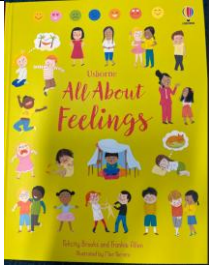
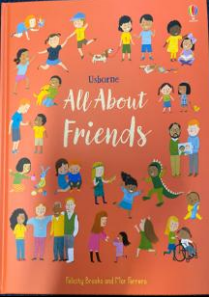


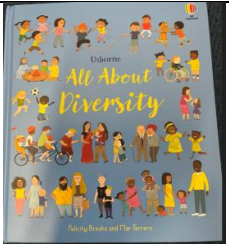
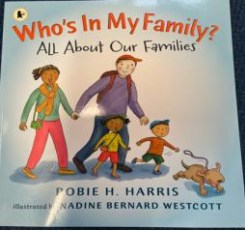
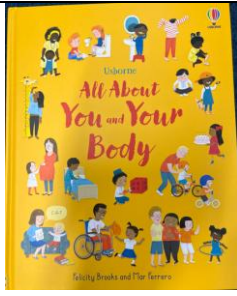


## Kapow PSHE: British Values & Protected Characteristics Matrix with Explicit Statement Opportunities.

This document maps British Values (Democracy, Rule of law, Individual liberty, Mutual respect, Tolerance) and the nine Protected Characteristics (age, disability, gender reassignment, marriage & civil partnership, pregnancy & maternity, race, religion or belief, sex, sexual orientation) across EYFS to Year 6 using the Kapow RSE & PSHE long-term plan. Each unit includes lesson examples from the plan and a column suggesting explicit, age-appropriate statements (e.g., 'In our community, people may be...'). There is also column with books and videos we use to support each unit.

### EYFS

Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	Book
Self-regulation: My feelings	Individual liberty; Mutual respect	Age; Disability	Naming feelings; noticing feelings in self/others; coping strategies	Add: 'People manage feelings differently and some may need extra help or tools.'	
Building relationships: Special relationships	Mutual respect; Tolerance	Race; Religion or belief	Why families/special people are valuable; sharing and taking turns; similarities & differences	Add: 'Families can have different beliefs and traditions. We show respect for all.'	
Managing self: Taking on challenges	Rule of law; Individual liberty	Age	Why we have rules; perseverance; communicating effectively;	Add: 'Rules help everyone—children and grown-ups—so we can	

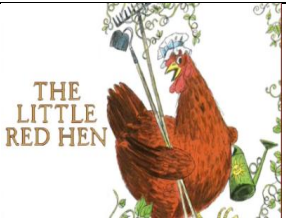

			grounding strategies	learn safely together.'	
Self-regulation: Listening and following instructions	Rule of law; Mutual respect	Disability	Active listening; responding to instructions	Add: 'Some people need instructions in different ways (pictures, signs, repetition) and we all help.'	 The book cover for 'All About Diversity' features a vibrant, colorful illustration of a diverse group of children and adults of various ethnicities, abilities, and ages. The title is written in a playful, rounded font.
Building relationships: My family and friends	Mutual respect; Tolerance	Religion or belief; Race; Sex; Sexual orientation; Marriage & civil partnership (family forms)	Different beliefs and celebrations; what makes a good friend; listening to one another	Add: 'Families may look different— one parent, foster carers, two mums or two dads— and boys and girls are all treated kindly.'	 The book cover for 'Who's In My Family?' shows a family of four—a mother, a father, and two children—walking together. The title is in a large, bold, sans-serif font. The author's name, Pobie H. Harris, and the illustrator's name, Nadine Bernard Westcott, are listed at the bottom.
Managing self: My wellbeing	Individual liberty	Disability	Exercise, meditation, balanced diet, self-care	Add: 'Some people use medicines or aids like glasses or inhalers to stay healthy; we include everyone.'	 The book cover for 'All About You and Your Body' has a bright yellow background. It features a collage of colorful illustrations of children engaged in various activities, some with disabilities. The title is written in a large, bold, sans-serif font.


