

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
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Being Me In My World - YR Self-identity,Understanding feelings, Being in a classroom, Being gentle, Rights and responsibilities	Celebrating Difference - YR Identifying talents, Being special, Families, Where we live, Making friends, Standing up for yourself	Dreams and Goals - YR Challenges, Perseverance, Goal-setting, Overcoming obstacles, Seeking help, Achieving goals	Healthy Me - YR Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean, Safety	Relationships - YR Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying, Being a good friend	Changing me - YR My Body, Respecting my body, Growing up , Fun and Fears, Celebration
Knowledge	<ul style="list-style-type: none">Know special things about themselvesKnow that some people are different from themselvesKnow how happiness and sadness can be expressedKnow that hands can be used kindly and unkindlyKnow that being kind is goodKnow 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 thingsKnow that people can be good at different thingsKnow what being unique meansKnow that families can be differentKnow that people have different homes and why they are important to themKnow different ways of making friendsKnow different ways to stand up for myselfKnow the names of some emotions such as happy, sad, frightened, angryKnow that they don't have to be 'the same as' to be a friendKnow why having friends is importantKnow some qualities of a positive friendship	<ul style="list-style-type: none">Know what a challenge isKnow that it is important to keep tryingKnow what a goal isKnow how to set goals and work towards themKnow which words are kindKnow some jobs that they might like to do when they are olderKnow that they must work hard now in order to be able to achieve the job they want when they are olderKnow when they have achieved a goal	<ul style="list-style-type: none">Know the names for some parts of their bodyKnow what the word 'healthy' meansKnow some things that they need to do to keep healthyKnow that they need to exercise to keep healthyKnow how to help themselves go to sleep and that sleep is good for themKnow when and how to wash their hands properlyKnow what to do if they get lostKnow how to say No to strangers	<ul style="list-style-type: none">Know what a family isKnow that different people in a family have different responsibilities (jobs)Know some of the characteristics of healthy and safe friendshipKnow that friends sometimes fall outKnow some ways to mend a friendshipKnow that unkind words can never be taken back and they can hurtKnow how to use Jigsaw's Calm Me to help when feeling angryKnow 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 adultKnow who to talk to if they are feeling worriedKnow that sharing how they feel can help solve a worryKnow that remembering happy times can help us move on
Application	<ul style="list-style-type: none">Identify feelings associated with belongingIdentify feelings of happiness and sadnessSkills to play cooperatively with othersBe able to consider others' feelingsBe responsible in the setting	<ul style="list-style-type: none">Identify feelings associated with being proudIdentify things they are good atBe able to vocalise success for themselves and about others successesIdentify some ways they can be different and the same as othersRecognise similarities and differences between their family and other familiesIdentify and use skills to make a friendIdentify and use skills to stand up for themselvesRecognise emotions when they or someone else is upset, frightened or angry	<ul style="list-style-type: none">Understand that challenges can be difficultRecognise some of the feelings linked to perseveranceTalk about a time that they kept on trying and achieved a goalBe ambitiousResilienceRecognise how kind words can encourage peopleFeel proudCelebrate success	<ul style="list-style-type: none">Recognise how exercise makes them feelRecognise how different foods can make them feelCan explain what they need to do to stay healthyCan give examples of healthy foodCan explain how they might feel if they don't get enough sleepCan 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 siblingsCan suggest ways to make a friend or help someone who is lonelyCan use different ways to mend a friendshipCan recognise what being angry feels likeCan use Calm Me when angry or upset	<ul style="list-style-type: none">Can identify how they have changed from a babyCan say what might change for them they get olderRecognise that changing class can elicit happy and/or sad emotionsCan say how they feel about changing class/ growing upCan identify positive memories from the last year in school/ home
	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 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	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Being Me In My World - Y1 Feeling special and safe, Being part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences, Owning the Learning Charter	Celebrating Difference - Y1 Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone	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	Healthy Me - Y1 Keeping myself healthy, Healthier lifestyle choices, Keeping clean, Being safe, Medicine safety/safely with household items, Road safety, Linking health and happiness	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	My Special People
