

PSHE & RSE Progression Map						
	HoH PSHE Curriculum Document	HoH PSHE Curriculum Document	HoH PSHE Curriculum Document	HoH PSHE Curriculum Document	HoH PSHE Curriculum Document	HoH PSHE Curriculum Document
	Year R - PSHE & RSE	Year R - PSHE & RSE	Year R - PSHE & RSE	Year R - PSHE & RSE	Year R - PSHE & RSE	Year R - PSHE & RSE
Focus	Module 1 Being Me In My World - YR Self-identity, Understanding feelings, Being in a classroom, Being gentle, Rights and responsibilities	Module 2 Celebrating Difference - YR Identifying talents, Being special, Families, Where we live, Making friends, Standing up for yourself	Module 3 Dreams and Goals - YR Challenges, Perseverance, Goal-setting, Overcoming obstacles, Seeking help, Achieving goals	Module 4 Healthy Me - YR Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean, Safety	Module 5 Relationships - YR Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying, Being a good friend	Module 6 My Body, Respecting my body, Growing up, Fun and Fears, Celebration
Knowledge	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 people are 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 a friend Know why having friends is important Know some qualities of a positive friendship 	<ul style="list-style-type: none"> Know what a challenge is Know that it is important to keep trying Know what goals are Know how to go 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 what to do if they get lost Know how to say No to strangers 	<ul style="list-style-type: none"> 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 friends sometimes fall out 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 hurt Know how to use Jigsaw's Calm Me to help when feeling angry Know how to say No to strangers 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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
Application	<ul style="list-style-type: none"> Identify feelings associated with belonging Identify feelings of happiness and sadness Skills to play cooperatively with others Be able to consider others' feelings Be responsible in the setting 	<ul style="list-style-type: none"> Identify feelings associated with being proud Identify things they are good at Be able to stand up for themselves and about others successes Identify some ways they can be different and the same as others Recognise similarities and differences between their family and other families Identify and use skills to make a friend Identify and use skills to stand up for themselves Recognise emotions when they or someone else is upset, frightened or angry 	<ul style="list-style-type: none"> Understand that challenges can be difficult Recognise some of the feelings linked to perseverance To persevere at a time that they kept on trying and achieved a goal Be ambitious Resilience Recognise how kind words can encourage people Feel proud Celebrate success 	<ul style="list-style-type: none"> Recognise how exercise makes them feel Recognise how different foods make them feel Can explain what they need to do to stay healthy Can give examples of healthy food Can explain how they might feel if they don't get enough sleep Can explain what to do if a stranger approaches them 	<ul style="list-style-type: none"> Can identify what jobs they do in their family and those carried out by parents/carers and siblings Can suggest ways to make a friend or help someone who is lonely Can use different ways to mend a friendship Can recognise what being angry feels like Can use Calm Me when angry or upset 	<ul style="list-style-type: none"> Can identify how they have changed from a baby Can say what might change for them as they get older Recognise that changing class can elicit happy/or sad emotions Can say how they feel about changing class/ growing up Can identify positive memories from the past year in school/ home
Focus	Year 1 - PSHE & RSE	Year 1 - PSHE & RSE	Year 1 - PSHE & RSE	Year 1 - PSHE & RSE	Year 1 - PSHE & RSE	Year 1 - PSHE & RSE
	Module 1 Being Me In My World - Y1 Feeling special and safe, Being a part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences, Owning the Learning Charter	Module 2 Celebrating Difference - Y1 Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone	Module 3 Dreams and Goals - Y1 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	Module 4 Healthy Me - Y1 Keeping myself healthy, Healthier lifestyle choices, Keeping clean, Being safe, Medicine safety/safety with household items, Road safety, Linking health and happiness	Module 5 Relationships - Y1 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	Module 6 My Special People
Knowledge	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Know how to set simple goals Know how to achieve a goal Know how to work 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 	<ul style="list-style-type: none"> 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 some 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 	<ul style="list-style-type: none"> Know that everyone's family is different Know that there are lots of different types of families Know how to keep themselves clean and healthy 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 	<ul style="list-style-type: none"> Know the special people in our lives and how we care for one another
