



Progression in PSHE



Nursery

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me In My World

Self-identity
 Understanding feelings
 Being in a classroom
 Being gentle
 Rights and responsibilities

Dreams & Goals

Challenges
 Perseverance
 Goal-setting
 Overcoming obstacles
 Seeking help
 Jobs
 Achieving goals

Relationships

Family life
 Friendships
 Breaking friendships
 Falling out
 Dealing with bullying
 Being a good friend

Celebrating Difference

Identifying talents
 Being special
 Families
 Where we live
 Making friends
 Standing up for yourself

Healthy Me

Exercising bodies
 Physical activity
 Healthy food
 Sleep
 Keeping clean
 Safety

Changing Me

Bodies
 Respecting my body
 Growing up
 Growth and change
 Fun and fears
 Celebrations

Substantive Knowledge

- Know special things about themselves
- Know that some people are different from themselves
- Know how happiness and sadness can be expressed
- Know that hands can be used kindly and unkindly
- Know that being kind is good
- Know they have a right to learn and play, safely and happily
- Know what being proud means and that people can be proud of different things
- Know that people can be good at different things
- Know what being unique means
- Know that families can be different
- Know that people have different homes and why they are important to them
- Know different ways of making friends
- Know different ways to stand up for myself
- Know the names of some emotions such as happy, sad, frightened, angry
- Know that they don't have to be 'the same as' to be a friend
- Know why having friends is important
- Know some qualities of a positive friendship

- Know what a challenge is
- Know that it is important to keep trying
- Know what a goal is
- Know how to set goals and work towards them
- Know which words are kind
- Know some jobs that they might like to do when they are older
- Know that they must work hard now in order to be able to achieve the job they want when they are older
- Know when they have achieved a goal
- Know the names for some parts of their body
- Know what the word 'healthy' means
- Know some things that they need to do to keep healthy
- Know that they need to exercise to keep healthy
- Know how to help themselves go to sleep and that sleep is good for them
- Know when and how to wash their hands properly
- Know what to do if they get lost
- Know how to say No to strangers

- Know what a family is
- Know that different people in a family have different responsibilities (jobs)
- Know some of the characteristics of healthy and safe friendship
- Know that friends sometimes fall out
- Know some ways to mend a friendship
- Know that unkind words can never be taken back and they can hurt
- Know how to use Jigsaw's Calm Me to help when feeling angry
- Know some reasons why others get angry
- Know the names and functions of some parts of the body (see vocabulary list)
- Know that we grow from baby to adult
- Know who to talk to if they are feeling worried
- Know that sharing how they feel can help solve a worry
- Know that remembering happy times can help us move on

Vocabulary

Kind, Gentle, Friend, Similar, Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns, Unique.

Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family, Unique

Dream, goal, challenge, job, persevere, achievement, happy, kind, encourage, proud

Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Heart, Active, Wash, Clean, Safe adult, Scared, Trust

Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing

Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories, Healthy, Grow.





Progression in PSHE



Reception

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me in My World

Self-identity
Understanding feelings
Being in a classroom
Being gentle
Rights and responsibilities

Dreams & Goals

Challenges
Perseverance
Goal-setting
Overcoming obstacles
Seeking help
Jobs
Achieving goals

Relationships

Family life
Friendships
Breaking friendships
Falling out
Dealing with bullying
Being a good friend

Celebrating Difference

Identifying talents
Being special
Families
Where we live
Making friends
Standing up for yourself

Healthy Me

Exercising bodies
Physical activity
Healthy food
Sleep
Keeping clean
Safety

Changing Me

Bodies
Respecting my body
Growing up
Growth and change
Fun and fears
Celebrations

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Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories, Healthy, Grow.





Progression in PSHE



Year One

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me In My World

Feeling special and safe
Being part of a class
Rights and responsibilities
Rewards and feeling proud
Consequences
Owning the Learning Charter

- I can explain why my class is a happy and safe place to learn.
- I can give different examples where I or others make my class happy and safe.

