



Cranbrook
Primary School

RHE

KEY:

Highlighted Yellow= Teacher notes

Go to= Lesson from different Year Group

What is PSHE & RHE?

PSHE stands for Personal, Social, Health and Economic Education. RHE stands for Relationships and Health Education. Schools may use different names for these subjects.

The Kapow Primary scheme covers the full breadth of learning pupils need to stay healthy, safe and prepared for life. This includes:

- Personal.
- Social.
- Health.
- Economic.
- Relationships.
- Citizenship.

The scheme is organised into strands and key areas to ensure a broad and balanced curriculum.

Key areas group learning into meaningful themes and ensure that all statutory content is covered. The strands weave throughout all units, demonstrating how pupils develop lifelong skills in managing themselves, regulating their emotions, building positive relationships and thinking critically.

Together, the strands and key areas help pupils revisit important ideas over time, building their confidence and understanding in a structured way

Long-term plan- RHE

RHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS					Building relationships: My family and friends RHE lessons-- Lesson 1, 2, 3, 4, 5 and 6	
Year 1		Connecting with others: How can I help myself and others feel happy and safe? RHE lessons- Lessons 2, 3 and 4				Staying safe: How can I stay safe? RHE lessons- Lesson 2 and Year 2-Summer 2- Lesson 2: How can I keep my body safe? To recognise simple rules that help keep my body safe- NSPCC PANTS
Year 2		Connecting with others: How can I build safe, kind and caring relationships with others? RHE lesson- Lesson 2			Growing up: How can we look after and respect our bodies as we grow? RHE lessons- Lesson 1, 2, 3, 4, 5 and 6	Staying safe: How can I make safe choices in different places? RHE lessons- Lesson 1 and 5
Year 3	My healthy self: How can I take care of my mind and body? RHE lesson- Lesson 6	Connecting with others: What helps us feel safe and included? RHE lessons- Lesson 2,3 and 4			Health protection: How can we prevent illness and injury and respond if they happen? Release date- 21 st September 2026	Citizenship: What careers do people choose and why? Release date - 21 st September 2026 Year 4- Summer 1- Lesson 2: How will I grow and change during puberty? To explore how bodies change during puberty.

RHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4				Citizenship: How can I spend money responsibly? Release date - 21 st September 2026	Growing up: How will my body and emotions change as I grow up? RHE lessons: Lesson 2, 3, 4 and 6	Staying safe: What signs help me recognise what is safe or unsafe? RHE lessons- Lesson 5
Year 5		Connecting with others: Why are healthy relationships important? RHE lessons- Lesson 2, 4 and 5.			Growing up: How can I manage the changes to my body and emotions as I grow up? RHE Lessons: Lesson 3, 4, 5 (girls only) and 6	Citizenship: How can we be in control of our money? Release date - 21 st September 2026
Year 6				Citizenship: How can we protect everyone's rights? Release date - 21 st September 2026	Staying safe: How can I stay safe as I grow up? RHE lessons: Year 6- Lesson 5 Year 5- Summer 1- Lesson 1 and lesson 2	Health Education: Mutual respect and consent RHE lesson: Lesson 6

RHE	
EYFS	Summer 1- Building relationships: My family and friends (6 lessons) Developing an understanding of sharing, turn-taking and positive relationships. The children consider the qualities of a good friend, recognise how kind words affect others and work collaboratively to develop teamwork skills. Lesson 1: Festivals- Thinking about the perspectives of others in the class and learning about how different beliefs celebrate special times. Lesson 2: Sharing- Understanding why sharing is important. Lesson 3: What makes a good friend? Understanding the characteristics that make a good friend. Lesson 4: Being a good friend Learning the importance of supporting others by being kind. Lesson 5: Teamwork- Understanding the importance of perseverance in the face of challenge. Lesson 6: Celebrating friendships- Planning a party to celebrate the special friendships within the class.
Year 1	Autumn 2- Connecting with others: How can I help myself and others feel happy and safe? Identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships. Lesson 2: How do families show love and care for each other? To explore how families care for and support each other. Lesson 3: What helps me feel safe and cared for? – To understand that families should help me feel safe and cared for. Lesson 4: What is a friend? – To explain how to be a good friend. Summer 2- Staying safe: How can I stay safe? Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed. Lesson 2: What is safe for our bodies? To identify what is safe for our bodies.

Go to Year 2- Summer 2- Lesson 2: How can I keep my body safe? To recognise simple rules that help keep my body safe- NSPCC PANTS

Year 2

Autumn 2- Connecting with others: How can I build safe, kind and caring relationships with others?

Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe.

Lesson 2: How are families different and the same? To recognise that all families are different and special

Summer 1- Growing up: How can we look after and respect our bodies as we grow?

Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.

Lesson 1: How do we grow and change? To identify how we grow and change as we get older?

Lesson 2: How will I change as I grow up? To describe what people can do as they grow older.

