



















<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>	<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
<p>Unit: Y1 – Family and relationships</p>	<p>Unit: Y1 – Health and wellbeing</p>	<p>Unit: Y1 – Safety and changing body</p>	<p>Unit: Y1 - Citizenship</p>	<p>Unit: Y1 – Economic wellbeing</p>	<p>Unit: Transition – Individual strengths and new skills.</p>
<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • feelings • Friendly • Family 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Allergy • Ill • germs 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • emergency • medicine • Private 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • care • unique • rule 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • bank • earn • cash 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Strengths • Skills • move







See Kapow Progression document for skills and knowledge.

<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>	<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
<p>Unit: Y3 – Family and relationships</p>	<p>Unit: Y3 – Health and wellbeing</p>	<p>Unit: Y3 – Safety and changing body.</p>	<p>Unit: Y3 - Citizenship</p>	<p>Unit: Y3 – Economic wellbeing</p>	<p>Unit: Transition – Coping strategies</p>
<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Bullying • Trust • Communicate 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Belonging • Relaxation • Identity 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Cyberbullying • First Aid • Decision 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Charity • Community • Rights 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Budget • Expense • Career 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Cope • Strategies • Responsibility

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<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit: Y3 – Family and relationships	Unit: Y3 – Health and wellbeing	Unit: Y3 – Safety and changing body.	Unit: Y3 - Citizenship	Unit: Y3 – Economic wellbeing	Unit: Transition – Coping strategies
<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Bullying • Trust • Communicate • Empathy • Stereotype 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Belonging • Relaxation • Identity • Resilience • Consent 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Cyberbullying • Decision • Allergic • Influence • Genuine 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Charity • Community • Rights • Democracy • Consequence 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Budget • Expense • Career • Qualification • Aspiration 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Opportunities • Responsibilities • Change • Positive • Relaxation

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<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>	<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
<p>Unit: Y5 – Family and relationships</p>	<p>Unit: Y5 – Health and wellbeing</p>	<p>Unit: Y5 – Safety and changing body.</p>	<p>Unit: Y5 - Citizenship</p>	<p>Unit: Y5 – Economic wellbeing</p>	<p>Unit: Transition – Roles and responsibilities</p>
<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Cyberbullying • Attributes • Bystander • Marriage • secret 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Fail • Goal • Protect • Relaxation • responsibility 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Private • Puberty • Menstruation/period • Vagina • Sex organs • Pubic hair • Breasts • erection 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Defendant • Government • Human rights • Judge • Jury • Parliament • trial 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Discrimination • Expenditure • Income • Interest • repayment 	<p>Know and Remember Vocab</p> <ul style="list-style-type: none"> • Opportunities • Responsibilities • Change • Positive • Relaxation







See Kapow Progression document for skills and knowledge.







CYCLE 2

<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Zones of regulation</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>		<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
<p>Unit: Y2 – Family and relationships</p>	<p>Unit: Y2 – Health and wellbeing</p>	<p>Introduce Zones and strategies</p>	<p>Unit: Y2 – Safety and changing body.</p>	<p>Unit: Y2 - Citizenship</p>	<p>Unit: Y2 – Economic wellbeing</p>	<p>Unit: Transition – Change</p>
<p>Know and Remember Vocab Friendship Emotions Respect</p>	<p>Know and Remember Vocab Strategies Growth mindset Healthy diet</p>	<p>Know and Remember Vocab feelings Zones (blue, green, yellow, Red) My tools</p>	<p>Know and Remember Vocab Penis Vagina Secret</p>	<p>Know and Remember Vocab Environment Volunteer Opinion</p>	<p>Know and Remember Vocab Want Need Priority</p>	<p>Know and Remember Vocab</p>

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<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>	<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
<p>Unit: Y2 – Family and relationships</p>	<p>Unit: Y2 – Health and wellbeing</p>	<p>Unit: Y2 – Safety and changing body.</p>	<p>Unit: Y2 - Citizenship</p>	<p>Unit: Y2 – Economic wellbeing</p>	<p>Unit: Transition – Change</p>
<p>Know and Remember Vocab Friendship Emotions Respect</p>	<p>Know and Remember Vocab Strategies Growth mindset Healthy diet</p>	<p>Know and Remember Vocab Penis Vagina Secret</p>	<p>Know and Remember Vocab Environment Volunteer Opinion</p>	<p>Know and Remember Vocab Want Need Priority</p>	<p>Know and Remember Vocab Opportunities Responsibilities Change Positive Relaxation</p>

<p>Family and relationships</p> 	<p>Health and wellbeing</p> 	<p>Safety and changing body</p> 	<p>Citizenship</p> 	<p>Economic wellbeing</p> 	<p>Transition</p> 
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Unit: Y4 – Family and relationships</p>	<p>Unit: Y4 – Health and wellbeing</p>	<p>Unit: Y4 – Safety and changing body.</p>	<p>Unit: Y4 - Citizenship</p>	<p>Unit: Y4 – Economic wellbeing</p>	<p>Unit: Transition – Setting Goals</p>
<p>Know and Remember Vocab Authority Boundaries Permission Bereavement Bystander</p>	<p>Know and Remember Vocab Fluoride Mental Health Positive Emotions Negative Emotions Visualise</p>	<p>Know and Remember Vocab Puberty Genitals Age restriction Law Private / public</p>	<p>Know and Remember Vocab Diversity Local government Human rights Councillor Cabinet</p>	<p>Know and Remember Vocab Bank balance Bank statement Career Debit card Workplace</p>	<p>Know and Remember Vocab Opportunities Responsibilities Change Positive Relaxation</p>

<p>Family and relationships</p> 	<p>Citizenship</p> 	<p>Health and wellbeing</p> 		<p>wellbeing changing body</p> 	<p>Safety and Economic</p> 	<p>Transition</p> 
<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1 Spring 2</p>		<p>Summer 1</p>	<p>Summer 2</p>	
<p>Unit: Y6– Family and relationships</p>	<p>Unit: Y6 – Health and wellbeing</p>		<p>Unit: Y6 - Citizenship</p>	<p>Unit: Y6 – Economic wellbeing</p>	<p>Unit: Y5 – Safety and changing body</p>	<p>Unit: Transition – Dealing with change</p>
<p>Know and Remember</p> <p>Vocab authority conflict resolve stereotype grieving</p>	<p>Know and Remember</p> <p>Vocab antibodies growth mindset habit qualities vaccination</p>	<p>Know and Remember</p> <p>Vocab private puberty menstruation/period vagina sex organs</p>	<p>Know and Remember</p> <p>Vocab education human rights food miles</p>	<p>Know and Remember</p> <p>Vocab earnings expenses gambling university workplace</p>	<p>Know and Remember</p> <p>Vocab change worry stress anxious opportunity</p>	

		pubic hair breasts	concern discrimination homosexual/gay		
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