Dreams and Goals

Setting goals
Identifying successes and achievements
Learning styles
Working well and celebrating achievement with a partner
Tackling new challenges
Identifying and overcoming obstacles
Feelings of success

- I can explain how I feel when I am successful and how this can be celebrated positively.
- I can say why my internal treasure chest is an important place to store positive feelings.

Relationships

Belonging to a family
Making friends/being a good friend
Physical contact preferences
People who help us
Qualities as a friend and person
Self-acknowledgement
Being a good friend to myself
Celebrating special relationships

- I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.
- I can give examples of behaviour in other people that I appreciate and behaviours that I don't like

Celebrating Differences

Similarities and differences
Understanding bullying and knowing how to deal with it
Making new friends
Celebrating the differences in everyone

- I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.
- I can explain what bullying is and how being bullied might make somebody feel.

Healthy Me

Keeping myself healthy
Healthier lifestyle choices
Keeping clean
Being safe
Medicine safety/safety with household items
Road safety
Linking health and happiness

- I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.
- I can give examples of when being healthy can help me feel happy.

Changing Me

Life cycles – animal and human
Changes in me
Changes since being a baby
Differences between female and male bodies (correct terminology)
Linking growing and learning
Coping with change
Transition

- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.
- I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
- I can explain why some changes I might experience might feel better than others.

Substantive Knowledge

Relationships

Understand the rights and responsibilities of a member of a class
• Understand that their views are important
• Understand that their choices have consequences
• Understand their own rights and responsibilities with their classroom

Know that people have differences and similarities
• Know what bullying means
• Know who to tell if they or someone else is being bullied or is feeling unhappy
• Know skills to make friendships
• Know that people are unique and that it is OK to be different

Know how to set simple goals
• Know how to achieve a goal
• Know how to work well with a partner
• Know that tackling a challenge can stretch their learning
• Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them
• Know when a goal has been achieved

• Know the difference between being healthy and unhealthy
• Know some ways to keep healthy
• Know how to make healthy lifestyle choices
• Know how to keep themselves clean and healthy
• Know that germs cause disease / illness
• Know that all household products, including medicines, can be harmful if not used properly
• Know that medicines can help them if they feel poorly
• Know how to keep safe when crossing the road
• Know about people who can keep them safe

• Know that everyone's family is different
• Know that there are lots of different types of families
• Know that families are founded on belonging, love and care
• Know how to make a friend
• Know the characteristics of healthy and safe friends
• Know that physical contact can be used as a greeting
• Know about the different people in the school community and how they help
• Know who to ask for help in the school community

• Know that animals including humans have a life cycle
• Know that changes happen when we grow up
• Know that people grow up at different rates and that is normal
• Know the names of male and female private body parts
• Know that there are correct names for private body parts and nicknames, and when to use them
• Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these
• Know who to ask for help if they are worried or frightened
• Know that learning brings about change

Vocabulary

Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed,.

Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations

Proud, success, internal treasure chest, stretchy learning, stepping-stones, process, working together, team work, celebrate, challenge, obstacle, overcome, achieve, dreams, goal.

Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait

Family, Belong, Same, Different, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate

Changes, Life cycles, Baby, Adult, Growing up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.





Progression in PSHE



Year Two

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me In My World

Hopes and fears for the year
Rights and responsibilities
Rewards and consequences
Safe and fair learning environment
Valuing contributions
Choices
Recognising feelings

- I can explain why my behaviour can impact on other people in my class.
- I can compare my own and my friends' choices and can express why some choices are better than others.

Dreams & Goals

Achieving realistic goals
Perseverance
Learning strengths
Learning with others
Group co-operation
Contributing to and sharing
Success

- I can explain how I played my part in a group and the parts other people played to create an end product.
- I can explain how our skills complemented each other.
- I can explain how it felt to be part of a group and can identify a range of feelings about group work.

