



*"Inspiring minds to ignite lifelong learning"*



**Onchan Primary School**  
 School Road, Onchan, Isle of Man IM3 4PD  
 email: OnchanEnquiries@Sch.im  
 tel: 01624 673465

PSHE/RSE Parent Overview 2025-2026

**PSHE and RSE Lessons**

Apart from Foundation Stage, we will be using a mixture of Twinkl and Kapow resources this year for our PSHE/RSE lessons. Below you will find the lesson coverage for each year group broken down into the following areas – Citizenship, Friendships, Digital Wellbeing, Keeping Safe, Money Matters and My Growing Body.

These areas sit underneath three main themes from the PSHE Association; Living in the Wider World, Relationships and Health and Wellbeing.

Outside agencies, including; Isle Listen, IOM Constabulary, St. Johns Ambulance and Junior Achievement will also play a vital role in our PSHE curriculum and as you will see they are timetabled in across the year.

Please note that consent will always be obtained before our Puberty and RSE teaching (which takes place in the Summer Term). It will always be the class teacher who will deliver these sessions and they will work sensitively and appropriately taking into account the age and stage of the children. Where questions may be asked, through natural curiosity, we will always answer accurately, in a non-biased manner.

**Curriculum Table Key**

Visits/Visitors

Sustainable Development Goals

**Foundation Stage**

Our Foundation Stage will continue to use the DESC RSE Advisory Curriculum for PSHE. [Kapow PSHE - Foundation Stage](#) and [Twinkl PSED](#) may also be used to supplement sessions of PSHE at the class teacher’s discretion.

\*Police Visit – Meet the Police

**Key Stage One**

Term Focus	Year 1	Year 2
<b>Autumn 1</b> Citizenship (Living in the Wider World)  <b>13<sup>th</sup> October 2025</b> <b>KS1 Isle Listen 1</b>  <b>15<sup>th</sup> October 2025</b> <b>Rock Kidz</b>	<a href="#">Twinkl PSHE - Diverse Britain/IOM</a> <ul style="list-style-type: none"> <li>- My School</li> <li>- My Community</li> <li>- My Neighbourhood</li> <li>- My Country</li> <li>- British/Manx People</li> <li>- What makes me Proud of Britain/IOM?</li> </ul>	<a href="#">Twinkl PSHE - One World</a> <ul style="list-style-type: none"> <li>- Families</li> <li>- Homes</li> <li>- Schools</li> <li>- Environments</li> <li>- Resources</li> <li>- Planet Protectors*</li> </ul> <a href="#">Kapow PSHE Gender Stereotypes - Careers and Jobs</a>



