

Haydn Primary School

PSHE/RSE Curriculum Progression

	EYFS	KS1		KS2			
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	<ol style="list-style-type: none"> 1. Know special things about themselves – exploring their likes and explaining why. 2. Know that some people are different from themselves – e.g. discuss what makes us happy might make others sad. 3. Know how happiness and sadness can be expressed 4. Know that hands can be used kindly and unkindly – e.g. how children can make themselves feel better. 5. Know that being kind is good – ways of being kind in difficult situations. 6. Know they have a right to learn and play, safely and happily – e.g. exploring what it would be like to have no rights. 	<ol style="list-style-type: none"> 1. Understand how to be safe and make others feel special e.g. discussing what scenarios children feel safe and special in. 2. Know what helps them learn well. 3. Understand the rights and responsibilities of a member of a class – e.g. when they feel safe and special 4. Understand that their views are important – e.g. sharing their pride in themselves and others. 5. Understand that their choices have consequences - e.g. discuss examples of wrong choices and their ideas of consequences. 6. Understand their own rights and responsibilities with their classroom e.g. creating class rules and being happy learners. 	<ol style="list-style-type: none"> 1. Identifying hopes and fears for the year ahead. 2. Understand the rights and responsibilities of class members e.g. How these change as children grow. <p>Know that it is important to listen to other people</p> <p>Understand that their views are valuable</p> <ol style="list-style-type: none"> 3. Know about rewards and consequences and that these stem from choices e.g. discussing positive/helpful behaviours and negative/unhelpful 4. Know about rewards and consequences and that these stem from choices e.g. discussing consequences that are used in school and why they are needed. 5. Understand the whole-school learning charter 6. Know why following the learning charter is helpful and consequences of not following it. 	<ol style="list-style-type: none"> 1. Understand that they are important 2. Know what a personal goal is 3. Understand what a challenge is 4. Know why rules are needed and how these relate to choices and consequences 5. Know that actions can affect others' feelings 6. Know that others may hold different views 7. Know that the school has a shared set of values 	<ol style="list-style-type: none"> 1. Know how individual attitudes and actions make a difference to a class 2. Know about the different roles in the school community 3. Know their place in the school community 4. Know what democracy is (applied to pupil voice in school) 5. Know that their own actions affect themselves and others 6. Know how groups work together to reach a consensus 7. Know that having a voice and democracy benefits the school community 	<ol style="list-style-type: none"> 1. Know how to face new challenges positively 2. Understand how to set personal goals 3. Understand the rights and responsibilities associated with being a citizen in the wider community and their country 4. Know how an individual's behaviour can affect a group and the consequences of this 5. Understand how democracy and having a voice benefits the school community 6. Understand how to contribute towards the democratic process 	<ol style="list-style-type: none"> 1. Know how to set goals for the year ahead 2. Understand what fears and worries are 3. Know about the children's universal rights (UNCRC) 4. Know about the lives of children in other parts of the world 5. Know that personal choices can affect others locally and globally 6. Understand that their own choices result in different consequences and rewards 7. Understand how democracy and having a voice benefits the school community 8. Understand how to contribute towards the democratic process
Celebrating Difference	<ol style="list-style-type: none"> 1. Know what being proud means and that people can be proud of difference things - 2. Know that people can be good at different times – exploring similarities and differences between children's interests. 3. Know what being unique means - Know that families can be different – identify similarities and differences between their families. 4. Know that people have different homes and why they are important to them - They explore similarities and differences between theirs and their friends' houses 6. Know different ways of making friends – identifying characteristics of a positive friendships. 7. Know different ways to stand up for myself – How to vocalise their boundaries "I don't like that, please stop". 	<ol style="list-style-type: none"> 1. Know that people have differences and similarities – e.g. identifying similarities they have to their peers. 2. Know that people have differences and similarities – e.g. identifying differences they have to their peers. 3. Know what bullying means - understanding that certain behaviours is what makes someone a bully. 4. Know who to tell if they or someone else is being bullied or is feeling unhappy 5. Know skills to make friendships - understanding people can be different and still be friends. 