

# Foston CE, Terrington CE VA & Stillington Primary Schools Progression Map

## 'Love, Learn & Grow Together'

Subject: **PSHE**



### Subject Intent:

We aim to develop resilient, independent, loving and caring individuals who have a sound awareness of the key principles of relationships, respect, careers, health and safety to prepare them for future life.

We wish to:

- develop pupils' cultural capital by giving pupils the information they require to gain a knowledge of the wider world through awe and wonder experiences.
- create an understanding of a multicultural and diverse world in which we live.
  - promote acceptance, respect and celebrate our differences.
- inspire awareness of local and wider communities to make positive changes to the world.
  - embed how to keep safe
  - foster British values and what it means to be British.
- Expand understandings of careers to prepare and inspire pupils.
  - nurture positive relationships (including RSE).
- cultivate positive, healthy strategies for physical and mental wellbeing.

Key Concept	Overview	EYFS	Key Stage 1	Lower Key Stage 2	Key Stage 2
<b>Me and my relationships</b> Year A  <a href="#">Community</a>	Topic	<b>What is a relationship?</b> <b>Who is my family?</b>	<b>Making relationships</b>	<b>Healthy relationships</b>	<b>Types of relationships</b>
	Objectives NC	<ul style="list-style-type: none"> <li>• Shows interest in the lives of people who are familiar to them. (R)</li> <li>• Build constructive and respectful relationships. (R)</li> <li>• Identify and moderate their own feelings socially and emotionally. (R)</li> </ul>	<ul style="list-style-type: none"> <li>• To learn how to be a good friend, e.g., kindness, listening, honesty.</li> <li>• To learn about different ways that people meet and make friends.</li> <li>• To learn about what causes arguments between friends and how to positively resolve arguments between friends</li> <li>• To learn how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else</li> </ul>	<ul style="list-style-type: none"> <li>• To learn about the features of positive healthy friendships such as mutual respect, trust and sharing interests.</li> <li>• To learn strategies to build positive friendships and how to seek support with relationships.</li> <li>• To learn how to communicate respectfully with friends when using digital devices and how online differs from real life.</li> </ul>	<ul style="list-style-type: none"> <li>• To learn what makes a healthy friendship and strategies to make people feel included.</li> <li>• To learn about peer influence and the impact of the need for peer approval.</li> <li>• To learn strategies to manage peer influence and the need for peer approval.</li> </ul>

		<ul style="list-style-type: none"> <li>Think about the perspectives of others. (R)</li> <li>Talk about members of their immediate family and community. (R)</li> </ul>	<ul style="list-style-type: none"> <li>To learn how to recognise hurtful behaviour, including online what to do and whom to tell if they see or experience hurtful behaviour, including online</li> <li>To learn about what bullying and its types as well as how someone may feel if they are being bullied.</li> </ul>		<ul style="list-style-type: none"> <li>To learn what to do or whom to tell if they are worried about any contact online.</li> <li>To learn how people may behave differently online including pretending to be someone they are not.</li> <li>To recognise when it is right to share a secret.</li> <li>To learn how to report concerns and seek help if worried or uncomfortable about someone's behaviour.</li> </ul>		<ul style="list-style-type: none"> <li>To learn that it is common for friendships to experience challenges and how to resolve disputes.</li> <li>To learn that friendships change over time and the benefits of having new and different types of friends.</li> <li>To recognise if a friendship is making them feel unsafe, worried, or uncomfortable.</li> <li>To learn whom to tell if they are concerned about unwanted physical contact.</li> </ul>	
	Knowledge	<ul style="list-style-type: none"> <li>They can identify their friends.</li> <li>They can identify their family.</li> <li>They can develop and maintain friendships</li> </ul>	<ul style="list-style-type: none"> <li>They will realise every action has a consequence both positive and negative.</li> <li>They will know the difference between kind and unkind acts.</li> <li>They can describe a friend.</li> <li>They will know how to respond, who to tell and what to say.</li> </ul>		<ul style="list-style-type: none"> <li>They will know how to and when to share a secret.</li> <li>They will understand good and bad secrets.</li> <li>They will know how and when to report a concern.</li> <li>To identify a healthy relationship.</li> </ul>		<ul style="list-style-type: none"> <li>To know common friendships challenges are okay.</li> <li>To know always to resolve situations.</li> <li>To know benefits of different types of friendships.</li> <li>To identify friendships and when to seek support.</li> </ul>	
	Vocabulary	Friend Family Play Share Support trust	Friend Relationship Boy/Male Girl/female Respect Difference Safe Onn/Offline	Teasing Change Worry Right Bullying Healthy	Positive friendships Trusted Network Mutual	Respect Communicate Secret appropriate	Physical contact Reconcile Dispute Resolve	Assertive
<b>Me and my relationships</b>	Topic	<b>What is a relationship? X 3</b> <b>Who is my family? X 3</b>	<b>Roles of people in a family</b>		<b>Features of a family</b>		<b>Types of families</b>	
Year B	Objectives NC	<ul style="list-style-type: none"> <li>To show interest in the lives of people who</li> </ul>	<ul style="list-style-type: none"> <li>To learn about people who care for them, e.g., parents, siblings,</li> </ul>		<ul style="list-style-type: none"> <li>To learn about different types of families.</li> </ul>		<ul style="list-style-type: none"> <li>To learn what a positive family relationship is and</li> </ul>	