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	<u><b>Kapow PSHE - Gender Stereotypes</b></u>	<b>*SDG Link</b>
<b>Autumn 2</b> Friendships (Relationships)  <b>15<sup>th</sup> December 2025</b> <b>KS1 Isle Listen 2</b>	<u><b>Twinkl PSHE - TEAM</b></u> <ul style="list-style-type: none"> <li>- Together Everyone Achieves More (TEAM)</li> <li>- Listening</li> <li>- Being Kind</li> <li>- Bullying and Teasing*</li> <li>- Brilliant Brains</li> <li>- Making Good Choices</li> </ul> <b>*Anti-Bullying is a focus here.</b>	<u><b>Twinkl PSHE - VIPs</b></u> <ul style="list-style-type: none"> <li>- Who are your VIPs?</li> <li>- Families</li> <li>- Friends</li> <li>- Falling Out*</li> <li>- Working Together</li> <li>- Showing you Care</li> </ul> <b>*Anti-Bullying is a focus here.</b>
<b>Spring 1</b> Digital Wellbeing (Relationships)	<u><b>Twinkl PSHE - Be Yourself</b></u> <ul style="list-style-type: none"> <li>- Marvellous Me</li> <li>- Feelings/Uncomfortable Feelings</li> <li>- Things I like/Speak Up!</li> <li>- Changes</li> </ul> <u><b>Kapow PSHE - Introduction to the Internet</b></u>  <u><b>Kapow PSHE - Communication Online</b></u>	<u><b>Twinkl PSHE - Digital Wellbeing</b></u> <ul style="list-style-type: none"> <li>- The Internet and Me</li> <li>- Online and Offline</li> <li>- Staying Safe Online</li> <li>- Personal Information</li> <li>- Communicating Online</li> <li>- True or False</li> </ul>
<b>Spring 2</b> Keeping Safe (Health and Wellbeing)  <b>23<sup>rd</sup> February 2026</b> <b>KS1 Isle Listen 3</b>	<u><b>Kapow PSHE - Safety</b></u> <ul style="list-style-type: none"> <li>- Adults in School</li> <li>- Adults outside School</li> <li>- Appropriate Contact</li> <li>- Safety at Home</li> <li>- Safety with Substances</li> </ul> <b>*Police Visit - What they do?</b> <ul style="list-style-type: none"> <li>- People that help to keep us safe</li> <li>- Getting Lost</li> <li>- Making an Emergency Call</li> </ul> <b>*First Aid Session - Grazes, Bites and Stings</b>  <b>*Road Safety Team (Pedestrian Skills) - 2<sup>nd</sup> February 2026</b>	<u><b>Twinkl PSHE - Safety First</b></u> <ul style="list-style-type: none"> <li>- Keeping Safe</li> <li>- Staying Safe at Home</li> <li>- Staying Safe Outside</li> <li>- Staying Safe around Strangers</li> <li>- Safe Secrets and Surprises</li> <li>- People Who Can Help</li> </ul> <b>*Road Safety Team (Pedestrian Skills) - 3<sup>rd</sup> February 2026</b>  <b>*Police Visit - Safe Play</b>  <b>*First Aid Session - Bleeding and Head Injuries</b>
<b>Summer 1</b> Money Matters (Living in the Wider World)  <b>20<sup>th</sup> April 2026</b>	<u><b>Kapow PSHE - Economic Wellbeing</b></u> <ul style="list-style-type: none"> <li>- What is money?</li> <li>- Keeping money safe</li> <li>- What is a bank?</li> <li>- Saving and Spending</li> <li>- Jobs in and out of school</li> </ul>	<u><b>Twinkl PSHE - Money Matters</b></u> <ul style="list-style-type: none"> <li>- Money/Where money comes from?</li> <li>- Look after it!</li> <li>- Save or Spend?</li> <li>- Want or Need?</li> </ul>



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<b>KS1 Isle Listen 4</b>		<b>Kapow PSHE - My Skills and Talents (Jobs)</b>
<b>Summer 2</b> My Growing Body (Health and Wellbeing)  <b>13<sup>th</sup> July 2026</b> <b>KS1 Isle Listen 5</b>	<b>Twinkl PSHE - It's My Body</b> <ul style="list-style-type: none"> <li>- My Body, My Business</li> <li>- Active and Asleep</li> <li>- Happy Healthy Food</li> <li>- Clean as a Whistle</li> <li>- Can I eat it?</li> <li>- I Can Choose</li> </ul>	<b>Twinkl PSHE - Growing Up</b> <ul style="list-style-type: none"> <li>- Our Bodies</li> <li>- Is it OK? (Consent)</li> <li>- Pink and Blue</li> <li>- Your Family, My Family</li> <li>- Getting Older</li> <li>- Changes</li> </ul>
<b>Transition Lesson</b> (Before moving up to the next Year Group)	<b>Kapow PSHE - Strengths and Transition</b>	<b>Kapow PSHE - Transition</b>

