



**Supporting resources for all year groups:**  
 PSHE association: <https://www.pshe-association.org.uk/>  
 Primary resources PSHE site: <http://www.primaryresources.co.uk/pshe/pshe.htm>  
 BBC education website PSHE: [http://www.bbc.co.uk/schools/websites/4\\_11/site/pshe.shtml](http://www.bbc.co.uk/schools/websites/4_11/site/pshe.shtml)  
 National curriculum guidelines on PSHE: <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>  
 Cornwall council healthy schools resources link: <https://www.cornwallhealthyschools.org/personal-social-health-education-pupil-voice/pshe-lesson-plans-and-resources/>  
 Inside out Pixar film (emotions and well-being) - joy, sadness, fear, disgust and anger.

24-25	Autumn		Spring		Summer	
<b>EYFS</b>	Self-regulation: My feelings	Building relationships: Special Relationships	Managing Self: Taking on Challenges	Self-regulation: Listening and Following instructions	Building relationships: My Family and Friends	Managing self: My Wellbeing
<b>Year 1</b>	Families and Relationships	Families and Relationships Health and Wellbeing	Health and Wellbeing Safety and the Changing Body	Safety and the Changing Body Citizenship	Citizenship Economic Wellbeing	Economic Wellbeing
<b>Year 2</b>					Citizenship	
<b>Year 3</b>				Citizenship Economic Wellbeing		
<b>Year 4</b>						Citizenship Economic Wellbeing
<b>Year 5</b>				Citizenship Economic Wellbeing		
<b>Year 6</b>		Health and Wellbeing			Citizenship Economic Wellbeing Identity	



Weyford PD - Key questions and resources

<b>EYFS</b>		
<b>Self-regulation: My Feelings</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What helps us understand how someone is feeling? Why are they feeling that way? When do you feel...? Can you use different words to describe how you're feeling? How do you think they are feeling? What can we do to make ourselves feel happier?	The Colour Monster by Anna Llenas Daisy's dragons: a story about feelings – Frances Stickley. My many coloured days – Dr Seuss. Mixed: An inspiring story about colour – Arree Chung. Rajiv's Starry Feelings – Niall Moorjani.  <a href="#">KAPOW unit: EYFS - Self-regulation: My Feelings</a>	How they and other people show these emotions - happy, sad, angry, calm, scared, loved emotions
<b>Building Relationships: Special Relationships</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Would you like to tell me about the people in your family? Why is it important to have special people in our lives? Why is sharing important? Why might sharing be difficult? What do you enjoy? How does your interest, hobby or favourite thing make you feel? What similarities and differences you can spot?	A Family Is A Family Is A Family by Sara O'Leary Our Class is a Family by Shannon Olsen Families, Families, Families! By Suzanne Lang Daddy, Papa, and Me by Leslea Newman Heather has Two Mummies by Leslea Newman The Great Big Book of Families by Mary Hoffman My Family's Changing by Pat Thomas Two Homes by Claire Masurel And Tango Makes Three (a true story) by Peter Parnell and Justin Richardson  Photos of family members <a href="#">KAPOW unit: EYFS - Building Relationships: Special Relationships</a>	Families can look different- They are all special and valuable



<b>EYFS</b>		
<b>Managing Self: Taking on Challenges</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Why do we have rules in school/the classroom? How would we feel if there were no rules? How might you solve that problem? How do you feel now you have finished that task? How might you feel when you face a challenge?	Turn taking games List of school/class rules Den building equipment  <a href="#">KAPOW unit: EYFS - Managing Self: Taking on Challenges</a>	New skills that will help them show resilience and perseverance in the face of challenge
<b>Self-regulation: Listening and Following Instructions</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Why is it important to listen carefully? Why is it important to tell the truth? How might you feel if someone was saying things about you that weren't true? Was it difficult to remember all the instructions? Why is it important to keep trying when things are difficult?	Familiar texts to the children e.g. fairy tales Items to create an obstacle course Blindfolds  <a href="#">KAPOW unit: EYFS - Self-regulation: Listening and Following Instructions</a>	It is important to be an honest, thoughtful and resilient active listener who can respond to instructions



<b>EYFS</b>		
<b>Building Relationships: My Family and Friends</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Why is sharing important? Why might sharing be difficult? How does it make you feel when others share with you? How does it make other people feel when we share with them? What makes a good friend? Why might it be difficult always to be a good friend? How does it feel when someone is kind to you? How can we make sure others feel happy, appreciated and loved? How can you work together as a team to complete the challenge?	Images of different festivals/celebrations Photos of children celebrating different festivals/celebrations  <a href="#">KAPOW unit: EYFS - Building Relationships: My Family and Friends</a>	Characteristics of being a good friend: kind, a good listener, shares, fun, gentle, helps, takes turns and is honest
<b>Managing Self: My Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Why is it important to look after ourselves? How does your body feel when you exercise? How can you stretch and move your body? Why is it important to...e.g. clean our teeth, look both ways when crossing the road, eat a balanced diet?	Route for a local walk which includes crossing roads Range of food <a href="#">KAPOW unit: EYFS - Managing Self: My Wellbeing</a>	It is important to look after our bodies by exercising, relaxing, eating a healthy balanced diet, cleaning our teeth and sleeping How to cross the road safely