<p><a href="#">Community</a></p>		<p>are familiar to them. (R)</p> <ul style="list-style-type: none"> <li>To build constructive and respectful relationships. (R)</li> <li>To identify and moderate their own feelings socially and emotionally. (R)</li> <li>To think about the perspectives of others. (R)</li> <li>To talk about members of their immediate family and community. (R)</li> </ul>	<p>grandparents, relatives, friends, teachers.</p> <ul style="list-style-type: none"> <li>To understand the role these different people, play in children’s lives and how they care for them.</li> <li>To learn what it means to be a family and how families are different.</li> <li>To learn about the importance of telling someone and how to tell them — if they are worried about something in their family.</li> <li>To learn about situations when someone’s body or feelings might be hurt and whom to go to for help.</li> <li>To learn about what it means to keep something private, including parts of the body that are private</li> </ul>	<ul style="list-style-type: none"> <li>To learn about positive healthy friendships and strategies to build positive friendships.</li> <li>To learn how to seek support with relationships if they feel lonely or excluded.</li> <li>To learn when it is right to keep or break a confidence or share a secret.</li> <li>To learn how to recognise risks online, how to communicate respectfully and how people may behave differently online.</li> <li>To learn how to report concerns and who to seek help if worried.</li> <li>To understand that being part of a family provides support, stability and love and about the positive aspects of being part of a family, such as spending time together and caring for each other.</li> </ul>	<p>the ways people care for others.</p> <ul style="list-style-type: none"> <li>To learn what to do and whom to tell if family relationships are making them feel unhappy or unsafe.</li> <li>To learn about what privacy and personal boundaries and reporting risks.</li> <li>To understand what it means to be attracted to someone and different kinds of loving relationships and that people who love each other can be of any gender, ethnicity or faith.</li> <li>To understand the difference between gender identity and sexual orientation and everyone’s right to be loved</li> <li>To understand what marriage and civil partnership mean and that people have the right to choose whom they marry or whether to get married and that to force anyone into marriage is illegal.</li> <li>To learn strategies to respond to pressure from friends including online.</li> </ul>
	<p>Knowledge</p>	<ul style="list-style-type: none"> <li>They can identify their friends</li> </ul>	<ul style="list-style-type: none"> <li>To identify special people</li> </ul>	<ul style="list-style-type: none"> <li>To be able to explain about same sex relationships.</li> </ul>	<ul style="list-style-type: none"> <li>To articulate different relationship, make ups.</li> </ul>

		<ul style="list-style-type: none"> <li>• They can identify their family</li> <li>• They can develop and maintain friendships</li> </ul>	<ul style="list-style-type: none"> <li>• To identify key people who help me and how.</li> <li>• To identify groups and how they feel being part of a group.</li> <li>• They will know a world of different families and know this is ok</li> </ul>		<ul style="list-style-type: none"> <li>• To identify properties of a family i.e. love, respect.</li> <li>• To name 5 people/places they can go to if they are concerned.</li> </ul>		<ul style="list-style-type: none"> <li>• To know the rules of marriage.</li> <li>• To identify 5 people/places to go to to share a concern.</li> </ul>	
	Vocabulary	Friend Family Play Share Support trust	Siblings Relatives Role Single Parents	Private Families Privacy	Blended Personal Boundaries Privacy	Legal Stability Foster Adoptive Social	Pressure Declaration Gender	Sexual orientation Discrimination Forced Commitment
<b>Respecting myself and others</b>  Year A  <u>Diversity</u>	Topic	<b>What is respect and how can I show it?</b>	<b>How can I show respect?</b>		<b>Recognising respecting others</b>		<b>Respecting my body and others</b>	
	Objectives NC	<ul style="list-style-type: none"> <li>• To see themselves as a valuable individual. (R)</li> <li>• Express their feelings and consider the feelings of others. (R)</li> <li>• Further develop the skills they need to manage the school day successfully, lining up, queueing and mealtimes. (R)</li> <li>• Give focused attention to what the teacher says responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions. (ELG)</li> </ul>	<ul style="list-style-type: none"> <li>• To identify different types of touch and how they make people feel (e.g., hugs, tickling, kisses and punches)</li> <li>• To know how to respond if being touched makes them feel uncomfortable or unsafe.</li> <li>• To recognise when it is important to ask for permission to touch others and to know how to ask for and give/not give permission.</li> <li>• To understand what kind and unkind behaviour mean in and out school.</li> <li>• To understand how kind and unkind behaviour can make people feel.</li> <li>• To know what respect means and about our class rules, being polite to others, sharing and taking turns.</li> </ul>		<ul style="list-style-type: none"> <li>• To learn about bullying online and the similarities/differences to face-to-face bullying and who to tell if they see or experience bullying.</li> <li>• To learn about bullying and hurtful behaviour as well as the consequences for people involved.</li> <li>• To recognise respectful behaviour and the ways people show it in different cultures and in wider society</li> <li>• To learn what it means to treat others and be treated politely.</li> <li>• To learn how to model respectful behaviour in different situations e.g at home, at school and online.</li> </ul>		<ul style="list-style-type: none"> <li>• To explain the difference in having a joke with friends and how this can impact in a negative way.</li> <li>• To identify online bullying and discrimination of groups or individuals.</li> <li>• To learn what discrimination means and different types of discrimination.</li> <li>• To learn why it is important to listen and respond respectfully to a wide range of people including those whose traditions, beliefs and lifestyle are different to their own.</li> <li>• To recognise that everyone should be treated equally.</li> <li>• To identify what physical touch is acceptable,</li> </ul>	