**Lower Key Stage Two**

Term Focus	Year 3	Year 4
<b>Autumn 1</b> Citizenship (Living in the Wider World)  <b>22<sup>nd</sup> September 2025</b> <b>LKS2 Isle Listen 1</b>  <b>15<sup>th</sup> October 2025</b> <b>Rock Kidz</b>  <b>20<sup>th</sup> October 2025</b> <b>LKS2 Isle Listen 2</b>	<b>Kapow PSHE - Citizenship</b> <ul style="list-style-type: none"> <li>- Rules</li> <li>- Rights of the Child</li> <li>- Rights and Responsibilities</li> <li>- Recycling*</li> <li>- Local Community Groups/Charity</li> <li>- Local Democracy</li> </ul> <b>Kapow PSHE - Stereotyping Gender</b>  <b>Kapow PSHE - Stereotyping Age</b>  <b>*SDG Link</b>	<b>Kapow PSHE - Citizenship</b> <ul style="list-style-type: none"> <li>- What are human rights?</li> <li>- Caring for the environment</li> <li>- Community/Contributing</li> <li>- Diverse communities</li> <li>- Local Councillors</li> </ul> <b>Kapow PSHE - Stereotyping Gender</b>  <b>Kapow PSHE - Stereotyping Disability</b>
<b>Autumn 2</b> Friendships (Relationships)  <b>24<sup>th</sup> November 2025</b> <b>LKS2 Isle Listen 3</b>	<b>Twinkl PSHE - TEAM</b> <ul style="list-style-type: none"> <li>- A New Start</li> <li>- Together Everyone Achieves More (TEAM)</li> <li>- Working Together</li> <li>- Being Considerate</li> <li>- When Things Go Wrong</li> <li>- Responsibilities</li> </ul> <b>Kapow PSHE - Conflict vs Bullying*</b>  <b>*Anti-Bullying is a focus here.</b>	<b>Twinkl PSHE - VIPs</b> <ul style="list-style-type: none"> <li>- Family and Friends</li> <li>- Fabulous Friends</li> <li>- Is this a Good Relationship?</li> <li>- Falling Out</li> <li>- What is Bullying?*</li> <li>- Stand up to Bullying*</li> </ul> <b>Kapow PSHE - Change and Loss</b>  <b>*Anti-Bullying is a focus here.</b>
<b>Spring 1</b> Digital Wellbeing	<b>Kapow PSHE - Safety</b> <ul style="list-style-type: none"> <li>- Be Kind Online</li> <li>- Cyberbullying</li> </ul>	<b>Twinkl PSHE - Digital Wellbeing</b> <ul style="list-style-type: none"> <li>- The Digital World</li> <li>- Digital Kindness</li> </ul>



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<p>(Relationships)</p> <p><b>12<sup>th</sup> January 2026</b>  <b>LKS2 Isle Listen 4</b></p> <p><b>2<sup>nd</sup> February 2026</b>  <b>LKS2 Isle Listen 5</b></p>	<ul style="list-style-type: none"> <li>- Fake E-mails</li> <li>- Making Choices</li> <li>- Influences</li> </ul> <p><b>Twinkl PSHE - Be Yourself</b></p> <ul style="list-style-type: none"> <li>- Pride</li> </ul>	<ul style="list-style-type: none"> <li>- Do I know you?</li> <li>- Online Information</li> <li>- Keep it Private</li> <li>- My Digital Wellness</li> </ul> <p><b>Kapow PSHE - Internet Safety Age Restrictions</b></p>
<p><b>Spring 2</b>          Keeping Safe          (Health and Wellbeing)</p> <p><b>2<sup>nd</sup> March 2026</b>  <b>LKS2 Isle Listen 6</b></p>	<p><b>Twinkl PSHE - Think Positive</b></p> <ul style="list-style-type: none"> <li>- Happy Minds, Happy People</li> <li>- Thought and Feelings</li> <li>- Changes</li> <li>- You're the Boss</li> <li>- Always Learning</li> </ul> <p><b>*Police Visit – Right and Wrong?</b></p> <p><b>*First Aid Session – Primary Survey/Recovery Position</b></p>	<p><b>Twinkl PSHE - Safety First</b></p> <ul style="list-style-type: none"> <li>- New Responsibilities</li> <li>- Risks, Hazards and Danger</li> <li>- Under Pressure</li> <li>- Dangerous Substances</li> </ul> <p><b>*Police Visit to cover:</b></p> <ul style="list-style-type: none"> <li>- Safe Play/Copying Behaviour</li> <li>- Safety when out and about</li> </ul> <p><b>*First Aid Session – Choking</b></p>
<p><b>Summer 1</b>          Money Matters          (Living in the Wider World)</p> <p><b>11<sup>th</sup> May 2026</b>  <b>LKS2 Isle Listen 7</b></p>	<p><b>Kapow PSHE - Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- How do people pay for things?</li> <li>- What does budgeting mean?</li> <li>- How do people feel about money?</li> <li>- What happens when people spend money?</li> <li>- What careers do people have?/Can anyone be anything?</li> </ul>	<p><b>Kapow PSHE - Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>- What is value for money?</li> <li>- Why keep track of money?</li> <li>- What ways are there to look after money?</li> <li>- What influences career choices?/Why make a career change?</li> <li>- How can workplace stereotypes be challenged?</li> </ul>
<p><b>Summer 2</b>          My Growing Body          (Health and Wellbeing)</p> <p><b>15<sup>th</sup> June 2026</b>  <b>LKS2 Isle Listen 8</b></p>	<p><b>Twinkl PSHE - It's My Body</b></p> <ul style="list-style-type: none"> <li>- My Body, My Choice</li> <li>- Fit as a Fiddle</li> <li>- Good Night, Good Day</li> <li>- Cough, Splutter, Sneeze!</li> <li>- Drugs: Healing or Harmful?</li> <li>- Choices Everywhere</li> </ul>	<p><b>Twinkl PSHE - Growing Up</b></p> <ul style="list-style-type: none"> <li>- Human Reproduction</li> <li>- Changes in Boys/Changes in Girls*</li> <li>- Changes in Emotions</li> <li>- Relationships and Families</li> </ul> <p><b>Kapow PSHE - Privacy and Secrecy</b></p> <p><b>*Kapow PSHE - Introducing Puberty</b></p> <p><b>Twinkl PSHE – All About Periods</b></p> <p><b>DESC RSE Videos – Puberty and Periods</b></p>
<p><b>Transition Lesson</b></p>	<p><b>Kapow PSHE - Coping Strategies</b></p>	<p><b>Kapow PSHE - Transition</b></p>