<b>Year 1</b>		
<b>Families and Relationships</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What is a family? Who is in your family? How do you show respect to your family? How does your family show respect to you? Who are your friends? What do you like to do with your friends? What makes a good friend? What can we do to overcome problems in friendships? How do your friends make you feel respected? What is friendly behaviour? What is not? How could you help someone feeling sad? How can we work as a team and share our ideas respectfully? What should you do when uncomfortable with another person's behaviour or actions? What is a stereotype? Why is it wrong to judge someone based on what they look like?	Pictures of families in your class <a href="#">KAPOW unit: Year 1 - Families and Relationships</a>	Families can be made up of different people. Friends are people we like and want to spend time with. We sometimes fall out, but we can overcome problems. People can have stereotyped ideas about boys and girls If you need help, talk to a trusted adult at school or at home
<b>Health and Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What makes you happy, worried, sad or angry? Who can help you? Why is sleep important? How do you feel when you have not had much sleep? What do you do before bedtime to help prepare you for sleep? What does being relaxed feel like? What happened to the glitter on our hands? So, what happens to germs on our hands? How do we wash our hands properly? Why do you need to be careful in the sun? How do we stay safe in the sun?	Where are you Blue Kangaroo by Emma Chichester Clark Quick as a Cricket by Audrey Wood Arrange for local people who help us to stay healthy (e.g. doctors, nurses, dentists, opticians etc.) to come in and speak to the children about their jobs. <a href="#">KAPOW unit: Year 1 - Health and Wellbeing</a>	How to look after our bodies: Washing hands gets rid of germs, 5 s's in the sun – <b>slip</b> (on a t-shirt), <b>slop</b> (on sun cream), <b>slap</b> (on a hat), <b>shade</b> , <b>sunglasses</b> , getting enough sleep, using relaxation techniques Different situations make us feel different emotions



<p>What is an allergy?                  What can people be allergic to?                  What jobs do people do to keep us healthy? How do they help us to stay healthy?</p>		<p>Some people are allergic to different food, animals or plants                  Some people have jobs which help us to stay healthy</p>
<p><b>Year 1</b></p>		
<p>Safety and the Changing Body</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>Who are the adults that work in our school?                  What should you say/do in this situation?                  Who are the adults we meet outside school?                  How do we talk to the adults in these different situations?                  What is a stranger? Why should we be cautious around strangers?                  How does it feel to be lost? How can you avoid getting lost?                  What is an emergency? Who are the emergency services?                  What number do I call in an emergency? What information do I need to give?                  What is physical contact?                  What physical contact do you like/ not like?                  What kinds of physical contact are never acceptable?                  What goes into our bodies? What goes onto our bodies?                  What hazards are there in houses?                  What jobs do people do to keep us safe? How do the people doing these jobs keep us safe?</p>	<p>Photographs of people who work in school that children will know  <a href="#">KAPOW unit: Year 1 - Safety and the Changing Body</a></p>	<p>In an emergency, use a phone to call 999 and ask for the emergency service you need</p> <p>When you are out, stay close to the adult you are with. If you get lost, look for an adult you trust e.g. a police officer or someone who works in a local shop</p> <p>If someone touches you in a way you do not like, you can say no</p> <p>We should only take medicines that an adult we trust gives us</p>



<b>Year 1</b>		
<b>Citizenship</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What rules do we have in our classroom? What other rules do we have in school? Why might some rules be different? What might happen if there were no rules in school? Do you think you would like a school with no rules? What do pets need? How do we care for pets? Questions about babies/ younger children – clothes, sleeping, toys, food, cleaning What makes you who you are? What is the same about us? What is different about us? Which groups have we chosen to belong to? Which groups do we just belong to without choosing? Is this a fair way of choosing? Why was voting a good way of choosing?	Non-fiction books about pets We All Belong by Nathalie Goss. <a href="#">KAPOW unit: Year 1 - Citizenship</a>	We have rules at school to keep us safe and to learn. We are all unique but we have some things which are similar to other people Babies and younger children have different needs. We can help to look after them. If we have a pet, we have a responsibility to look after it. Voting for something is a fair way to make a decision
<b>Economic Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What is money? When do people use coins and notes? Why is it important to keep money safe? Why do people use banks? How could someone save money? Why might someone need to save money? What is a job? Why do people have jobs? What would you like to be when you grow up?	Coins and notes Spend it! by Cinders Mcleod Save it! by Cinders Mcleod Why money matters – Little Experts Book 1 by Deborah Meaden. ‘The Great Pet Sale,’ by Mike Inkpen <a href="#">KAPOW unit: Year 1 - Economic Wellbeing</a>	People use money to buy things they want and need It is important to keep money safe Banks help keep money safe People have jobs to earn money