		<ul style="list-style-type: none"> <li>Recognise some similarities and differences between life in this country and life in other countries. (R)</li> </ul>		<ul style="list-style-type: none"> <li>To learn the importance of self-respect and their right to be treated respectfully by others.</li> </ul>	<p>unacceptable, wanted or unwanted in different situations and how to respond.</p> <ul style="list-style-type: none"> <li>To learn how about permission for physical contact and how it feels in a person's mind and body when they are uncomfortable.</li> </ul>			
	Knowledge	<ul style="list-style-type: none"> <li>To know they are special</li> <li>To understand how to take turns</li> <li>To know that everyone is different.</li> <li>To celebrate difference</li> </ul>	<ul style="list-style-type: none"> <li>To know what makes them feel comfortable and uncomfortable</li> <li>To create class rules</li> <li>To know who and how to contact childline.</li> </ul>	<ul style="list-style-type: none"> <li>To define bullying.</li> <li>To share 1 example of respect at school and 1 examples of respect at home.</li> <li>To know the 9 protected characteristics.</li> <li>To explain the difference in having a joke with friends and how this can impact in a negative way.</li> </ul>	<ul style="list-style-type: none"> <li>To know when someone touches them inappropriately who to speak to.</li> <li>To know the 9 protected characteristics.</li> <li>To define consent.</li> </ul>			
	Vocabulary	Respect Sharing Same Different Feelings special	Unsafe Sharing Kind Behaviour Private	Uncomfortable	Include Value Differences Sensitive Risk	Hurtful Aspiration Bullying Respectful Protected characteristics	Homophobia Transphobia Biphobia Trolling Harassment Discrimination	Respectfully Equality Unacceptable tradition
<b>Respecting myself and others</b> Year B  <b>Diversity</b>	Topic	<b>What is respect and how can I show it?</b>	<b>Recognising respect</b>		<b>Respecting similarities and differences</b>		<b>Expressing and Respecting points of view</b>	
	Objectives NC	<ul style="list-style-type: none"> <li>To see themselves as a valuable individual. (R)</li> </ul>	<ul style="list-style-type: none"> <li>To know the difference between happy surprises and secrets that make them feel</li> </ul>		<ul style="list-style-type: none"> <li>To differentiate between playful teasing, hurtful behaviour and bullying, including online.</li> </ul>		<ul style="list-style-type: none"> <li>To know how to assess the risk of different online 'challenges' and 'dares.</li> </ul>	

		<ul style="list-style-type: none"> <li>Express their feelings and consider the feelings of others. (R)</li> <li>Further develop the skills they need to manage the school day successfully, lining up, queuing and mealtimes. (R)</li> <li>Give focused attention to what the teacher says responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions. (ELG)</li> <li>Recognise some similarities and differences between life in this country and life in other countries. (R)</li> </ul>	<ul style="list-style-type: none"> <li>uncomfortable or worried, and how to get help if they need it.</li> <li>To know how to resist pressure to do something that feels uncomfortable or unsafe.</li> <li>To understand how to ask for help if they feel unsafe or worried.</li> <li>To know what vocabulary to use about the things they have in common with their friends, classmates, and other people</li> <li>To understand how friends can have both similarities and differences.</li> <li>To know how to share their ideas and listen to others, take part in discussions, and give reasons for their views</li> </ul>		<ul style="list-style-type: none"> <li>To understand how to respond if they witness or experience hurtful behaviour or bullying, including online.</li> <li>To recognise the difference between 'playful dares and dares which put someone under pressure, at risk, or make them feel uncomfortable.</li> <li>To recognise differences between people such as gender, race, faith.</li> <li>To recognise what they have in common with others e.g., shared values, likes and dislikes, aspirations.</li> <li>To know about the importance of respecting the differences and similarities between people</li> </ul>		<ul style="list-style-type: none"> <li>To know how to get advice and report concerns about personal safety, including online.</li> <li>To understand what consent means and how to seek and give/not give permission in different situations.</li> <li>To learn about the link between values and behaviour and how to be a positive role model.</li> <li>How to discuss issues respectfully</li> <li>how to listen to and respect other points of view</li> <li>how to constructively challenge points of view they disagree with</li> <li>ways to participate effectively in discussions online and manage conflict or disagreements</li> </ul>	
	Knowledge	<ul style="list-style-type: none"> <li>To know they are special</li> <li>To understand how to take turns</li> <li>To know that everyone is different.</li> <li>To celebrate difference</li> </ul>	<ul style="list-style-type: none"> <li>To explain what a secret is.</li> <li>To show what is unsafe in their everyday life.</li> <li>To identify different groups.</li> <li>To learn how to say no to pressure.</li> </ul>		<ul style="list-style-type: none"> <li>To identify bullying behaviour.</li> <li>To explain why we celebrate the protected characteristics.</li> <li>To give examples of bullying.</li> <li>To understand peer pressure with examples.</li> </ul>		<ul style="list-style-type: none"> <li>To understand why you need consent.</li> <li>To know about internet 'games' which are dangerous.</li> <li>To identify a positive role model.</li> </ul>	
	Vocabulary	Respect Same Different	Surprises Pressure Secrets	Discussions Resist Pressure	Include Value Aspirations	Pressure Bullying Differences	Permission Challenges Risk assessment	Conflict Challenge Consent

