

Mylor Bridge CP School Curriculum

RSE & PSHE



Purpose of study

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.

This document should be read in conjunction with our SRE policy which can be found in the 'Statutory Information' tab on our website.



At Mylor Bridge CP School, we use Kapow to support our planning and delivery of the subject. Kapow Primary's RSE & PSHE scheme of work aims to help pupils develop the knowledge, skills and attributes they need to lead confident, healthy and fulfilling lives. The intention is for pupils to understand themselves and others, form positive relationships and make informed choices that support their wellbeing and the wellbeing of those around them.

It encourages pupils to think with empathy, integrity and self-awareness, recognising how their actions and attitudes contribute to their communities. It supports them in developing respect for diversity, managing change and understanding their rights and responsibilities as citizens.

Kapow Primary's RSE & PSHE curriculum is designed to build a strong foundation for safeguarding, preparing pupils to navigate an increasingly complex world with confidence and care. Lessons promote emotional literacy, resilience and a sense of personal agency, helping pupils to approach life's challenges with maturity and compassion.

The curriculum is both accessible and ambitious, ensuring all pupils can participate fully and achieve their potential as kind, thoughtful and responsible individuals.

Term	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS	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
Year 1	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition lesson
Year 2	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Year 2: Transition lesson
Year 3	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Year 3: Transition lesson
Year 4	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Year 4: Transition lesson
Year 5	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Year 5: Transition lesson
Year 6	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Year 6: Transition lesson