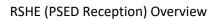
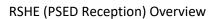


		Reception		
Term	Topic These statements have been split for extra focus, but all will apply on an ongoing basis throughout the reception year	Early Learning Goal being worked towards	Vocabulary These words are an example of some of the language used but not limited to.	Books To be updated as the year progresses. Working document.
Autumn	See themselves as a valuable individual.  Introduce the Zones of Regulation. Identify and express their feelings and begin to regulate behaviour accordingly.  Give focused attention to follow instructions.  Know the class rules and school values. Know right and wrong.  Form positive attachments and take turns and share resources with others.	<ul> <li>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>Give focused attention to what the teacher says, responding appropriately even when engaged in activity,</li> </ul>	Safe, unsafe, feelings, happy, sad, kind, angry, worried, unkind, family, trusted adult, rule, community, online, soap, wash, clean, tooth paste, tooth brush, exercise, germs, respect, screen time	
Spring	Develop respectful relationships, looking after each other and our classroom, showing kindness.  Understanding feelings and behaviour and show sensitivity to others' needs.  Understanding consequences and making the right choices.  Manage basic hygiene and personal needs.	and show an ability to follow instructions involving several ideas or actions.  • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.  • Explain the reasons for rules, know right from wrong and try to behave		
Summer	Work and play co-operatively, resolving conflicts independently.  Be confident and independent.  Set and work towards simple goals.  Show independence, resilience and perseverance in the face of challenge.  Understand the importance of their wellbeing.	<ul> <li>accordingly.</li> <li>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> <li>Work and play cooperatively and take turns with others.</li> <li>Form positive attachments to adults and friendships with peers.</li> <li>Show sensitivity to their own and to others' needs.</li> </ul>		



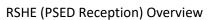


Year 1 Family and Relationships				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Family and Relationships	Setting ground rules L1 What is family? L2 What are friendships? L5 Friendship problems L6 Healthy friendships L7 Gender stereotypes	Exploring how families are different to each other Exploring how friendship problems can be overcome. Exploring friendly behaviours.	To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin). To know that some information about me and my family is personal. To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome. To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.	Learn, rule, safe, unhappy, unsafe, brother, care, considerate, cousin, family, grandparent, parent, relation, respect, sister, friend, fun, communication, falling out, solution, talk, problem, generous, helpful, kind, listen, relationship, share, trust, truth, friendly, welcome, included, boy, girl, stereotype, favourite





		Year 1 Health and wellbeir	ng	
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Health and wellbeing	L1 Understanding my	Learning how to wash hands	To understand we can	Action, feelings, emotions,
	emotions	properly.	limit the spread of germs	strategy, sleep, routine, rest,
	L3 Ready for bed	Learning how to deal with an	by having good hand	relaxation, dirt, soap, hands,
	L5 Handwashing &	allergic reaction.	hygiene.	water, germs, wash, scrub,
	personal hygiene	Exploring positive sleep	To know the five S's for	clean, sun, safe, burn, slip, slop,
	L6 Sun safety	habits.	sun safety: slip, slop, slap,	slap, hat, sunscreen, sunglasses,
	L7 Allergies	Identifying different ways to	shade, sunglasses.	allergy, allergen, food allergy,
		manage feelings	To know that certain	allergic reaction
			foods and other things	
			can cause allergic	
			reactions in some people.	
			To know that sleep helps my	
			body to repair itself, to grow and	
			restores my energy.	
			To know that strengths are things	
			we are good at. To know that	
			qualities describe what we are	
			like. To know the words to	
			describe some positive and	
			negative emotions	



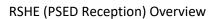


		Year 1 Safety and the Changing	body	
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Safety and the changing body	L1 Adults in school L2 Adults outside school L4 Making an emergency phone call L5 Appropriate contact L6 Safety with substances	Learning what is and is not safe to put in or on our bodies. Practising making an emergency phone call.	To know that some types of physical contact are never appropriate.  To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.  To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that the emergency services are the police, fire service and the ambulance service.	Adult, polite, job, visitor, manners, stranger, worry, hurt, police, fire, ambulance, emergency, 999, physical, contact, like, dislike, kind, unkind, stop, permission, acceptable, unacceptable, danger, ill, damage, medicine



