

PSHE Curriculum Progression



<p>Nursery</p>	<p>Remember rules</p> <p>Play with one or more children</p> <p>Talk about their feelings</p> <p>Being increasingly independent about meeting their own needs</p>	<p>Select and use activities and resources</p> <p>Remember rules</p> <p>Play with one or more children</p> <p>Understand how others may be feeling</p>	<p>Become more outgoing with unfamiliar people</p> <p>Make healthy choices about food and drink</p>	<p>Develop a sense of responsibility and membership of a community</p> <p>Show more confidence in new social situations</p>	<p>Develop appropriate ways of being assertive</p> <p>Talk with others to solve conflicts</p>	<p>Find solutions to conflicts and rivalries</p>
<p>Reception</p>	<p>Manage their own needs</p> <p>Build constructive and respectful relationships</p> <p>Know and talk about different factors that support their overall health and wellbeing</p>	<p>Express their feelings and consider the feelings of others</p> <p>Identify and moderate their own feelings socially and emotionally</p> <p>See themselves as a valuable individual</p>	<p>Show resilience and perseverance in the face of challenge</p>	<p>Think about the perspective of others</p>	<p>Work and play cooperatively and take turns</p>	<p>Give focused attention to what the teacher says and following instructions involving several actions</p>

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Year One		
Health and Wellbeing		
How can rules keep us safe?	How can we keep healthy?	How am I unique?
<p>Age restriction- a rule to tell us the age something can or cannot be done</p>	<p>Healthy – to not be sick</p> <p>Physical activity – activity that involves you moving your body</p> <p>Hygiene – keeping ourselves and around us clean to stop germs spreading</p>	<p>Unique- being unlike anything else</p> <p>Sad- unhappy</p> <p>Happy- pleasure</p> <p>Angry- a strong feeling of displeasure</p> <p>Scared- frightened</p> <p>Loved- feeling important to someone else</p> <p>Calm- not feeling worried</p> <p>Mixed up- not knowing what you are feeling or feeling different emotions together</p>
<ul style="list-style-type: none"> • Rules help to keep us safe • TV programmes and films have age restrictions to keep me safe • Games, toys and play areas have age restrictions to keep me safe • I can stay safe online by following rules like flag it, block it, zip it • I go to a trusted adult if something makes me feel unhappy, worried or scared 	<ul style="list-style-type: none"> • We can take care of ourselves on a daily basis by brushing our teeth, washing our hands and having a wash. • Healthy foods are good for our body and provide us with vitamins such as fruit and vegetables. • Unhealthy foods do not offer the body lots of vitamins and can have lots of sugar, salt and fats such as sweets, fast food and cakes. • Physical activity keeps us healthy by helping to build strong bones, muscles and heart. • To stay healthy, we need to have a balance of indoor, outdoor and screen-based play. • Parents, doctors, nurses, dentists and teachers can help to keep us healthy. • We can stay safe in the sun by wearing sun cream, sun hats and glasses and not to stay in the sun for too long. 	<ul style="list-style-type: none"> • People have similarities and differences • My differences make me special • Stress is a worried feeling when lots of things could go wrong • A trusted adult can help when I'm finding things difficult • A change in feelings can affect my behaviour

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Year Two		
Health and Wellbeing		
How can I keep safe in the community?	How can we keep healthy?	How am I changing?
<p>Age restriction- a rule to tell us the age something can or cannot be done</p> <p>Hazard- something dangerous</p>	<p>Routines – an action that we do frequently</p> <p>Mental health- how we are feeling and our mood</p> <p>Physical health- how our body is working</p>	<p>Genitals- for boys this is their testicles and penis for girls this is their vagina and vulva</p> <p>Private- belonging only to you</p> <p>Responsibility- things we take charge of or look after</p> <p>Opportunity- exciting new things you have not done before</p> <p>Goals- an idea for the future</p>
<ul style="list-style-type: none"> • When crossing the road I stop, look, listen, think • If I see something that makes me scared or worried I tell the adult responsible for me straight away • I keep myself safe at home by not touching/ eating or drinking cleaning products • I keep myself safe at home by only using some appliances when a grown up is there to supervise (toaster, kettle, oven, straighteners, iron) • Some people need medicines in liquid, tablets or in cream • Medicines can make you poorly if you do not need to take them 	<ul style="list-style-type: none"> • Routines we can follow to look after our physical health are eating a healthy, balanced diet, keeping active and getting enough sleep • Sleep is important for growing and keeping healthy because it helps our brains and bodies rest and recharge. • To keep mentally healthy we need to sleep, be active, have fun, challenge ourselves, relax and speak to someone if we need help • When we are feeling low we can ask for help from a trusted adult and friends • Medicines and vaccinations can help us to stay healthy and manage allergies. • It is important to brush our teeth and visit the dentist to keep our teeth and gums clean and healthy • Food and drinks that contain lots of sugar can harm your teeth • 	<ul style="list-style-type: none"> • I can identify and name my main body parts: head, shoulder, arm, leg, stomach, hand, foot, finger, toe, eye, nose, mouth, ear • I can identify and name the private parts of a female (vagina and vulva) • I can identify and name the private parts of a male (penis and testicles) • As we get older our responsibilities change- for example we might get asked to help more at home and look after an animal • As we get older we have more opportunities- for example new clubs, play at a friends house without your grown up • Some things in Year Two will be the same and some things will be different