Application	<ul style="list-style-type: none"> Understanding that they are special Understand that they are safe in their class Identifying their behaviour is to make a class a safe place Identify what it's like to feel proud of an achievement Recognise feelings associated with positive and negative consequences Understand that they have choices 	<ul style="list-style-type: none"> Recognise ways in which they are the same as their friends and ways they are different Identify what is bullying and what isn't Understand being bullied might feel Know ways to help a peer who is being bullied Identify emotions associated with making a new friend Verbalise some of the attributes that make them unique and special 	<ul style="list-style-type: none"> Recognise things that they do well Explain how they learn best Celebrate an achievement with a friend Recognise their own feelings when faced with a challenge Recognise their own feelings when they are faced with an obstacle Recognise how they feel when they overcome an obstacle Can store feelings of success so that they can be used in the future 	<ul style="list-style-type: none"> Feel good about themselves when they make healthy choices Realise that they are special Keep themselves safe Recognise ways to look after themselves if they feel poorly Recognise when they feel frightened and know how to ask for help Recognise how being healthy helps them to feel happy 	<ul style="list-style-type: none"> Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can show skills of friendship Can identify types of physical contact they prefer Can say no when they receive touch they don't like Can explain the different ways to care for others Can recognise some of their personal qualities Can say why they appreciate a special relationship 	<ul style="list-style-type: none"> identify our own special people explain what makes them special to us and why they are important in our lives describe the different ways our special people care for us recognise how we can care for them in return
Focus	Year 2 - PSHE & RSE	Year 2 - PSHE & RSE	Year 2 - PSHE & RSE	Year 2 - PSHE & RSE	Year 2 - PSHE & RSE	Year 2 - PSHE & RSE
	Module 1 Being Me In My World - Y2 Hopes and fears for the year, Rights and responsibilities, Rewards and consequences, Safe and fair learning environment, Valuing contributions, Choices, Recognising feelings	Module 2 Celebrating Difference - Y2 Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Gender diversity, Celebrating difference and remaining friends	Module 3 Dreams and Goals - Y2 Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation, Contributing to and sharing success	Module 4 Healthy Me - Y2 Motivation, Healthier choices, Relaxation, Healthy eating and nutrition, Healthier snacks and sharing food	Module 5 Relationships - Y2 Relationships and conflict, Friendship and conflict, Secrets, Trust and appreciation, Expressing appreciation for special relationships	Module 6 We Are Growing: Human Life Cycle Everybody's Body
Knowledge	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Know there are stereotypes about boys and girls Know that it is important to conform to gender stereotypes Know it's good to be yourself Know that sometimes people get bullied because of difference 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 	<ul style="list-style-type: none"> Know how to choose a realistic goal and think about how to achieve it Know what makes them feel relaxed / stressed 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 	<ul style="list-style-type: none"> Know what their body needs to stay healthy Know what makes them feel healthy 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 give their bodies energy 	<ul style="list-style-type: none"> 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 stop if someone is hurting them Know how medicines work in their bodies 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 what foods give their bodies energy 	<ul style="list-style-type: none"> We Are Growing: Human Life Cycle Everybody's Body
Application	<ul style="list-style-type: none"> Recognise own feelings and know when and where to get help Know how to make their class a safe and fair place Show good listening skills Recognise the feeling of being worried Be able to work cooperatively 	<ul style="list-style-type: none"> Understand that boys and girls can be similar in lots of ways and that is OK Understand that boys and girls can be different in lots of ways and that is OK Explain how being bullied can make someone feel Can choose to be kind to someone who is being bullied Know how to stand up for themselves when they need to Recognise that they shouldn't judge people because they are different Understand that everyone's differences make them special and unique 	<ul style="list-style-type: none"> Be able to describe their own achievements and the feelings linked to this Recognise their own strengths as a learner Recognise how working with others can be helpful Be able to work effectively with a partner Be able to choose a partner with whom they work well Be able to work as part of a group Recognise how it feels to be part of a group that succeeds and store this feeling 	<ul style="list-style-type: none"> Desire to make healthy lifestyle choices Identify when a feeling is weak and when a feeling is strong Feel positive about caring for their bodies and keeping it healthy Have a healthy relationship with food Express how it feels to share healthy food with their friends 	<ul style="list-style-type: none"> Can identify the different roles and responsibilities in their family Can recognise the value that families bring Can recognise the types of physical contact that is acceptable or unacceptable Can use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict Identify ways we are more independent now than when we were younger Describe our feelings about growing and changing Everybody's Body Recognise similarities and differences between ourselves and others Challenge simple stereotypes about boys and girls Recognise and use the correct names for main parts of the body 	<ul style="list-style-type: none"> We Are Growing: Human Life Cycle recognise the main stages of the human life cycle (baby, child, adult) recognise the process of growing takes time and describe what changes when people grow from young to old identify ways we are more independent now than when we were younger describe our feelings about growing and changing Everybody's Body Recognise similarities and differences between ourselves and others challenge simple stereotypes about boys and girls recognise and use the correct names for main parts of the body