Knowledge	<ul style="list-style-type: none">Understand the rights and responsibilities of a member of a classUnderstand that their views are importantUnderstand that their choices have consequencesUnderstand their own rights and responsibilities with their classroom	<ul style="list-style-type: none">Know that people have differences and similaritiesKnow what bullying meansKnow who to tell if they or someone else is being bullied or is feeling unhappyKnow skills to make friendshipsKnow that people are	<ul style="list-style-type: none">Know how to set simple goalsKnow how to achieve a goalKnow how to work well with a partnerKnow that tackling a challenge can stretch their learningKnow how to identify obstacles which make achieving their goals difficult and work out how to overcome themKnow when a goal has been achieved	<ul style="list-style-type: none">Know the difference between being healthy and unhealthyKnow some ways to keep healthyKnow how to make healthy lifestyle choicesKnow how to keep themselves clean and healthyKnow that germs cause disease / illnessKnow that all household products, including medicines, can be harmful if not used properlyKnow that medicines can help them if they feel poorlyKnow how to keep safe when crossing the roadKnow about people who can keep them safe	<ul style="list-style-type: none">Know that everyone's family is differentKnow that there are lots of different types of familiesKnow that families are founded on belonging, love and careKnow how to make a friendKnow the characteristics of healthy and safe friendsKnow that physical contact can be used as a greetingKnow about the different people in the school community and how they helpKnow 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 specialUnderstand that they what is important in classIdentifying helpful behaviours to make the class a safe placeIdentify what it's like to feel proud of an achievementRecognise feelings associated with positive and negative consequencesUnderstand 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 differentIdentify what is bullying and what isn'tUnderstand how being bullied might feelKnow ways to help a person who is being bulliedIdentify emotions associated with making a new friendVerbalise some of the attributes that makethem unique and special	<ul style="list-style-type: none">Recognise things that they do wellExplain how they learn bestCelebrate an achievement with a friendRecognise their own feelings when faced with a challengeRecognise their own feelings when they are faced with an obstacleRecognise how they feel when they overcome an obstacleCan 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 choicesRealise that they are specialKeep themselves safeRecognise ways to look after themselves if they feel poorlyRecognise when they feel frightened and know how to ask for helpRecognise 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 membersCan say what being a good friend meansCan describe the value that families can bringCan identify forms of physical contact they preferCan say no when they receive a touch they don't likeCan praise themselves and othersCan recognise some of their personal qualitiesCan say why they appreciate a special relationship	<ul style="list-style-type: none">Identify our own special peopleexplain what makes them special to us and why they are important in our livesdescribe the different ways our special people care for usrecognise how we can care for them in return
	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 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	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	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	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	Dreams and Goals - Y2 Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation, Contributing to and sharing success	Healthy Me - Y2 Motivation, Healthier choices, Relaxation, Healthy eating and nutrition, Healthier snacks and shoring food	Relationships - Y2 Different types of family, Physical contact boundaries, Friendship and conflict, Secrets, Trust and appreciation, Expressing appreciation for special relationships	We Are Growing: Human Life Cycle Everybody's Body
Knowledge	<ul style="list-style-type: none">Identifying hopes and fears for the year aheadUnderstand the rights and responsibilities of class membersKnow that it is important to listen to other peopleUnderstand that their own views are valuableKnow about rewards and consequences and that these stem from choicesKnow 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 girlsKnow that it is OK not to conform to gender stereotypesKnow it is good to be yourselfKnow that sometimes people get bullied because of differenceKnow the difference between right and wrong and the role that choice has to play in thisKnow that friends can be different and still be friendsKnow where to get help if being bulliedKnow 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 itKnow that it is important to persevereKnow how to recognise what working together well looks likeKnow what good group working looks likeKnow how to share success with other people	<ul style="list-style-type: none">Know what their body needs to stay healthyKnow what relaxed meansKnow what makes them feel relaxed / stressedKnow how medicines work in their bodiesKnow that it is important to use medicines safelyKnow how to make some healthy snacksKnow why healthy snacks are good for their bodiesKnow which foods given their bodies energy	<ul style="list-style-type: none">Know that everyone's family is differentKnow that families function well when there is trust, respect, care, love and co-operationKnow that there are lots of forms of physical contact within a familyKnow how to stay stop if someone is hurting themKnow some reasons why friends have conflictsKnow that friendships have ups and downs and sometimes change with timeKnow how to use the Mending Friendships or Solve-it-together problem-solving methodsKnow there are good secrets and worry secrets and why it is important to share worry secretsKnow what trust is	<ul style="list-style-type: none">We Are Growing: Human Life CycleKnow how we change as we growEverybody's BodyKnow the differences and similarities between people