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(Before moving up to the next Year Group)		
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## Upper Key Stage Two

Term Focus	Year 5	Year 6
<b>Autumn 1</b> Citizenship (Living in the Wider World)  <b>29<sup>th</sup> September 2025</b> <b>UKS2 Isle Listen 1</b>  <b>15<sup>th</sup> October 2025</b> <b>Rock Kidz</b>	<u><a href="#">Twinkl PSHE - Diverse Britain</a></u> - Identities - Communities - Making a Difference - Respecting the Law - Local Government* - National Government  <u><a href="#">Kapow PSHE – Protecting the Planet**</a></u>  <u><a href="#">Kapow PSHE - Stereotyping Gender</a></u>  <u><a href="#">Kapow PSHE - Stereotyping Race and Religion</a></u>  <u><a href="#">Kapow PSHE - Parliament</a></u>  *Links with Tynwald/House of Keys Visit  **SDG Link	<u><a href="#">Kapow PSHE - Citizenship</a></u> - Human Rights (Global Citizens) - Food choices and the environment - Caring for Others - Prejudice and Discrimination - Valuing Diversity - National Democracy*  <b>*Links with Tynwald Debate</b>  <b>Lots of SDG Links</b>
<b>Autumn 2</b> Friendships (Relationships)  <b>3<sup>rd</sup> November 2025</b> <b>UKS2 Isle Listen 2</b>  <b>1<sup>st</sup> December 2025</b> <b>UKS2 Isle Listen 3</b>	<u><a href="#">Twinkl PSHE - TEAM</a></u> - Communicate - Compromises and Collaborate - Care - Unkind Behaviour* - Shared Responsibilities  <u><a href="#">Kapow PSHE - Family Life</a></u>  <b>* Anti-Bullying is a focus here.</b>  <b>*Police Visit – Bullying vs Banter</b>	<u><a href="#">Kapow PSHE - Family and Relationships</a></u> - Respect - Respectful Relationships* - Stereotypes: Attitudes/Challenging Stereotypes - Resolving Conflict* - Change and Loss  <u><a href="#">Twinkl PSHE - Secrets</a></u>  <b>* Anti-Bullying is a focus here.</b>
<b>Spring 1</b> Digital Wellbeing (Relationships)  <b>19<sup>th</sup> January 2026</b>	<u><a href="#">Kapow PSHE - Online Friendships</a></u>  <u><a href="#">Kapow PSHE - Staying Safe Online</a></u>  <u><a href="#">Twinkl PSHE - Be Yourself</a></u>	<u><a href="#">Twinkl PSHE - Digital Wellbeing</a></u> - My Digital Life - Staying Safe, Healthy and Happy Online - Online Relationships - Social Media*