6. Know that people are unique and that it is ok to be different e.g. celebrating what makes them unique and special. 	<ol style="list-style-type: none"> 1. Know there are stereotypes about boys and girls 2. Know that it is ok not to conform to gender stereotypes e.g. Know it is good to be yourself 3. Know that sometimes people get bullied because of difference and why bullying isn't kind or fair. 4. Know the difference between right and wrong and the role that choice has to play 5. Know that friends can be different and still be friends 6. Explore gender stereotypes and know that a kind community accepts all children. 	<ol style="list-style-type: none"> 1. Know why families are important 2. Know that everyone's family is different 3. Know that sometimes family members don't get along and some reasons for this 4. Know that conflict is a normal part of relationships 5. Know that it means to be a witness to bullying and that a witness can make the situation worse or better by what they do 6. Know that some words are used in hurtful ways and that this can have consequences 	<ol style="list-style-type: none"> 1. Know that sometimes people make assumptions about a person because of the way they look or act 2. Know there are influences that can affect how we judge a person or situation 3. Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying 4. Know what to do if they think bullying is, or might be taking place 5. Know the reasons why witnesses sometimes join in with bullying and don't tell anyone 6. Know that first impressions can change 	<ol style="list-style-type: none"> 1. Know what culture means 2. Know that differences in culture can sometimes be a source of conflict 3. Know what racism is and why it is unacceptable 4. Know that rumour spreading is a form of bullying on and offline 5. Know external forms of support in regard to bullying e.g. Childline 6. Know that bullying can be direct and indirect 7. Know how their life is different from the lives of children in the developing world 	<ol style="list-style-type: none"> 1. Know that there are different perceptions of 'being normal' and where these might come from 2. Know that being different could affect someone's life 3. Know that power can play a part in a bullying or conflict situation 4. Know that people can hold power over others individually or in a group 5. Know why some people choose to bully others 6. Know that people with disabilities can lead amazing lives 7. Know that difference can be a source of celebration as well as conflict
Dreams and Goals	<ol style="list-style-type: none"> 1. Know what a challenge is – A focus on not giving up when you find something difficult. 2. Know that is important to keep trying – A focus on how to overcome challenges. 3. Know what a goal is – Identify what they find tricky and set a goal. 4. Know how to set goals and work towards them 5. Know some jobs that they might like to do when they are older - working hard now in order to be able to achieve the job they want when they are older. 6. Know when they have achieved a goal – Discuss the goals they achieved so far and how they overcame challenges. Set long term goals. 	<ol style="list-style-type: none"> 1. Know how to set simple goals 2. Know how to achieve a goal e.g. what small steps they need to take to reach their goal. 3. Know how to work well with a partner - exploring how to work effectively in pairs/groups and the positives/challenges of doing so. 3. Know that tackling a challenge can stretch their learning. 4. Know when learning new skills to stretch their learning and skills e.g. challenging themselves and persevering. 5. Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them. 6. Know when a goal has been achieved e.g. reflecting on their success and how it makes them feel. 	<ol style="list-style-type: none"> 1. Know how to choose a realistic goal and think about how to achieve it 2. Know that it is important to persevere 3. Know how to recognise what working together well looks like 4. Know what good group working looks like 5. Know how to share success with other people 	<ol style="list-style-type: none"> 1. Know about specific people who have overcome difficult challenges to achieve success 2. Know when dreams and ambitions are important to them 3. Know how they can best overcome learning challenges 4. Know that they are responsible for their own learning 5. Know their own strengths as a learner 6. Know what an obstacle is and how they can hinder achievement 7. Know how to take steps to overcome obstacles 8. Know how to evaluate their own learning progress and identify how it can be better next time 	<ol style="list-style-type: none"> 1. Know what their own hopes and dreams are 2. Know that hopes and dreams don't always come true 3. Know that reflecting on positive and happy experiences can help them to counteract disappointment 4. Know how to make a new plan and set new goals even if they have been disappointed 5. Know how to work out the steps they need to achieve a goal 6. Know how to work as part of a successful group 7. Know how to share in the