Focus	Year 3 - PSHE & RSE	Year 3 - PSHE & RSE	Year 3 - PSHE & RSE	Year 3 - PSHE & RSE	Year 3 - PSHE & RSE	Year 3 - PSHE & RSE
	Module 1 Being Me In My World - Y3 Setting personal goals, Self-identity and worth, Positivity in challenges, Rules, rights and responsibilities, Rewards and consequences, Responsible choices, Seeing things from others' perspectives	Module 2 Celebrating Difference - Y3 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 compliments	Module 3 Dreams and Goals - Y3 Difficult challenges and achieving success, Setting and ambitions, New challenges, Motivation and enthusiasm, Recognising and trying to overcome obstacles, Evaluating learning processes, Managing feelings, Simple budgeting	Module 4 Healthy Me - Y3 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	Module 5 Relationships - Y3 Relationships and conflict, Friendship and conflict, 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	Module 6 What Makes a Good Friend Falling Out With Friends
Knowledge	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Know about specific people who have overcome difficult challenges to achieve success Know why their hearts and lungs are such important organs Know how 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 how some of the actions and work of people around the world help and influence my life Know when something feels safe or unsafe Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> 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 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 when something feels safe or unsafe Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> 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 that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc Know about friendship—why it is important and what makes a good friend Falling Out With Friends Know how to maintain good friendships Know how to solve disagreements and conflict amongst ourselves and our peers 	<ul style="list-style-type: none"> What Makes a Good Friend Falling Out With Friends
Application	<ul style="list-style-type: none"> Recognise self-worth Identify personal strengths Be able to set a personal goal Recognise feelings of happiness, sadness, worry and fear in themselves and others Make other people feel valued Develop compassion and empathy for others Be able to work collaboratively 	<ul style="list-style-type: none"> Be able to show appreciation for their families, parents and carers Use the 'Solve it together' technique to calm and resolve conflicts with friends and family Empathise with people who are bullied Employ skills to support someone who is bullied Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary Be able to recognise, accept and give compliments Recognise feelings associated with receiving a compliment 	<ul style="list-style-type: none"> Recognise other people's achievements in overcoming difficulties Imagine how it will feel when they achieve their dream / ambition Break down a goal into small steps Recognise how other people can help them to achieve their goals Can manage feelings of frustration linked to facing obstacles Share their success with others Recognise feelings associated with receiving a compliment 	<ul style="list-style-type: none"> Be able to set themselves a fitness challenge Recognise what it feels like to make a healthy choice Identify how they feel about drugs Can express how being anxious or scared feels Can take responsibility for keeping themselves and others safe Respect their own bodies and appreciate what they do 	<ul style="list-style-type: none"> Can identify the responsibilities they have within their family Can use Solve-it-together in a conflict scenario and find a win-win outcome Know how to access help if they are concerned about anything on social media or the internet Can explain why friendship and having friends is valuable Identify how friends show they care for and value each other Describe what is most important in a friendship Identify similarities in children's rights around the world Identify what helps maintain friendships Describe feelings when disagreements and conflict occur Identify what can help and not help if there are friendship problems Demonstrate strategies for solving arguments with peers 	<ul style="list-style-type: none"> What Makes a Good Friend recognise the different types of friendships that are important to us (e.g. family, friends, groups we belong to, neighbours) explain why friendship and having friends is valuable identify how friends show they care for and value each other describe what is most important in a friendship Identify similarities in children's rights around the world Identify what helps maintain friendships Describe feelings when disagreements and conflict occur Identify what can help and not help if there are friendship problems Demonstrate strategies for solving arguments with peers
Focus	Year 4 - PSHE & RSE	Year 4 - PSHE & RSE	Year 4 - PSHE & RSE	Year 4 - PSHE & RSE	Year 4 - PSHE & RSE	Year 4 - PSHE & RSE
