PSHE Curriculum map – (Kapow scheme)

- **Autumn 1 – My Online World**
- **Autumn 2 – My Healthy Self**
- **Spring 1 – Connecting with Others**
- **Spring 2 – Staying Safe: Health and Protection**
- **Summer 1 – Growing Up: Sex Education**
- **Summer 2 – Citizenship**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	The online world: how do we spend time online?	**My healthy self: how can we look after our emotions?**	Connecting with Others: how can I help myself and others feel safe and happy?	Staying Safe: how can I stay safe?	Building relationships: Special relationships	Citizenship: how can I help others and the environment?
Year 2	The online world: how can we stay safe on line	**My healthy self:** :how can we look after our bodies	Connecting with Others: how can I build safe kind and caring relationships with others	Staying Safe: how can I make safe choices in different places	Health protection: How can I protect myself and others in daily life?	citizenship: how do people belong to a community and earn money
Year 3	The Online World: How Should We Communicate?	**My healthy self: How can I Take Care of My Body?**	Connecting with Others: What Hel[ps us Feel Safe and Included?	Health and Protection: How can we Prevent Illness and Injury and Respond if they Happen?	Citizenship: What careers do people choose and why?	Citizenship: What careers do people choose and why?
Year 4	The Online World: how can we decide what to Trust online?	**My healthy self: How can I make healthy choices?**	Connecting with Others: how can we respect each other?	Health and Protection: what signs help me recognize what is safe for unsafe?	growing up: how will my body and emotions change as I Grow Up	Citizenship: how can I spend money responsibly?
Year 5	The Online World: how am I Influenced by what I see online?	**My healthy self : How can I support my mind and body as I grow**	Connecting with Others: Why are healthy relationships important	Citizenship: how can we make a difference in our Communities and beyond?	Growing up: how can I manage the changes to my body and emotions as I Grow Up?	Citizenship: How can we be in control of our money

Year 6	The Online World: How do you I feel about the things I see online?	**My healthy self: how do my choices today shape my future health**	Connecting with Others: what does it mean to stand up for myself and others	Health and Protection: how can I stay safe as I Grow Up	sex education: how do people become parents and carers	Citizenship: how can we protect everyone's rights?