Year 1 Citizenship					
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Citizenship	L1 Rules L4 Similar, yet different	Recognising why rules are necessary. Exploring the differences between people.	To know the rules in school. To understand that people are all different.	Rule, different, same, unique	

Year 1 Economic Wellbeing					
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Economic Wellbeing	L1 What is money?	Exploring how money is	To know that people use money	Buy, cash, coin, goods, highest,	
	L4 Saving and spending	used by people.	to buy things, including things	lowest, money, note, pay,	
		Exploring choices people	they need and things they want.	penny, pound, sell, services,	
		make about money.	To know that coins and notes are	steal, choice, expensive,	
			types of money and have	influence, save, spend, value	
			different values.		
			To know that notes are higher in		
			value than coins.		



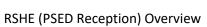


	Year 2 Family and relationships				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Family and relationships	Ground Rules L2 Families are all different L4 Unhappy friendships L5 Introduction to manners and courtesy L6 Change and loss L7 Gender stereotypes: Careers and jobs	Understanding ways to show respect for different families. Understanding difficulties in friendships and discussing action that can be taken. Exploring the conventions of manners in different situations. Exploring how loss and change can affect us.	To know that families can be made up of different people.  To know that families may be different to my family.  To know that families can be made up of different people.  To know that families may be different to my family.  To understand what good manners are.  To understand some stereotypes related to jobs.  To know that there are ways we can remember people or events.	Care, different, family, love, same, similar, behaviour, manners, please, thank you, taking turns, table manners, quiet, respect, change, happy, sad, death, remember, upset, appearance, career, female, gender, job, judge, male, stereotype	



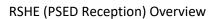


	Year 2 Health and wellbeing				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Health and wellbeing	L1 Experiencing different emotions L5 Developing a growth mindset L6 Healthy diet L7 Looking after our teeth	Exploring the effect that food and drink can have on my teeth. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Exploring strategies to manage different emotions. Developing empathy. Exploring the need for perseverance and developing a growth mindset.	To know that food and drinks with lots of sugar are bad for my teeth.  To understand the balance of foods we need to keep healthy.  To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.	Feeling, emotion, different, communicate, frustrated, self-awareness, try, fail, frustrating, challenge, growth mindset, immune system, healthy diet, balanced meal, portion, nutrients, weight, tooth decay, healthy, brush	





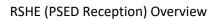
Year 2 Safety and the changing body				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Safety and the changing body	L2 Communicating online L3 Secrets and surprises L4 Appropriate contact: My private parts L5 Appropriate contact: My private parts are private L9 Staying safe with medicine	Discussing the concept of privacy. Exploring ways to stay safe online. Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.	To know the PANTS rule.  To know that I should tell an adult if I see something which makes me uncomfortable online.  To understand the difference between secrets and surprises.  To know that medicine can help us when we are ill.  To understand that we should only take medicines when a trusted adult says we can.  To know the names of parts of my body including private parts.	Internet, online, danger, safe, kind, unkind, bullying, excited, good, happy, surprise, secret, unhappy, worried, penis, vulva, arm, leg, hand, wrist, neck, head, knee, foot, ankle, elbow, private parts, report, surprise, safe touch, PANTS rule, testicles, secret, temperature, sneeze, doctor, nurse, pharmacist, prescription, medicine, drug





Year 2 Citizenship				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Citizenship	L1 Rules beyond school L5 Similar yet different- my	Explaining why rules are in place. Learning how to	To know some of the different places where rules apply. To	Rule, reason, different, identity, same, similar, different,
	local community	discuss issues of concern to	know that some rules are made	community, opinion, idea,
	L7 Giving my opinion	me.	to be followed by everyone and	improve, school council,
			are known as 'laws'. To	respect, agree, disagree
			understand that everyone has	
			similarities and differences.	

