

Kapow Relationships & Health Education Overview

Families and People who Care for Me

Pupils should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Families & Relationships	Lesson 1	To understand that families look after us	Family Relation Mum Dad Parent Brother Sister Grandad Grandma Grandparent Uncle Aunty Cousin Respect Considerate Love Care	Relationship Education – Government Statutory Guidance	
Year 2	Families & Relationships	Lesson 1	To begin to understand the role of the family in their lives	Family Relation	Relationship Education –	

				Care Support Love	Government Statutory Guidance	
		Lesson 2	To begin to understand the range of families they may encounter now and in the future	Family Love Care Different Same Similar		
Year 3	Families & Relationships	Lesson 1	To understand that families love and support each other but sometimes problems can occur and help is available if needed	Family Different Support Care Love Problem Help	Relationship Education – Government Statutory Guidance	
Year 4	Families & Relationships	Lesson 1	To develop understanding of courtesy and manners in a range of situations	Good manners Bad manners Rude Respect Different situations Authority Position of authority	Relationship Education – Government Statutory Guidance	
		Lesson 3	To understand that my behaviour can have an impact on others	Happiness Impact Act of kindness Helping Kind		
		Lesson 7	To begin to understand that families are very varied, in this country and across the world	Similarity Difference Same Respect Culture		
		Lesson 8	To explore how we can help following a bereavement	Unhelpful Death Loss Bereavement		

				Sympathy Helpful		
Year 5	Families & Relationships	Lesson 3	To understand the concept of marriage	Wedding Marriage Choice Religion Legal Lifelong	Relationship Education – Government Statutory Guidance	
		Lesson 5	To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens.	Family Positive Problem Help Support		
Year 6	Families & Relationships	Lesson 6	To begin to understand the process and emotions relating to grief.	Feelings Grief Grieving Change Loss Death Emotion	Relationship Education – Government Statutory Guidance	

Caring Friendships

Pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Families & Relationships	Lesson 2	To begin to understand the importance and characteristics of positive friendships	Friend Kind Trust Generous Share Listen Fun Helpful Truth Relationship Listen	Relationship Education – Government Statutory Guidance	
		Lesson 3	To recognise how others show feelings and how to respond	Feeling Sad Worried Help Care Listen Emotion		

		Lesson 4	To begin to understand how friendships can make us feel	Challenge Co-operate Work together Team Include		
		Lesson 6	To begin to understand that being friendly to others makes them feel welcome and included	Friend Friendly Feeling Welcome Included Trust		
Year 2	Families & Relationships	Lesson 3	To recognise how others show feelings in different ways and how to respond	Feeling Emotion Choice Report Understanding	Relationship Education – Government Statutory Guidance	
		Lesson 4	To begin to understand that some friendships might make us feel unhappy and how to deal with this	Happy Unhappy Healthy friendships Unhealthy friendships Relationship		
Year 3	Families & Relationships	Lesson 2	To understand that friendships have ups and downs and that problems can be resolved.	Friend Problem Talking Listening Calm Forgive Apologise	Relationship Education – Government Statutory Guidance	
		Lesson 5	To understand why trust is an important part of positive relationships	Trust Reliable Issues Resolve Breaking trust Let down		
Year 4	Families & Relationships	Lesson 2	To begin to understand the physical and emotional boundaries in friendships	Respect Permission Boundary	Relationship Education – Government	

				Expectations Consent	Statutory Guidance	
		Lesson 3	To understand that my behaviour can have an impact on others	Happiness Impact Act of kindness Helping Kind		
Year 5	Families & Relationships	Lesson 1	To understand how to form and maintain positive relationships	Friend Friendship Skills Good friend	Relationship Education – Government Statutory Guidance	
		Lesson 2	To explore the ups and downs of friendships	Friendship Problem Ups and downs Solution Strengthened		
Year 6	Families & Relationships	Lesson 5	To resolve disputes and conflict through negotiation and compromise.	Conflict Argument Disagreement Solve Resolve Apology	Relationship Education – Government Statutory Guidance	

Respectful Relationships

Pupils should know:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Families & Relationships	Lesson 3	To recognise how others show feelings and how to respond	Feeling Sad Worried Help Care Listen Emotion	Relationship Education – Government Statutory Guidance	
		Lesson 5	To begin to understand that friendships can have problems but we can overcome them	Friend Falling out Problem Solution Communication Talk		
		Lesson 7	To begin to understand what is meant by a stereotype	Stereotype Favourite Boy Girl		
	Health & Wellbeing	Lesson 2	To recognise and celebrate their strengths and set simple but challenging goals	Skill Qualities		