<b>Year 2</b>		
<b>Families and Relationships</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Who makes up a family? What are the positive characteristics of a family? What different types of families are there? How are families different? How are families the same? How do we show our feelings on the outside? How do we know how our friends are feeling? What should you do if a friendship is making you feel unhappy? What do you do if you feel uncomfortable with another person's actions? How do you tell your friends they have upset you? How do we show respect? How do our manners change in different situations? How might we feel when someone dies? How can memories help us feel better? Should someone's gender affect the job that they choose to do?	Familiar books that feature different family setups and challenges/no challenges e.g. Owl Babies, Cinderella, Alfie and Annie Rose books, Charlie and The Chocolate Factory. The Family Book by Todd Parr On Sudden Hill by Linda Sarah and Benji Davies Badger's Parting Gift by Susan Varley. <a href="#">KAPOW unit: Year 2 - Families and Relationships</a>	Families support and care for each other Other people's families might look different to yours, but that's OK Good memories can help us feel better if we can't see someone anymore We can decide what we job we want and being a girl/boy should not affect what we choose We can see how someone is feeling, by their body language Childline: 0800 1111
<b>Health and Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
How can you tell how someone is feeling? When have you felt this way? How might we feel in different situations? How can our feelings affect our bodies? Why is it important to be aware of how other people are feeling?	Inside Out The Magical Yet by Angela DiTerlizzi Three empty, cleaned-out eggshells Three cups with a sticky label on each Water	We can have more than one feeling at a time How we are feeling can affect our bodies inside and out



Weyford PD - Key questions and resources

<p>What types of physical activities can we do?                  How does physical activity make us feel?                  Why is relaxation important? What can we do to relax?                  How do we feel when things are not going well?                  How do we feel when we succeed at something?                  How did you get better at...?                  How might someone with a fixed mind-set approach the challenges you looked at today?                  How might someone with a growth mind-set approach them?                  Why is it important to eat the right amount of each food type?                  How could we have a variety of foods in this dish?                  What is good for my teeth?                  What should I avoid to keep my teeth healthy?</p>	<p>Two high-sugar drinks, such as cola, lemonade, juice or squash</p> <p><a href="#">KAPOW unit: Year 2 - Health and Wellbeing</a></p>	<p>We can practise and set goals to get better at something                  We sometimes need to keep trying to achieve a goal                  Breathing exercises can help us to relax</p>
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**Year 2**

Safety and the Changing Body

Key Questions	Resources	Know and remember
<p>What do we do on the internet?                  What can we do nowadays that we could not before the internet was invented?                  How have things changed for the better since the internet?                  What should you do if something ‘pops-up’ on your screen?                  What should you do if you see something that makes you uncomfortable?                  What other rules do you know about staying safe online?                  What is a surprise? How do surprises make us feel?</p>	<p>Variety of internet applications e.g. YouTube, Microsoft teams                  I Choose To Say No by Elizabeth Estrada                  NSPCC - Pantosaurus  <a href="#">KAPOW unit: Year 2 - Safety and the Changing Body</a></p>	<p>The internet helps us in lots of ways, such as keeping in touch with people and finding out information.                  We need to be careful about what we share with people online.</p> <p><i>Remember the <b>PANTS</b> rule:</i>  <b>P</b> - Privates are private.  <b>A</b> - Always remember your body belongs to you.  <b>N</b> - No means no.  <b>T</b> - Talk about secrets that upset you.  <b>S</b> - Speak up - someone can help.</p>



Weyford PD - Key questions and resources

<p>What is a secret? What is the difference between a secret and a surprise?</p> <p>What are the names of some of the parts of our body?</p> <p>What does the word 'private' mean?</p> <p>Who do our private parts belong to?</p> <p>What is a safe touch? What might be an unsafe touch?</p> <p>What can we do if someone is touching us in a way we do not like?</p> <p>What are the ways to say 'no' to someone respectfully?</p> <p>Can people change their mind about giving permission to someone?</p> <p>How can you tell if someone doesn't like it when you get close?</p> <p>How can you show respect other people's wishes for body boundaries?</p> <p>How can you stay safe when walking?</p> <p>What are safe crossing places?</p> <p>What rules do you need to follow to cross the road safely?</p> <p>How do you feel when you are ill?</p> <p>What makes you feel better when you are ill?</p> <p>What medicines have you heard of?</p> <p>Where do we get medicines?</p>		
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<b>YEAR 2</b>		
Citizenship		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>What is a rule? How are rules created?                      Where else do we have rules?                      Which rules did you find that were different?                      Why might there be these differences?                      How does a messy environment make us feel? How does a tidy environment make us feel?                      What do we like about our school environment? What could be improved about our school environment?                      Why do you think this change would improve the school?                      Who looks after our school environment?                      What kind of things do they do to help look after the school environment?                      What can you see that you like in the local area?                      Who helps to look after it?                      What is a community?                      What jobs do people do to help our local community?                      What makes us who we are?                      Are there any people or groups of people in your local community who are different to you? In what way?                      What does each group bring to our local community?                      What do you know about a school council?                      How can children share their ideas if they are not on the school council?                      What would the school council be like if it was not chosen democratically?</p>	<p>Photos of people in your school who look after the environment                      Photos of the local area                      A list of local community groups that the children may be familiar with (e.g. different religious groups, older people, clubs and societies)  <a href="#">KAPOW unit: Year 2 - Citizenship</a></p>	<p>We can all help to take care of our class and school environment                      There are people in the local community who are like me and who are different to me                      Rules are there for lots of reasons – to keep us safe, to help people get on with each other or to keep a place tidy                      The school council is there to share ideas on ways to make the school a better place for everyone                      We can all share our opinions and should respect other’s opinions</p>