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Year Three		
Health and Wellbeing		
How can I keep safe?	How can we make healthy choices?	How can I grow my resilience?
<p>Hazard- something dangerous</p>	<p>Habit- a routine that is repeated regularly without thinking</p> <p>Mental health- how we are feeling and our mood</p> <p>Physical health- how our body is working</p> <p>Grief- a natural response to loss</p>	<p>Resilience- ability to bounce back from difficulties</p> <p>Self-esteem- feeling good and respecting yourself</p> <p>Perseverance- when someone carries on trying to do something, even when it is difficult or takes a long time</p>
<ul style="list-style-type: none"> • Rules keep you safe • To help keep your house safe you need a smoke alarm • I keep myself safe at home by leaving my house if there is a fire • You ring 999 on any phone in an emergency • You never go on a railway line 	<ul style="list-style-type: none"> • A balance of food that is good for you, with some occasional treats, is healthy • Eating too much sugar can affect your health • Regular exercise keeps your body healthy • Regular exercise helps keep your mind healthy • Sleep is important for keeping healthy because it helps our brains and bodies rest and recharge • Different feelings will make my body feel different • Feelings can change overtime • When we are feeling low we can ask for help from a trusted adult and friends • Grief can cause a wide range of feelings 	<ul style="list-style-type: none"> • Everyone is an individual and has unique and valuable contributions to make • Strengths and interests form part of a person's identity • To recognise common challenges to self -worth e.g. finding school work difficult, friendship issues • You manage and reframe setbacks by; asking for help, focusing on what you can learn from a setback, remembering what you are good at, trying again

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Year Four		
Health and Wellbeing		
How do medicines keep us safe?	How can we keep healthy?	How am I changing?
<p>Drug- a substance that affects the body</p> <p>Medicine- a drug that cures or treats an illness</p> <p>Side effect- other bad effects that a medicine can have on your body</p>	<p>Tooth decay- when the surface of the tooth is damaged</p> <p>Flossing- use dental floss to clean in between your teeth</p> <p>Illness- a disease affecting the body or mind</p>	<p>Menstruation- a monthly discharge of blood through the vagina</p> <p>Wet dreams- a dream that causes an involuntary ejaculation of semen</p> <p>Erection- a rigid penis</p> <p>Reproduction- new offspring produced by parents</p> <p>Ovaries- female reproductive organ</p> <p>Testicles- male reproductive organ</p> <p>Puberty- a time of physical changes where a child turns into an adult</p>
<ul style="list-style-type: none"> • A medicine is a drug that you take to treat or cure an illness • All drugs, including medicines, have side effects • Alcohol, cigarettes, e-cigarettes/vapes and medicines are drugs and can affect health and wellbeing • Drugs can be addictive 	<ul style="list-style-type: none"> • Regular exercise keeps your body healthy • Regular exercise helps keep your mind healthy • Sleep is important for keeping healthy because it helps our brains and bodies rest and recharge • An early sign of being physically unwell can be weight loss or changes to your body • If you are very unwell a doctor can treat you • Regular visits to the dentist will make sure your teeth stay as healthy as possible • Sugary food and drinks are one of the main causes of tooth decay • Brushing your teeth and flossing can help fight tooth decay 	<ul style="list-style-type: none"> • As girls go through puberty they start menstruation • As boys go through puberty they may get erections and wet dreams • Puberty causes physical and emotional changes • It is important to wash regularly and use deodorant