				Strengths Better		
Year 2	Families & Relationships	Lesson 3	To recognise how others show feelings in different ways and how to respond	Feeling Emotion Choice Report Understanding	Relationship Education – Government Statutory Guidance	
		Lesson 5	To begin to understand the conventions of courtesy and manners	Manners Behaviour Please Thank you Taking turns Table manners Quiet Respect Considerate		
		Lesson 7	To develop an understanding of stereotypes and how these might affect job/career choices	Male Female Stereotype Career Job Gender Judge Appearance		
Year 3	Families & Relationships	Lesson 3	To begin to understand the impact of bullying	Bullying Repeated Physical Emotional Report	Relationship Education – Government Statutory Guidance	
		Lesson 4	To listen and communicate effectively	Communicate Communication Listen Empathy Sympathy Open questions		

		Lesson 6	To begin to understand the differences between people and why it is important to respect these differences	Same Different Similar Respect		
		Lesson 7	To recognise that stereotypes are present in everyday life	Gender Female Male Stereotype Online Influencer Communicate Report		
		Lesson 8	To recognise that stereotypes exist based on a number of factors	Stereotype Discrimination Equality Act		
Year 4	Families & Relationships	Lesson 1	To develop understanding of courtesy and manners in a range of situations	Good manners Bad manners Rude Respect Different situations Authority Position of authority	Relationship Education – Government Statutory Guidance	
		Lesson 2	To begin to understand the physical and emotional boundaries in friendships	Respect Permission Boundary Expectations Consent		
		Lesson 4	To understand the impact of bullying and the responsibility of bystanders to help	Bullying Witness Bystander Involved		
		Lesson 5	To explore stereotypes in fictional characters and think about how these might influence us	Gender Stereotype Reinforce Character Negative		

		Lesson 6	To recognise that stereotypes can relate to a number of factors	Disability Stereotype Discrimination		
		Lesson 7	To begin to understand that families are very varied, in this country and across the world	Similarity Difference Same Respect Culture		
	Health & Wellbeing	Lesson 4	To identify my own strengths and begin to see how they can affect others	Job Skill Role Strength		
Year 5	Families & Relationships	Lesson 4	To begin to understand self-respect.	Attributes Proud Skill Self-respect Assertive Self-talk Self-care	Relationship Education – Government Statutory Guidance	
		Lesson 6	To understand more about bullying and how to get help	Bullying Bystander Cyberbullying Victim Unkind Report		
		Lesson 7	To recognise how attitudes to gender have changed over time	Gender Stereotype Equality Change Protected characteristic Discrimination		
		Lesson 8	To explore the impact of stereotypes and how they can lead to discrimination	Race Religion Stereotype Discrimination Racism Protected characteristic		

Year 6	Families & Relationships	Lesson 1	To understand what we mean by respect and why it is important	Respect Earn Lose Courtesy	Relationship Education – Government Statutory Guidance	
		Lesson 2	To understand that respect is two-way and how we treat others is how we can expect to be treated	Respect Demonstrate Peers Online Disrespect Consent Personal boundaries		
		Lesson 3	To explore other people's attitudes and ideas and to begin to challenge these	Stereotype Gender Challenge Change		
		Lesson 4	To understand stereotypes and be able to share information on them	Stereotype Message		
	Safety and the changing body	Lesson 3	To understand that online relationships should be treated in the same way as face to face relationships.	Internet trolling Bullying Cyberbullying Negative Anonymous Identity Respect		

Online Relationships

Pupils should know:

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 2	Safety and the changing body	Lesson 2	To understand how to stay safe when using the internet.	Internet Online Danger Safe Kind Unkind Bullying	Relationship Education – Government Statutory Guidance	
Year 3	Safety and the changing body	Lesson 3	To understand the importance of being kind online and what this looks like.	positive email kind identity	Relationship Education – Government Statutory Guidance	
		Lesson 4	To understand that cyberbullying involves being unkind online.	password intended cyberbullying content report influencer gaming		