Relationships

Different types of family
Physical contact boundaries
Friendship and conflict
Secrets
Trust and appreciation
Expressing appreciation for special Relationships

- I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.
- I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.

Celebrating Difference

Assumptions and stereotypes about gender
Understanding bullying
Standing up for self and others
Making new friends
Gender diversity
Celebrating difference and remaining friends

- I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.
- I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.

Healthy Me

Motivation
Healthier choices
Relaxation
Healthy eating and nutrition
Healthier snacks and sharing
Food

- I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.
- I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.

Changing Me

Life cycles in nature
Growing from young to old
Increasing independence
Differences in female and male bodies (correct terminology)
Assertiveness
Preparing for transition

- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.
- I can explain why some types of touches feel OK and others don't.
- I can tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me

Substantive Knowledge

- Identifying hopes and fears for the year ahead
- Understand the rights and responsibilities of class members
- Know that it is important to listen to other people
- Understand that their own views are valuable
- Know about rewards and consequences and that these stem from choices
- Know that positive choices impact positively on self-learning and the learning of others

Know there are stereotypes about boys and girls
Know that it is OK not to conform to gender stereotypes
Know it is good to be yourself
Know that sometimes people get bullied because of difference
Know the difference between right and wrong and the role that choice has to play in this
Know that friends can be different and still be friends
Know where to get help if being bullied
Know the difference between a one-off incident and bullying

Know how to choose a realistic goal and think about how to achieve it
Know that it is important to persevere
Know how to recognise what working together well looks like
Know what good group working looks like
Know how to share success with other people

Know what their body needs to stay healthy
Know what relaxed means
Know what makes them feel relaxed / stressed
Know how medicines work in their bodies
Know that it is important to use medicines safely
Know how to make some healthy snacks
Know why healthy snacks are good for their bodies
Know which foods given their bodies energy

Know that everyone's family is different
Know that families function well when there is trust, respect, care, love and co-operation
Know that there are lots of forms of physical contact within a family
Know how to stay stop if someone is hurting them
Know some reasons why friends have conflicts
Know that friendships have ups and downs and sometimes change with time
Know how to use the Mending Friendships or Solve-it-together problem-solving methods
Know there are good secrets and worry secrets and why it is important to share worry secrets
Know what trust is

Know that life cycles exist in nature
Know that aging is a natural process including old-age
Know that some changes are out of an individual's control
Know how their bodies have changed from when they were a baby and that they will continue to change as they age
Know the physical differences between male and female bodies
Know the correct names for private body parts
Know that private body parts are special and that no one has the right to hurt these
Know who to ask for help if they are worried or frightened
Know there are different types of touch and that some are acceptable and some are unacceptable

Vocabulary

Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem Solving

Boys, Girls, Assumptions, Stereotypes, Special, Kind, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Value.

Realistic, strengths, persevere, challenge, difficult, easy, learning together, partner, product, problem-solve

Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Dangerous, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious

Similarities, Differences, Relationship, Important, Co-operate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Surprise, Good secret, Worry secret, Telling, Adult, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments

Control, Life cycle, Adult, Fully grown, Old, Young, Respect, Appearance, Physical, Toddler, Child, Teenager, Independent, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Excited, Nervous, Anxious, Happy





Progression in PSHE



Year Three

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me In My World

Setting personal goals
Self-identity and worth
Positivity in challenges
Rules, rights and responsibilities
Rewards and consequences
Responsible choices
Seeing things from others' perspectives

- I can explain how my behaviour can affect how others feel and behave.
- I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.

Dreams & Goals

Difficult challenges and achieving success
Dreams and ambitions
New challenges
Motivation and enthusiasm
Recognising and trying to overcome obstacles
Evaluating learning processes
Managing feelings
Simple budgeting

- I can explain the different ways that help me learn and what I need to do to improve.
- I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important

Relationships

Family roles and responsibilities
Friendship and negotiation
Keeping safe online and who to go to for help
Being a global citizen
Being aware of how my choices affect others
Awareness of how other children have different lives
Expressing appreciation for family and friends

- I can explain how my life is influenced positively by people I know and also by people from other countries.
- I can explain why my choices might affect my family, friendships and people around the world who I don't know.