Year 2 Economic wellbeing					
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Economic wellbeing	L2 Exploring needs	Identifying whether	To know some basic needs for	Cost, growth, love, safe, shelter,	
	L3 Exploring wants	something is a want or need.	survival, such as food, water and	thrive, food healthy, need,	
		Comparing and contrasting	shelter. To know that saving	secure, survival, water, buy, gift,	
		'wants' and 'needs'.	money is when we keep some	priority, want, essential,	
			money and don't spend it	influence, treat	
			straight away.		





Year 3 Family and friendships				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Family and friendships	Ground rules L1 Healthy families L2 Friendship conflicts L3 Friendship: conflict vs bullying L5 Learning who to trust L6 Respecting differences in others L7 Stereotyping gender	Learning that problems can occur in families and that there is help available if needed.  Exploring ways to resolve friendship problems.  Developing an understanding of the impact of bullying and what to do if bullying occurs. Identifying who I can trust.  Exploring the negative impact of stereotyping	To know that I can talk to trusted adults or services such as Childline if I experience family problems.  To know that bullying can be physical or verbal.  To know that bullying is repeated, not a one off event.  To know that violence is never the right way to solve a friendship problem.  To know that trust is being able to rely on someone and it is an important part of relationships.  To understand that there are similarities and differences between people.	Care, family, love, support, different, help, problem, apologise, friend, listening, talking, calm, forgive, bullying, physical, report, emotional, repeated, breaking trust, let down, resolve, issues, reliable, similar, respect, communicate, gender, male, female, influencer, online, stereotype



	Year 3 Health and wellbeing				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Health and wellbeing	L1 My healthy diary	Understanding why it is	To understand ways to prevent	Exercise, balance, diet, energy,	
	L3 Wonderful me	important to look after my	tooth decay.	intake, group, identity, alone,	
	L5 Resilience: breaking down	teeth.	To know the different food	lonely, barriers, strategy, teeth,	
	barriers	Developing the ability to plan	groups and how much of each of	healthy, balanced, food group	
	L7: Diet and dental health	for a healthy lifestyle with	them we should have to have a		
		physical activity, a balanced	balanced diet.		
		diet and rest.	To understand the importance of		
		Being able to breakdown a	belonging.		
		problem into smaller parts to	To understand what a problem or		
		overcome it.	barrier is and that these can be		
			overcome.		

	Year 3 Safety and the changing body				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Safety and the changing body	L1 First Aid: emergencies and calling for help L4 Cyberbullying L7 Influences L8 Keeping safe out and about	Exploring ways to respond to cyberbullying or unkind behaviour online. Developing skills as a responsible digital citizen. Identifying things people might do near roads which are unsafe Exploring that people and things can influence me and that I need to make the right decision for me. Exploring choices and decisions that I can make. Learning what to do in a medical emergency, including calling the emergency services.	To understand that cyberbullying is bullying which takes place online.  To know the rules for being safe near roads.  To understand that other people can influence our choices.  To know that it is important to maintain the safety of myself and others, before giving first aid.	Emergency, hazard, 999/112, emergency services, emergency operator, location, injuries, password, intended, cyberbullying, content, report, influencer, gaming, choice, influence, decision, distraction, rules, safety	



	Year 3 Citizenship				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Citizenship	L1 Rights of the child L5 Charity L6 Local democracy	Exploring how children's rights help them and other children. Considering the responsibilities that adults and children have to maintain	To understand the UN Convention on the Rights of the Child. To know that the local council is responsible for looking after the local area.	United Nations, rights, Convention on Rights, benefit, community, care, charity, support, volunteer, fundraise, donations, democracy, council, councillor, county council,	
		children's rights.	To know that elections are held where adults can vote for local councillors.  To understand the role of charities in the community.	district council, unitary authority, budget, priority	