success of a group 	<ol style="list-style-type: none"> 1. Know that they will need money to help them to achieve some of their dreams 2. Know about a range of jobs that are carried out by people I know 3. Know that different jobs pay more money than others 4. Know the types of job they might like to do when they are older 5. Know that young people from different cultures may have different dreams and goals 6. Know that communicating with someone from a different culture means that they can learn from them and vice versa 7. Know ways that they can support young people in their own culture and abroad 	<ol style="list-style-type: none"> 1. Know their own learning strengths 2. Know how to set realistic and challenging goals 3. Know what the learning steps are they need to take to achieve their goal 4. Know a variety of problems that the world is facing 5. Know how to work with other people to make the world a better place 6. Know some ways which they could work with others to make the world a better place 7. Know what their classmates like and admire about them
Healthy Me	<ol style="list-style-type: none"> 1. Know the names for some of their body parts – identifying various body parts they know. 2. Know some things that they need to do to keep healthy – comparing health and unhealthy lunches. 3. Know that they need to exercise to keep health – how their heart feels when they complete an obstacle course. 4. Know how to help themselves to go to sleep and that sleep is good 	<ol style="list-style-type: none"> 1. Know the difference between being healthy and unhealthy Know some ways to keep healthy 2. Know how to make healthy lifestyle choices 3. Know how to keep themselves clean and healthy Know that germs cause disease/illness 4. Know that all household products, including medicines, can be harmful if not used properly 	<ol style="list-style-type: none"> 1. Know what their body needs to stay healthy 2. Know what relaxed means 3. Know what makes them feel relaxed/stressed 4. Know how medicines work in their bodies 5. Know that it is important to use medicines safely 6. Know how to make some healthy snacks 	<ol style="list-style-type: none"> 1. Know how exercise affects their bodies 2. Know why their hearts and lungs are such important organs 3. Know that the amount of calories, fat and sugar that they put into their bodies will affect their health 4. Know that there are different types of drugs 5. Know that there are things, places and people that can be dangerous 6. Know a range of strategies to keep themselves safe 	<ol style="list-style-type: none"> 1. Know how different friendship groups are formed and how they fit into them 2. Know which friends they value most 3. Know that there are leaders and followers in groups 4. Know that they can take on different roles according to the situation 5. Know the facts about smoking and its effects on health 	<ol style="list-style-type: none"> 1. Know the health risks of smoking 2. Know how smoking tobacco affects the lungs, liver and heart 3. Know some of the risks linked to misusing alcohol, including antisocial behaviour 4. Know basic emergency procedures including recovery position 5. Know how to get help in emergency situations 6. Know that the media, social media and celebrity culture promotes certain body types 	<ol style="list-style-type: none"> 1. Know how to take responsibility for their own health 2. Know how to make choices that benefit their own health and well-being 3. Know about different types of drugs and their uses 4. Know how these different types of drugs can affect people's bodies, especially their liver and heart 5. Know that some people can be exploited and made to do things that are against the law

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	<p>for them – discuss why sleep is important to their overall health.</p> <p>5. Know when and how to wash their hands properly – How cleaning our hands and body is important.</p> <p>6. Know how to say 'No' to strangers - Knowing what to do if they get lost and how to get help.</p>	<p>Know that medicines can help them if they feel poorly</p> <p>5. Know how to keep safe when crossing the road</p> <p>6. Know about people who can keep them safe</p>	<p>7. Know why healthy snacks are good for their bodies</p> <p>8. Know which foods give their bodies energy</p>	<p>7. Know when something feels safe or unsafe</p> <p>8. Know that their bodies are complex and need taking care of</p>	<p>6. Know some of the reasons people start to smoke</p> <p>7. Know the facts about alcohol and its effects on health, particularly the liver</p> <p>8. Know some of the reasons some people drink alcohol</p> <p>9. Know ways to resist when people are putting pressure on them</p> <p>10. Know what they think is right and wrong</p>	<p>7. 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</p> <p>8. Know what makes a healthy lifestyle</p>	<p>6. Know why some people join gangs and the risk that this can involve</p> <p>7. Know what it means to be emotionally well</p> <p>8. Know that stress can be triggered by a range of things</p> <p>9. Know that being stressed can cause drug and alcohol misuse</p>