Celebrating Differences

Families and their differences
Family conflict and how to manage it (child-centred)
Witnessing bullying and how to solve it
Recognising how words can be hurtful
Giving and receiving compliment

- I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.
- I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help

Healthy Me

Exercise
Fitness challenges
Food labelling and healthy swaps
Attitudes towards drugs
Keeping safe and why it's important online and off line scenarios
Respect for myself and others
Healthy and safe choices

- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.
- I can express how being anxious/ scared and unwell feels.

Changing Me

How babies grow
Understanding a baby's needs
Outside body changes
Inside body changes
Family stereotypes
Challenging my ideas
Preparing for transition

- I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.
- I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.

Substantive Knowledge

- Understand that they are important
- Know what a personal goal is
- Understanding what a challenge is
- Know why rules are needed and how these relate to choices and consequences
- Know that actions can affect others' feelings
- Know that others may hold different views
- Know that the school has a shared set of values
- Know why families are important
- Know that everybody's family is different
- Know that sometimes family members don't get along and some reasons for this
- Know that conflict is a normal part of relationships
- Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do
- Know that some words are used in hurtful ways and that this can have consequences

- Know about specific people who have overcome difficult challenges to achieve success
- Know what dreams and ambitions are important to them
- Know how they can best overcome learning challenges
- Know that they are responsible for their own learning
- Know what their own strengths are as a learner
- Know what an obstacle is and how they can hinder achievement
- Know how to take steps to overcome obstacles
- Know how to evaluate their own learning progress and identify how it can be better next time
- Know how exercise affects their bodies
- Know why their hearts and lungs are such important organs
- Know that the amount of calories, fat and sugar that they put into their bodies will affect their health
- Know that there are different types of drugs
- Know that there are things, places and people that can be dangerous
- Know a range of strategies to keep themselves safe
- Know when something feels safe or unsafe
- Know that their bodies are complex and need taking care of

- Know that different family members carry out different roles or have different responsibilities within the family
- Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc
- Know some of the skills of friendship, e.g. taking turns, being a good listener
- Know some strategies for keeping themselves safe online
- Know how some of the actions and work of people around the world help and influence my life
- Know that they and all children have rights (UNCRC)
- Know the lives of children around the world can be different from their own
- Know that in animals and humans lots of changes happen between conception and growing up
- Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- Know that babies need love and care from their parents/carers
- Know some of the changes that happen between being a baby and a child
- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- Know some of the outside body changes that happen during puberty
- Know some of the changes on the inside that happen during puberty

Vocabulary

Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Group Dynamics, Team Work, View Point, Ideal School, Belong

Family, Loving, Caring, Safe, Connected, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Tell, Consequences, Hurtful, Compliment.

Co-operation, motivated, enthusiastic, excited, efficient, responsible, frustration, 'solve it together' technique, solutions, review, evaluate respect, admire, ambition.

Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Complex, Appreciate, Choice, Emergency Services, Ambulance, Fire engine, Police Car, Coastguard

Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Win-win, Solution, Solve-it-together, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Interconnected

Birth, Animals, Babies, Mother, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Cope, Puberty, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Breasts, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge





Progression in PSHE



Year Four

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me In My World

Being part of a class team
Being a school citizen
Rights, responsibilities and democracy (school council)
Rewards and consequences
Group decision-making
Having a voice
What motivates behaviour

- I can explain why being listened to and listening to others is important in my school community.
- I can explain why being democratic is important and can help me and others feel valued.

Dreams & Goals

Hopes and dreams
Overcoming disappointment
Creating new, realistic dreams
Achieving goals
Working in a group
Celebrating contributions
Resilience
Positive attitudes

- I can plan and set new goals even after a disappointment.
- I can explain what it means to be resilient and to have a positive attitude.