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<p><b>UKS2 Isle Listen 4</b></p> <p><b>9<sup>th</sup> February 2026</b></p> <p><b>UKS2 Isle Listen 5</b></p>	<ul style="list-style-type: none"> <li>- You are Unique</li> <li>- Let it Out!</li> <li>- Do the Right Thing</li> <li>- Making Amends</li> </ul>	<ul style="list-style-type: none"> <li>- Saying No to Online Bullying</li> <li>- Fake News</li> </ul> <p><b><u>Kapow PSHE - Impact of Technology on Health</u></b></p> <p><b>*Police Visit – Social Media</b></p>
<p><b>Spring 2</b></p> <p>Keeping Safe (Health and Wellbeing)</p> <p><b>9<sup>th</sup> March 2026</b></p> <p><b>UKS2 Isle Listen 6</b></p>	<p><b><u>Twinkl PSHE - Safety First</u></b></p> <ul style="list-style-type: none"> <li>- You are Responsible</li> <li>- What are the Risks?</li> <li>- Making Your Mind Up</li> <li>- Home – safe and sound</li> <li>- Outdoors – Playing it Safe</li> </ul> <p><b>*First Aid Session – Asthma/Allergies</b></p>	<p><b><u>Twinkl PSHE - Think Positive</u></b></p> <ul style="list-style-type: none"> <li>- The Cognitive Triangle</li> <li>- Thoughts are not Facts</li> <li>- Choices and Consequences</li> <li>- Yes I Can!</li> </ul> <p><b><u>Kapow PSHE - Good and Bad Habits</u></b></p> <p><b><u>Kapow PSHE - Physical Health Concerns</u></b></p> <p><b>*St. Johns Ambulance – First Aid Training</b></p>
<p><b>Summer 1</b></p> <p>Money Matters (Living in the Wider World)</p> <p><b>18<sup>th</sup> May 2026</b></p> <p><b>UKS2 Isle Listen 7</b></p>	<p><b><u>Kapow PSHE - Why prioritise needs over wants?</u></b></p> <p><b><u>Kapow PSHE - What is a weekly budget?</u></b></p> <p><b><u>Twinkl PSHE - Aiming High</u></b></p> <ul style="list-style-type: none"> <li>- Future Focus</li> <li>- Equal Opportunities</li> <li>- The World of Work</li> </ul>	<p><b><u>Twinkl PSHE - Money Matters</u></b></p> <ul style="list-style-type: none"> <li>- Money and Emotional Wellbeing</li> <li>- Money in the Wider World</li> </ul> <p><b><u>Kapow PSHE - Money Responsibilities in High School*</u></b></p> <p><b><u>Kapow PSHE - What is a workplace?</u></b></p> <p><b><u>Kapow PSHE - What career routes are there?</u></b></p> <p><b>*Junior Achievement</b></p> <p><b>*Crucial Crew</b></p>
<p><b>Summer 2</b></p> <p>My Growing Body (Health and Wellbeing)</p> <p><b>22<sup>nd</sup> June 2026</b></p> <p><b>UKS2 Isle Listen 8</b></p>	<p><b><u>Kapow PSHE - Puberty</u></b></p> <p><b><u>Kapow PSHE - Menstruation</u></b></p> <p><b><u>Kapow PSHE - Emotional Changes in Puberty</u></b></p> <p><b><u>Twinkl PSHE - It's My Body</u></b></p> <ul style="list-style-type: none"> <li>- Your Body is Your Own</li> <li>- How we Think and Feel about our Bodies</li> </ul>	<p><b><u>Kapow PSHE – Physical and Emotional Changes of Puberty</u></b></p> <p><b><u>Twinkl PSHE - Growing Up</u></b></p> <ul style="list-style-type: none"> <li>- Relationships</li> <li>- Let's Talk about Conception</li> <li>- Human Reproduction</li> </ul> <p><b><u>Kapow PSHE - Identity</u></b></p> <ul style="list-style-type: none"> <li>- What is identity?</li> <li>- Identity and Body Image</li> </ul>



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	<p>- Harmful Substances</p> <p><a href="#">Kapow PSHE – Embracing Failure</a></p> <p><a href="#">DESC RSE Videos – Puberty and Periods</a></p>	<p><a href="#">Kapow PSHE - Conception</a></p> <p><a href="#">Kapow PSHE - Pregnancy and Birth</a></p> <p><a href="#">DESC RSE Videos – Conception</a></p>
<p><b>Transition Lesson</b>          (Before moving up to the next Year Group)</p>	<p><a href="#">Kapow PSHE - Roles and Responsibilities</a></p>	<p><a href="#">Kapow PSHE - Dealing with Change</a></p>