



PSHE Long - Term Sequence

Substantive knowledge

In RSE & PSHE, this is organised through key areas and includes:

- How families and friendships function and what respectful relationships entail.
- The physical and emotional changes that occur during puberty.
- Strategies for maintaining good mental and physical health, including sleep, diet, exercise and managing emotions.
- Safety knowledge, including first aid, online safety and the risks associated with substances.
- The rights of children and the responsibilities of citizens.

Disciplinary Knowledge

'In RSE & PSHE, disciplinary knowledge does not refer to a single subject discipline in the way it does in other subjects. Instead, it reflects how pupils learn to understand where guidance about health, wellbeing, relationships and safety comes from and how to judge its reliability.'

At Kapow Primary, disciplinary knowledge in RSE & PSHE is understood as learning to question information, recognise evidence-based advice and distinguish fact from opinion. This is developed primarily through the critical thinking strand, which supports pupils to make informed and responsible decisions.'

	Autumn	Spring	Summer
Nursery	Me and my feelings Recognising feelings and beginning to manage them. Connecting with others Playing, sharing and being kind to others.	My world Knowing I belong to different groups and communities. Staying safe Learning simple ways to keep myself safe.	My healthy self Learning simple ways to look after my body. Growing and changing Noticing how I grow, change and become more independent.
Reception	Me and my feelings Recognising and managing feelings and understanding how others may feel. Connecting with others Building kind, respectful relationships with others.	My world Understanding that I belong to a community and can help others. The online world Beginning to understand how to stay safe when using technology.	My healthy self Making healthy choices and becoming increasingly independent. Staying safe Recognising safe and unsafe situations and knowing when to ask for help.



Year 1	My healthy self: How can we look after our emotions? Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online? Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life? Staying safe: How can I stay safe?
Year 2	My healthy self: How can we look after our bodies? Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online? Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow? Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body? Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online? Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen? Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices? Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online? Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up? Staying safe: What signs help me recognise what is safe or unsafe?