

Gargrave CE Primary School PSHE 2-year curriculum progression

Year A: 2021/2022						
	Me and my relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Reception	All About Me What makes me special Me and My Special people Who can help me? My Feelings	I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	What's safe to go onto my body Keeping myself safe (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe	Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money	Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep	Seasons Life stages-plants, animals, humans Life stages-humans-who will I be? Where do babies come from? Getting bigger Me and my body-girls and boys
Reception key vocabulary	Special Practice Effort Same Different Favourite Family Help Feelings	Special Likes Dislikes Favourite Same Different Kind Unkind	Keep clean & safe Sleep Water Food Fresh air Medicine Safe Unsafe Worried Trust	Family Friends Environment Money Responsibility Electricity Pollution Recycling Money Save Safe place	Bounce back Encourage Try again Food Energy Grow Healthy Exercise Routine	Growing Life cycles Seasons Spring Summer Autumn Winter Cycle Baby Child Teenager Adult Old age Family Love

						Care Private parts
Year 1 & 2	Our ideal classroom Our feelings Feelings and bodies Let's all be happy Good friends Types of bullying Don't do that!	Unkind, tease or bully? Harold's school rules It's not fair! What makes us who we are? My special people Solve the problem	Super sleep Who can help? Harold loses Geoffrey Harold's picnic How safe would you feel? What should Harold say?	Harold has a bad day Around and about the school Harold's wash and brush up Feeling safe Playing games Harold saves for something special How can we look after our environment?	I can eat a rainbow Harold learns to ride his bike Pass on the praise! Inside my wonderful body Harold's postcard-helping to keep clean and healthy Basic first aid	Surprises and secrets Keeping privates private A helping hand Sam moves away Haven't you grown!
Y1 & 2 key vocabulary	Rules Safe Responsibility Work together Happy Caring Friendly Bullying Teasing Repeated Regular Feelings Body language Emotions Safe Support	Unkind Tease Bullying Rules Safe Fair Unfair Kind Unique Respect Special people Help Listen Problem	Sleep Rest Grow Tired Feelings Worried Scared Nervous Loss Lost Medicines Safety Safe Unsafe Help	Environment Responsibility Hygiene Routine Clean Safe Unsafe Uniform Money Spending save	Starchy Dairy Protein Fruit Vegetable Portion Vitamins Learning Practice Making mistakes Confidence Achievement Praise Support Encouragement Feelings	Surprise Secret Uncomfortable Private Penis Vulva Hygiene Help Support Change Loss Growing Rest
Year 3 & 4	As a rule	Respect and challenge	Safe or unsafe? Danger or risk?	Helping each other to stay safe	Derek cooks dinner (healthy eating)	Relationship tree Body space

	Looking after our special people How can we solve this problem? Human machines Different feelings When feelings change	Family and friends Zeb Can you sort it? The people we share our world with That is such a stereotype!	The risk robot Alcohol and cigarettes-the facts Picture wise Know the norms	Recount task Our helpful volunteers In the news! Harold's expenses Why pay taxes?	Poorly Harold Body teamwork Getting on with your nerves What makes me me? Making choices Volunteering is cool	Basic first aid All change! Preparing for changes at puberty Secret or surprise?
Year 3 & 4 key vocabulary	Rules Safety Friendship Making up Falling out Compromise Conflict Point of view Collaboration Teamwork Feelings Physical effects Facial expressions Body language	Respect Cooperation Listening skills Courtesy Manners Adoption Fostering Same sex couple Blended family Prejudice Disability Gender Race Colour Sexuality Negotiation Stereotype	Safe Trust Unsafe Danger Risk Strategies Consequence Drugs Cigarettes Nicotine Alcohol Privacy settings Security Choices Social norm	Safe Healthy Responsible Fact Opinion Volunteer Wellbeing Influence Respectful Courteous Income Expenditure Essential Income tax National insurance VAT Deductions Public services	Balanced diet Protein Muscle Dairy Teeth Bones Starchy carbohydrates Energy Fruit & vegetables Infection Cleanliness Collaboration Individual Unique	Relationships Trust Positive Caring Healthy Personal space Uncomfortable Stop Respect Touch Puberty Penis Vulva Testicles Breasts
Year 5	Collaboration challenge! Give and take Communication How good a friend are you?	Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true?	Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealth? Would you risk it?	What's the story? Fact or opinion Mo makes a difference Rights, respect and duties Spending wisely	Getting fit It all adds up Different skills My school community Independence and responsibility	How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies

	Relationship cake recipe Our emotional needs Being assertive	Stop, start, stereotypes It could happen to anyone	'Thinking' about habits Drugs: true or false? Smoking: what is normal?	Lend us a fiver! Local councils	Star qualities Basic first aid, including Sepsis awareness	Changing bodies and feelings Help! I'm a teenager- get me out of here! It could happen to anyone Dear Hetty
Year 5 key vocabulary	Collaborate Negotiation Compromise Conflict Resolution Insensitive Sensitive Unhealthy relationship Abuse: verbal, physical, sexual Uncomfortable touching Unsafe Assertive Passive Aggressive Emotional needs Non-verbal Body language	Friendship Talking Listening Respect Excluded Discrimination Prejudice Metaphor Diverse Multicultural society Sex Sexual orientation Gender identity Gender orientation Embarrassed Consequences Reactions	Habit Addiction Pros Cons Weigh up risk Bullying Cyberbullying Dare Pressure Influence Drugs Cigarettes Alcohol Risk taking	Responsibility Biased Unbiased Voluntary Community Pressure Costs Wages Salaries Rent Borrow Loan Credit Debit Interest Public services	Healthy choices Organs Body systems Perseverance Commitment Resilience Determination Patience Interpersonal skills Community	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

Year 6	Working together Solve the friendship problem Behave yourself Assertiveness skills Don't force me Acting appropriately	Ok to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships Boys will be boys? Challenging stereotypes	Think before you click To share or not to share Rat Park What sort of drug is...? Drugs: it's the law! Alcohol-what is normal?	Two sides to every story Fakebook friends What's it worth? Jobs and taxes Happy shoppers- caring for the environment Democracy in Britain	This will be your life! Our recommendations What's the risk? Basic first aid, including Sepsis awareness Five ways to wellbeing project	I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Puberty Making babies
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	Witness Bystander Unique Positive feedback Confidence Self-esteem Diversity Biological sex Sexual orientation Gender identity Gender expression Cultural norms Body language Empathy Media influence Assumption	Parental consent Trolling Privacy Personal information Online safety Permission Illegal Sexual images Habit Addiction Emotional needs Legal Illegal Short- and long-term effects Drug laws Age restrictions	Biased Unbiased Social media Consent Opinion Sharing Saving Tax VAT Public services Mission statement Values Beneficiary Sustainable Food miles Fair trade Democracy Manifesto Candidate House of Commons House of Lords Constituencies	Wellbeing Connect Be active Mindful Creative Give Aspirations Perseverance Reliable Accurate Dimella Responsive Unresponsive Operator Red cross	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

				MP		orientation; gender identity; physical and verbal abuse
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Year B: 2022/2023	Autumn I 2022	Autumn II 2022	Spring I 2023	Spring II 2023	Summer I 2023	Summer II 2023
	Me and my relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Reception	All About Me What makes me special Me and My Special people Who can help me? My Feelings	I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	What's safe to go onto my body Keeping myself safe (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe	Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money	Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep	Seasons Life stages-plants, animals, humans Life stages-humans-who will I be? Where do babies come from? Getting bigger Me and my body-girls and boys
Reception key vocabulary	Special Practice Effort Same Different Favourite Family Help Feelings	Special Likes Dislikes Favourite Same Different Kind Unkind	Keep clean & safe Sleep Water Food Fresh air Medicine Safe Unsafe Worried	Family Friends Environment Money Responsibility Electricity Pollution Recycling Money	Bounce back Encourage Try again Food Energy Grow Healthy Exercise Routine	Growing Life cycles Seasons Spring Summer Autumn Winter Cycle Baby

			Trust	Save Safe place		Child Teenager Adult Old age Family Love Care Private parts
Year 1 & 2	Why we have classroom rules How are you listening? <i>How are you feeling today?</i> Thinking about feelings <i>Being a good friend</i> <i>Bullying or teasing?</i>	Same or different? Who are our special people? Our special people balloons <i>How do we make others feel?</i> <i>When someone is feeling left out</i> <i>An act of kindness</i>	Good or bad touches? Sharing pictures What could Harold do? <i>I don't like that!</i> <i>Fun or not?</i> <i>Should I tell?</i> <i>Some secrets should never be kept</i>	Taking care of something Harold's money How should we look after our money? Basic first aid <i>Getting on with others</i> <i>When I feel like erupting</i> <i>Harold goes camping</i>	Eat well Catch it! Bin it! Kill it! <i>You can do it!</i> <i>My day</i> <i>Harold's bathroom</i> <i>What does my body do?</i> <i>My body needs...</i>	Healthy me Then and now Taking care of a baby Who can help (2)? <i>My body, your body</i> <i>Respecting privacy</i>
Year 1 & 2 key vocabulary	Rules Safe Responsibility Working together Listening Feelings Body language Emotions Safe Friendly Friendship Bullying Teasing Repeated	Same Different Respect Special people Qualities Feelings Behaviour Calm Aggressive Cooperate Kind Kindness Unkind	Privates Touch Medicine Safe Harmful Responsible Feelings Uncomfortable Hurt Surprise Secret Unsafe Tell Private parts Consent	Needs Responsibility Rules Money Cost Bills Spending Afford Worth Saving Accident Danger Hazard Take turns Listen	Healthy Fruit and vegetables Meat Dairy Sugar Salt Cereal Germs Disease Hygiene Spread Practice Encourage Goal Achieve	Change Growing Caring Love Attention Unkind Tease Bully Witness Experience Unique Special Penis Vulva Privacy