		Feelings special	Unsafe Secrets	Similarities Uncomfortable	risk		Role model
Me and my future Year A  <b>Community</b>	Topic	What I need to know and what I want to be?	Why we need rules?		Rights & Responsibilities		Accountability in society
	Objectives NC	<ul style="list-style-type: none"> <li>Explain the reasons for the rules. (ELG)</li> <li>Know right from wrong and try to behave accordingly. (ELG)</li> <li>Recognise that people have different beliefs and celebrate special times in different ways. (R)</li> <li>Show resilience and perseverance in the face of a challenge. (R)</li> <li>Set and work towards simple goals. (ELG)</li> <li>Being able to wait for what they want and control their immediate impulses when appropriate. (ELG)</li> </ul>	<ul style="list-style-type: none"> <li>To learn about examples of rules in different situations, e.g., class rules, rules at home, rules outside.</li> <li>To understand that different people have different needs and how we can care for them.</li> <li>To understand how we can look after the environment.</li> <li>To understand how we are a part of different groups, and the role they play in these groups e.g. class, teams, faith groups.</li> <li>To understand the different rights and responsibilities that they have in school and the wider community.</li> <li>To recognise that they are all equal, and ways in which they are the same and different to others in their community.</li> </ul>		<ul style="list-style-type: none"> <li>To learn about their rights and responsibilities.</li> <li>To learn what human rights are and how they protect people.</li> <li>To know why we have rules and the importance of abiding by the law as well as the consequences.</li> <li>To understand the make-up of a community.</li> <li>What are my responsibilities within my community?</li> <li>To know how to show compassion towards others in need and the shared responsibilities of caring</li> </ul>		<ul style="list-style-type: none"> <li>To know and recognise prejudice and discrimination.</li> <li>To show how to recognise stereotypes in different contexts</li> <li>how to challenge this.</li> <li>To learn about how resources are allocated and the effect this has on individuals, communities and the environment</li> <li>To know the importance of protecting the environment and how everyday actions can either support or damage it.</li> <li>To know how to show responsibility for the environment, animals and other living things and how money impacts this.</li> </ul>
	Knowledge	<ul style="list-style-type: none"> <li>To follow the class rules</li> <li>To know what the right thing is to do</li> </ul>	<ul style="list-style-type: none"> <li>To name 5 ways in which they can care for the environment.</li> <li>To name and describe rules that they must follow in school, in public and at home.</li> </ul>		<ul style="list-style-type: none"> <li>Understand what a community is and be able to define the term.</li> <li>They can belong to a range of communities.</li> </ul>		<ul style="list-style-type: none"> <li>To list 3 ways, they can improve their environment.</li> <li>To learn how much money is spent by the government</li> </ul>

		<ul style="list-style-type: none"> <li>To take turns playing with my toys.</li> <li>To set a challenge for myself.</li> </ul>	<ul style="list-style-type: none"> <li>To recognise and name different groups in our community.</li> </ul>	<ul style="list-style-type: none"> <li>Identify that individuals and groups help the community and explain how they help.</li> <li>To be able to articulate three UN rights.</li> <li>To describe the meaning of the 3 R's</li> </ul>	<p>and how that impacts their environment.</p> <ul style="list-style-type: none"> <li>To know what prejudice and discrimination is.</li> <li>To demonstrate knowledge of how we can save water. To describe the meaning of the 3 R's</li> </ul>
	Vocabulary	<p>Rules Money Jobs Right Wrong Challenge</p>	<p>Community Included Equal rights Strengths Care for Responsibilities Environment Rules Needs</p>	<p>Laws Society Rights Contribute Consequence Volunteering Compassion Shared responsibility Citizen</p>	<p>Resources Compassion Prejudice Discrimination Stereotypes Influence Attitude Opinions Strategies Environment</p>
<b>Money and Jobs</b> Year B	Topic	<b>What I need to know and what I want to be?</b>	<b>What is Money and its use?</b>	<b>Making money</b>	<b>Influences surrounding money</b>
<b>Sustainability</b>	Objectives NC	<ul style="list-style-type: none"> <li>To explain the reasons for rules. (ELG)</li> <li>To know right from wrong and try to behave accordingly. (ELG)</li> <li>To recognise that people have different beliefs and celebrate special times in different ways. (R)</li> <li>To show resilience and perseverance in the face of a challenge. (R)</li> <li>To set and work towards simple goals. (ELG)</li> </ul>	<ul style="list-style-type: none"> <li>To know about how different strengths and interests are needed to do different jobs.</li> <li>To know about different jobs and the work people do in the community.</li> <li>To know about what money is and its different forms e.g., coins, notes, and ways of paying e.g., debit cards and electronic payments.</li> <li>To know about getting, keeping and spending money.</li> <li>To know that people are paid money for the job they do.</li> <li>To know how people make choices about spending money, including thinking about needs and wants.</li> </ul>	<ul style="list-style-type: none"> <li>To learn how people make different spending decisions based on their budget, values and needs.</li> <li>To learn about different ways to pay for things such as cash, cards, e-payment and the reasons for using them that how people spend money.</li> <li>To learn how to keep track of money and why it is important to know how much is being spent.</li> <li>To learn about jobs that people from different sectors and that people can have more than one job at once or over their lifetime.</li> </ul>	<ul style="list-style-type: none"> <li>To learn about the role that money plays in people's lives, attitudes towards it and what influences decisions about money.</li> <li>To learn about value for money and how companies encourage customers to use payment to buy things.</li> <li>To learn how having or not having money can impact on a person's emotions, health and wellbeing.</li> <li>To learn how money can be gained or lost.</li> <li>To identify jobs that they might like to do in the</li> </ul>