Weyford PD - Key questions and resources

<b>Year 2</b>		
<b>Economic Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>What is a job? How do people get paid?                      How do adults get money?                      What are needs?                      What do people need to survive?                      What is a want?                      How do people pay for the things they want?                      What is a bank account? Why do people need a bank account? How can people use bank accounts?                      What is a bank account card? Why do people need bankcards? How can people keep their bankcards safe?                      What are skills? What skills do you have? How do people develop skills?                      What makes you unique?                      How does it feel to be left out or be treated unfairly?                      What can we do to help make people feel included?                      What should our classroom look or feel like to include everyone?                      Why is it important to celebrate diversity and make people feel welcome?</p>	<p>The Coin Counting Book by Rozanne Lanczak Williams                      My Needs and Wants by Diyan Leake                      The world needs who you were made to be by Joanna Gaines                      Whose Hat is This? by Sharon Katz Cooper                      All are welcome here by Alexandra Penfold and Suzanne Kaufman</p> <p><a href="#">KAPOW unit: Year 2 - Economic Wellbeing</a></p>	<p>Adults might have different oncome sources                      A need is a must have and a want is something people would like                      When people have paid for what they need, they might have enough money left for things they want                      Everyone has different skills, and we are all unique                      Equal opportunities mean that everyone has a fair chance at doing things they want and are treated with kindness and respect</p>



<b>Year 3</b>		
<b>Families and Relationships</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>What problems might a family have?                      How might they overcome problems?                      What problems might occur in friendships?                      How can we sort out problems in friendships?                      Can you think of any instances of where bullying might happen online?                      How does bullying affect people?                      What can we do if we are being bullied?                      What is communication?                      How can we communicate?                      What is active listening?                      Who can we trust?                      Why do we trust these people?                      Who might we need to think about carefully before we trust them?                      How is everyone different and special in their own way?                      What is a stereotype?                      What does gender mean?                      Are the stereotypes correct, or could anyone play with the toy?                      What could manufacturers and shops do to overcome the stereotypes?                      What stereotypes exist about older people?                      Are these stereotypes true?                      Why might these stereotypes be a problem?</p>	<p>A selection of toy catalogues or printouts of toys from internet sites. Include some toys that are designed for babies and small children.  <a href="#">KAPOW unit: Year 3 - Families and Relationships</a></p>	<p>Families sometimes experience problems and if they can't solve these themselves, there are other people who can help                      Violence is not an answer to friendship problems                      Bullying can be physical or emotional and is repeated                      Bullying can happen online as well as face-to-face                      Stereotypes can have a negative impact as they can make people think they cannot do certain things</p>



<b>Year 3</b>		
<b>Health and Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What type(s) of food would you need when being very active? What do different food groups do for our bodies? Do you use more energy on some days than others? How might this change the food that you would need? What healthy choices have we made recently? Why might making healthy choices be difficult sometimes? Why is relaxation important for our bodies? What might we do to help our bodies relax? What different groups do you belong to? Who are you? What groups do you belong to? What do you have in common with others? What are our strengths? How could we use our strengths to help others? How can a problem be broken down into smaller goals to achieve it? What is the purpose of this? How else can we use this strategy? How can we solve problems or overcome challenges? What should you always do before you hug someone? What does 'no' mean? When might they say it? How else could it be said? What can happen if you do not look after your diet or dental health? How could that make you feel? What is meant by a 'balanced diet'?	The Owl who was Afraid of the Dark by Jill Tomlinson Don't Hug Doug (He Doesn't Like it) by Carrie Finison <a href="#">KAPOW unit: Year 3 - Health and Wellbeing</a>	Lots of things make up our identity, including the groups we belong to We all have different strengths, and we can use these to help others Breaking down problems can help us to solve them Belonging can help us feel happy We need foods from different groups to keep us healthy



<p>What benefits do you get from each food group?                  How does eating a balanced diet make your body feel?                  How does eating a balanced diet affect your teeth?                  How does eating a balanced diet affect your mind?</p>		
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**Year 3**