			Penis Vulva	Feelings Control Erupt	Challenge Vaccination Injection Teeth Dental Oxygen Rest	Consent Permission
Year 3 & 4	Friends are special Thanks Dan's dare OK or not OK? An email from Harold Under pressure	My community Our friends and neighbours Let's celebrate our differences What would I do? Friend or acquaintance? Islands	None of your business Super searcher Help or harm? Danger, risk or hazard? How dare you! Keeping ourselves safe Medicines-check the label	Can Harold afford it? Earning money Harold's environment project Who helps us stay healthy or safe? It's your right How do we make a difference? Safety in numbers	For or against? I am fantastic! Top talents SCARF hotel Harold's 7 Rs My school community Basic first aid	Secret or surprise My changing body Moving house My feelings are all over the place Together
Year 3 & 4 key vocabulary	Strategies Point of view Calm Apologise Listen Making up Opinions Challenging Courteous Dare Persuade Rude Aggressive Consequences Assertive Respectful	Community Belonging Similarities Difference Identity Respect Name calling Aggressive Apologise Sharing Acquaintance Body space Invade	Private Public Profile Risk Browsing Phishing Search engine Fake news Medicines Drugs Helpful Unhelpful Danger Risk Hazard Dare	Income Saving Spending Earning Environment Waste Reliable Trustworthy Rules Laws Rights United Nations Democracy Anti-social behaviour Witness	Debate Discussion Courteous Respectful Justify Goals Ambitions Improve Achieve Goal-setting Balanced diet Wellbeing Mental health Refuse Reduce Reuse	Secret Surprise Feelings Uncomfortable Angry Upset Jealous Worried Excited Change Puberty Emotional Penis Vulva Vagina Testicles

	Distressed Lonely Regretful Pressure Independent		Assertive Persevere		Rot Recycle Repair Rethink Unresponsive Casualty	Breasts Positive Healthy
Year 5	Collaboration challenge! Give and take Communication How good a friend are you? Relationship cake recipe Our emotional needs Being assertive	Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes It could happen to anyone	Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealth? Would you risk it? 'Thinking' about habits Drugs: true or false? Smoking: what is normal?	What's the story? Fact or opinion Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver! Local councils	Getting fit It all adds up Different skills My school community Independence and responsibility Star qualities Basic first aid, including Sepsis awareness	How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager-get me out of here! It could happen to anyone Dear Hetty
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	Uncomfortable touching Unsafe Assertive Passive Aggressive Emotional needs Non-verbal Body language	Gender orientation Embarrassed Consequences Reactions	Risk taking	Debit Interest Public services		Embarrassed Reactions Consequences Hormones Respect Consequences Mood swings Prejudice Forced marriage
Year 6	Working together Solve the friendship problem Behave yourself Assertiveness skills Don't force me Acting appropriately	Ok to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships Boys will be boys? Challenging stereotypes	Think before you click To share or not to share Rat Park What sort of drug is...? Drugs: it's the law! Alcohol-what is normal?	Two sides to every story Fakebook friends What's it worth? Jobs and taxes Happy shoppers-caring for the environment Democracy in Britain	This will be your life! Our recommendations What's the risk? Basic first aid, including Sepsis awareness Five ways to wellbeing project	I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Puberty Making babies
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	<p>Forced marriage Illegal Privacy settings Identity theft Secure</p>	<p>Body language Empathy Media influence Assumption</p>	<p>Illegal Short- and long-term effects Drug laws Age restrictions</p>	<p>Beneficiary Sustainable Food miles Fair trade Democracy Manifesto Candidate House of Commons House of Lords Constituencies MP</p>	<p>Unresponsive Operator Red cross</p>	<p>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</p>
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