Lesson 3: Do I make the rules about my own body? To express personal boundaries using simple language. *CT comment on child-on-child inappropriate touch

Lesson 4: How can I talk about my body? To talk about body parts correctly.

Lesson 5: How can we show respect for each other bodies? To talk about how to respect other people's belongings and bodies.

Lesson 6: Who can I talk to if I do not feel safe? To describe how to get help if you feel unsafe or uncomfortable.

Summer 2- Staying safe: How can I make safe choices in different places?

Understanding that unsafe situations at home and in public, including common hazards and behaviours that can make someone feel unsafe. Pupils identify when words, actions or touch are not okay, practise saying no and learn how and when to seek help from a trusted adult.

Lesson 1: What makes my body special? To understand that my body is special and belongs to me.

Lesson 5: What can I do if I cannot find my trusted adult? To understand what to do if I cannot find my trusted adult.

Autumn 1- My healthy self: How can I take care of my mind and body?

Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed.

Lesson 6 - When should I ask an adult for emotional support? To understand how to support ourselves and get help with our feelings.

Autumn 2 - Connecting with others: What helps us feel safe and included?

Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully. Pupils explore how families and friendships provide support, practise ways to repair friendships and identify different types of bullying and how to respond to them.

Lesson 2: What are personal boundaries? To identify my personal boundaries.

Lesson 3: What makes a family? To identify how families can spend time together and support each other.

Lesson 4: How can I be a good friend? To describe what makes a good friend.

Summer 1- Growing up: How will my body and emotions change as I grow up?

Year 3

Go to Year 4- Summer 1- Lesson 2: How will I grow and change during puberty? To explore how bodies change during puberty.

Summer 1- Growing up: How will my body and emotions change as I grow up?

Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.

Lesson 1: What are body boundaries? To explain what body boundaries are and how to communicate them.

Lesson 2- How will I grow and change during puberty? To explore how bodies change during puberty.

*Separate session for boys and girls-

Boys- Hygiene lesson Workshop- Lesson can be found on T-Drive

Girls- Lesson 4: What is a period? To explain what a period is and what happens when you have one. CT to edit Vocabulary for just girls.

Lesson 3: What emotional changes could I experience when growing up? To explain how to manage emotion and feelings during puberty.

Lesson 6: Who can I talk to about growing up and changes? To identify trusted adults and explain how they can help with worries about growing up and change.

Summer 2- Staying safe: What signs help me recognise what is safe or unsafe?

Developing personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency. Pupils identify safe ways to cross roads, explore the dangers of water and learn how to distinguish between medicines and harmful substances.

Year 4

Lesson 5: What drugs are safe or unsafe? To explain when drugs and medicines can be helpful, or harmful.

Year 5

Autumn 2- Connecting with others: Why are healthy relationships important?

Investigating identity, values and relationships by considering how experiences and beliefs can influence choices and behaviour. Pupils examine the role of commitment and support within families, identify where to seek help if home feels unsafe and develop strategies for building and maintaining healthy friendships.

Lesson 2: How do families show commitment to each other? To understand what commitment means and how it is shown in family relationships.

Lesson 4: What helps us make and maintain healthy friendships? To evaluate healthy and unhealthy friendships.

Lesson 5: How can we manage challenges in friendships? To develop and apply positive ways to respond to friendship challenges.

Summer 1- Growing up: How can I manage the changes to my body and emotions as I grow up? (6 lessons)

Understanding the physical and emotional changes that happen during puberty, including their impact on feelings, behaviour and relationships. Pupils explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty.

Lesson 3: How can we treat other with kindness during puberty? To recognise how to treat others with kindness during puberty.
Lesson 4: How can I manage my emotions and feeling during puberty? To identify emotions that may change during puberty and know who to talk to for support.
Lesson 5: What is a period? To describe what a period is and how to manage it. *GIRLS only
Lesson 6: How can I challenge behaviour which crosses personal boundaries?

Coming out- 21st September 2026

Summer 1- Staying safe: How can I stay safe as I grow up?

Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Pupils also consider how peer pressure, consent, boundaries, puberty and drug misuse can affect decisions and learn strategies to protect themselves and others.

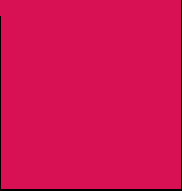
Year 6

Go to Summer 1- Year 5- Lesson 1: How will my body grow during puberty? To discuss the physical and emotional changes that happen during puberty. Lesson to be taught separately to boys and girls.

Go to Year 5- Summer 1 Lesson 2: How can I keep myself clean and hygienic? To explain how good hygiene helps me look after my body, including my private parts. Lesson to be taught separately to boys and girls.

YR6- Lesson 5: How can I stay safe when I feel peer pressure? To recognise and respond to peer pressure.

Summer 2- Health education: Mutual respect and consent? (1 lesson)



Pupils learn about mutual consent and how to respond respectfully towards others.

Lesson 6: What is consent? To understand what consent means.

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