Year 3 Economic wellbeing					
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Economic wellbeing	L2 Budgeting	Contemplating budgeting	To know that spending should be	Benefit, calculate,	
	L5 Career quest	benefits.	based on necessity, importance,	overspending, ranking, spend,	
		Planning and calculating	and available budget.	budget, money, plan, record,	
		within a budget.	To know that budgeting is	save, career, interest, job,	
		Reflecting on future job	planning how to spend and save	profession, strength,	
		based on goals.	the money that you have	constructive, future,	
			available.	knowledge, skill, talent	
			To know that different jobs		
			contribute to our society in		
			different ways.		





Year 4 Family and relationships				
rent situations, nority, rude, bad manners, ary, onsent, lying, involved, ess, disability, crimination, helpful, h, loss,				
no ai ly cr				



	Year 4 Health and wellbeing				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Health and wellbeing	L1 Looking after our teeth L3 Celebrating mistakes L5 My happiness L6 Emotions L7 Mental health	Developing independence in looking after my teeth. Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset.	To know key facts about dental health.  To know that it is normal to experience a range of emotions.  To know that mental health refers to our emotional wellbeing, rather than physical.  To understand that mistakes can help us to learn.  To know who can help if we are worried about our own or other people's mental health.	Tooth, teeth, sugary drink, healthy, brush, dentist, fluoride, toothpaste, mistake, learn, resilience, growth mindset, disappointed, angry, nervous, anxious, shocked, positive emotions, happy, excited, joyful, astonished, grateful, enthusiastic, negative emotions, sad, worried, emotions, feelings, physical health, mental health, negative emotions	

	Year 4 Safety and the changing body				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Safety and the changing body	L1 Internet safety: Age	Discussing how to seek help if	To understand that there are	Social media, age restriction,	
	restrictions	I need to.	risks to sharing things online. To	law, legal, point of view, reason,	
	L2 Share aware	Exploring what to do if an	know the difference between	for, against, debate, digital age	
	L4 Privacy and security	adult makes me feel	private and public.	of consent, share aware,	
	L7 Introducing puberty	uncomfortable.	To understand the risks	sharing, internet, social media,	
	L8 Tobacco	Learning about the benefits	associated with smoking tobacco.	private, public, surprise, secret,	
		and risks of sharing	To understand the physical	uncomfortable, worried,	
		information online.	changes to both male and female	change, exciting, worries,	
		Discussing the benefits of	bodies as people grow from	physical, height, breasts,	
		being a non-smoker.	children to adults.	genitals, penis, testicles, hips,	
		Discussing some physical and		waist, shoulders, chest hair,	
		emotional changes during		puberty, hygiene, non-smoker,	
		puberty.		tobacco, smoke, choice, risks	



Year 4 Citizenship				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Citizenship	L1 What are human rights?	Discussing how we can help	To know that human rights are	Human rights, United Nations,
	L5 Diverse communities	to protect human rights.	specific rights that apply to all	protect, MP, judges, politicians,
		Identifying the benefits	people.	benefit, community, group,
		different groups bring to the	To know some of the people who	diversity, difference, same
		local community.	protect our human rights such as	
		Discussing the positives	police, judges and politicians.	
		diversity brings to a	To know that there are a number	
		community	of groups which make up the	
			local community.	