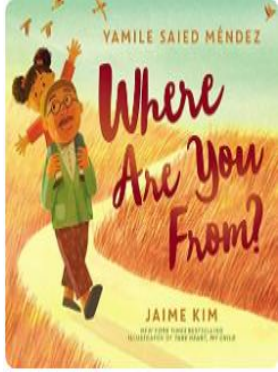


### Key Stage 1 (Years 1–2): Coverage Checklist

Protected Characteristic	Suggested Lesson(s) for Explicit Statement
Age	Y1 Citizenship (rules & roles); Y2 Citizenship (community roles)
Disability	Y1 Health & wellbeing (inclusion in health); Y2 Health & wellbeing (strategies & hygiene)
Gender reassignment	Y2 Safety (privacy/online: respect names/pronouns)
Marriage & civil partnership	Y1/2 Families & relationships (family structures)
Pregnancy & maternity	Introduce respectfully via caring for babies (Y1 Citizenship)
Race	Y1 Citizenship (similarities/differences); Y2 Citizenship (community diversity)
Religion or belief	Y1 Families (beliefs & celebrations); Y2 Citizenship (different beliefs)
Sex	Y1 Safety (appropriate touch); Y2 Safety (body parts & privacy)
Sexual orientation	Y1/2 Families (two mums/two dads; respect for all families)

### Year 1

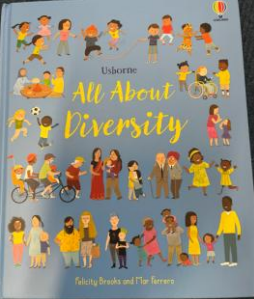
Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	Books
Introduction: Setting ground rules	Rule of law; Mutual respect	—	Co-create safe rules and respectful norms	Add: 'Our class rules help everyone to feel safe and respected during PSHE.'	 <a href="https://www.youtube.com/watch?v=2E72Zy0LN0">https://www.youtube.com/watch?v=2E72Zy0LN0</a>
Families & relationships	Mutual respect; Tolerance	Marriage & civil partnership; Sexual orientation; Race; Religion or belief	Different families; positive friendships; overcoming issues; different ways people show feelings; stereotyping is unfair	Add: 'Families may have two mums, two dads, one parent, or carers. We show respect for every family.'	

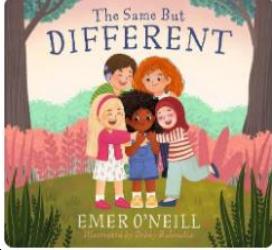
					
Health & wellbeing	Individual liberty	Disability	Personal qualities; managing feelings; sleep/relaxation; hygiene; allergies; people who keep us healthy	Add: 'People may have disabilities— visible or invisible— and we adapt activities so everyone can join in.'	
Safety & the changing body	Rule of law	Sex; Gender identity (respect)	Responding to adults safely; appropriate vs inappropriate touch; calling 999; hazards at home	Add: 'Everyone has the right to say “no” to touch. We respect boys and girls equally.'	
Citizenship	Democracy; Rule of law; Mutual respect; Tolerance	Age; Race; Religion or belief	Why rules matter; caring for babies/children/animals; similarities & differences; intro to democracy	Add: 'People in our community may follow different religions or none and may come from many countries— we listen to everyone.'	
Economic wellbeing	Individual liberty	Age; Sex (challenging stereotypes)	Cash safety; spending/saving; jobs	Add: 'Any job can be done by boys or girls; we choose jobs we enjoy and are good at.'	
Transition	Individual liberty	—	Managing change and new routines	Add: 'Change can feel different for everyone; we	---

				support each other kindly.'	
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Year 2

Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	Books and Videos
Introduction: Setting ground rules	Rule of law; Mutual respect	—	Safe, respectful learning environment	Add: 'We use kind words and listen carefully so everyone can learn.'	----
Families & relationships	Mutual respect; Tolerance	Marriage & civil partnership; Sexual orientation	Families provide care/support; reading feelings; manners; self-respect	Add: 'Families can be made in different ways— marriage, civil partnership, adoption—and we respect them all.'	
Health & wellbeing	Individual liberty	Disability	Exercise/relaxation; managing emotions; goals; dental hygiene	Add: 'Some people use wheelchairs, hearing aids or other supports; we make sure everyone can take part.'	
Safety & the changing body	Rule of law	Sex; Gender identity (privacy/respect)	Road safety; medicines; intro to online safety; secrets vs surprises; naming body parts; privacy	Add: 'We use the names and pronouns people prefer and we keep private things private.'	
Citizenship	Democracy; Rule of law	Age; Race; Religion or belief	Rules beyond school; caring for environment; roles in community; school council; giving an opinion	Add: 'People may have different beliefs or backgrounds; everyone's opinion matters in our school council.'	