Relationships	<p>1. Know what a family is - Know that different people in a family have different responsibilities(jobs).</p> <p>2. Know some of the characteristics of healthy and safe friendship – exploring feelings of loneliness and how to help someone who feels lonely.</p> <p>3. Know how to celebrate others – Sharing qualities they admire about the people in their class.</p> <p>4. Know that friends sometimes fall out - Know that unkind words can never be taken back and they can hurt</p> <p>5. Know some ways to mend a friendship – Discuss what scenarios have made them angry and what actions they took.</p> <p>6. Know how to be a good friend – identify what skills make them a good friend.</p>	<p>1. Know that everyone's family is different</p> <p>Know that there are lots of different types of families</p> <p>Know that families are founded on belonging, love and care.</p> <p>2. Know how to make a friend</p> <p>7. Know the characteristics of healthy and safe friends</p> <p>3. Know that physical contact can be used as a greeting</p> <p>4. Know about the different people in the school community and how they help</p> <p>Know who to ask for help in the school community</p> <p>5. Know how to identify good qualities about themselves. e.g 'I am incredible because'</p> <p>6. Know how to celebrate the special people in their lives e.g 'You are special to me because'</p>	<p>1. Know that families function well when there is trust, respect, care, love and co-operation</p> <p>2. Know that there are lots of forms of physical contact within a family</p> <p>3. Know how to say stop if someone is hurting them</p> <p>4. Know some reasons why friends have conflicts</p> <p>5. Know that friendships have ups and downs and sometimes change with time</p> <p>6. Know how to use the Mending Friendships or Solve-it-together problem-solving methods</p> <p>7. Know there are good secrets and worry secrets and why it is important to share worry secrets</p> <p>8. Know what trust is</p>	<p>1. Know that different family members carry out different roles or have different responsibilities within the family</p> <p>2. Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc</p> <p>3. Know some of the skills of a friendship, e.g taking turns, being a good listener</p> <p>4. Know some strategies for keeping themselves safe online</p> <p>5. Know how some of the actions and work of people around the world help and influence my life</p> <p>6. Know that they and all children have rights (UNCRC)</p> <p>7. Know the lives of children around the world can be different from their own</p>	<p>1. Know some reasons why people feel jealousy</p> <p>2. Know that jealousy can be damaging to relationships</p> <p>3. Know that loss is a normal part of relationships</p> <p>4. Know that negative feelings are a normal part of loss</p> <p>5. Know that memories can support us when we lose a special person or animal</p> <p>6. Know that change is a natural part of relationships/friendship</p> <p>7. Know that sometime it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe</p>	<p>1. Know that a personality is made up of many different characteristics, qualities and attributes</p> <p>2. Know that belonging to an online community can have positive and negative consequences</p> <p>3. Know that there are rights and responsibilities when playing a game online</p> <p>4. Know that too much screen time isn't healthy</p> <p>5. Know how to stay safe when using technology to communicate with friends</p>	<p>1. Know that it is important to take care of their own mental health</p> <p>2. Know ways that they can take care of their own mental health</p> <p>3. Know the stages of grief and that there are different types of loss that cause people to grieve</p> <p>4. Know that sometimes people can try to gain power or control them</p> <p>5. Know some of the dangers of being 'online'</p> <p>6. Know how to use technology safely and positively to communicate with their friends and family</p>
Changing Me	<p>1. Know the names and functions of some parts of the body</p> <p>2. Know that we grow from baby to adult – explore changes that happen to people and animals as they grow up.</p> <p>3. Know who to talk to if they are feeling worried – Explore how their needs have change since infancy.</p> <p>4. Know that sharing how they feel can help solve a worry - They talk about different emotions and things they might be nervous about.</p> <p>5. Know that remembering happy times can help us move on – Explore feelings about transitioning to year 1.</p> <p>6. Celebrating the ways, I have development this year.