	Connecting with others How can I help myself and others feel happy and safe?	Citizenship What rights and responsibilities do we have?



A	Years 4, 5 and 6	Introduction lessons – setting rules and Zones of regulation My healthy self How can I make healthy choices?	Staying safe How can I stay safe as I grow up?	My healthy self How can I support my mind and body as I grow?	Growing up – Y4 How will my body and emotions change as I grow up? OR Growing up – Y5/6 How can I manage the changes to my body and emotions as I grow up?	My healthy self How do my choices today shape my future wellbeing?	First aid – Y4 OR Sex education – Y5/6
B		Introduction lessons – setting rules and Zones of regulation Connecting with others How can we respect each other?	Citizenship How can I spend my money wisely?	Connecting with others Why are healthy relationships important?	Citizenship How can we be in control of our money?	Connecting with others What does it mean to stand up for myself and others?	Citizenship How can we make a difference in our communities and beyond?
C		Introduction lessons – setting rules and Zones of regulation The online world How can we decide what to trust online?	Staying safe What signs help me recognise what is safe or unsafe?	The online world How am I influenced by what I see online?	Growing up – Y4 How will my body and emotions change as I grow up? OR	The online world How do I feel about being online?	First aid – Y4 OR Sex education – Y5/6



					Growing up – Y5/6 How can I manage the changes to my body and emotions as I grow up?		
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Notes:

- Units do not always fall into 6-week blocks, so some fluidity across terms will be needed for coverage
- Notes in **red** indicate where year groups must be taught separately