

Gargrave CE Primary School PSHE 2-year curriculum progression

Year A: 2021/2022

	Me and my relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
Reception	All About Me What makes me special Me and My Special people My Feelings People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy-food, exercise, sleep Growth Mindset	Cycles Life stages
Reception key vocabulary	Special Practice Effort Same Different Favourite Family Help Feelings					Growing; life cycles; seasons; spring; summer; autumn; winter; cycle; baby; child; teenager; adult; old age; family; baby; love; care; private parts
Year 1 & 2	Should I tell? Good or bad touches I don't like that! Unkind, tease or bully? Solve the problem Types of bullying	It's not fair Good friends An act of kindness	Feelings associated with loss (Harold loses Geoffrey) Who can help? How safe would you feel? What should I say? School rules	Why we have classroom rules Basic first aid Our ideal classroom When I feel like erupting	I can eat a rainbow Eat well Catch it, bin it, kill it You can do it: resilience and growth mindset My day: likes and dislikes Keeping clean and healthy	Inside my body My body, your body (identifying private parts) Respecting privacy Taking care of a baby Then and now Dealing with loss
Y1 & 2	Rules					Help; support; supportive; change;

key vocabulary	Safe Responsibility Work together Happy Caring Friendly Bullying Teasing Repeated Regular Feelings Body language Emotions Safe support					loss; feelings; emotions; frightened; nervous; growing; food; rest; sleep; care; learning; unique; special; penis; vulva; private; privacy; organs; tease; love; attention; unkind; bullying
Year 3 & 4	Appropriate rules and consequences Dealing with loss Co-operating and collaboration Looking after special people Feelings Positive, healthy relationships Teamwork	Different types of family My community Respect and challenge Negotiation and compromise Personal body space Friend or acquaintance?	Identifying risk Danger or risk? Safe and unsafe situations Identifying safe & unsafe images online Alcohol and cigarettes-key risks and effects	What is a volunteer? Helping each other stay safe Fact or opinion? Human rights and responsibilities Democracy Media influence	Healthy Eating Infectious illnesses Everyday health and wellbeing Celebrating achievement Everyone is unique Making choices	Positive and healthy relationships Personal body space Secret or surprise
Year 3 & 4 key vocabulary	Rules Safety Responsibility Care Loss Feelings Physical effects					Secret; surprise; uncomfortable feelings; marriage; live together; civil partnership; relationships; positive; healthy; caring; trust;

	Positive, healthy relationship Respect Assertive Aggressive Negotiate Consequences Conflict Point of view					personal space; angry; upset; jealous; worried; penis; vulva; breasts; testicles; private; privacy
Year 5	Feelings Friendship skills, including compromise Assertive skills Co-operation Recognising emotional needs	Recognising and celebrating difference, including religions and culture Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and responsibilities, including those related to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Changing bodies and puberty Managing change How my feelings help keeping safe Getting help
Year 5 key vocabulary	Collaborate Negotiation Compromise Conflict Resolution Insensitive Sensitive Unhealthy relationship Abuse: verbal, physical, sexual Uncomfortable touching Unsafe Assertive Passive Aggressive					Well-being; resilience; unwanted attention & touch; separation; fostered; puberty; menstruation; sanitary protection; penis; vagina; testicles; vulva; embarrassed; reactions; consequences; hormones; respect; consequences; mood swings; prejudice; forced marriage

	Emotional needs Non-verbal Body language					
Year 6	Assertiveness Co-operation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body image Body changes during puberty Sex Education Self-esteem
Year 6 key vocabulary	Collaboration Teamwork Negotiation Compromise Balanced friendship Respectful Assertive Peer pressure Resolution Marriage Civil partnership Forced marriage Illegal Privacy settings Identity theft Secure					Body image; self esteem; manipulation; stereotype; peer pressure; puberty; period; sanitary protection; physical & emotional changes; in confidence; egg; ovaries; wet dream; erection; vulva sperm; semen testicles; vagina; stretch marks; penis; embryo; womb; sexual intercourse; consensual; surrogacy; adoption; IVF; age of consent; prejudice; biological sex; sexual

						orientation; gender identity; physical and verbal abuse
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Year B: 2022/2023

	Me and my relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
Reception	All About Me What makes me special Me and My Special People My Feelings People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy-food, exercise, sleep Growth Mindset	Cycles Life stages
Year 1 & 2	How are you listening? Sharing pictures Don't do that: strategies for dealing with bullying Some secrets should never be kept Feeling safe Playing games	Same or different? What makes us who we are?	Medicines can sometimes help ill people Harold's picnic-medicines	Taking care of something Our special people balloons When someone is feeling left out Getting on with others Basic first aid	Overcoming challenges Pass on the praise Recognise how behaviour affects others Good dental hygiene My body needs exercise and sleep What does my body do? (naming major internal body parts)	Who can help? Surprises and secrets Keeping privates private Haven't you grown! A helping hand-giving positive feedback
Year 3 & 4	How can we solve this problem? What is a dare? Expressing opinions and listening to others	Different origins and backgrounds Respecting difference Bullying and prejudice views	Danger, risk or hazard? Assessing risk Searching online Internet safety	How to look after our school environment Environmental organisations	Working together Naming major internal body parts My body needs energy, as well as exercise and sleep	Dealing with change Changing feelings Male and female body parts Secret or surprise

	<p>Friends are special</p> <p>Different feelings</p> <p>When feelings change</p> <p>Dealing with bullying</p>	<p>Dealing with aggressive behaviour</p> <p>Stereotypes</p>	<p>Medicines are drugs- help or harm?</p> <p>Medicines-check the label</p> <p>Keeping ourselves safe</p>	<p>Income, saving and spending</p> <p>Earning money</p> <p>Why pay taxes?</p> <p>Anti-social behaviour</p>	<p>Different talents and skills</p> <p>Basic first aid</p>	
Year 5	<p>Feelings</p> <p>Friendship skills, including compromise</p> <p>Assertive skills</p> <p>Co-operation</p> <p>Recognising emotional needs</p>	<p>Recognising and celebrating difference, including religions and culture</p> <p>Influence and pressure of social media</p>	<p>Managing risk, including online safety</p> <p>Norms around use of legal drugs (tobacco, alcohol)</p> <p>Decision-making skills</p>	<p>Rights and responsibilities, including those related to my health</p> <p>Making a difference</p> <p>Decisions about lending, borrowing and spending</p>	<p>Growing independence and taking responsibility</p> <p>Keeping myself healthy</p> <p>Media awareness and safety</p> <p>My community</p>	<p>Managing difficult feelings</p> <p>Changing bodies and puberty</p> <p>Managing change</p> <p>How my feelings help keeping safe</p> <p>Getting help</p>
Year 6	<p>Assertiveness</p> <p>Co-operation</p> <p>Safe/unsafe touches</p> <p>Positive relationships</p>	<p>Recognising and celebrating difference</p> <p>Recognising and reflecting on prejudice-based bullying</p> <p>Understanding bystander behaviour</p> <p>Gender stereotyping</p>	<p>Understanding emotional needs</p> <p>Staying safe online</p> <p>Drugs: norms and risks (including the law)</p>	<p>Understanding media bias, including social media</p> <p>Caring: communities and the environment</p> <p>Earning and saving money</p> <p>Understanding democracy</p>	<p>Aspirations and goal setting</p> <p>Managing risk</p> <p>Looking after my mental health</p>	<p>Coping with changes</p> <p>Keeping safe</p> <p>Body image</p> <p>Body changes during puberty</p> <p>Sex Education</p> <p>Self-esteem</p>