**Safety and the Changing Body**

<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>What should you always do first when faced with an emergency? Should you immediately approach when there is an emergency? Why/why not?                      In an emergency, what hazards might you be faced with?                      What might it feel like to be bitten or stung? What type of injury might a bite or sting leave?                      In what ways could you comfort someone and keep them calm if they were injured? Why is it important to keep a casualty calm?                      What are emails? How can you show emotions in an email? Is it easier or more difficult than talking face to face? What should we do if we receive unkind emails?                      How do people communicate with others when online?                      Why is it good to be able to communicate online?                      What is cyberbullying?                      What should you do if someone is being unkind online?                      Why do people send fake emails?                      What clues are there that an email might be fake?                      What can you do when you spot an email that looks fake?                      What choices do you make?                      What choices are made for you?</p>	<p>Would You Rather by John Burningham   <a href="#">KAPOW unit: Year 3 - Safety and the Changing Body</a></p>	<p>Some people can have an allergic reaction to a bite or sting. If this happens, you need to get help as soon as possible                      Some emails are fake, and we should not reply or click on links if we do not know who they are from                      If you receive a suspicious email, mark it as spam, delete it or report it to an adult                      There are some choices we can make for ourselves, and other things will be decided for us</p>



Weyford PD - Key questions and resources

<p>What would you choose for yourself if you could have anything?                  Who influences your choices?                  How can you make good choices?                  What are the rules for keeping safe near the roads?</p>		
<p><b>Year 3</b></p>		
<p>Citizenship</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>What is the UN Convention on the Rights of the Child?                  How do we benefit from the rights of the child?                  How can we help others benefit from the rights of the child?                  What responsibilities do adults have with children’s rights?                  What responsibilities do children have with their rights?                  What does ‘environment’ mean?                  How do we help keep our surroundings clean, safe and pleasant to live in?                  How do people try to protect the environment?                  What are the benefits of recycling?                  How does recycling work at home?                  How does recycling prevent rubbish from going to landfill?                  How does recycling help save natural resources?                  What does ‘community’ mean?                  What would happen if one of the community spaces were no longer there? Who would it affect and how?                  How are some of the community groups similar?                  How are some of the community groups different?                  How are the places in the community used by different groups?</p>	<p>The name of one or more local councillors.                  Local council website.                  Photo(s) of local councillor(s)  <a href="#">KAPOW unit: Year 3 - Citizenship</a></p>	<p>Recycling materials helps the environment by reducing rubbish in landfills                  The United Nations has created a set of rights for children in those countries who have agreed to sign up to them                  Adults and children have a responsibility to make sure children enjoy their rights                  The council looks after the local area and makes decisions                  People vote for the people they want to be on the council during an election                  If people decide to break rules there are likely to be consequences</p>



Weyford PD - Key questions and resources

<p>How could our school get more involved in the local community?                  How does democracy work in our school?                  How does democracy work in our area?                  How do councillors decide what to spend money on?                  Do you think that the consequences of breaking rules at school are fair?                  What might happen if there were no consequences?                  Which works best: positive consequences for following a rule or negative consequences for breaking a rule?                  Which is more likely to persuade people to follow the rules?</p>		
<p><b>Year 3</b></p>		
<p>Economic Wellbeing</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>What do you need to consider when planning buying something?                  Why do you think having a budget is helpful?                  Can you think of a time when you changed a difficult feeling into a more positive one? What did you do?                  How does understanding our emotions help us to manage our feelings when dealing with money?                  How does making a positive spending choice affect others and the environment?                  Why do people select certain jobs?                  Do you think there are any jobs that only one gender can do? Why or why not?                  Should a person’s gender matter when choosing a job? Why or why not?</p>	<p>When I grow up, what am I gonna be? by Zoe Zaza  <a href="#">KAPOW unit: Year 3 - Economic Wellbeing</a></p>	<p>Money can cause different feelings and emotions. These feelings may change over time                  It is important for a person to choose a job that matches their skills and interests                  Sometimes people think some jobs are only for males or for females. This is untrue: anyone can do a job they are qualified for                  A budget helps to plan how to save and spend money</p>



<b>Year 4</b>		
Families and Relationships		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>How do manners change in different situations?                      Why do good manners help us?                      How do we communicate assertively?                      Why are personal boundaries important?                      What boundaries are there in friendships?                      What boundaries are there for online friendships?                      How can one action affect others?                      Are other people more likely to behave positively towards you if you try to be kind to them? Why?                      How does bullying make people feel?                      Why might someone become a bully?                      What should we do if we see bullying happening?                      How can we challenge gender stereotypes?                      How do others influence people?                      What do we understand about the term 'disability'?                      How might stereotypes affect people with disabilities?                      What is family life like in other countries?                      How can we help someone who has experienced a bereavement?                      What can we say to someone following a bereavement?</p>	<p><a href="#">KAPOW unit: Year 4 - Families and Relationships</a></p>	<p>Gender stereotypes can have an impact on how people see themselves and what they think they can do                      Families in different parts of the world have different ways of living                      Everyone should be respected especially people who have a position of authority                      People have different boundaries, and we should respect them                      Your body belongs to you, and you have the right to decide what happens to it</p>