Year 4	Safety and the changing body	Lesson 2	To understand the benefits and risks of sharing material online.	share aware sharing internet social media	Relationship Education – Government Statutory Guidance	
Year 5	Safety and the changing body	Lesson 1	To begin to understand some issues related to online friendships including the impact of their actions.	online friend acquaintance trust consent share	Relationship Education – Government Statutory Guidance	
		Lesson 2	To learn about staying safe online.	appropriate sharing risk danger private consent		
Year 6	Safety and the changing body	Lesson 3	To understand that online relationships should be treated in the same way as face to face relationships.	internet trolling bullying cyberbullying negative anonymous identity respect	Relationship Education – Government Statutory Guidance	

Being Safe

Pupils should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Families & Relationships	Lesson 5	To begin to understand that friendships can have problems but we can overcome them	Friend Falling out Problem Solution Communication Talk	Relationship Education – Government Statutory Guidance	
	Safety & the changing body	Lesson 1	To know how to respond to adults in a safe and familiar context.	adult job manners polite visitor		
		Lesson 2	To understand how to respond to adults in a range of situations.	adult manners stranger worry polite hurt		
		Lesson 3	To understand what to do if you get lost.	lost safe adult		

		Lesson 5	To begin to understand the difference between acceptable and unacceptable physical contact.	physical contact like dislike kind unkind hurt stop permission acceptable unacceptable		
Year 2	Families & Relationships	Lesson 4	To begin to understand that some friendships might make us feel unhappy and how to deal with this	Happy Unhappy Healthy friendships Unhealthy friendships Relationship	Relationship Education – Government Statutory Guidance	
	Safety and the changing body	Lesson 2	To understand how to stay safe when using the internet.	internet online danger safe kind unkind bullying		
		Lesson 3	To begin to understand the difference between secrets and surprises.	excited good happy surprise secret unhappy worried		
		Lesson 4 Taught in Summer 2	To begin to understand the concept of privacy and the correct vocabulary for body parts.	penis vulva vagina arm leg hand wrist		Falls under science (Yr1) identify, name, draw and label the basic parts of the human body

				neck head knee foot ankle elbow private parts report		Teach boys and girl together.
		Lesson 5 Taught in Summer 2	To understand safe and unsafe touches.	surprise safe touch unsafe touch PANTS rule private parts vulva penis testicles secret report		Falls under science (Yr1) identify, name, draw and label the basic parts of the human body Teach boys and girl together.
Year 3	Families & Relationships	Lesson 1	To understand that families love and support each other but sometimes problems can occur and help is available if needed	Family Different Support Care Love Problem Help	Relationship Education – Government Statutory Guidance	
		Lesson 3	To begin to understand the impact of bullying	Bullying Repeated Physical Emotional Report		
Year 4	Families & Relationships	Lesson 2	To begin to understand the physical and emotional boundaries in friendships	Respect Permission Boundary Expectations Consent	Relationship Education – Government Statutory Guidance	
		Lesson 4	To understand the impact of bullying and the responsibility of bystanders to help	Bullying Witness		

				Bystander Involved		
		Lesson 8	To explore how we can help following a bereavement	Unhelpful Death Loss Bereavement Sympathy Helpful		
	Health & Wellbeing	Lesson 6	To understand a range of emotions	Disappointed Angry Nervous Anxious Shocked Positive emotions Happy Excited Joyful Astonished Grateful Enthusiastic Negative emotions Sad Worried		
		Lesson 7	To begin to understand what mental health is and who can help if I need it	Emotions Feelings Physical health Mental health Negative emotions		
		Lesson 2	To understand the benefits and risks of sharing material online.	share aware sharing internet social media		
	Safety and the changing body	Lesson 4	To develop understanding of privacy and the difference between secrets and surprises.	private public surprise secret uncomfortable		

				worried		
Year 5	Safety and the changing body	Lesson 2	To learn about staying safe online.	appropriate sharing risk danger private consent	Relationship Education – Government Statutory Guidance	
Year 6	Families & Relationships	Lesson 6	To begin to understand the process and emotions relating to grief.	Feelings Grief Grieving Change Loss Death Emotion	Relationship Education – Government Statutory Guidance	
	Health & Wellbeing	Lesson 4	To understand the potential impact of technology on physical and mental health	Restrictions Pressure Persuasive design Physical health Mental health		
		Lesson 8	To understand what happens when we are ill and begin to understand when to seek support	Puberty Healthy Well Unwell Illness Change Doctor		
	Safety and the changing body	Lesson 1	To begin to understand the risks of alcohol.	excessive alcohol choice risk short term long term responsible		
		Lesson 3	To understand that online relationships should be treated in the same way as face to face relationships.	internet trolling bullying cyberbullying negative		

				anonymous identity respect		
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Mental Wellbeing