Relationships

Jealousy
Love and loss
Memories of loved ones
Getting on and Falling Out
Girlfriends and boyfriends
Showing appreciation to people and Animals

- Animals I can recognise how people are feeling when they miss a special person or animal.
- I can give ways that might help me manage my feelings when missing a special person or animal.

Celebrating Difference

Challenging assumptions
Judging by appearance
Accepting self and others
Understanding influences
Understanding bullying
Problem-solving
Identifying how special and unique everyone is
First impressions

- I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.
- I can explain why it is good to accept myself and others for who we are.

Healthy Me

Healthier friendships
Group dynamics
Smoking
Alcohol
Assertiveness
Peer pressure
Celebrating inner strength

- I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.
- I can identify feelings of anxiety and fear associated with peer pressure

Changing Me

Being unique
Having a baby
Girls and puberty
Confidence in change
Accepting change
Preparing for transition
Environmental change

- I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
- I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen

Substantive Knowledge

- Know how individual attitudes and actions make a difference to a class
- Know about the different roles in the school community
- Know their place in the school community
- Know what democracy is (applied to pupil voice in school)
- Know that their own actions affect themselves and others
- Know how groups work together to reach a consensus
- Know that having a voice and democracy benefits the school community

Know that sometimes people make assumptions about a person because of the way they look or act

- Know there are influences that can affect how we judge a person or situation
- Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying
- Know what to do if they think bullying is, or might be taking place
- Know the reasons why witnesses sometimes join in with bullying and don't tell anyone
- Know that first impressions can change

- Know what their own hopes and dreams are
- Know that hopes and dreams don't always come true
 - Know that reflecting on positive and happy experiences can help them to counteract disappointment
 - Know how to make a new plan and set new goals even if they have been disappointed
 - Know how to work out the steps they need to take to achieve a goal
 - Know how to work as part of a successful group
- Know how to share in the success of a group

- Know how different friendship groups are formed and how they fit into them
- Know which friends they value most
- Know that there are leaders and followers in groups
- Know that they can take on different roles according to the situation
- Know the facts about smoking and vaping and its effects on health
- Know some of the reasons some people start to smoke
- Know the facts about alcohol and its effects on health, particularly the liver
- Know some of the reasons some people drink alcohol
- Know ways to resist when people are putting pressure on them
- Know what they think is right and wrong

- Know some reasons why people feel jealousy
- Know that jealousy can be damaging to relationships
- Know that loss is a normal part of relationships
- Know that negative feelings are a normal part of loss
- Know that memories can support us when we lose a special person or animal
- Know that change is a natural part of relationships/ friendship
- Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe

- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- Know that babies are made by a sperm joining with an ovum
- Know the names of the different internal and external body parts that are needed to make a baby
- Know how the female and male body change at puberty
- Know that personal hygiene is important during puberty and as an adult
- Know that change is a normal part of life and that some cannot be controlled and have to be accepted
- Know that change can bring about a range of different emotions

Vocabulary

Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)

Character, Assumption, Judgement, Surprised, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Secret, Deliberate, Bystander, Witness, Problem solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed.

Hope, determination, resilience, positive attitude, disappointment, fears, positive experiences, plans, cope, help, self-belief, commitment.

Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Vaping, Pressure, Peers, Guilt, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Opinion.

Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love, Attraction.

Personal, Unique, Characteristics, Parents, Sperm, Gene, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Tampons, Hormones, Fallopian tube, Periods, Menstrual cycle, Period pants/pads, Seasons, Control, Emotions, Acceptance





Progression in PSHE



Year Five

Autumn

Spring

Summer

Disciplinary Knowledge

Being Me In My World

Planning the forthcoming year
Being a citizen
Rights and responsibilities
Rewards and consequences
How behaviour affects groups
Democracy, having a voice,
Participating

- I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.