</p>	<p>1. Know that animals including humans have a lifecycle</p> <p>2. Know that changes happen when we grow up</p> <p>3. Know that people grow up at different rates and that is normal</p> <p>4. Know the names of male and female private parts</p> <p>Know that there are correct names for private parts and nicknames, and when to use them</p> <p>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</p> <p>Know who to ask for help if they are worried or frightened</p> <p>5. Know that changing and growing can have an effect on how they feel</p>	<p>1. Know that life cycles exist in nature</p> <p>1. Know that aging is a natural process including old-age</p> <p>2. Know that some changes are out of an individual's control</p> <p>3. Know how their bodies have changed from when they are a baby and that they will continue to change as they age</p> <p>4. Know the physical differences between male and female bodies</p> <p>5. Know the correct names for private body parts</p> <p>6. Know that private body parts are special and that no one has the right to hurt these</p> <p>7. Know who to ask for help if they are worried or frightened</p> <p>8. Know there are different types of touch and that some are acceptable and some are unacceptable</p>	<p>1. Know that in animals and humans lots of changes happen between conception and growing up</p> <p>2. Know that in nature it is usually the female that carries the baby</p> <p>3. Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</p> <p>4. Know that babies need love and care from their parents/carers</p> <p>5. Know some of the changes that happen between being a baby and a child</p> <p>6. Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</p> <p>7. Know some of the outside body changes that happen during puberty</p> <p>8. Know some of the changes on the inside that happen during puberty.</p>	<p>1. Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</p> <p>2. Know that babies are made by a sperm joining an ovum</p> <p>3. Know the names of the different internal; and externa; body parts that are needed to make a baby</p> <p>4. Know how the female and make body change at puberty</p> <p>5. Know that personal hygiene is important during puberty and as an adult</p> <p>6. Know that change is a normal part of life and that some cannot be controlled and have to be accepted</p> <p>7. Know that change can bring about a range of different emotions</p>	<p>1. Know what perception means and that perceptions can be right or wrong</p> <p>2. Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>3. Know that sexual intercourse can lead to conception</p> <p>4. Know that some people need help to conceive and might use IVF</p> <p>5. Know that becoming a teenager involves various changes and also brings growing responsibility</p>	<p>1. Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>2. Know how a baby develops from conception through the nine months of pregnancy and how it is born</p> <p>3. Know how being physically attracted to someone changes the nature of the relationship</p> <p>4. Know the importance of self-esteem and what they can do to develop it</p> <p>5. Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class</p> <p>6. To realise the nature and consequences of discrimination and prejudice</p>

	EYFS	KS1		KS2			
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Key Vocabulary These are the basics and by no means a definitive list.	Kind, gentle, friend, happy, sad, job, head, shoulders, knees, toes, upset, baby	Safe, special, belonging, same as, different from, unfair, bully, proud, team work, celebrate, dreams, exercise, keeping clean, toiletry items, safe medicines, trust, belong, helpful, appreciate, incredible, life cycles, male, female, anxious, worried		Welcome, pleased, acknowledge, emotions, fears, solutions, loving, safe, connected, resolve, bystander, witness, unique, aspirations, cooperation, motivated, fitness, drugs, strategy, harmful, stereotype, career, conflict, social media, food journey, equality, deprivation, growing up, puberty, looking forward		Maslow, empathy, collaboration, legal, illegal, laws, decision, culture, racism, discrimination, homophobic, developing world, achievement, profession, aspiration, contribution, emergency, informed decision, eating disorder, debate, motivation, negative self-talk, social network, troll, trustworthy, personal information, body-image, conception, sanitary products, age appropriateness, responsible, sexual harassment, transgender, same sex couple, consent	
	Different, angry, happy, excited, nervous, sharing, family, challenge, healthy, sleep, wash, clean, lonely, argue, adult, chest, stomach	Rights, responsibilities, praise, reward, consequence, fairness, kindness, unique, value, realistic, partner, persevere, relax, dangerous, nutritious, portion, co-operate, communication, acceptable, non-acceptable, celebrate, public, private, control		Included, school community, democratic, contribution, deliberate, bystander, cyber bullying, plans, commitment, evaluate, assertive, pressure, disease, problem-solve, denial, memorial, negotiate, betrayal, periods, acceptance		Citizen, collective decision, perception, gender diversity, recipient, accolade, admiration, realistic, suffering, hardship, admire, compliment, recognition, immunisation, restricted, reputation, anti-social behaviour, managing stress, mental health, loss, grief, bereavement, judgement, sexual intercourse, sexting	
Experiences – what helps them remember?	<ul style="list-style-type: none"> • Weekly assemblies • Children's Mental Health Week (February) • Tues 6th Feb Safer Internet Day • Tuesday 21st May World Day of Cultural Diversity, Dialogue and Development – Come in dressed as your heritage • Pride Month (June) • Healthy Eating week (June) 						