Pupils should know:

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Health & Wellbeing	Lesson 1	To describe and understand their feelings To develop simple strategies for managing them	Feeling Emotion Help Happy Sad Angry Worried Strategy	Health Education – Government Statutory Guidance	
		Lesson 4	To know how to relax in different ways	Relax Relaxation Sleep Rest		
Year 2	Families & Relationships	Lesson 6	To begin to understand how loss and change can affect us	Change Remember	Health Education – Government	

				Happy Sad Upset Death	Statutory Guidance	
	Health & Wellbeing	Lesson 1	To describe a range of feelings and develop simple strategies for managing them	Feeling Emotion Different Communicate Frustrated Self-awareness		
		Lesson 2	To understand the benefits of physical activity	Sport Activity Physical Exercise Health Feeling		
		Lesson 3	To use breathing exercises to relax	Exercise Relax Relaxation Breath		
Year 3	Health & Wellbeing	Lesson 1	To understand and plan for a healthy lifestyle including physical activity, rest and diet	Exercise Balance Diet Energy Intake	Health Education – Government Statutory Guidance	
		Lesson 2	To perform a range of relaxation stretches	Feeling Balance Relax Stretch		
		Lesson 3	To understand the different aspects of my identity	Group Identity Belonging Alone Lonely		
		Lesson 4	To identify my own strengths and begin to see how they can affect others	Hero Power Strengths		

		Lesson 5	To break down barriers into smaller, achievable goals	Barriers Strategy		
	Safety and the changing body	Lesson 4	To understand that cyberbullying involves being unkind online.	password intended cyberbullying content report influencer gaming		
Year 4	Families & Relationships	Lesson 8	To explore how we can help following a bereavement	Unhelpful Death Loss Bereavement Sympathy Helpful	Health Education – Government Statutory Guidance	
	Health & Wellbeing	Lesson 2	To understand what relaxation feels like To understand that relaxation techniques can be used anywhere	Relax Place Calm Visualise Imagine		
		Lesson 3	To develop a growth mindset and understand that mistakes are useful	Mistake Learn Resilience Growth mindset		
		Lesson 5	To identify what's important to me and to take responsibility for my own happiness	Feelings Emotions Happy		
		Lesson 6	To understand a range of emotions	Disappointed Angry Nervous Anxious Shocked Positive emotions Happy Excited Joyful Astonished		

				Grateful Enthusiastic Negative emotions Sad Worried		
		Lesson 7	To begin to understand what mental health is and who can help if I need it	Emotions Feelings Physical health Mental health Negative emotions		
Year 5	Health & Wellbeing	Lesson 1	To use yoga poses and breathing to relax	Yoga Relaxation Meditation Thoughts	Health Education – Government Statutory Guidance	
		Lesson 3	To understand the purpose of failure	Fail Failure Succeed Try Overcome Experience		
		Lesson 5	To take responsibility for their own feelings and actions and to use vocabulary to describe these	Destiny Choice Feeling Emotion Assertive		
Year 6	Families & Relationships	Lesson 6	To begin to understand the process and emotions relating to grief.	Feelings Grief Grieving Change Loss Death Emotion		
	Health & Wellbeing	Lesson 2	To use mindfulness to manage emotions	Yoga Stress Worry Relaxation Technique		

				Progressive muscle Stretches Visualisation		
		Lesson 3	To understand and plan for a healthy lifestyle	Responsibility Health Physical Mental		
	Safety and the changing body	Lesson 3	To understand that online relationships should be treated in the same way as face to face relationships.	internet trolling bullying cyberbullying negative anonymous identity respect		

Internet Safety & Harms

Pupils should know:

- that for most people the internet is an integral part of life and has many benefits.
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- why social media, some computer games and online gaming, for example, are age restricted.
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- where and how to report concerns and get support with issues online

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 2	Safety and the changing body	Lesson 1	To understand what the internet is and how it can help us.	World Wide Web streaming website internet WiFi	Health Education – Government Statutory Guidance	
		Lesson 2	To understand how to stay safe when using the internet.	internet online danger safe kind unkind bullying		
Year 3	Safety and the changing body	Lesson 3	To understand the importance of being kind online and what this looks like.	positive email kind identity	Health Education – Government Statutory Guidance	