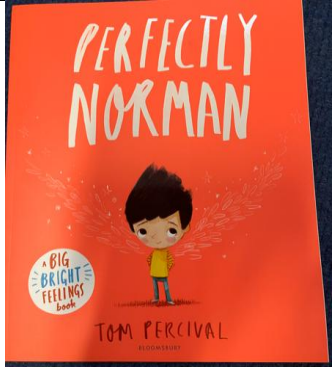
Economic wellbeing	Individual liberty	Age	How adults get money; wants vs needs; skills & talents; inclusive environments	Add: 'People of different ages have different jobs and responsibilities; we respect them.'	
Transition	Individual liberty	—	Moving to Year 3	Add: 'We all experience change differently; it's okay to ask for help.'	

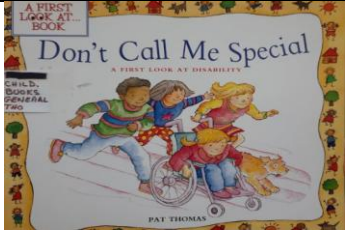
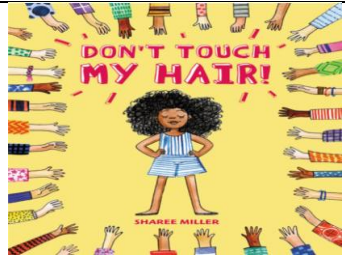

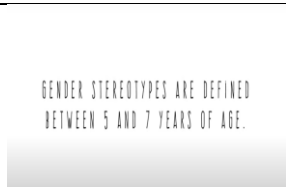


### Lower Key Stage 2 (Years 3–4): Coverage Checklist

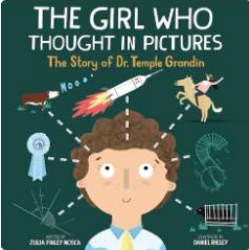
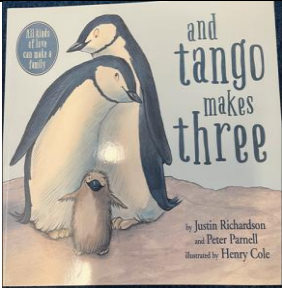
Protected Characteristic	Suggested Lesson(s) for Explicit Statement
Age	Y3 Citizenship (children’s rights); Y4 Citizenship (community diversity)
Disability	Y3 Health (identity & strengths to help others); Y4 Health (empathy & inclusion)
Gender reassignment	Y4 Safety (puberty & identity—respect names/pronouns)
Marriage & civil partnership	Y3/4 Families (family diversity & respect)
Pregnancy & maternity	Y4 Citizenship/Relationships (bereavement/caring—acknowledge pregnancy respectfully as family change)
Race	Y3/4 Citizenship (human rights; diversity; local democracy)
Religion or belief	Y3/4 Citizenship (community groups, diverse beliefs)
Sex	Y3 Safety (privacy/online); Y4 Safety (puberty)
Sexual orientation	Y3/4 Families (challenging stereotyping; diverse families)

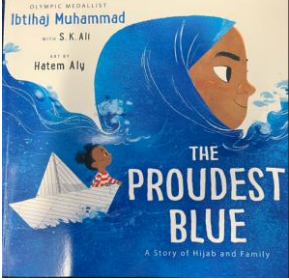
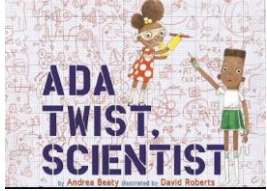
### Year 3

Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	Books and Videos
Introduction: Setting ground rules	Rule of law; Mutual respect	—	Respectful discussion and confidentiality	Add: 'We listen, take turns and keep personal stories private when asked.'	----
Families & relationships	Mutual respect	Sexual orientation; Race; Religion or belief	Resolve relationship problems; effective listening; non-verbal communication; bullying and actions; trust; stereotyping	Add: 'Bullying about someone’s family, beliefs or who they love is wrong; we speak up and get help.'	