Weyford PD - Key questions and resources

<b>Year 4</b>		
Health and Wellbeing		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What key messages about dental health do we want to share? How can we share information effectively? How do you feel when you are calm? What places make you feel calm? How do you feel if you make a mistake? Why are mistakes useful? What can you do if you make a mistake? What skills would be useful across a range of jobs that you can start developing in school? What skills do you have? Why are different emotions useful? How can emotions change over time? What can people do to maintain or increase their happiness? What does it mean to have a problem with your mental health? Where can you get help when you have a problem with your mental health?	The Most Magnificent Thing by Ashley Spires The huge bag of worries by Virginia Ironside How are you feeling today? by Molly Potter The Colour Thief by Andrew Fusek & Polly Peters A boy called Hope by Lara Williamson <a href="#">KAPOW unit: Year 4 - Health and Wellbeing</a>	We can all learn new skills We can learn from our mistakes Different things make different people happy Emotions can be positive and negative, and we need to learn to deal with both Sometimes, people have problems with their mental health. If they do, there are people who can help them
<b>Year 4</b>		
Safety and the Changing Body		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Why are there age restrictions in place for different activities? What age restrictions are there in the United Kingdom for being legally allowed to do different activities? What age restrictions surprised you?	Secrets and Surprises: Learning the Difference Between Secrets and Surprises (Little big Chats) by Jayneen Sanders <a href="#">KAPOW unit: Year 4 - Safety and the Changing Body</a>	Age restrictions are there to protect children Some adults choose to smoke tobacco and this can harm their bodies



<p>How quickly can information spread without using the internet?</p> <p>How quickly can information spread using the internet?</p> <p>How would you feel if the information shared about you was not positive?</p> <p>How can people report personal information concerns and get support with online privacy issues?</p> <p>What should you do if someone does not remove content when you have explicitly asked them to?</p> <p>What are the risks of sharing things over the internet?</p> <p>What is private? What is public?</p> <p>What is the difference between a secret and a surprise?</p> <p>What should you do if you ever feel worried about someone?</p> <p>What should you do if an adult makes you feel uncomfortable?</p> <p>How does an internet search engine work to find information?</p> <p>What search engines have you heard of?</p> <p>Are all websites reliable? Are all websites useful?</p> <p>Is the first website in a list always the best?</p> <p>What physical changes can people expect, as they get older?</p> <p>In what ways are people different to when they were younger?</p> <p>What can people do when they get older that they could not do before?</p> <p>How will my body change growing up?</p>		<p>Surprises are positive, as they are usually something nice. Secrets are often negative as they are things people want to hide</p> <p>When you look for information online, think about whether the information is reliable</p> <p>Search engines do not always list the most useful or reliable results first</p> <p>Sharing information or images on the internet is risky</p>
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<p>Why is good personal hygiene important as people grow and change?                  How might people change or develop emotionally?                  What is smoking? Are there smoking laws?                  What is tobacco? What is a cigarette? What is an e-cigarette?                  What is vaping? How is vaping harmful? Why do some people choose to vape?</p>		
<p><b>Year 4</b></p>		
<p>Citizenship</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>What are human rights?                  Why are rights important?                  Why is reusing better than recycling?                  How does reusing things benefit the environment?                  What other benefits come from reusing something?                  What community groups are there in our town/county?                  What community group would you start?                  What would the world be like if we were all the same?                  How do different groups contribute to a society?                  What is it like being a local councillor?                  How do local councillor surgeries work?</p>	<p>A list of community organisations in Bordon/Hampshire/South  <a href="#">KAPOW unit: Year 4 - Citizenship</a></p>	<p>The United Nations developed a set of human rights for everyone                  Reusing things is better for the environment because it reduces waste and means less new things need to be made                  A community can be a group of people with something in common                  People can set up their own community groups to help in a certain area                  Local councillors represent local people, and a big part of their role is to make things better for people in their local area</p>



<b>Year 4</b>		
<b>Economic Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>How might your feelings or needs affect your decision to buy something?</p> <p>Why is it important to know how much money you might have?</p> <p>Why is it beneficial to keep track of your money?</p> <p>Why is it important to monitor your bank account?</p> <p>What factors do you think are helpful when making a career choice?</p> <p>How can these influences affect someone’s decision about their career?</p> <p>What career might you have in the future?</p> <p>Do you think this will be your only career?</p> <p>Why might someone want to change their career?</p> <p>How do you think someone chooses a new career?</p> <p>Why is it important to challenge stereotypes?</p> <p>What can we do if we see stereotypes being used in the workplace?</p> <p>How can treating people fairly and respectfully help challenge stereotypes?</p>	<p><a href="#">KAPOW unit: Year 4 - Economic Wellbeing</a></p>	<p>Keeping track of money is important to make sure you have enough money for what you need</p> <p>Career choices are shaped by different influences.</p> <p>Throughout their life, people might have multiple jobs or careers due to personal choices, changing circumstances or shifts in the world of work</p>