		Lesson 4	To understand that cyberbullying involves being unkind online.	password intended cyberbullying content report influencer gaming		
		Lesson 5	To understand that not all emails are genuine.	phishing fake real		
Year 4	Safety and the changing body	Lesson 1	To understand that age restrictions are designed to protect us.	social media age restriction law legal point of view reason for against debate digital age of consent	Health Education – Government Statutory Guidance	
		Lesson 2	To understand the benefits and risks of sharing material online.	share aware sharing internet social media		
		Lesson 5	To understand that not all information on search engines is valuable.	sorting search engine		
Year 5	Safety and the changing body	Lesson 2	To learn about staying safe online.	appropriate sharing risk danger private consent	Health Education – Government Statutory Guidance	
Year 6	Health & Wellbeing	Lesson 4	To understand the potential impact of technology on physical and mental health	Restrictions Pressure Persuasive design Physical health Mental health	Health Education – Government Statutory Guidance	

	Safety and the changing body	Lesson 2	To start to become a discerning consumer of information online.	fake news reliable sources		
		Lesson 3	To understand that online relationships should be treated in the same way as face to face relationships.	internet trolling bullying cyberbullying negative anonymous identity respect		

Physical Health & Fitness

Pupils should know:

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 2	Health & Wellbeing	Lesson 2	To understand the benefits of physical activity	Sport Activity Physical Exercise Health Feeling	Health Education – Government Statutory Guidance	
Year 3	Health & Wellbeing	Lesson 1	To understand and plan for a healthy lifestyle including physical activity, rest and diet	Exercise Balance Diet Energy Intake	Health Education – Government Statutory Guidance	
Year 6	Health & Wellbeing	Lesson 7	To understand how habits can be good or bad for our health	Habit Good Bad Consequence Positive Negative	Health Education – Government Statutory Guidance	
		Lesson 8	To understand what happens when we are ill and begin to understand when to seek support	Puberty Healthy Well Unwell Illness Change Doctor		

Healthy Eating

Pupils should know:

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 2	Health & Wellbeing	Lesson 6	To understand what it means to have a healthy diet	Immune system Healthy diet Balanced meal Portion Nutrients Weight Tooth decay	Health Education – Government Statutory Guidance	
Year 3	Health & Wellbeing	Lesson 7	To understand the benefits of healthy eating and dental health	Teeth Healthy Balanced Food group	Health Education – Government Statutory Guidance	
Year 4	Health & Wellbeing	Lesson 1	To understand how we can look after our teeth	Tooth Teeth Sugary drink Healthy Brush Dentist Fluoride Toothpaste	Health Education – Government Statutory Guidance	

Year 5	Health & Wellbeing	Lesson 6	To understand and be able to plan healthy meals	Calories Healthy diet Food groups Recommended daily intake (RDI) Serving Portion Obesity	Health Education – Government Statutory Guidance	
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Drugs, alcohol and tobacco

Pupils should know:

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Safety & the changing body	Lesson 6	To begin to understand what is safe to put into or onto our bodies.	into onto adult danger ill damage medicine	Health Education – Government Statutory Guidance	
Year 2	Health & Wellbeing	Lesson 6	To understand the benefits of physical activity	Sport Activity Physical Exercise Health Feeling	Health Education – Government Statutory Guidance	
	Safety and the changing body	Lesson 9	To begin to understand how to stay safe with medicines.	temperature sneeze doctor nurse pharmacist prescription medicine drug		
Year 3	Health & Wellbeing	Lesson 6	To recognise when to give consent.	boundary consent express feelings permission respect	Health Education – Government Statutory Guidance	

	Safety and the changing body	Lesson 6	To understand the choices people can make and those which are made by others.	decision rather choice		
		Lesson 7	To begin to recognise who and what can influence our decisions.	influence choice decision		
Year 4	Safety and the changing body	Lesson 8	To begin to understand the risks of smoking and the benefits of being a non-smoker.	non-smoker tobacco smoke choice risks	Health Education – Government Statutory Guidance	
Year 5	Health & Wellbeing	Lesson 6	To understand and be able to plan healthy meals	Calories Healthy diet Food groups Recommended daily intake (RDI) Serving Portion Obesity	Health Education – Government Statutory Guidance	
	Safety and the changing body	Lesson 7	To begin to understand the influence others have on us and how we can make our own decisions.	influence choice for against decision pressure peer pressure peer acceptance		
Year 6	Health & Wellbeing	Lesson 7	To understand how habits can be good or bad for our health	Habit Good Bad Consequence Positive Negative	Health Education – Government Statutory Guidance	
	Safety and the changing body	Lesson 1	To begin to understand the risks of alcohol.	excessive alcohol choice risk		

				short term long term responsible		
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Health and Prevention

