



"Inspiring minds to ignite lifelong learning"



Onchan Primary School
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PSHE/RSE Parent Overview 2026-2027

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 lessons you will need to teach over the course of the year 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 the IOM Ambulance Service 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

Please 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
Autumn 1 Citizenship (Living in the Wider World) 6th October 2026 KS1 Isle Listen Assembly 12th October 2026	Twinkl PSHE - Diverse Britain/IOM - My School - My Community - My Neighbourhood - My Country Kapow PSHE - Gender Stereotypes Kapow PSHE – Citizenship (NEW)	Twinkl PSHE - One World - Families - Homes - Schools - Environments - Resources - Planet Protectors* Kapow PSHE Gender Stereotypes - Careers and Jobs



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KS1 Isle Listen 1	- How can I share my ideas respectfully? - Who helps look after our local environment? - How do rules help everyone?	*SDG Link
Autumn 2 Friendships (Relationships)	<u>Twinkl PSHE – TEAM</u> - Together Everyone Achieves More (TEAM) - Listening - Being Kind - Bullying and Teasing* - Brilliant Brains - Making Good Choices - *Anti-Bullying is a focus here.	<u>Twinkl PSHE – VIPs</u> - Who are your VIPs? - Families - Friends - Falling Out* - Working Together - Showing you Care *Anti-Bullying is a focus here.
Spring 1 Digital Wellbeing (Relationships) 1st February 2027 KS1 Isle Listen 2	<u>Kapow PSHE – The Online World (NEW)</u> - When I am online? - What can I do online and what can I do in person? - How should I behave when I use a device? - How can I balance screen time with in-person activities? - What should I do if I see something online that worries me? - How can I stay safe online?	<u>Kapow PSHE - The Online World (NEW)</u> - What can we do online and how can we do it safely? - Who can see information shared online? - What is private information? - How do I know if private information has been shared online? - Is everything we see online real? - What should I do if something online worries me?
Spring 2 Keeping Safe (Health and Wellbeing) 1st March 2027 KS1 Isle Listen 3 23rd March 2027 KS1 Isle Listen Assembly	<u>Kapow PSHE - Staying Safe (NEW)</u> - How can I stay safe at home? - What is safe for our bodies? - What rules can keep me safe? - How can I stay safe near roads? - How might my body feel when something is unsafe? - Who can keep me safe? *Police Visit – What we do? * First Aid Session – Grazes, Bites and Stings	<u>Kapow PSHE - Staying Safe (NEW)</u> - What makes my body special? - How can I keep my body safe? - How can I make safe choices at home? - How can I stay safe in different places? - What can I do if I cannot find my trusted adult? - How can I stay safe around water? *Police Visit – Staying Safe * First Aid Session – Bleeding and Head Injuries



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Summer 1 Money Matters (Living in the Wider World) 19th April 2027 KS1 Isle Listen 4	<u>Twinkl PSHE - Money Matters</u> - Money/Where money comes from? - Look after it! - Save or Spend? - Want or Need? <u>Kapow PSHE - My Skills and Talents (Jobs)</u>	New Kapow 'How do people belong to a community and earn money?' Being released 21st September – check back
Summer 2 My Growing Body (Health and Wellbeing) 6th July 2027 KS1 Isle Listen Assembly 12th July 2027 KS1 Isle Listen 5	<u>Twinkl PSHE - It's My Body</u> - My Body, My Business - Active and Asleep - Happy Healthy Food - Clean as a Whistle - Can I eat it? - I Can Choose	<u>Twinkl PSHE - Growing Up</u> - Our Bodies - Is it OK? - Pink and Blue - Your Family, My Family - Getting Older - Changes
Transition Lesson (Before moving up to the next Year Group)	<u>Kapow PSHE - Strengths and Transition</u>	<u>Kapow PSHE - Transition</u>

Lower Key Stage Two

Term Focus	Year 3	Year 4
Autumn 1 Citizenship (Living in the Wider World) 21st September 2026 LKS2 Isle Listen 1 (PM) 19th October 2026 LKS2 Isle Listen 2 (PM)	<u>Kapow PSHE - Citizenship (NEW)</u> - What are human rights? - What rights should children have? - How can we help the environment by reducing what we use?* - How can reusing items help the environment?* - Why is recycling important?* - How do local councils help look after their communities? *SDG Link <u>Kapow PSHE - Stereotyping Gender</u> <u>Kapow PSHE - Stereotyping Age</u>	<u>Kapow PSHE - Citizenship</u> - What are human rights? - Caring for the environment - Community/Contributing - Diverse communities - Local Councillors <u>Kapow PSHE - Stereotyping Gender</u> <u>Kapow PSHE - Stereotyping Disability</u>