	Module 1 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	Module 2 Celebrating Difference - Y4 Challenging assumptions, Judging by appearance, Accepting self and others, Understanding influences, Understanding bullying, Problem-solving, Identifying how special and unique everyone is, First impressions	Module 3 Dreams and Goals - Y4 Hopes and dreams, Overcoming disappointment, Creating new, realistic dreams, Achieving goals, Working in a group, Celebrating contributions, Resilience, Positive attitudes	Module 4 Healthy Me - Y4 Healthier friendships, Group dynamics, Smoking, Alcohol, Assertiveness, Peer pressure, Celebrating inner strength	Module 5 Relationships - Y4 Jealousy, Love and loss, Memories of loved ones, Getting on and Falling Out, Girlfriends and boyfriends, Showing appreciation to people and animals	Module 6 Time to Change
Knowledge	<ul style="list-style-type: none"> Know how individual attitudes and actions make a difference to a class Know about the different roles 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 					

Focus	Being Me In My World - Y5 Planning the forthcoming year, Being a Citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups, Democracy, having a voice, participating	Celebrating Difference - Y5 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	Dreams and Goals - Y5 Future dreams, The importance of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others (charity), Motivation	Relationships - Y5 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	Healthy Me - Y5 Smoking, including vaping, Alcohol, Alcohol and anti-social behaviour, Emergency aid, Body image, Relationships with food, Healthy choices, Motivation and behaviour	Menstruation and Wet Dreams Emotions and Feelings Personal Hygiene
Knowledge	<ul style="list-style-type: none"> Know how to face new challenges positively Understand how to set personal goals Understand the rights and responsibilities associated with being a citizen in the wider community and their country Know how an individual's behaviour can affect a group and the consequences of this Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Know the health risks of smoking Know that smoking tobacco affects the lungs, liver and heart Know some of the risks linked to misusing alcohol, including anti-social behaviour Know basic safety 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 the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure Know what makes a healthy lifestyle 	Menstruation and Wet Dreams Know the biological changes that happen to males and females during puberty Emotions and Feelings Know how and why emotions may change during puberty Personal Hygiene Know the importance of personal hygiene during puberty Know how to respond to questions about puberty
Application	<ul style="list-style-type: none"> Be able to identify what they value most about school Identify hopes for the school year Empathy for people whose lives are different from their own Consider their own actions and the effect they have on themselves and others Be able to work as part of a group, listening and contributing effectively Understand why the school community benefits from a Learning Charter Be able to help friends make positive choices Know how to regulate my emotions 	<ul style="list-style-type: none"> Identify their own culture and different cultures within their class community Identify their own attitudes about people from different faith and cultural backgrounds Identify a range of strategies for managing their own feelings in bullying situations Identify some strategies to encourage children who use bullying behaviours to make other choices Be able to support children who are being bullied Appreciate the value of happiness regardless of material wealth Develop respect for cultures different from their own 	<ul style="list-style-type: none"> Verbalise what they would like their life to be like when they are grown up Appreciate the contributions made by people in different jobs Appreciate the opportunities learning and education can give them Reflect on the differences between their own learning goals and those of someone from a different culture Appreciate the differences between themselves and someone from a different culture Understand why they are motivated to make a positive contribution to supporting others 	<ul style="list-style-type: none"> Can suggest strategies for building self-esteem of themselves and others Can identify when an online community / social media group feels risky, uncomfortable, or unsafe Can suggest strategies for staying safe online / social media Can say how to report unsafe online / social network activity Can identify when an online game is safe or unsafe Can reflect on their own body image and know how important it is that this is positive Can suggest ways to monitor and reduce screen time Can suggest strategies for managing unhelpful pressures online or in social networks 	<ul style="list-style-type: none"> Can make informed decisions about whether or not they choose to smoke when they are older Can make informed decisions about whether they choose to drink alcohol when they are older Recognise strategies for resisting pressure Can identify ways to keep themselves calm in an emergency Explain how and why it is important to keep clean during puberty Describe ways of managing physical change during puberty Respond to questions and give advice to others about puberty Respect and value their own bodies Be motivated to keep themselves healthy and happy 	Menstruation and Wet Dreams Use scientific vocabulary for external and internal male and female body parts Explain what happens during menstruation (periods) Explain what is meant by ejaculation and wet dreams Personal Hygiene Explain how to keep clean during puberty Emotions and Feelings Describe how emotions and relationships may change during puberty Explain where we can get the help and support we need in relation to puberty.