		<ul style="list-style-type: none"> <li>To be able to wait for what they want and control their immediate impulses when appropriate. (ELG)</li> </ul>		<ul style="list-style-type: none"> <li>To learn about skills needed to do a job and recognise how interests, skills and achievements and how these might link to future jobs.</li> <li>To learn about common myths and gender stereotypes related to work and how to challenge stereotypes.</li> </ul>	<p>future and the role ambition can play in achieving a future career.</p> <ul style="list-style-type: none"> <li>To learn about the importance of diversity and inclusion to promote people's career opportunities and stereotyping in the workplace.</li> <li>To understand the common risks associated with money, including debt, fraud and gambling.</li> <li>To understand how to get help.</li> </ul>
	Knowledge	<ul style="list-style-type: none"> <li>To follow the class rules</li> <li>To know what the right thing is to do</li> <li>To take turns playing with my toys.</li> <li>To set a challenge for myself.</li> </ul>	<ul style="list-style-type: none"> <li>To understand what money is and how it can be used to pay for things.</li> <li>To be able to name a range of jobs and to understand how this impact the community.</li> <li>To understand how to keep money safe and how to spend it responsibly.</li> </ul>	<ul style="list-style-type: none"> <li>To know 5 methods of paying for things.</li> <li>To learn about charity work.</li> <li>To understand job sectors.</li> <li>To know how to budget.</li> </ul>	<ul style="list-style-type: none"> <li>To know jobs, they can do in the future and what they need to achieve them.</li> <li>To identify stereotypes in the workplace.</li> <li>To identify 1 university.</li> <li>To explain the impact of money.</li> </ul>
	Vocabulary	<p>Rules Money Jobs Right Wrong challenge</p>	<p>Jobs Community Coins Notes Debit cards Needs Wants Pay Money Spending.</p>	<p>Budget Values Needs E-payment Charities Stereo STEM Skills Interests Achievements.</p>	<p>Apprenticeships University Stereotyping Inclusion Diversity Career opportunities Working conditions Fair pay Financial risk Debt</p>
	Topic	<b>How can I stay healthy?</b>	<b>Keeping my body healthy</b>	<b>Healthy choices and habits</b>	<b>Physical and Mental health care</b>

<p>My healthy lifestyle Year A Creativity</p>	<p>Objectives NC</p>	<ul style="list-style-type: none"> <li>Managing their own needs and personal hygiene. (R)</li> <li>Manage their own basic hygiene and personal needs including dressing, going to the toilet and understanding the importance of healthy food choices. (ELG)</li> <li>Know and talk about the different factors that support their overall health and wellbeing, regular physical activity, healthy eating, tooth brushing, sensible amounts of screen time, having a good sleep routine. (R)</li> </ul>	<ul style="list-style-type: none"> <li>To learn what it means to be healthy and why it is important and who helps us keep healthy.</li> <li>To learn of ways to take care of myself each day and why hand washing is important.</li> <li>To learn about healthy and unhealthy foods and how it keeps people healthy.</li> <li>To learn about different types of physical play and how it keeps us healthy.</li> <li>How can I keep safe in the sun?</li> </ul>	<ul style="list-style-type: none"> <li>To identify the everyday healthy and unhealthy choices that could affect my health.</li> <li>To learn that regular exercise such as walking or cycling has positive benefits for their mental and physical health.</li> <li>To understand what is meant by a healthy, balanced diet.</li> <li>To learn about the things that affect feelings and strategies people use to share them as they change overtime.</li> <li>To learn what can help people to make healthy choices and what might negatively influence them.</li> </ul>	<ul style="list-style-type: none"> <li>To understand that mental health as important as physical health and recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support.</li> <li>To identify where they and others can ask for help and support with mental wellbeing in and outside school and the importance of asking for support from a trusted adult.</li> <li>To learn about the changes in life including death, and how these can cause conflicting feelings of loss or grief and how to receive support with loss, grief or other aspects of change.</li> <li>To learn how balancing time online with other activities helps to maintain their health and wellbeing as well as strategies to manage time and whom to tell if we are concerned.</li> <li>To share different feelings and how negative experiences can affect mental wellbeing and what positive strategies help manage feelings.</li> </ul>
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	Knowledge	<ul style="list-style-type: none"> <li>To know how to brush my teeth.</li> <li>To know what foods are good for me.</li> <li>To know how to wash my hands</li> <li>To know why I need sleep</li> <li>To know to drink water to keep hydrated</li> </ul>	<ul style="list-style-type: none"> <li>To understand that we need to follow basic hygiene routines to keep ourselves healthy.</li> <li>To understand how to keep our bodies healthy through food and exercise.</li> <li>To be able to name the people that keep them safe and healthy.</li> </ul>		<ul style="list-style-type: none"> <li>To understand the different types of exercises. To realise the importance of exercise on their physical and mental wellbeing.</li> <li>To understand changes in friendships.</li> </ul>		<ul style="list-style-type: none"> <li>To understand what their mental wellbeing is and how and why we should look after it.</li> <li>To understand who we can talk to when we are experiencing difficulties with our mental wellbeing.</li> <li>To understand how to manage different feelings, particularly feeling of loss and grief.</li> </ul>	
	Vocabulary	Food Water Washing Dressing Sleep Brushing teeth health	Health, Hygiene healthy foods, unhealthy foods	mental wellbeing, hand washing, trusted adult	Mental wellbeing, exercise, balanced diet,	healthy lifestyle, habits, feeling.	Mental wellbeing, mental ill-health, support,	trusted adult, conflicting feelings, grief, habit.
My healthy lifestyle Year B <b>Creativity</b>	Topic	<b>How can I stay healthy?</b>	<b>Healthy sleep &amp; teeth</b>		<b>Oral hygiene</b>		<b>Protecting body</b>	
	Objectives NC	<ul style="list-style-type: none"> <li>To manage their own needs and personal hygiene. (R)</li> <li>To manage their own basic hygiene and personal needs including dressing, going to the toilet and understanding the importance of healthy food choices. (ELG)</li> <li>To know and talk about the different factors that support their overall health</li> </ul>	<ul style="list-style-type: none"> <li>To know about routines and habits for maintaining good physical and mental health including getting enough sleep and rest.</li> <li>To know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.</li> <li>To know the importance of, and routines for, brushing teeth and visiting the dentist and how food and drink that can affect dental health.</li> <li>To know how to describe and share a range of feelings and find ways to feel</li> </ul>		<ul style="list-style-type: none"> <li>To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.</li> <li>To learn what good physical health means and how to recognise early signs of physical illness.</li> <li>To understand that common illnesses can be quickly and easily treated with the right care.</li> <li>To learn how to maintain oral hygiene and dental health,</li> </ul>		<ul style="list-style-type: none"> <li>To understand how sleep contributes to a healthy lifestyle and to recognise healthy sleep strategies and how to maintain them.</li> <li>To learn about the benefits of being outdoors and in the sun for physical and mental health.</li> <li>To understand how to manage risk in relation to sun exposure, including skin damage and heat stroke</li> </ul>	