Application	<ul style="list-style-type: none">Recognise own feelings and know when and where to get helpKnow how to make their class a safe and fair placeShow good listening skillsRecognise the feeling of being worriedBe 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 OKUnderstand that boys and girls can be different in lots of ways and that is OKExplain how being bullied can make someone feelCan choose to be kind to someone who is being bulliedKnow how to stand up for themselves when they need toRecognise that they shouldn't judge people because they are differentUnderstand 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 thisRecognise their own strengths as a learnerRecognise how working with others can be helpfulBe able to work effectively with a partnerBe able to choose a partner with whom they work wellBe able to work as part of a groupRecognise 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 choicesIdentify when a feeling is weak and when a feeling is strongFeel positive about caring for their bodies and keeping it healthyHave a healthy relationship with foodExpress 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 familyCan recognise the value that families can bringCan recognise and talk about the types of physical contact that is acceptable or unacceptableCan use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflictCan identify the negative feelings associated with keeping a worry secretCan identify the feelings associated with trustCan identify who they trust in their own relationshipsCan give and receive complimentsCan say who they would go to for help if they were worried or scared	<ul style="list-style-type: none">We Are Growing: Human Life Cyclerecognise 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 oldidentify ways we are more independent now than when we were youngerdescribe the feelings about growing and changingEverybody's Bodydescribe similarities and differences between ourselves and otherschallenge simple stereotypes about boys and girlsrecognise and use the correct names for main parts of the body
	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 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	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	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	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	Dreams and Goals - Y3 Difficult challenges and achieving success, Dreams and ambitions, New challenges, Motivation and enthusiasm, Recognising and trying to overcome obstacles, Evaluating learning processes, Managing feelings, Simple budgeting	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	Relationships - Y3 Family roles and responsibilities, Friendship and negotiation, Keeping safe online and who to go to for help, Being a global citizen, Being aware of how my choices affect others, Awareness of how other children have different lives, xpressing appreciation for family and friends	What Makes a Good Friend Falling Out With Friends
Knowledge	<ul style="list-style-type: none">Understand that they are importantKnow what a personal goal isUnderstanding what a challenge isKnow why rules are needed and how these relate to choices and consequencesKnow that actions can affect others' feelingsKnow that others may hold different viewsKnow that the school has a shared set of values	<ul style="list-style-type: none">Know why families are importantKnow that everybody's family is differentKnow that sometimes family members don't get along and some reasons for thisKnow that conflict is a normal part of relationshipsKnow what it means to be a witness to bullying and that a witness can make the situation worse or better by what they doKnow 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 successKnow what dreams and ambitions are important to themKnow how they can best overcome learning challengesKnow that they are responsible for their own learningKnow what their own strengths are as a learnerKnow what an obstacle is and how they can hinder achievementKnow how to take steps to overcome obstaclesKnow how to evaluate their own learning progress and identify how it can be better next time	<ul style="list-style-type: none">Know how exercise affects their bodiesKnow why their hearts and lungs are such important organsKnow that the amount of calories, fat and sugar that they put into their bodies will affect their healthKnow that there are different types of drugsKnow that there are things, places and people that can be dangerousKnow a range of strategies to keep themselves safeKnow when something feels safe or unsafeKnow 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 familyKnow that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etcKnow some of the skills of friendship, e.g. taking turns, being a good listenerKnow some strategies for keeping themselves safe onlineKnow how some of the actions and work of people around the world help and influence my lifeKnow that they and all children have rights (UNCRC)Know the lives of children around the world can be different from their own	<ul style="list-style-type: none">What Makes a Good FriendKnow about friendship—why it is important and what makes a good friendFalling Out With FriendsKnow how to maintain good friendshipsKnow how to solve disagreements and conflict amongst ourselves and our peers