Health & wellbeing	Individual liberty; Mutual respect	Disability	Healthy lifestyle (activity, diet, rest); identity via groups; strengths to help others; problem-solving	Add: 'People may need adjustments in PE or classroom tasks; inclusion helps everyone succeed.'	 <a href="https://www.youtube.com/watch?v=t04T2SITvao">https://www.youtube.com/watch?v=t04T2SITvao</a>
Safety & the changing body	Rule of law	Sex	Cyberbullying; digital citizenship; first aid; safety near roads; choices & influence	Add: 'Online, some people may target differences (race, religion, disability); we report and support each other.'	 <a href="https://www.youtube.com/watch?v=LXCBI76jnkg">https://www.youtube.com/watch?v=LXCBI76jnkg</a>
Citizenship	Democracy; Rule of law; Mutual respect; Tolerance	Age; Race; Religion or belief	Children's rights; why rules exist; local groups & charities; recycling; local democracy	Add: 'Our community includes people of many ages, cultures and beliefs; everyone deserves equal respect and rights.'	 <a href="https://video.link/w/mT4rb">https://video.link/w/mT4rb</a>
Economic wellbeing	Individual liberty	Age	Budgeting; paying methods; emotions & money; ethics of spending; jobs & careers; anyone can aspire to anything	Add: 'Jobs are for everyone; we challenge stereotypes that say some jobs are only for some people.'	 <a href="https://video.link/w/vl64959fc2c842b#">https://video.link/w/vl64959fc2c842b#</a>
Transition	Individual liberty	—	Preparing for Year 4	Add: 'Change is normal; we plan and ask for help when we need it.'	----

Year 4

Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	Books and videos
Introduction: Setting ground rules	Rule of law; Mutual respect	—	Reset respectful PSHE norms	Add: 'We use names and pronouns people prefer and we treat everyone fairly.'	----
Families & relationships	Mutual respect; Tolerance	Race; Religion or belief; Sexual orientation	Families are varied; respecting differences; physical/emotional boundaries; bully/victim/bystander roles; behavior affects others; manners; bereavement	Add: 'Families and friendships can look different; we challenge stereotyping and unkindness.'	
Health & wellbeing	Individual liberty; Mutual respect	Disability	Emotional maturity; owning emotions; empathy; growth mindset; calming activities; independent dental hygiene	Add: 'Some classmates may have disabilities; we make reasonable adjustments and show empathy.'	
Safety & the changing body	Rule of law; Individual liberty	Sex; Gender reassignment (respect)	Online safety; sharing information; public vs private; age restrictions; puberty changes; tobacco risks; asthma help	Add: 'Each person's gender identity is personal; we respect names, pronouns and privacy during puberty changes.'	

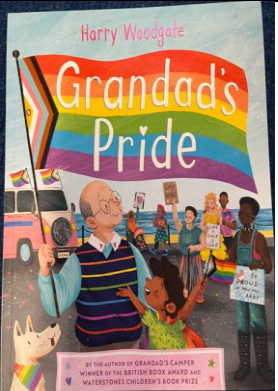
Citizenship	Democracy; Mutual respect; Tolerance	Race; Religion or belief	Human rights; caring for environment; roles of community groups; appreciating community diversity; local government	Add: 'Human rights protect everyone—whatever their race or beliefs—and we support a diverse community.'	
Economic wellbeing	Individual liberty; Mutual respect	Sex	Money choices; value for money; <b>**stereotypes in the workplace**</b> ; career changes; influences on choices	Add: 'People of any sex can do any job; we challenge workplace stereotypes when we see them.'	
Transition	Individual liberty	—	Preparing for Year 5	Add: 'We recognise different needs during change and offer support.'	-----

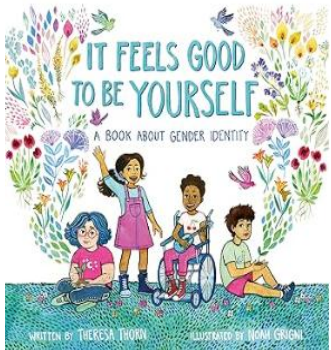


### Upper Key Stage 2 (Years 5–6): Coverage Checklist

Protected Characteristic	Suggested Lesson(s) for Explicit Statement
Age	Y5 Citizenship (rights/responsibilities); Y6 Citizenship (national democracy)
Disability	Y5 Health (responsibility & inclusion); Y6 Health (immunisation facts & access)
Gender reassignment	Y5/6 Safety (puberty, identity—respect names/pronouns)
Marriage & civil partnership	Y5 Families (marriage explicit; civil partnership)
Pregnancy & maternity	Y6 Safety (conception & development)
Race	Y5/6 Citizenship (valuing diversity; recognising discrimination)
Religion or belief	Y5/6 Citizenship (rights; diverse beliefs)
Sex	Y5/6 Safety (puberty); Y6 Citizenship (discrimination protections)
Sexual orientation	Y5 Families (family diversity); Y6 Citizenship (anti-discrimination)