Dreams & Goals

Future dreams
The importance of money
Jobs and careers
Dream job and how to get there
Goals in different cultures
Supporting others (charity)
Motivation

- I can compare my hopes and dreams with those of young people from different cultures.
- I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

Relationships

Self-recognition and self-worth
Building self-esteem
Safer online communities
Rights and responsibilities online
Online gaming and gambling
Reducing screen time
Dangers of online grooming
SMARTT internet safety rules

- I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.
- I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

Celebrating Difference

Cultural differences and how they can cause conflict
Racism
Rumours and name-calling
Types of bullying
Material wealth and happiness
Enjoying and respecting other cultures

- I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.
- I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour

Healthy Me

Smoking, including vaping
Alcohol
Alcohol and anti-social behaviour
Emergency aid
Body image
Relationships with food
Healthy choices
Motivation and behaviour

- I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
- I can summarise different ways that I respect and value my body.

Changing Me

Self- and body image
Influence of online and media on body image
Puberty for girls
Puberty for boys
Conception (including IVF)
Growing responsibility
Coping with change
Preparing for transition

- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.
- I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.

Substantive Knowledge

- Know that a personality is made up of many different characteristics, qualities and attributes
- Know that belonging to an online community can have positive and negative consequences
- Know that there are rights and responsibilities in an online community or social network
- Know that there are rights and responsibilities when playing a game online
- Know that too much screen time isn't healthy
- Know how to stay safe when using technology to communicate with friends
- Know what culture means
- Know that differences in culture can sometimes be a source of conflict
- Know what racism is and why it is unacceptable
- Know that rumour spreading is a form of bullying on and offline
- Know external forms of support in regard to bullying e.g. Childline
- Know that bullying can be direct and indirect
- Know how their life is different from the lives of children in the developing world

- Know that they will need money to help them to achieve some of their dreams
- Know about a range of jobs that are carried out by people I know
- Know that different jobs pay more money than others
- Know the types of job they might like to do when they are older
- Know that young people from different cultures may have different dreams and goals
- Know that communicating with someone from a different culture means that they can learn from them and vice versa
- Know ways that they can support young people in their own culture and abroad
- Know the health risks of smoking and vaping
- Know how smoking tobacco affects the lungs, liver and heart
- Know some of the risks linked to misusing alcohol, including antisocial behaviour
- Know basic emergency procedures including the recovery position
- Know how to get help in emergency situations
- Know that the media, social media and celebrity culture promotes certain body types
- Know that messages we receive about food come from different places and that these can affect people's attitude to foods.
- Know what makes a healthy lifestyle

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- Know that belonging to an online community can have positive and negative consequences
- Know that there are rights and responsibilities in an online community or social network
- Know that there are rights and responsibilities when playing a game online
- Know that too much screen time isn't healthy
- Know how to stay safe when using technology to communicate with friends
- Know that our self-image is important to our mental well-being, and that there are things we can do to affirm this
- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know that sexual intercourse can lead to conception
- Know that some people need help to conceive and might use IVF
- Know that becoming a teenager involves various changes and also brings growing responsibility

Vocabulary

Personal qualities, Attributes, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Age-restriction, Online community, Risky, Safe, Unsafe, Responsibilities, Social network, Gaming, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARTT rules.

Culture, Conflict, Belong, Racism, Colour, Race, Discrimination, Bullying, Rumour, Name-calling, Racist, Banter, Homophobic, Cyber bullying, Texting, Indirect, Direct, Developing World

Lifestyle, job, career, profession, salary, contribution, society, culture, sponsorship, aspiration, communication, support, rallying, difference.

Choices, Healthy behaviour, Less healthy behaviour, Informed decision, Media, Influence, Emergency Procedure, Recovery position, Calm, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Respect, Debate, Fact, Motivation

Personal qualities, Attributes, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Age-restriction, Online community, Risky, Safe, Unsafe, Responsibilities, Social network, Gaming, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARTT rules

Body-image, Self-image, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Vagina, Vulva, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Broader, Sperm, Semen, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Fertility treatment, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Consent, Responsible, Teenager, Manage, Milestones.