Application	<ul style="list-style-type: none">Recognise self-worthIdentify personal strengthsBe able to set a personal goalRecognise feelings of happiness, sadness, worry and fear in themselves and othersMake other people feel valuedDevelop compassion and empathy for othersBe able to work collaboratively	<ul style="list-style-type: none">Be able to show appreciation for their families, parents and carersUse the 'Solve it together' technique to calm and resolve conflicts with friends and familyEmpathise with people who are bulliedEmploy skills to support someone who is bulliedBe able to 'problem-solve' a bullying situation accessing appropriate support if necessaryBe able to recognise, accept and give complimentsRecognise feelings associated with receiving a compliment	<ul style="list-style-type: none">Recognise other people's achievements in overcoming difficultiesImagine how it will feel when they achieve their dream / ambitionCan break down a goal into small stepsRecognise how other people can help them to achieve their goalsCan manage feelings of frustration linked to facing obstaclesCan share their success with othersCan store feelings of success (in their internal treasure chest) to be used at another time	<ul style="list-style-type: none">Be able to set themselves a fitness challengeRecognise what it feels like to make a healthy choiceIdentify how they feel about drugsCan express how being anxious or scared feelsCan take responsibility for keeping themselves and others safeRespect their own bodies and appreciate what they do	<ul style="list-style-type: none">Can identify the responsibilities they have within their familyCan use Solve-it-together in a conflict scenario and find a win-win outcomeKnow how to access help if they are concerned about anything on social media or the internetCan empathise with people from other countries who may not have a fair job/ less fortunateUnderstand that they are connected to the global community in many different waysCan identify similarities in children's rights around the worldCan identify their own wants and needs and how these may be similar or different from other children in school and the global community	<ul style="list-style-type: none">What Makes a Good Friendrecognise the different types of friendships that are important to us (eg. family, friends, groups we belong to, neighbours)explain why friendship and having friends is valuableidentify how friends show they care for and value each otherdescribe what is most important in a friendshipFalling Out With Friendsidentify what helps maintain friendshipsdescribe feelings when disagreements and conflict occuridentify what can help and not help if there are friendship problemsdemonstrate strategies for solving arguments with peers
	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 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	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Being Me In My World - Y4 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	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	Dreams and Goals - Y4 Hopes and dreams, Overcoming disappointment, Creating new, realistic dreams, Achieving goals, Working in a group, Celebrating contributions, Resilience, Positive attitudes	Healthy Me - Y4 Healthier friendships, Group dynamics, Smoking, Alcohol, Assertiveness, Peer pressure, Celebrating inner strength	Relationships - Y4 Jealousy, Love and loss, Memories of loved ones, Getting on and Falling Out, Girlfriends and boyfriends, Showing appreciation to people and animals	Time to Change
Knowledge	<ul style="list-style-type: none">Know how individual attitudes and actions make a difference to a classKnow about the different roles in the school communityKnow their place in the school communityKnow what democracy is (applied to pupil voice in school)Know that their own actions affect themselves and othersKnow how groups work together to reach a consensusKnow that having a voice and democracy benefits the school community	<ul style="list-style-type: none">Know that sometimes people make assumptions about a person because of the way they look or actKnow there are influences that can affect how we judge a person or situationKnow that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullyingKnow what it means to be a witness to bullying and that a witness can make the situation worse or better by what they doKnow the reasons why witnesses sometimes join in with bullying and don't tell anyoneKnow that first impressions can change	<ul style="list-style-type: none">Know what their own hopes and dreams areKnow that hopes and dreams don't always come trueKnow that reflecting on positive and happy experiences can help them to counteract disappointmentKnow how to make a new plan and set new goals even if they have been disappointedKnow how to