Pupils should know:

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- the facts and science relating to allergies, immunisation and vaccination.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Health & Wellbeing	Lesson 3	To understand the benefits of physical activity and rest	Sleep Rest Routine Relaxation	Health Education – Government Statutory Guidance	
		Lesson 5	To begin to understand how germs are spread and how we can stop them spreading	Dirt Hands Germs Wash Soap Water Scrub Clean		
		Lesson 6	To begin to understand the risks associated with the sun	Sun Safe Burn Slip Slop Slap Hat Sunscreen Sunglasses		
		Lesson 7	To begin to understand allergies	Allergy Allergen		

				Food allergy Allergic reaction		
Year 2	Health & Wellbeing	Lesson 7	To understand ways of looking after our teeth	Tooth Teeth Sugary drink Healthy Brush	Health Education – Government Statutory Guidance	
Year 3	Health & Wellbeing	Lesson 7	To understand the benefits of healthy eating and dental health	Teeth Healthy Balanced Food group	Health Education – Government Statutory Guidance	
Year 4	Health & Wellbeing	Lesson 1	To understand how we can look after our teeth	Tooth Teeth Sugary drink Healthy Brush Dentist Fluoride Toothpaste	Health Education – Government Statutory Guidance	
Year 5	Health & Wellbeing	Lesson 2	To understand the benefits of sleep	Quantity Sleep Rest Relax Quality	Health Education – Government Statutory Guidance	
		Lesson 7	To understand risks associated with the sun and how these can be avoided, taking independence for their own sun protection	Responsibility Risk Weather UV rays Sunburn Skin cancer Slip, Slop, Slap		
Year 6	Health & Wellbeing	Lesson 6	To understand ways that we help prevent ourselves and others becoming ill	Immunisation Vaccine Illness Disease World Health Organisation	Health Education – Government Statutory Guidance	

				NHS		
		Lesson 8	To understand what happens when we are ill and begin to understand when to seek support	Puberty Healthy Well Unwell Illness Change Doctor		

Basic First Aid

Pupils should know:

- how to make a clear and efficient call to emergency services if necessary.
- concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Safety and the changing body	Lesson 4	To know what an emergency is and how to make a phone call if needed.	police fire ambulance emergency 999	Health Education – Government Statutory Guidance	
Year 3	Safety and the changing body	Lesson 1	To understand the role I can take in an emergency situation.	emergency hazard 999 / 112 emergency services emergency operator location injuries	Health Education – Government Statutory Guidance	
		Lesson 2	To understand how to help if someone has been stung or bitten.	anaphylaxis allergic airways breathing reddening puncture swelling infection venom reaction auto injector		

Year 4	Safety and the changing body	Lesson 3	To understand how to help someone with asthma.	airways trachea triggers inhaler lungs medicine larynx inhale exhale inflate deflate	Health Education – Government Statutory Guidance	
Year 5	Safety and the changing body	Lesson 6	To understand how to help someone who is bleeding or who has suffered a head injury.	arteries heart severe minor veins positioning shock oxygen red blood cells reassuring circulating white blood cells infection bandaging safety head injury concussion calm report emergency	Health Education – Government Statutory Guidance	
Year 6	Safety and the changing body	Lesson 7	To understand how to help someone who is choking.	airway inhale breathing obstruction trachea windpipe	Health Education – Government Statutory Guidance	

				epiglottis stomach back blows abdomen ribcage exhale lungs oesophagus		
		Lesson 8	To understand how to help someone who is unresponsive.	unresponsive alert primary survey respiratory rate heart rate pulse DRsABC C.P.R (cardiopulmonary resuscitation) recovery position monitor resuscitate conduct airway breathing circulation compressions rescue breaths		

Changing Adolescent Body

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 4	Safety and the changing body	Lesson 6 Taught in Summer 2	To recognise that change is part of growing up.	child adult change grow develop physical changes	Health Education – Government Statutory Guidance	Teach boys and girls together.
		Lesson 7 Taught in Summer 2	To recognise the physical differences between children and adults.	change exciting worries physical height breasts genitals penis testicles hips waist shoulders chest hair puberty hygiene		Teach boys and girls separately. Introduction to puberty Introducing Puberty video Worksheet focussed around hygiene as puberty starts
		Lesson 8 – Additional Lesson GIRLS ONLY	To understand the menstrual cycle.	menstruation/period egg ova ovaries fallopian tube uterus womb bleeding		Falls under science (Yr5) describe the changes as humans develop to old age; learn about the changes experienced in puberty.