<b>Year 5</b>		
<b>Families and Relationships</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
Why do we have friends? What makes a good friend? What difficulties might we experience in friendships? How can we overcome problems in friendships? What different types of weddings/marriages are there? What does marriage mean to some people? Why do some people decide to get married? Who do you respect and why? Do you respect yourself? What positive things happen in families? What might make someone feel unhappy or unsafe? Why should we not keep secrets if others are unhappy about something? Why might someone bully somebody? What can bystanders do? What stereotypes do you think exist about race and religion? Why are stereotypes negative and destructive? How could stereotyping lead to discrimination?	Clip from the film, Toy Story, where Woody pushes Buzz out of the window <a href="#">KAPOW unit: Year 5 - Families and Relationships</a>	Some people bully others because they have their own problems, and they need help and support to overcome their problems If you are aware of bullying, it is important to try to help and not be a bystander Problems in friendships can be overcome and sometimes the friendship can be stronger afterwards People can decide if they want to get married or not Everyone is different and it is important to recognise our positive attributes If you are worried about something that is happening to you or a friend, you should talk to an adult you trust



<b>Year 5</b>		
Health and Wellbeing		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What causes us stress or worries? What relaxation techniques have we used? What is meditation? How might it help us? What helps us sleep well? How does it feel when we find something difficult or fail the first time? How can being positive help? What would you like to achieve? How are you going to achieve this? What choices do we have in different situations? Where can we find nutritional information about food? How can we check if a meal is healthy? What can UV rays do to my skin now and in the future? Why don't people always follow advice about sun safety?	The Grand Hotel of Feelings by Lidia Brankovic. Listening to My Body by Gabi Garcia.  <a href="#">KAPOW unit: Year 5 - Health and Wellbeing</a>	As we get older, we take on more responsibility for our own health Finding things hard and failing can be uncomfortable but they are a part of learning Having goals can help us achieve things and we will sometimes need to break these down into steps We all experience different feelings, and we can decide how we are going to react to them
<b>Year 5</b>		
Safety and the Changing Body		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
How are online friends different? Legally, how old do you need to be to have most social media accounts? What might happen to the information you share online?	<a href="#">KAPOW unit: Year 5 - Safety and the Changing Body</a>	Explain the physical and emotional changes you go through during puberty



Weyford PD - Key questions and resources

<p>What should you do if others share your information or images without your consent?                  Why might it not be a good idea to share photos or private information online?                  What parts of the body will change as you grow into adults?                  What is a period? What do girls do during their periods?                  What changes do boys go through during puberty?                  What non-physical changes happen during puberty?                  What can we do to help manage our emotions during puberty?                  How could we reassure a casualty until further help arrives?                  Why is it important to try to reassure and calm a casualty?                  What choices can you make now that you could not make when you were younger?                  How might your daily choices continue to change, as you get older?                  Who and what influences our decisions?                  What do we need to think about before making a decision?</p>		<p>Before sending online messages, remember:</p> <p><b>THINK</b></p> <p>T - Is it true?                  H - Is it helpful?                  I - Is it inspiring?                  N - Is it necessary?                  K - Is it kind?</p>
<p><b>Year 5</b></p>		
<p>Citizenship</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>What is the law?                  What happens if someone breaks the law?</p>	<p><a href="#">KAPOW unit: Year 5 - Citizenship</a></p>	<p>Laws are decided in Parliament and are there to help the country run smoothly</p>




Weyford PD - Key questions and resources

<p>How can individuals reduce their use of materials and energy?                  How can the government and businesses reduce the use of materials and energy?                  Who has more responsibility: the government and businesses or individuals?                  How does Parliament work?</p>		<p>Parliament is made up of The House of Commons, The House of Lords and the Monarch                  The Government are elected by people and they decide how the country will be run</p>
<p><b>Year 5</b></p>		
<p>Economic Wellbeing</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>What are the benefits of being thoughtful about spending decisions?                  What might happen if you do not budget properly?                  When you take a loan, what promise are you making?                  Why is it important to pay back loans on time?                  What could happen if you do not return the borrowed money on time?                  When might taking a loan not be a good idea?                  Why is it important to discuss online purchases with a parent or guardian?                  What can happen if we do not understand what we buy online?                  How can we make smart decisions about such purchases?                  Why is it important to consider both skills and interests when thinking about a career?</p>	<p><a href="#">KAPOW unit: Year 5 - Economic Wellbeing</a></p>	<p>Prioritise spending money on your needs to make money last longer                  Sometimes people borrow money that eventually needs to be paid back                  Be careful spending money online; check with a trusted adult to avoid scams                  Income and expenditure can help a person budget and plan spending</p>