		and wellbeing, regular physical activity, healthy eating, tooth brushing, sensible amounts of screen time, having a good sleep routine. (R)	<p>good, calm down or change their mood e.g., playing outside, listening to music, spending time with others.</p> <ul style="list-style-type: none"> <li>To know how to manage big feelings including those associated with change, loss and bereavement.</li> <li>To understand when and how to ask for help, and how to help others, with their feelings.</li> </ul>		<p>including how to brush and floss Correctly.</p> <ul style="list-style-type: none"> <li>To understand the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health.</li> </ul>	<ul style="list-style-type: none"> <li>To know how medicines can contribute to health and how allergies can be managed.</li> <li>To know that some diseases can be prevented by vaccinations and immunisations.</li> <li>To understand that bacteria and viruses can affect health and know how they can prevent the spread of bacteria and viruses with everyday hygiene routines.</li> </ul>		
	Knowledge	<ul style="list-style-type: none"> <li>To know how to brush my teeth.</li> <li>To know what foods are good for me.</li> <li>To know how to wash my hands</li> <li>To know why I need sleep</li> <li>To know to drink water to keep hydrated</li> </ul>	<ul style="list-style-type: none"> <li>To understand a range of feelings and how to make ourselves calm down.</li> <li>To understand how to take care of their teeth through brushing and eating the right food.</li> <li>To understand how to look after our physical and mental health.</li> </ul>		<ul style="list-style-type: none"> <li>To understand the importance of regular dental checks.</li> <li>To understand the importance of maintaining oral hygiene.</li> <li>First aid</li> </ul>		<ul style="list-style-type: none"> <li>To know why and how to apply sunscreen.</li> <li>To know how to remedy heat stroke.</li> <li>To know of current bacteria's/viruses.</li> <li>To learn about allergies.</li> <li>First Aid</li> </ul>	
	Vocabulary	Food Water Washing Dressing Sleep Brushing teeth health	Clean Medicine Chemist Dentist Diet	Healthy Unhealthy Wash sleep	Balanced Dietary Health Hygiene routine	Resilience	Sun exposure Healthy eating Cleanliness Care	
Keeping myself safe Year A  <b>Sustainability</b>	Topic	<b>How can I keep safe?</b>	<b>Safety in different environments</b>		<b>Risks and hazards of environments</b>		<b>Protecting myself in different environments and situations</b>	
	Objectives NC	<ul style="list-style-type: none"> <li>To be a safe pedestrian. (R)</li> </ul>	<ul style="list-style-type: none"> <li>To learn how to stay safe outside with road safety.</li> </ul>		<ul style="list-style-type: none"> <li>To predict, assess and manage risk in everyday situations.</li> </ul>		<ul style="list-style-type: none"> <li>To identify when situations are becoming risky, unsafe or an emergency and how</li> </ul>	