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	Year 6 - PSHE & RSE	Year 6 - PSHE & RSE	Year 6 - PSHE & RSE	Year 6 - PSHE & RSE	Year 6 - PSHE & RSE	Year 6 - PSHE & RSE
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	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	Celebrating Difference - Y6 Perceptions of normality, Understanding disability, Power struggles, Understanding bullying, Inclusion/exclusion, Differences as conflict, difference as celebration, Empathy	Dreams and Goals - Y6 Personal learning goals, in and out of school, Success criteria, Emotions in success, Making a difference in the world, Motivation, Recognising achievements, Compliments	Healthy Me - Y6 Taking personal responsibility, How substances affect the body, Exploitation, including 'county lines' and gang culture, Emotional and mental health, Managing stress	Relationships - Y6 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	Puberty: Recap and Review, Puberty: Change and Becoming Independent, Positive and Healthy Relationships, How a Baby is Made
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 our 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 	<ul style="list-style-type: none"> Know that there are different perceptions of 'being normal' and where these might come from Know that being different could affect someone's life Know about the learning steps they need to take to achieve their goal 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 	<ul style="list-style-type: none"> 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 some ways in which they could work with others to make the world a better place Know what their friends like and admire about them 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 what it means to be an informed user Know how to use technology safely and positively to communicate with their friends and family 	Puberty: Recap and Review Puberty: Change and Becoming Independent Puberty: Positive and Healthy Relationships Puberty: How a Baby is Made Puberty: How adult relationships and the human life cycle Puberty: Know about human reproduction (how a baby is made and how it grows)
Application	<ul style="list-style-type: none"> Be able to make others feel welcomed and valued Know own wants and needs Be able to compare their life with the lives of those less fortunate Demonstrate empathy and understanding towards others Can demonstrate attributes of a positive role-model Can take positive action to help others Be able to contribute towards a group task Know what effective group work is Know how to regulate my emotions 	<ul style="list-style-type: none"> Empathise with people who are different and be aware of my own feelings towards them Identify feelings associated with being excluded Be able to recognise when someone is exerting power negatively in a relationship Use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict Identify different feelings of the bully, bullied and bystanders in a bullying scenario Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens Appreciate people for who they are Show empathy 	<ul style="list-style-type: none"> Understand why it is important to stretch the boundaries of their current learning Set success criteria so that they know when they have achieved their goal Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances Are motivated to care for their own physical and emotional health Are motivated to find ways to be happy and cope with life's situations without using drugs Empathise with people who are suffering or living in difficult situations Suggest strategies someone could use to avoid being pressured Recognise that people have different attitudes towards mental health / illness Can use different strategies to manage stress and pressure 	<ul style="list-style-type: none"> Recognise that people can get problems with their mental health and that it is nothing to be ashamed of Identify the range of feelings associated with change, transition to secondary school and becoming more independent Can help themselves and others when worried about a mental health problem Describe practical strategies to cope with growing up, becoming more independent and taking on responsibilities Positive and Healthy Relationships Identify different kinds of loving relationships Describe the qualities that enable these relationships to flourish Explain the expectations and responsibilities of being in a close relationship Recognise how relationships may change or end and what can help people manage this 	Puberty: Recap and Review Puberty: Change and Becoming Independent Puberty: Positive and Healthy Relationships Puberty: How a Baby is Made Puberty: How adult relationships and the human life cycle Puberty: Know about human reproduction (how a baby is made and how it grows)	