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Autumn 2 Friendships (Relationships) 23rd November 2026 LKS2 Isle Listen 3	<u>Twinkl PSHE - TEAM</u> - A New Start - Together Everyone Achieves More (TEAM) - Working Together - Being Considerate - When Things Go Wrong - Responsibilities <u>Kapow PSHE - Conflict vs Bullying*</u> * Anti-Bullying is a focus here.	<u>Twinkl PSHE - VIPs</u> - Family and Friends - Fabulous Friends - Is this a Good Relationship? - Falling Out - What is Bullying?* - Stand up to Bullying* <u>Kapow PSHE - Change and Loss</u> * Anti-Bullying is a focus here.
Spring 1 Digital Wellbeing (Relationships) 11th January 2027 LKS2 Isle Listen 4 8th February 2027 LKS2 Isle Listen 5	<u>Kapow PSHE - The Online World (NEW)</u> - How do we communicate online? - How can we be respectful when we communicate online? - How can communication online sometimes be misunderstood? - How should I respond to online bullying? - Why do we need to be careful when communicating online? - How can I keep myself safe online?	<u>Kapow PSHE - The Online World (NEW)</u> - How can the internet be helpful and challenging? - Is all online content appropriate for me? - Why should we be careful what we trust online? - How can we check if online information is reliable? - How can we use multiple sources to check online information? - Why should we question what we see online?
Spring 2 Keeping Safe (Health and Wellbeing) 8th March 2027 LKS2 Isle Listen 6	<u>Twinkl PSHE - Safety First</u> - New Responsibilities - Risks, Hazards and Danger - Under Pressure - Dangerous Substances *Police Visit – Introduction to Right and Wrong (what this looks like/age related eg: being unkind, taking something that doesn't belong to you/leaving people out) * First Aid Session – Primary Survey/Recovery Position	<u>Kapow PSHE - Staying Safe (NEW)</u> - How can I tell if a situation is unsafe? - What do I do if a situation feels unsafe? - How do I stay safe around traffic? - Why can water be dangerous? - What drugs are safe or unsafe? - How can I prevent accidents? *Police Visit – Bullying vs Banter * First Aid Session – Choking
Summer 1 Money Matters	<u>Kapow PSHE - Economic Wellbeing</u>	<u>Kapow PSHE - Economic Wellbeing</u> - What is value for money?



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(Living in the Wider World) 10th May 2027 LKS2 Isle Listen 7	- How do people pay for things? - What does budgeting mean? - How do people feel about money? - What happens when people spend money? - What careers do people have?/Can anyone be anything? New Kapow What careers do people choose and why being released 1st November – check back	- Why keep track of money? - What ways are there to look after money? - What influences career choices?/Why make a career change? - How can workplace stereotypes be challenged? New Kapow How can I spend my money wisely being released 21st September – check back
Summer 2 My Growing Body (Health and Wellbeing) 14th June 2027 LKS2 Isle Listen 8	<u>Twinkl PSHE - It's My Body</u> - My Body, My Choice - Fit as a Fiddle - Good Night, Good Day - Cough, Splutter, Sneeze! - Drugs: Healing or Harmful? - Choices Everywhere	<u>Twinkl PSHE - Growing Up</u> - Human Reproduction - Changes in Boys/Changes in Girls* - Changes in Emotions - Relationships and Families <u>Kapow PSHE - Privacy and Secrecy</u> <u>*Kapow PSHE - How will I grow and change during puberty?</u> <u>Twinkl PSHE – All About Periods</u> <u>Kapow PSHE - What is a period?</u> <u>DESC RSE Videos</u> – Puberty and Periods
Transition Lesson (Before moving up to the next Year Group)	<u>Kapow PSHE - Coping Strategies</u>	<u>Kapow PSHE - Transition</u>

Upper Key Stage Two

Term Focus	Year 5	Year 6
Autumn 1 Citizenship (Living in the Wider World) 28th September 2026 (PM) UKS2 Isle Listen 1	<u>Kapow PSHE - Citizenship (NEW)</u> - How can we show care for others? - How do people contribute to the community? - How does the UK/IOM Government work?* - What is the role of a local councillor?* - What are pressure groups?	<u>Kapow PSHE - Citizenship</u> - Human Rights (Global Citizens) - Food choices and the environment - Caring for Others - Prejudice and Discrimination - Valuing Diversity - National Democracy*



