

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		
Relationships		
What is a family?	How can we keep ourselves safe?	How can we show respect?
<p>Special- great or important Family- a group of adults and children that are related and love each other Care- look after Trusted adult- a grown-up who makes you feel safe</p>	<p>Physically- relating to the body Emotionally- relating to your feelings Private- belonging only to you Permission- allowing someone to do something</p>	<p>Respect- treating someone in a way that makes them feel cared for and important Rules- a set of instructions you must follow Kind- being friendly Unkind- being unfriendly Behaviour- your actions</p>
<ul style="list-style-type: none"> • People that might care for me are; parents, siblings, grandparents, relatives, friends, teachers • These people will care for me by helping me, loving me, looking after me and keeping me safe • A family is a group of adults and children that are related to and love each other • All families are different • It is important to tell someone if they are worried about something in our family 	<ul style="list-style-type: none"> • I go to a trusted adult if I am hurt • Being hurt physically means my body is hurt • Being hurt emotionally means my feelings are hurt • I can keep things private to me such as information and my private body parts • If someone touches me and makes me feel uncomfortable or unsafe, I can say no and tell a trusted adult • I will ask permission to touch others and can say yes or no when that question is asked 	<ul style="list-style-type: none"> • Kind behaviour can make people happy • Unkind behaviour can make people sad • Respect is treating someone in a way that makes them feel cared for and important

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Year Two		
Relationships		
How can I be a good friend?	How can we keep ourselves safe?	How can we show respect?
<p>Friend- a person you like and respect Argument- a disagreement Resolve- solve a problem Compromise- an agreement made by each side of an argument</p>	<p>secret- something not to be known by other people peer pressure- feeling like you need to do something because other people want you to</p>	<p>Respect- treating someone in a way that makes them feel cared for and important Similarities – what is the same Differences – what is not the same Co-operatively – helping each other achieve a common goal</p>
<ul style="list-style-type: none"> • A good friend shows kindness, honesty and listens • We can play positively with friends e.g. joining in, including others, being kind • When we are lonely or unhappy, we can ask a friend or trusted adult for help • Arguments can be resolved by listening, talking and being understanding 	<ul style="list-style-type: none"> • Bullying is being unkind to another person/group of people several times on purpose • Bullying can be verbal, physical or online (cyber) • If someone is bullied, they might feel sad and alone • If someone is being unkind or hurting someone, I can tell a trusted adult to help them • Sometimes secrets can make us happy (i.e. surprises) and sometimes they can make us feel uncomfortable or worried • If I feel worried or uncomfortable, I can tell a trusted adult • If I see hurtful behaviour in person or online, I can tell a trusted adult to help • I can say no to doing something that feels uncomfortable or unsafe • I can ask for help by saying that I feel upset, uncomfortable or unsafe 	<ul style="list-style-type: none"> • Friends can have similarities and differences • If you are cooperative, you get along with other people in the classroom and on the playground • Sometimes it is hard to be cooperative when you disagree • When someone is sharing ideas, everyone around should always listen • If I want to speak in a discussion, I wait until the person has finished speaking and then speak

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Year Three		
Relationships		
What makes a family?	How can we keep ourselves safe?	How can we show respect?
<p>Single parents – one parent looking after children Same-sex parents – parents who are the same sex looking after children Blended families – two separate families come together as one Foster families – another family taking care of children temporarily Adoptive families - another family taking care of children forever</p>	<p>boundaries - what we put in place to show how we expect to be treated. supervision- the act of watching a person or activity and making certain that everything is done correctly, safely, cyber-bullying – bullying that takes place online</p>	<p>respect- treating someone in a way that makes them feel cared for and important self-respect- feeling good about who you are, your choices and how you make others feel cultures- the ideas and behaviours of particular people courtesy – being polite and showing respect</p>
<ul style="list-style-type: none"> • All types of families provide help, stability and love • People can care about each other by encouraging those around them and helping them in times of need • Sometimes we can feel upset or worried in our families, for example: if someone is poorly, if something happens to my family member or pet • We can speak to people in our families when we are feeling sad and worried • We can speak to a trusted adult when we are feeling unhappy or unsafe in our families 	<ul style="list-style-type: none"> • Do not share personal information online • Bullying is hurtful and unacceptable in any situation • The effects of bullying on people are making someone feel left out, upset, hurt and wanting to be alone • The consequences of bullying are losing friendships, being in trouble, not being a good citizen, feeling sad yourself that you have upset/hurt someone • Bullying online is called cyber-bullying • I know that if I am being bullied, I can speak to a trusted adult or Childline 	<ul style="list-style-type: none"> • Respectful behaviour includes helping or including others, being responsible and being caring and polite (treating someone in a way that makes them feel cared for and important) • Self-respect is feeling good about who I am, my choices and how I make others feel • I have the right to be treated respectfully by others around me • I should treat others as I would like to be treated myself • Different cultures have different ways to show respect