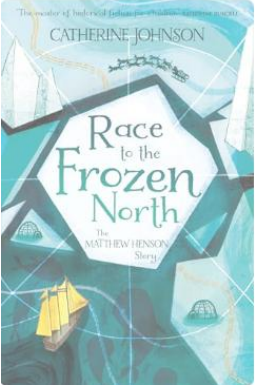
### Year 5

Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	Books and Videos
Introduction: Setting ground rules	Rule of law; Mutual respect	—	Safe discussion norms	Add: 'We handle sensitive topics respectfully and keep private information private.'	
Families & relationships	Mutual respect; Rule of law (safeguarding)	Marriage & civil partnership; Sexual orientation; Sex	Understanding families, <b>**marriage**</b> and safety; strengthening friendships after issues; bullying & influences; appreciating individual attributes	Add: 'Some adults choose marriage or civil partnership; some do not. Families may have two mums or two dads; all are respected.'	

Health & wellbeing	Individual liberty	Disability	Responsibility for sleep, sun safety, healthy eating, managing feelings; goals; embracing failure; rest/relaxation	Add: 'We plan adjustments so classmates with disabilities can participate fully in health, sport and learning.'	
Safety & the changing body	Rule of law; Individual liberty	Sex; Gender reassignment (respect)	Puberty (including menstruation); online safety; influence; safety strategies; first aid (bleeding)	Add: 'People experience puberty differently and some people's gender identity may not match their sex at birth; we respect names, pronouns and privacy.'	
Citizenship	Democracy; Rule of law; Mutual respect; Tolerance	Race; Religion or belief; Age	Justice system; how Parliament works; pressure groups; rights & responsibilities; energy & planet; contributing to community	Add: 'Our laws protect people with certain characteristics (like race and religion); we support equal rights in our community.'	
Economic wellbeing	Individual liberty; Mutual respect	Sex	Managing money; borrowing; online caution; **challenging workplace stereotypes**; linking interests to careers	Add: 'We challenge ideas that certain jobs are only for men or only for women.'	
Transition	Individual liberty	—	Preparing for Year 6	Add: 'We plan for new responsibilities and support each other.'	

Year 6

Unit	British Values	Protected Characteristics	Lesson Examples	Explicit PC Statement Opportunity	
Introduction: Setting ground rules	Rule of law; Mutual respect	—	Expectations for sensitive topics	Add: 'We discuss respectfully, use correct terms, and keep personal information private.'	----
Families & relationships	Mutual respect; Tolerance	Sexual orientation; Race; Religion or belief	Conflict resolution via negotiation/compromise; everyone deserves respect; grief	Add: 'People may love someone of the same or different sex; we respect all families and relationships.'	
Health & wellbeing	Individual liberty	Disability	Diet; oral hygiene; physical activity; **facts around immunisation**; rest/relaxation; resilience; long-term goals	Add: 'Access to health (like immunisations) should include everyone, including disabled people; we support equitable access.'	
Safety & the changing body	Rule of law; Individual liberty	Pregnancy & maternity; Sex; Gender reassignment (respect)	Reliability of online information; puberty changes; **how a baby is conceived and develops**; risks of alcohol; first aid (choking/unresponsive)	Add: 'Some people are pregnant and may need care; we use accurate terms for body changes and respect each person's identity.'	

Citizenship	Democracy; Rule of law; Mutual respect; Tolerance	All protected characteristics (recognising discrimination)	Human rights; environment; caring for others; **recognising discrimination**; valuing diversity; national democracy	Add: 'It is against the law to discriminate because of age, disability, gender reassignment, marriage or civil partnership, pregnancy or maternity, race, religion or belief, sex, or sexual orientation.'	
Economic wellbeing	Individual liberty	Age; Sex	Feelings about money; keeping money safe; finance in secondary; risks of gambling; careers across workplaces; pathways to careers	Add: 'People of any age or sex can pursue a wide range of careers; we plan paths that suit our interests and strengths.'	
Transition	Individual liberty	—	Transition to secondary school; worries & strategies	Add: 'Secondary schools include diverse communities; we show respect and seek support when needed.'	We use a range of resources and carry out a transition workshop with parent.