Year 4 Economic wellbeing				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Economic wellbeing	L1 Value for money	Recognising value for money.	To know that getting value for	Cheap, good value, negotiate,
	L3 Looking after money	Understanding differing	money involves considering the	poor value, reasonable,
		opinions on spending.	cost, usefulness and quality of	expensive, justify, perspective,
		Exploring how to safeguard	items.	price, value for money, deposit,
		money effectively.	To know that purchases can be	monitor, piggy bank, security,
			influenced by needs, wants, peer	withdraw, measure, password,
			pressure, and advertising.	safe, wallet

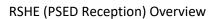


Year 5 Family and relationships				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Family and relationships	Ground rules L2 Friendship skills L3 Marriage L4 Respecting myself L5 Family life L6 Bullying L8 Stereotypes: Race and religion	Identifying ways families might make children feel unhappy or unsafe. Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship. Exploring and questioning the assumptions we make about people based on how they look.	To know that marriage is a legal commitment and is a choice people can make.  To know that if I have a problem, I can call ChildLine on 0800 1111.  To understand what might lead to someone bullying others.  To know what action a bystander can take when they see bullying.  To know that stereotypes can be unfair, negative and destructive.  To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex or disability.	Friendship, strengthened, ups and downs, problem, solution, choice, legal, religion, marriage, lifelong, wedding, attributes, proud, self-respect, skill, assertive, self-care, self-talk, family, positive, support, help, problem, bullying, cyberbullying, unkind, bystander, report, victim, race, religion, racism

Year 5 Health and wellbeing				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Health and wellbeing	L2 The importance of rest	Developing independence for	To understand the risks of sun	Quantity, sleep, rest, relax,
	L5 Taking responsibility for	protecting myself in the sun.	exposure.	quality, destiny, choice, feeling,
	my feelings	Considering calories and food	To know that calories are the unit	emotion, assertive, calories,
	L6 Healthy meals	groups to plan healthy meals.	that we use to measure the	healthy diet, food groups,
	L7 Sun safety	Developing greater	amount of energy certain foods	recommended daily intake,
		responsibility for ensuring	give us. To know that what we do	serving, portion, obesity,
		good quality sleep.	before bed can affect our sleep	responsibility, risk, weather, OV
		Taking responsibility for my	quality.	rays, sunburn, skin cancer, slip,
		own feelings.		slap, slop



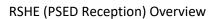
	Year 5 Safety and the changing body				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Safety and the changing body	L1 Online friendships L2 Staying safe online L3 Puberty L4 Menstruation L6 First Aid: Bleeding L7 Alcohol, drugs and tobacco: Making decisions	Developing an understanding of how to ensure relationships online are safe. Learning to make 'for' and 'against' arguments to help with decision making. Identifying reliable sources of help with puberty. Learning about how to help someone who is bleeding.	To know the steps to take before sending a message online (using the THINK mnemonic).  To know some of the possible risks online.  To know some strategies I can use to overcome pressure from others and make my own decisions.  To understand the process of the menstrual cycle.  To know the names of the external sexual parts of the body and the internal reproductive organs.  To know that puberty happens at different ages for different people.	Online, friend, acquaintance, trust, consent, share, appropriate, risk, danger, private, puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, opening, vaginal opening, labia, penis, bladder, testicle, scrotum, breasts, nipples. menstruation, period, egg, womb, bleeding, lining, sanitary products, towels, tampons, reusable products, voice breaking, 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, influence, choice for, against, decision, pressure, peer pressure, peer acceptance	





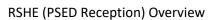
Year 5 Citizenship				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Citizenship	L1: Breaking the law	Developing an understanding	To know what happens when	Rule, consequence, law,
	L6 Parliament	of how parliament and	someone breaks the law.	magistrates, law, magistrates'
		Government work.	To know that parliament is made	court, Crown Court, police, trial,
			up of the House of Commons, the	fair, judge, jury, prosecution
			House of Lords and the Monarch.	lawyer, defence lawyer,
			To know that parliament is where	defendant, Parliament,
			MPs debate issues, propose laws,	monarch, Government, House
			amend existing laws and	of Commons, House of Lords,
			challenge the government's	Prime Minister, Opposition,
			work.	Speaker

Year 5 Economic wellbeing				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Economic wellbeing	L4 Risks handling money	Discussing money risks and	To know that they should be	Caution, fraud, misplace,
	online	management.	cautious about sharing financial	savings, consequences, loss,
		Implementing money	information.	risk, theft
		safeguarding strategies.		