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Year Five		
Health and Wellbeing		
How can we keep ourselves and others safe?	How can we keep healthy?	How are we unique?
<p>FGM- Female Genital Mutilation</p> <p>Hazard- a situation that might cause injury or damage</p>	<p>Heat stroke- when your body gets too hot</p> <p>Sunburn- skin becoming red and sore from too much sun exposure</p> <p>Virus- a tiny germ</p> <p>Disease- an illness</p>	<p>Race- a grouping of humans with shared physical or behavioural differences</p> <p>Gender- social characteristics of men and women</p> <p>Sex- male or female depending on their reproductive organs</p> <p>Faith- belief in a religion</p> <p>Culture- the ideas, customs and behaviours in groups of people</p> <p>Diversity- many ways people are different to each other</p> <p>Discrimination- treating someone differently because of who they are</p> <p>Stereotype- a belief held by people about specific people/groups of people</p>
<ul style="list-style-type: none"> • Basic first aid techniques (taught by first aid specialists) • Female genital mutilation is against British law • If someone is at risk of FGM (myself or others) I must tell a trusted adult immediately • You ring 999 on any phone in an emergency • A situation is unsafe if someone is at risk of being hurt • My safety is my responsibility • Taking risks can be positive but behaving dangerously is not 	<ul style="list-style-type: none"> • Our bodies need sunlight to make vitamin D which keeps our bones, teeth and muscles healthy • Sunlight can damage the skin • Sun cream can help protect the skin from the sun's rays • Sleep is important for keeping healthy because it helps our brains and bodies rest and recharge • Healthy bedtime habits will help me sleep better • Bacteria and viruses make you ill • Washing your hands is key to prevent spreading viruses and bacteria • Some diseases can be prevented with vaccinations 	<ul style="list-style-type: none"> • My race, gender, sex, faith and culture make me who I am • It is important to be myself and express my individuality • Exercise, friends and hobbies can boost my emotional wellbeing

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Year Six Health and Wellbeing

How can I keep safe?	How can we keep mentally healthy?	What happens next?
<p>Drug- a substance that affects the body</p> <p>Peer pressure- feeling like you have to do something because people around you expect you to</p> <p>Passive- accepting or allowing what happens or what others do without actively responding</p> <p>Aggressive- being ready or likely to confront or attack others or what others do</p> <p>Assertive- standing up for oneself or someone else, calmly and positively, or getting a point across without causing upset.</p>	<p>Mental health- how we are feeling and our mood</p> <p>Mental ill-health- something disrupting your moods and feelings</p> <p>Physical health- how our body is working</p> <p>Loss- losing something</p> <p>Bereavement- experience of losing someone</p> <p>Grief- a natural response to loss</p>	<p>Sexual intercourse- when a penis enters a vagina</p> <p>Contraception- use of devices or medication to prevent pregnancy</p> <p>Consenting- permission to do something</p>
<ul style="list-style-type: none"> Anything sent digitally can be re-shared- even on apps with disappearing messages Apps and social media websites have buttons to report misuse of images and information sharing Private information/photos are not appropriate to share with others online Alcohol, tobacco, cocaine, caffeine, ecstasy, speed, cannabis and nitrous oxide are drugs and can affect health and wellbeing Using any drug has risks There are legal and illegal drugs Peer pressure and the media can have an impact on our thoughts and beliefs about drugs 	<ul style="list-style-type: none"> Mental health is just as important as physical health Anyone can have mental ill-health Mental ill-health can be resolved with support Being bullied or feeling lonely can affect mental health and wellbeing Feeling can be helpful but sometimes need to be overcome Identify who they can ask for help with mental wellbeing Grief is a feeling when you lose something very special Grief can cause many different feelings You can get help if you experience a loss 	<ul style="list-style-type: none"> Transition to high school might affect my feelings Being prepared practically for high school will help me manage the change (learning the bus or walking route, knowing what lunchtimes will be like etc) Relationships may change as they move to high school Identify the links between love, committed relationships and conception Sexual intercourse is when a penis enters a vagina Sexual intercourse can be part of an intimate relationship between consenting adults Pregnancy happens when a sperm meets an egg and the fertilised egg settles in the lining of the womb Pregnancy can be prevented with contraception Being a parent or career comes with many responsibilities