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Year Four		
Relationships		
How can I be a positive friend?	How can we keep ourselves safe?	How can we show respect?
<p>Excluded- feeling left out</p>	<p>dare- a challenge to prove courage secret- something to be kept unseen or unknown by others</p>	<p>Respect- treating someone in a way that makes them feel cared for and important Gender- the features of someone's character either male or female Faith- belief in a religion Race- a group of people sharing the same culture, history or language</p>
<ul style="list-style-type: none"> • Positive healthy friendships have mutual respect, trust and shared interests • You can build friendships by being kind, listening and taking turns • If I feel lonely or excluded I can talk to my friends, my parents/ careers or a trusted adult • People must communicate respectfully with friends when using digital devices • Knowing someone online is different from knowing someone face to face • There are risks in communicating with someone you don't know • If you are worried about something you have seen online it is important to flag it, block it and report it to a trusted adult 	<ul style="list-style-type: none"> • Teasing and hurtful behaviour may only happen once but bullying is several times on purpose (including online) • If I witness hurtful behaviour or have concerns about bullying, I can get a trusted adult to help • Some dares can be funny and playful but some can make people uncomfortable or put them in danger • I can say no to dares, walk away and tell a trusted adult • People can behave differently online and pretend to be someone they are not • If I feel that a secret is unsafe or dangerous, I can break confidence and share the secret with a trusted adult 	<ul style="list-style-type: none"> • People can have differences such as gender, race, faith • It is important to respect the differences and similarities between people

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Year Five		
Relationships		
How do we include our friends?	How can we keep ourselves safe?	How can we show respect?
<p>Peer pressure – doing something because peers around you are doing it and encouraging you to do the same.</p> <p>Assertive – being confident when communicating</p>	<p>Physical contact – person-person touching</p> <p>Consent- saying yes to something</p>	<p>Respect- treating someone in a way that makes them feel cared for and important</p> <p>Discrimination – treating a person or people unfairly based on their characteristics</p> <p>Harassment – constant abuse of a person</p> <p>Protected characteristics-It is against the law to discriminate against anyone because of: age, disability, gender, pregnancy and maternity, race, religion or belief, sex, sexual orientation</p>
<ul style="list-style-type: none"> • A healthy friendship includes mutual respect, trust and shared interests • Peer influence is doing something because peers around you are doing it and encouraging you to do the same. • Managing peer influence includes exit strategies and being assertive when communicating. • All friendships can experience challenges. • Friendships can change over time, e.g. making new friends, friends moving away • We can positively resolve disputes and reconcile differences in friendships by listening to each other, being calm, compromising and being respectful. • If anyone feels unsafe in a friendship, is worried or uncomfortable, they can seek help from parents, family members, teachers and other trusted adults. 	<ul style="list-style-type: none"> • A form of acceptable touch is hugging and holding hands • A form of unacceptable touch is being touched somewhere you are uncomfortable or in your private areas • PANTS acronym: P – privates are private A- always remember your body belongs to you N- no means no T- talk about secrets that upset or worry you S- speak up and to a trusted adult • I can say yes or no when someone has asked me to give or receive physical contact • It is never someone's fault if they have experienced unacceptable contact • It is never acceptable to be asked to keep a secret when we feel uncomfortable • We can never be pressured or persuaded to keep secrets from others that make us worried or uncomfortable • If it doesn't feel right, it isn't right • I know that I can speak to a trusted adult about unwanted physical contact 	<ul style="list-style-type: none"> • Everyone has the right to be treated equally • It is important to respect people with different traditions, lifestyles and beliefs • Discrimination is treating a person or people unfairly based on their characteristics (gender, sexuality, race, religion, disability) • Different types of discrimination include racism, sexism, homophobia and ageism • Discrimination can be in person and online • Harassment means abusive ways of treating others over time • Discrimination can cause people to be bullied, feel sad, frustrated and have low self-esteem • Acts of discrimination can be reported to a trusted adult and childline

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Year Six Relationships		
What is a healthy relationship?	How can we keep ourselves safe?	How can we show respect?
<p>Relationship – how two or more people are connected</p> <p>Sexual orientation – who a person is attracted to (heterosexual, homosexual, bisexual)</p> <p>Marriage – a legal ceremony, which consists of vows, for two individuals who love one another</p> <p>Civil Partnership – a legal ceremony, which doesn't consist of vows, for two individuals who love one another</p> <p>Gender identity – a person's understanding of their gender</p>	<p>Forced marriage – a marriage where one or both spouses do not consent to the arrangement of the marriage.</p> <p>Consent – giving permission</p> <p>Peer pressure – feeling like you have to do something because people around you expect you to</p>	<p>Value – values determine how we think and act</p> <p>Behaviour – the way a person acts</p> <p>Role model – a person you respect and look up to</p> <p>Respect – treating someone in a way that makes them feel cared for and important</p>
<ul style="list-style-type: none"> • A healthy relationship helps individuals to thrive and be their best • To be attracted to someone means to like someone and their qualities • Everyone has a right to be loved • The difference between marriage and civil partnership is that marriage has vows and can be religious, whereas civil partnership is not • People have the right to choose who they marry or whether they get married 	<ul style="list-style-type: none"> • Forcing marriage is illegal • Forced marriages can be reported to the police and advice can be sought from the Forced Marriage Unit (FMU) and charities such as support line and refuge • A healthy friendship is supportive and makes all involved feel happy. An unhealthy is the opposite. • Risks in an unhealthy relationship could result in doing something unsafe, something that makes people feel worried or uncomfortable. One example is dares. • It is the responsibility of everyone to do the right thing if they're witness someone doing something dangerous or wrong as a result of peer pressure. • Concerns about personal safety (including online) can be reported to Childline or a trusted adult 	<ul style="list-style-type: none"> • Values and behaviour link because it is our values that impact how we act • A positive role model is someone who you respect and look up to • In a debate you can show respect by active listening • You do not have to agree with someone else's views but you should still show them respect

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- The number for Childline is 0800 1111 and can be accessed by phone or online