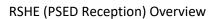


Year 6 Family and relationships				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Family and relationships	Ground rules L1 Respect L2 Respectful relationships L4 Challenging stereotypes L5 Resolving conflict L6 Change and loss	Identifying ways to resolve conflict through negotiation and compromise. Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes. Exploring the process of grief and understanding that it is different for different people.	To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise. To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to bullying and discrimination. To understand that loss and change can cause a range of emotions. To know that grief is the process people go through when someone close to them dies.	Respect, lose, earn, courtesy, consent, disrespect, peers, respect, demonstrate, online, personal boundaries, message, stereotype, apology, conflict, resolve, argument, disagreement, solve, change, emotions, grief, loss, death, feelings, grieving





Year 6 Health and wellbeing				
Kapow Lessons	Skills	Knowledge	Vocabulary	
L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6: Immunisation L8 Physical Health concerns	Discussing ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health. Setting achievable goals for a healthy lifestyle. Developing strategies for being resilient in challenging situations.	To understand that vaccinations can give us protection against disease.  To know that changes in the body could be possible signs of illness.  To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).  To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation).  To know the effects technology	Responsible, health, physical, mental, restrictions, pressure, persuasive design, assertive, overcome, resilient, resilience, try, growth mindset, immunisation, vaccine, illness, disease, World Health Organisation, NHS, puberty, healthy, well, unwell, change, doctor	
	L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6: Immunisation	L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6: Immunisation L8 Physical Health concerns  Kapow Lessons  Discussing ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health. Setting achievable goals for a healthy lifestyle. Developing strategies for being resilient in challenging	L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6: Immunisation L8 Physical Health concerns  L8 Physical Heal	





Year 6 Safety and the changing body				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Safety and the changing body	L1 Alcohol L3 Social media L4 Physical and emotional changes of puberty L8 First Aid: Basic life support	Exploring online relationships including dealing with problems. Discussing the reasons why adults may or may not drink alcohol. Discussing problems which might be encountered during puberty and using knowledge to help. Placing an unresponsive patient into the recovery position.	o understand that online relationships should be treated in the same way as face to face relationships.  To know where to get help with online problems.  To understand the risks associated with drinking alcohol.  To understand how a baby is conceived and develops.  To know how to conduct a primary survey (using DRSABC).	Excessive, alcohol, choice, risk, short term, long term, responsible, internet, bullying, cyberbullying, negative, anonymous, identity, respect, puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, vaginal opening, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples, unresponsive, alert, primary survey, respiratory rate, pulse, DRsABC, C.P.R, recovery position, monitor, resuscitate, conduct, airway, breathing, circulation, compressions, rescue breaths



Year 6 Citizenship				
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary
Citizenship	L1 Human rights L4 Prejudice and discrimination L6 National democracy	Discussing how education and other human rights protect us. Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.	To know that education is an important human right. To know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education. To know that prejudice is making assumptions about someone based on certain information. To know that discrimination is treating someone differently because of certain factors.	Education, human rights, prejudice, discrimination, segregation, tackling, overcoming, gay, homophobic, Government, Cabinet, Prime minister, minister, MP, elected, tax

Year 6 Economic wellbeing/Identity					
Topic	Kapow Lessons	Skills	Knowledge	Vocabulary	
Economic wellbeing/Identity	L6 Career routes	Evaluating the suitability of	To know that a career route is	Earnings, educational,	
	Identity	different career paths.	the path you take to have a	requirements, expenses,	
	L2 Identity and body image	Aligning career options with	particular career and the	gambling, responsibilities, risks,	
		personal interests and	qualifications and experience you	safeguard, university, valuables,	
		strengths.	have to gain along the way.	workplace, manipulation,	
		Exploring how the media	To know that identity is the way	media, images, change	
		might influence our identity.	we see ourselves and also how		
			other people see us.		