		<ul style="list-style-type: none"> <li>To talk about the lives of people around them and their roles in society. (ELG)</li> <li>To show sensitively to their own and to other's needs. (ELG)</li> </ul>	<ul style="list-style-type: none"> <li>To learn how to stay safe around fire.</li> <li>To learn how to stay safe at home with household products.</li> <li>To learn about creams and medicines and how they affect people.</li> <li>To learn who keeps us safe and how to get help in an emergency.</li> </ul>	<ul style="list-style-type: none"> <li>To understand the importance of following safety rules from parents and other adults</li> <li>How can I stay safe on the roads?</li> <li>To learn about fire safety at home including the need for smoke alarms.</li> <li>To learn how to help keep themselves safe in the local environment: rail, water and firework safety.</li> </ul>	<ul style="list-style-type: none"> <li>to take responsibility for your safety.</li> <li>To differentiate between positive risk taking (e.g., trying a challenging new sport) and dangerous behaviour.</li> <li>To understand what is meant by a hazard.</li> <li>To learn about FGM and who to tell if they are concerned.</li> <li>To learn how to respond in an emergency, including when and how to contact different emergency services.</li> </ul>			
	Knowledge	<ul style="list-style-type: none"> <li>I will know how to cross a road.</li> <li>I will know not to speak to strangers.</li> <li>To learn what number to call for help.</li> </ul>	<ul style="list-style-type: none"> <li>To state some common reasons for house fires and understand the need for smoke alarms.</li> <li>To know what number to call in an emergency.</li> <li>To know how to keep themselves safe when near roads and on farms.</li> </ul>	<ul style="list-style-type: none"> <li>To understand how to cross the road safely.</li> <li>To understand the importance of following safety rules.</li> <li>To identify common hazards in everyday situations.</li> <li>To explain why some alarms are used.</li> </ul>	<ul style="list-style-type: none"> <li>To articulate about FGM.</li> <li>To state some common reasons for house fires and understand the need for smoke alarms.</li> <li>To understand the importance of following safety rules.</li> <li>To articulate what a hazard is.</li> <li>To explain how to respond in an emergency.</li> </ul>			
	Vocabulary	Safety Road	999 Emergency	Safer stranger Water	Choices Dangerous	Water safety Wellbeing	Action Advice	Informed Mature

		Key person Community Area Walker	services Harm Trusted adult Fire safety Fire detector Fire alarm Highway code	Medicine Fire Fire alarm Fire detector Fire safety Home products Medicine Cream Highway code	Electricity Road safety Uncomfortable		Decision independence	Situation Support
Keeping myself safe Year B  <b>Diversity</b>	Topic Objectives NC	<b>How can I keep safe?</b> <ul style="list-style-type: none"> <li>To be a safe pedestrian. (R)</li> <li>To talk about the lives of people around them and their roles in society. (ELG)</li> <li>To show sensitively to their own and to other's needs. (ELG)</li> </ul>	<b>Why do we have rules and age restrictions?</b> <ul style="list-style-type: none"> <li>To know how rules can help to keep us safe.</li> <li>To understand why some things, have age restrictions, e.g., TV and film, games, toys or play areas.</li> <li>To know the basic rules for keeping safe online.</li> <li>To know whom to tell if they see something online that makes them feel unhappy, worried, or scared.</li> <li>To know who to tell if they see something online that makes them uncomfortable.</li> </ul>	<b>Medicines</b> <ul style="list-style-type: none"> <li>To recognise what is meant by a 'drug' and drugs that are common in everyday life.</li> <li>To identify some of the risks of drugs common to everyday life including developing habits.</li> <li>To learn about the importance of taking medicines correctly/using household products and their side effects.</li> <li>To learn how to ask for support and advice with substance abuse.</li> </ul>	<b>Drug use and the law</b> <ul style="list-style-type: none"> <li>To recognise why people, choose to use drugs.</li> <li>To learn about media messages and age restrictions and how they can keep us safe.</li> <li>To know where and how organizations are available for people to get help with drug use.</li> <li>To learn about the risks and effects of different drugs.</li> <li>To learn about the laws surrounding illegal and legal drugs.</li> </ul>			
	Knowledge	<ul style="list-style-type: none"> <li>I will know how to cross a road.</li> <li>I will know not to speak to strangers.</li> <li>To learn what number to call for help.</li> </ul>	<ul style="list-style-type: none"> <li>To know what age restrictions on films and games are and how they keep us safe on the internet.</li> <li>To know who we can go to if we feel unsafe or uncomfortable on the internet.</li> <li>To understand the rules that they must follow to stay safe.</li> </ul>	<ul style="list-style-type: none"> <li>To name common every-day drugs and to understand how these can affect their health.</li> <li>To understand that some drugs can be addictive and know who to tell if they are worried.</li> <li>To understand how to take medicines correctly.</li> </ul>	<ul style="list-style-type: none"> <li>To understand how to keep their personal information safe online.</li> <li>To know the laws around drug use.</li> <li>To know the organisations where they can find support if they have questions about drug use.</li> </ul>			

	Vocabulary	Safety Road Key person Community Area Walker	Danger E-safety Trusted adult Choke Hazard	Online Risk Rules Safer Stronger	Drugs Medicines Shock Casualty Addiction	Allergies Habit Health	Consequence Responsible Unfamiliar Age restrictions Pressure	Substances Support
Growing and changing Year A Creativity	Topic	<b>How am I growing and changing?</b>	<b>Growing older</b>		<b>Physical and emotional puberty changes</b>		<b>Sex education and identity</b>	
	Objectives NC	<ul style="list-style-type: none"> <li>Express preferences and decisions, try new things and start establishing their autonomy. (ELG)</li> <li>Form positive attachments to friendships with peers. (ELG)</li> <li>To work and play cooperatively and take turns with others. (ELG)</li> <li>To show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. (ELG)</li> <li>To be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. (ELG).</li> </ul>	<ul style="list-style-type: none"> <li>To recognise what makes them special and unique including their likes, dislikes and what they are good at.</li> <li>To identify how to manage and whom to tell when finding things difficult, or when things go wrong.</li> <li>To understand how to recognise feelings in themselves and others</li> <li>how feelings can affect how people behave.</li> <li>To learn about the human life cycle and how people grow from young to old.</li> <li>To identify and name the main parts of the body including external genitalia (e.g., vulva, vagina, penis, testicles)</li> <li>To learn about change as people grow up, including new opportunities and responsibilities.</li> <li>To learn and prepare to move to a new class and setting goals for next year</li> </ul>		<ul style="list-style-type: none"> <li>To recognise how strengths and interests form part of a person's identity and to be able to identify their own.</li> <li>To recognise common challenges to self-worth e.g., finding schoolwork difficult, friendship issues and to find basic strategies to manage and reframe setbacks</li> <li>To know about the physical and emotional changes that happen during puberty and to identify external genitalia and reproductive organs.</li> <li>To know the key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams.</li> <li>To develop strategies to manage the changes during puberty including menstruation.</li> <li>To know the importance of personal hygiene routines during puberty including washing regularly and using deodorant.</li> </ul>		<ul style="list-style-type: none"> <li>To recognise some of the changes as they grow up e.g., increasing independence about what being more independent might be like,</li> <li>To learn about the transition to secondary school and how this may affect their feelings</li> <li>To know about how relationships may change as they grow up or move to secondary school.</li> <li>To learn about sexual reproduction.</li> </ul>	