<b>Year 6</b>		
<b>Families and Relationships</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
How can we earn respect? How do you want others to show their respect for you? How do gender stereotypes affect us? What can we do to change stereotypes? How do we challenge someone on their view? How can we share information on stereotypes? What is conflict? When might a conflict occur? How can conflicts be resolved? When should a conflict be reported? What emotions might we experience when someone dies? How do people react to grief?	Michael Rosen’s Sad Book <a href="#">KAPOW unit: Year 6 - Families and Relationships</a>	Grief is a process we go through when someone dies. It is different for everyone and we might need support from other people to help us deal with it Respect is an important part of relationships and we need to show others respect if we want them to respect us Stereotypes can have negative consequences but they can be challenged
<b>Health and Wellbeing</b>		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
What do we know about health? What do we do to keep healthy? How does technology affect our physical and mental health? What pressures can technology place on people? What strategies can people use to reduce the negative impact of technology? What is resilience? Why is resilience important? How do people show resilience?	<a href="#">KAPOW unit: Year 6 - Health and Wellbeing</a>	If you are worried about your health, talk to a trusted adult Vaccinations prevent us from getting diseases that can make us very ill We can have good and bad habits. It can be hard to start good habits and hard to stop bad habits Strategies to improve resilience



<p>What strategies can you use to manage difficult emotions?                  How can we help prevent illnesses?                  How does vaccination work?                  How can people take responsibility for their own health?                  What are good and bad habits? What are the consequences of habits?                  What should someone do if they notice changes in their body/health?</p>		
<b>Year 6</b>		
Safety and the Changing Body		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>Why do some adults choose to drink alcohol?                  Why do some adults choose not to drink alcohol?                  Have you seen someone act differently after drinking alcohol?                  Do people ever pretend to be someone else when they are not online?                  What should you do if someone online makes you feel uncomfortable? What happens when a report is made against someone?                  What are the correct names for the parts of the body?                  What does consent mean?                  What is meant by 'choking'?                  What might cause choking?                  What precautions can we take to prevent choking from happening?                  What does it mean if someone is unresponsive?                  How do you know if someone is unresponsive?                  How do you know if someone is breathing?</p>	<p><b>You will need to consult parents before teaching Lesson 5: Conception and Lesson 6: Pregnancy and birth and 6 to discuss the contents of these lessons – Parents have the right to withdraw their children from these two lessons</b></p> <p><a href="#">KAPOW unit: Year 6 - Safety and the Changing Body</a> -</p>	<p>Adults decide if they want to drink alcohol or not                  There are risks related to drinking alcohol                  If someone is choking , we can help with back blows or tummy thrusts                  If someone is unresponsive but breathing, put them in the recovery position</p>  <p>Respecting people online is as important as respecting them face to face</p>



<b>Year 6</b>		
Citizenship		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>What do we understand about human rights?                  Why is education important?                  What did people do to campaign against discrimination in the past?                  What do you think about the way protests were conducted (i.e. non-violent)?                  What do you think about prejudice and discrimination now in the UK? Do you think it still exists?                  How can you help overcome prejudice and discrimination?                  What have people with protected characteristics contributed to society?                  How does the Government work?                  What would we do if we were a minister in the Government?                  How does the Government pay for the things they do?</p>	<p><a href="#">KAPOW unit: Year 6 - Citizenship</a></p>	<p>Human rights are for everyone and they affect our everyday lives                  The right to an education is a human right. In some countries, this right isn't available for everyone and people are trying to change this                  Prejudice and discrimination can happen for a number of reasons                  The Equality Act is the law which helps stop discrimination                  The Government has ministers who are responsible for different things</p>
Economic Wellbeing		
<b>Key Questions</b>	<b>Resources</b>	<b>Know and remember</b>
<p>What influences feelings about money?                  How can feelings about money change over time?                  What does a strong password look like?                  Why is it important to use a safe for storing valuable items?                  What should you do if you think someone knows your password?</p>	<p><a href="#">KAPOW unit: Year 6 - Economic Wellbeing</a></p>	<p>The amount of money a person has changes throughout each stage of their life. This affects how they handle it</p>



Weyford PD - Key questions and resources

<p>How might your financial responsibilities change during secondary school?                  Why is it important to consider individual circumstances and backgrounds when discussing money management?                  How can budgeting help you even if you do not have a regular income?                  What is gambling?                  What risks and consequences are associated with gambling?                  How can someone adopt a responsible attitude towards gambling?                  Why do we have laws about gambling? What are the consequences for breaking these laws?                  What does the word 'career' mean?                  Why is it important to explore different career routes?</p>		<p>Privacy is not just about keeping secrets; it is also about self-protection                  Age restrictions safeguard young people and promote responsible gambling                  Everyone's financial situation is different</p>
<p><b>Year 6</b></p>		
<p>Identity</p>		
<p><b>Key Questions</b></p>	<p><b>Resources</b></p>	<p><b>Know and remember</b></p>
<p>What makes us who we are?                  What factors make up our identity?                  How do we define our identity?                  How do other people see us?                  What are the differences between professional media and personal media?                  How does the media manipulate images?</p>	<p><a href="#">KAPOW unit: Year 6 - Identity</a></p>	<p>Identity is the way we see ourselves and also how other people see us                   People may see us differently as to how we see ourselves                   Images can be manipulated and are not realistic</p>