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	- How can people influence the decisions made by the government? <u>Kapow PSHE - Stereotyping Gender</u> <u>Kapow PSHE - Stereotyping Race and Religion</u> * <u>Kapow PSHE - Parliament</u> * Links with Tynwald/House of Keys Visit	*Links with Tynwald Debate Lots of SDG Links
Autumn 2 Friendships (Relationships) 2nd November 2026 UKS2 Isle Listen 2 30th November 2026 UKS2 Isle Listen 3	<u>Twinkl PSHE - TEAM</u> - Communicate - Compromises and Collaborate - Care - Unkind Behaviour* - Shared Responsibilities <u>Kapow PSHE - How can I be assertive and respectful? (NEW)</u> * Anti-Bullying is a focus here. *Police Visit – Peer Pressure (what is right/what is wrong/how you can be influenced by others)	<u>Kapow PSHE - What does it mean to stand up for myself and others? (NEW)</u> - How does self-esteem help me? - How can I be respectful in different situations? - How can I set and respect boundaries? - How can we challenge unfairness? - How can we work together to stop bullying?* - When and how should I seek help?* <u>Twinkl PSHE - Secrets</u> * Anti-Bullying is a focus here.
Spring 1 Digital Wellbeing (Relationships) 18th January 2027 UKS2 Isle Listen 4	<u>Kapow PSHE - The Online World (NEW)</u> - How do adverts try to influence us online? - How are adverts chosen for me online? - How else am I influenced online? - How do online trends shape our offline choices? - How does what we see online influence our viewpoints? - How can some online messages be misleading?	<u>Kapow PSHE - The Online World (NEW)</u> - How do online platforms keep user engaged? - How can I make safe choices if I am gaming online? - Is online content always realistic? - What is harmful online behaviour? - Does what we post online matter? - How does being online make me feel?



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		<u>Kapow PSHE - Impact of Technology on Health</u> *Police Visit – Social Media
Spring 2 Keeping Safe (Health and Wellbeing) 22nd February 2027 UKS2 Isle Listen 5 15th March 2027 UKS2 Isle Listen 6	<u>Twinkl PSHE - Safety First</u> - You are Responsible - What are the Risks? - Making Your Mind Up - Home – safe and sound - Outdoors – Playing it Safe *First Aid Session – Asthma/Allergies	<u>Kapow PSHE - Staying Safe (NEW)</u> - How can I stay safe on my own at home? - How can I stay safe outside on my own? - How can I stay safe in, on and around water? - How can I stay safe when I feel peer pressure? - How can I stay safe around drugs? <u>Kapow PSHE - What habits might support my future health? (NEW)</u> <u>Kapow PSHE - Physical Health Concerns</u> *St. Johns Ambulance – First Aid Training
Summer 1 Money Matters (Living in the Wider World) 17th May 2027 UKS2 Isle Listen 7	New Kapow How can we be in control of our money? released 1st November – check back <u>Twinkl PSHE - Aiming High</u> - Future Focus - Equal Opportunities - The World of Work	<u>Twinkl PSHE - Money Matters</u> - Money and Emotional Wellbeing - Money in the Wider World <u>Kapow PSHE - Money Responsibilities in High School</u> <u>Kapow PSHE - What is a workplace?</u> <u>Kapow PSHE - What career routes are there?</u> *Crucial Crew – (TBC)
Summer 2 My Growing Body (Health and Wellbeing) 21st June 2027 UKS2 Isle Listen 8	<u>Kapow PSHE - Growing up (NEW)</u> - How will my body grow during puberty? - How can I keep myself clean and hygienic? - How can we treat others with kindness during puberty?	<u>Kapow PSHE – Physical and Emotional Changes of Puberty</u> <u>Twinkl PSHE - Growing Up</u> - Relationships - Let's Talk about Conception - Human Reproduction



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	- How can I manage my emotions and feelings during puberty? - What is a period? - How can I challenge behaviour which crosses personal boundaries? <u>Twinkl PSHE - It's My Body</u> - Your Body is Your Own - How we Think and Feel about our Bodies - Harmful Substances <u>Kapow PSHE – Embracing Failure</u> <u>DESC RSE Videos</u> – Puberty and Periods	<u>Kapow PSHE - How are families formed? (NEW)</u> <u>Kapow PSHE - What is Consent? (NEW)</u> <u>Kapow PSHE - Identity</u> - What is identity? - Identity and Body Image <u>Kapow PSHE - How are babies made? (NEW)</u> <u>Kapow PSHE - What happens in pregnancy and how are babies born? (NEW)</u> <u>DESC RSE Videos</u> – Conception
Transition Lesson (Before moving up to the next Year Group)	<u>Kapow PSHE - Roles and Responsibilities</u>	<u>Kapow PSHE - Dealing with Change</u>