work out the steps they need to take to achieve a goalKnow how to work as part of a successful groupKnow how to share in the success of a group	<ul style="list-style-type: none">Know how different friendship groups are formed and how they fit into themKnow which friends they value mostKnow that there are leaders and followers in groupsKnow that they can take on different roles according to the situationKnow the facts about smoking and its effects on healthKnow some of the reasons some people start to smokeKnow the facts about alcohol and its effects on health, particularly the liverKnow some of the reasons some people drink alcoholKnow ways to resist when people are putting pressure on themKnow what they think is right and wrong	<ul style="list-style-type: none">Know some reasons why people feel jealousyKnow that jealousy can be damaging to relationshipsKnow that loss is a normal part of relationshipsKnow that negative feelings are a normal part of lossKnow that memories can support us when we lose a special person or animalKnow that change is a natural part of relationships/ friendshipKnow that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe	<ul style="list-style-type: none">Time to ChangeKnow some of the physical changes experienced during puberty
Application	<ul style="list-style-type: none">Identify the feelings associated with being included or excludedCan make others feel valued and includedBe able to take on a role in a group discussion / task and contribute to the overall outcomeCan make others feel cared for and welcomedRecognise the feelings of being motivated or unmotivatedUnderstand why the school community benefits from a Learning CharterBe able to help friends make positive choicesKnow how to regulate my emotions	<ul style="list-style-type: none">Try to accept people for who they areCan identify influences that have made them think or feel positively/negatively about a situationIdentify feelings that a bystander might feel in a bullying situationIdentify reasons why a bystander might join in with bullyingRevisit the 'Solve it together' technique to practise conflict and bullying scenariosIdentify their own uniquenessBe comfortable with the way they lookIdentify when a first impression they had was right or wrongBe non-judgemental about others who are different	<ul style="list-style-type: none">Can talk about their hopes and dreams and the feelings associated with theseCan identify the feeling of disappointmentCan identify a time when they have felt disappointedBe able to cope with disappointmentHelp others to cope with disappointmentCan identify what resilience isHave a positive attitudeEnjoy being part of a group challengeCan share their success with othersCan store feelings of success (in their internal treasure chest) to be used at another time	<ul style="list-style-type: none">Can identify the feelings that they have about their friends and different friendship groupsRecognise how different people and groups they interact with impact on themIdentify which people they most want to be friends withRecognise negative feelings in peer pressure situationsCan identify the feelings of anxiety and fear associated with peer pressureCan tap into their inner strength and know- how to be assertive	<ul style="list-style-type: none">Can identify feelings and emotions that accompany jealousyCan suggest positive strategies for managing jealousyCan identify people who are special to them and express whyCan identify the feelings and emotions that accompany lossCan suggest strategies for managing lossCan tell you about someone they no longer seeCan suggest ways to manage relationship changes including how to negotiate	<ul style="list-style-type: none">Time to Changeidentify some of the physical changes that happen to bodies during pubertyexplain that puberty begins and ends at different times for different peopleuse scientific vocabulary for external male and female body parts/genitalia
	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 5 - PSHE & RSE	Year 5 - PSHE & RSE	Year 5 - PSHE & RSE	Year 5 - PSHE & RSE	Year 5 - PSHE & RSE	Year 5 - PSHE & RSE
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6

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 how smoking tobacco affects the lungs, liver and heart• Know some of the risks linked to misusing alcohol, including antisocial behaviour• Know basic emergency procedures including the recovery position• Know how to get help in emergency situations• Know that the media, social media and celebrity culture promotes certain body types• Know 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	<p>Menstruation and Wet Dreams</p> <ul style="list-style-type: none">• Know the biological changes that happen to males and females during puberty• Emotions and Feelings• Know how and why emotions may change during puberty• Know how to get appropriate help, advice and support about 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 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• Can reflect on their own body image and know how important it is that this is positive• Accept and respect themselves for who they are• Respect and value their own bodies• Be motivated to keep themselves healthy and happy	<p>Menstruation and Wet Dreams</p> <ul style="list-style-type: none">• 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 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• 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.