Progression in PSHE



Year Six

Autumn

Spring

Summer

Disciplinary Knowledge

<p>Being Me In My World Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p> <ul style="list-style-type: none"> I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make 	<p>Dreams & Goals Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p> <ul style="list-style-type: none"> I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place. 	<p>Relationships Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology Use</p> <ul style="list-style-type: none"> I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.
<p>Celebrating Differences Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p> <ul style="list-style-type: none"> I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration. 	<p>Healthy Me Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p> <ul style="list-style-type: none"> I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure 	<p>Changing Me Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexing Transition</p> <ul style="list-style-type: none"> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.

Substantive Knowledge

<ul style="list-style-type: none"> Know how to set goals for the year ahead Understand what fears and worries are Know about children's universal rights (United Nations Convention on the Rights of the Child) Know about the lives of children in other parts of the world Know that personal choices can affect others locally and globally Understand that their own choices result in different consequences and rewards Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process <p>Know that there are different perceptions of 'being normal' and where these might come from</p> <ul style="list-style-type: none"> Know that being different could affect someone's life Know that power can play a part in a bullying or conflict situation Know that people can hold power over others individually or in a group Know why some people choose to bully others Know that people with disabilities can lead amazing lives Know that difference can be a source of celebration as well as conflict 	<ul style="list-style-type: none"> Know their own learning strengths Know how to set realistic and challenging goals Know what the learning steps are they need to take to achieve their goal Know a variety of problems that the world is facing Know how to work with other people to make the world a better place Know some ways in which they could work with others to make the world a better place Know what their classmates like and admire about them Know how to take responsibility for their own health Know how to make choices that benefit their own health and well-being Know about different types of drugs and their uses Know how these different types of drugs can affect people's bodies, especially their liver and heart Know that some people can be exploited and made to do things that are against the law Know why some people join gangs and the risk that this can involve Know what it means to be emotionally well Know that stress can be triggered by a range of things Know that being stressed can cause drug and alcohol misuse 	<ul style="list-style-type: none"> Know that it is important to take care of their own mental health Know ways that they can take care of their own mental health Know the stages of grief and that there are different types of loss that cause people to grieve Know that sometimes people can try to gain power or control them Know some of the dangers of being 'online' Know how to use technology safely and positively to communicate with their friends and family Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally Know how a baby develops from conception through the nine months of pregnancy and how it is born Know how being physically attracted to someone changes the nature of the relationship Know the importance of self-esteem and what they can do to develop it Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class
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Vocabulary

<p>Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Empathise, Obstacles, Legal, Illegal, Lawful, Laws, Motivation</p> <p>: Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Diverse, Stereotype, Individuality, Equality, Fairness, Banter, Identity, Courage, Fairness, Rights, Responsibilities, Power, Struggle, Imbalance, Harassment, Bullying behaviour, Argument, Para-Olympian, Achievement, Accolade, Perseverance, Admiration, Stamina</p>	<p>Personal, realistic, unrealistic, criteria, learning steps, global, issue, suffering, concern, hardship, empathy, praise, compliment, recognition</p> <p>Responsibility, Choice, Immunisation, Prevention, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers.</p>	<p>Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-care, Emotions, Feelings, Loss, Grief, Shock, Hopelessness, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Script, Assertive, Self-control, Real / fake, True / untrue, Judgement, Technology, Cyber-bullying, Abuse, Safet</p> <p>Body-image, Self-image, Characteristics, Looks, Personality, Perception, Real-self, Assertive, Comparison, Negative body-talk, Mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Midwife, Labour, Menstruation, Products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Opportunities, Freedoms, Responsibilities, Attraction, Relationship, Love, Sexing, Transition, Secondary, Looking forward, Journey, Worries, Anxiety, Excitement</p>
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