		Taught in Summer 2		lining sanitary products towels tampons reusable products (period pants, cups)		Watch adapted video on menstrual cycle
Year 5	Safety and the changing body	Lesson 3 Taught in Summer 2	To understand physical changes during puberty.	puberty change cervix ovary fallopian tube uterus vagina vulva urethra opening vaginal opening labia penis bladder testicle sperm duct scrotum breasts nipples menstruation	Health Education – Government Statutory Guidance	Falls under science (Yr5) describe the changes as humans develop to old age; learn about the changes experienced in puberty. Teach boys and girl separately. Watch videos that do not include clitoris
		Lesson 4 Taught in Summer 2	To understand the menstrual cycle.	menstruation/period egg ova ovaries fallopian tube uterus womb bleeding lining sanitary products		Falls under science (Yr5) describe the changes as humans develop to old age; learn about the changes experienced in puberty.

				<p>towels tampons reusable products (period pants, cups) voice breaking erections wet dreams ejaculation</p>		<p>Teach boys and girl separately.</p> <p>Watch adapted video on menstrual cycle – different video for boys and girls – male and female voice</p>
		<p>Lesson 5</p> <p>Taught in Summer 2</p>	<p>To understand emotional changes during puberty.</p>	<p>hormones puberty change feelings emotions</p>		<p>Falls under science (Yr5) describe the changes as humans develop to old age; learn about the changes experienced in puberty.</p> <p>Teach boys and girl together.</p>
<p>Year 6</p>	<p>Safety and the changing body</p>	<p>Lesson 4</p> <p>Taught in Summer 2</p>	<p>To understand the changes that happen during puberty.</p>	<p>puberty change cervix ovary fallopian tube uterus vagina vulva vaginal opening labia penis bladder testicle</p>	<p>Health Education – Government Statutory Guidance</p>	<p>Falls under science (Yr5) describe the changes as humans develop to old age; learn about the changes experienced in puberty.</p> <p>Teach boys and girl separately.</p>

				<p>scrotum sperm duct breasts nipples</p>		<p>Watch videos that do not include clitoris</p>
	<p>Lesson 5</p> <p>Taught in Summer 2</p>	<p>To understand the biology of conception.</p>	<p>sperm egg erection fertilise conception sexual intercourse relationship</p>	<p>Attention Grabber/Starter - Health Education – Government Statutory Guidance</p> <p>Pupils should know: About menstrual wellbeing including the key facts about the menstrual cycle</p> <p><u>Parents have the right to withdraw their child from the Main Event of this lesson.</u></p> <p>Other information: Some of this lesson goes beyond the requirements of the statutory guidance however the DfE recommends that it is good practice for children to understand how a</p>	<p>Falls under science (Yr5) describe the life process of reproduction in some plants and animals; researching gestation periods of other animals and comparing them with humans</p> <p>Teach boys and girl separately.</p> <p>Watch adapted video on menstrual cycle – different video for boys and girls – male and female voice</p> <p>Watch adapted conception video – woman’s voice for girls and men’s voice for boys</p>	

					<p>baby is conceived and born before going to secondary school</p>	
	<p>Taught in Summer 2</p>	<p>Lesson 6</p>	<p>To understand the development of the baby during pregnancy.</p>	<p>sperm egg erection fertilise conception sexual intercourse relationship pregnancy development commitment baby love care</p>	<p><u>Parents have the right to withdraw their child from this lesson.</u></p> <p>This lesson goes beyond the teaching requirements of the statutory guidance however the DfE recommends that: “all Primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupil. It should ensure both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the</p>	<p>Falls under science (Yr5) describe the life process of reproduction in some plants and animals; researching gestation periods of other animals and comparing them with humans</p> <p>Teach boys and girl separately.</p> <p>Pregnancy and birth video</p>

					National Curriculum for Science – how a baby is conceived and born” (point 67 page 23).	
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