



KAPOW SCHEME theme Key question	A1	A2	Sp1	Sp2	Su1	Su2
EYFS	Self-Regulation My Feelings	Building Relationships Special Relationships	Managing Self Taking in challenges	Self-regulation Listening and following Instructions	Building Relationships My family and friends	Managing Self My Wellbeing
YEAR ONE	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 TWO	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 THREE	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 1 What rights and responsibilities do we have?	Health Protection How can we prevent illness and injury and respond if they happen?	Citizenship 2 What careers do people chose and why?
YEAR FOUR	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 we trust online?	Citizenship 1 How can I spend my 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 and unsafe?

YEAR FIVE	My healthy self How can I support my mind and body as I grow?	Connecting with others Why are healthy relationships important?	The online world How am Influenced by what I see online?	Citizenship 1 How can we make a difference in our communities and beyond?	Growing up How can I manage the changes to my body and emotions as I grow up?	Citizenship 2 How can we be in control of our money?
YEAR SIX	My healthy self How do my choices today shape my future health?	Connecting with others What does it mean to stand up for myself and others?	The online world How do I feel about the things I see online?	Citizenship How can we protect everyone's rights?	Staying safe How can I stay safe as I grow up?	Sex Education How do people become parents and carers?