				<ul style="list-style-type: none"> <li>To know how to discuss the challenges of puberty with a trusted adult and how to get information, help and advice about puberty.</li> </ul>	
	Knowledge	<ul style="list-style-type: none"> <li>To use a knife and fork.</li> <li>To zip up their coat.</li> <li>To get their bag ready for home.</li> <li>To eat on their own.</li> <li>To pour their own drink.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to name key body parts, including external genitalia.</li> <li>To understand how our bodies and our responsibilities change as we grow older.</li> <li>To be able to describe what makes them special, including what they like and dislike.</li> </ul>	<ul style="list-style-type: none"> <li>To know what a period is and why it happens.</li> <li>To understand the importance of hygiene when our body changes.</li> <li>To name the reproductive organs.</li> <li>To identify what a wet dream is.</li> </ul>	<ul style="list-style-type: none"> <li>To know what reproduction is.</li> <li>To know the names of: Penis, vulva, vagina, testicles and breasts.</li> <li>To know about different relationships with regards to reproduction.</li> <li>To know how a baby is made include medically supported/surrogacy.</li> </ul>
	Vocabulary	Toilet Help Fork Knife New confidence	Develop Differences Independence Respect Unique Coping Emotions Trusted adult Worried	Anxious Hormones Identity Puberty Reproduction Oestrogen Testosterone Menstruation Gender	Self-esteem Mood swings Body image Stressed
<b>Media literacy and Digital resilience Year B</b>	Topic	<b>How am I growing and changing?</b>	<b>Using the internet</b>	<b>How the internet and data is used</b>	<b>Targeting media</b>
<b>Creativity</b>	Objectives NC	<ul style="list-style-type: none"> <li>To express preferences and decisions, they also try new things and start establishing their autonomy. (ELG)</li> <li>To form positive attachments to friendships with peers. (ELG)</li> </ul>	<ul style="list-style-type: none"> <li>To understand how and why people use the internet for both factual and entertainment purposes.</li> <li>To understand how people find things out and communicate safely with others online</li> <li>The ways in which people can access the internet e.g., phones, tablets, computers</li> </ul>	<ul style="list-style-type: none"> <li>To be able to understand what a digital footprint is and how the internet can be used positively.</li> <li>To be able to understand why personal information is used within online adverts and what online adverts look like.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to understand what social media and devices are used for and to understand the risks including image sharing.</li> <li>To be able to recognise when images have been manipulated and</li> </ul>



		<ul style="list-style-type: none"> <li>To work and play cooperatively and take turns with others. (ELG)</li> <li>To show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. (ELG)</li> <li>To be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. (ELG).</li> </ul>	<ul style="list-style-type: none"> <li>To recognise the purpose and value of the internet in everyday life through the usage of devices</li> <li>To recognise that not all information online might always be true</li> </ul>	<ul style="list-style-type: none"> <li>To be able to recognise images can be altered from the truth and why.</li> <li>To be able to recognise images can be altered from the truth and why.</li> <li>To be able to understand if search results are reliable and how to make safe choices surrounding them.</li> <li>To be able to know how to identify hazards and report online concerns.</li> </ul>	<p>understand why images are manipulated.</p> <ul style="list-style-type: none"> <li>To be able to assess if online content promotes stereotypes or is biased.</li> <li>To learn how to protect personal information online and how to say no to requests.</li> <li>To be able to assess which search results are more reliable than others.</li> <li>To be able to understand what appropriate online content is, recognise unsafe online content and know how to report it.</li> </ul>			
	Knowledge	<ul style="list-style-type: none"> <li>To use a knife and fork.</li> <li>To zip up their coat.</li> <li>To get their bag ready for home.</li> <li>To eat on their own.</li> <li>To pour their own drink.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to safely use a search engine.</li> <li>To understand the ways in which they can safely access the internet to help them research at home and at school.</li> <li>To be able to tell the difference between true and untrue information.</li> </ul>	<ul style="list-style-type: none"> <li>To know they have a digital footprint.</li> <li>To know what information should be shared online.</li> <li>To identify fake news.</li> </ul>	<ul style="list-style-type: none"> <li>To identify media outlets.</li> <li>To know about GDPR.</li> <li>To identify appropriate content.</li> <li>To manage risks.</li> <li>To understand online manipulation.</li> </ul>			
	Vocabulary	Toilet Help Fork Knife New confidence	Communicate Device Information Messaging Network Personal	Information Private Social Media Text Message Video call	Harmful content Impact Information sharing Manipulation	Misinformation Privacy Shared Information Trolling Permission	Appropriate Consent Data Digital footprint False profiles	Internet cookies Privacy settings Secure sites Sharing