	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 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	Being Me In My World - Y6 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 their own choices result in different consequences and rewards• Understand how democracy and having a voice benefits the school community• Understand how to contribute towards the democratic process	<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 that power can play a part in a bullying or conflict situation• Know that people can hold power over others individually or in a group• Know why some people choose to bully others• Know that people with disabilities can lead amazing lives• Know that difference can be a source of celebration as well as conflict	<ul style="list-style-type: none">• Know their own learning strengths• Know how to set realistic and challenging goals• Know what the learning steps are they need to take to achieve their goal• Know a variety of problems that the world is facing• Know how to work with other people to make the world a better place• Know some ways in which they could work with others to make the world a better place• Know what their classmates like and admire about them	<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 why some people join gangs and the risk that this can involve• Know what it means to be emotionally well• Know that stress can be triggered by a range of things• Know that being stressed can cause drug and alcohol misuse	<ul style="list-style-type: none">• Know that it is important to take care of their own mental health• Know ways that they can take care of their own mental health• Know the stages of grief and that there are different types of loss that cause people to grieve• Know that sometimes people can try to gain power or control them• Know some of the dangers of being 'online'• Know how to use technology safely and positively to communicate with their friends and family	<p>Puberty: Recap and Review</p> <ul style="list-style-type: none">• Know more about the changes that happen at puberty (recap from year 4 or 5)• Puberty: Change and Becoming Independent• Know how to manage change - new roles and responsibilities as we grow up• Positive and Healthy Relationships• Know what constitutes a positive, healthy relationship• Know that relationships can change over time• How a Baby is Made• Know how ant adult relationships and the human life cycle• 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• Empathise with people who are suffering or living in difficult situations• Be able to give praise and compliments to other people when they recognise that person's achievements	<ul style="list-style-type: none">• 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• Identify ways that someone who is being exploited could help themselves• 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• Can help themselves and others when worried about a mental health problem• Recognise when they are feeling grief and have strategies to manage them• Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control• Can resist pressure to do something online that might hurt themselves or others• Can take responsibility for their own safety and well-being	<p>Puberty: Recap and Review</p> <ul style="list-style-type: none">• describe the physical and emotional changes that occur during puberty and how to manage these• identify myths and facts about puberty, and what is important for a young person to know• demonstrate how to begin conversations (or ask questions) about puberty with people that can help us• Puberty: Change and Becoming Independent• describe some changes that happen as we grow up• identify the range of feelings associated with change, transition to secondary school and becoming more independent• describe practical strategies to cope with growing up, becoming more independent and taking on new 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• How a Baby is Made• identify the links between love, committed relationships / marriage, and conception• explain what sexual intercourse is, and explain that this may be one part of an intimate relationship between consenting adults• explain what pregnancy means, how long it lasts, and where it occurs, i.e. that a baby is made when a sperm (male) meets an egg /ovum (female) and then the fertilised egg settles into the lining of the uterus (or womb) (female)