



# PSHE and RSE Whole School Progression Document

## Families and Relationships

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family	<p>To understand that families look after us.</p> <p>To know some words to describe how people are related.</p> <p>To know that some information about me and my family is personal.</p>	<p>To know that families can be made up of different people.</p> <p>To know that families may be different to my family.</p>	<p>To know that I can talk to trusted adults or services such as Childline if I experience family problems.</p>	<p>To know that families are varied in the UK and across the world.</p>	<p>To know that marriage is a legal commitment and is a choice people can make.</p> <p>To know that if I have a problem, I can call Childline on 0800 1111</p>	N/A
Friendships	<p>To understand some characteristics of a positive friendship.</p> <p>To understand that friendships can have problems but that these can be overcome.</p>	<p>To know some problems which might happen in friendships.</p> <p>To understand that some problems in friendships might be more serious and need addressing.</p>	<p>To know that bullying can be physical or verbal.</p> <p>To know that bullying is repeated, not a one off event.</p> <p>To know that violence is never the right way to solve a friendship problem.</p>	<p>To understand the different roles related to bullying including victim, bully and bystander.</p> <p>To understand that everyone has the right to decide what happens to their body.</p>	<p>To know what attributes and skills make a good friend.</p> <p>To understand what might lead to someone bullying others.</p> <p>To know what action a bystander can take when they see bullying.</p>	<p>To know that a conflict is a disagreement or argument and can occur in friendships.</p> <p>To understand the concepts of negotiation and compromise.</p>
Respectful Relationships	<p>To know that it is called stereotyping when people think of things being 'for boys' or 'for girls' only.</p>	<p>To understand some ways people show their feelings.</p> <p>To understand what good manners are.</p> <p>To understand some stereotypes related to jobs.</p>	<p>To know that trust is being able to rely on someone and it is an important part of relationships.</p> <p>To know the signs of a good listener.</p> <p>To understand that there are similarities and differences between people.</p> <p>To understand some stereotypes related to age.</p>	<p>To understand the courtesy and manners which are expected in different scenarios.</p> <p>To understand some stereotypes related to disability.</p>	<p>To understand that positive attributes are the good qualities that someone has.</p> <p>To know that stereotypes can be unfair, negative and destructive.</p> <p>To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex or disability.</p>	<p>To understand what respect it.</p> <p>To understand that everyone deserves respect but respect can be lost.</p> <p>To understand that stereotypes can lead to bullying and discrimination.</p>



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<b>Change and Loss</b>	N/A	To know there are ways we can remember people or events.	N/A	To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.	N/A	To understand that loss and change can cause a range of emotions.  To know that grief is the process people go through when someone close to them dies.

### Key vocabulary for this unit – Families and Relationships

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
behaviour care emotions family feelings friend friendly problem stereotype	friendship love manners feelings emotions family stereotype respect	bullying communicate empathy open questions similar solve stereotype sympathy trust	act of kindness authority bereavement boundaries bystander permission	attributes bullying bystander cyberbullying marriage secret wedding	authority conflict earn expectation grief grieving resolve respect stereotype



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## Health and Wellbeing

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
<b>Health and Prevention</b>	<p>To understand we can limit the spread of germs by having good hand hygiene.</p> <p>To know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</p> <p>To know that certain foods and other things can cause allergic reactions in some people.</p>	<p>To know that food and drinks with lots of sugar are bad for our teeth.</p>	<p>To understand ways to prevent tooth decay.</p>	<p>To know key facts about dental health.</p>	<p>To understand the risks of sun exposure.</p>	<p>To understand that vaccinations can give us protection against disease.</p>
<b>Physical Health and Wellbeing</b>	<p>To know that sleep helps my body to repair itself, to grow and restores my energy.</p>	<p>To understand the importance of exercise to stay healthy.</p> <p>To understand the balance of foods we need to keep healthy.</p> <p>To know that breathing techniques can be a useful strategy to relax.</p>	<p>To understand the positive impact relaxation can have on the body.</p> <p>To know the different food groups and how much each of them we should have to have a balanced diet.</p>	<p>To know that visualisation means creating an image in our heads.</p>	<p>To know that relaxation stretches can help us to relax and de-stress.</p> <p>To know that calories are the unit that we use to measure the amount of energy certain food give us.</p> <p>To know what we do before bed can affect our sleep quality.</p>	<p>To understand that a number of factors contribute to my physical health (diet, exercise, rest, relaxation, dental health).</p>



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<b>Mental Wellbeing</b>	To know that strengths are things that we are good at.	To know that we can feel more than 1 emotion at a time.	To understand the importance of belonging.	To know that different job roles need different skills and so some roles may suit me more than others.	To understand what can cause stress.	To understand that a number of factors contribute to my mental health (diet, exercise, rest/relaxation).
	To know that qualities describe what we are like.	To know that a growth mindset means being positive about challenges and finding ways to overcome them.	To understand what being lonely means and that it is not the same as being alone.	To know that it is normal to experience a range of emotions.	To understand that failure is an important part of success.	To know the effects technology can have on mental health.
	To know the words to describe some positive and negative emotions.		To understand what a problem or barrier is and that these can be overcome.	To know that mental health refers to our emotional wellbeing, rather than physical.		
				To understand that mistakes can help us to learn.		
				To know who can help if we are worried about our own or other people's mental health.		

### Key vocabulary for this unit – Health and Wellbeing

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
allergy emotions feelings germs ill (poorly) qualities relax	diet exercise goal growth mindset healthy physical activity relaxation skill strengths	alone balance barriers belonging identity lonely resilience	fluoride healthy mental health negative emotions positive emotions relaxation resilience skill visualise	fail goal protect relaxation responsibility steps	antibodies growth mindset habit qualities responsibility skill vaccination



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## Safety and Changing Body

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
Being Safe (Including online)	<p>To know that some types of physical contact are never appropriate.</p> <p>To know what to do if I get lost.</p> <p>To know that a hazard is something that could cause an accident or injury.</p>	<p>To know the PANTS rule.</p> <p>To know that I should tell an adult if I see something that makes me feel uncomfortable online.</p> <p>To understand the difference between secrets and surprises.</p> <p>To know the rules of crossing the road safely.</p>	<p>To understand that cyberbullying is bullying that takes place online.</p> <p>To know the signs that an email might be fake.</p> <p>To know the rules for being safe near roads.</p>	<p>To understand that there are risks to sharing things online.</p> <p>To know the difference between private and public.</p>	<p>To know the steps to take before sending a message online (using the THINK mnemonic).</p> <p>To know some of the possible risks online,</p>	<p>To understand that online relationships should be treated in the same way as face to face relationships.</p> <p>To know where to get help with problems online.</p>
Drugs, alcohol and tobacco	<p>To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.</p>	<p>Exploring what people can do to feel better when they are ill.</p> <p>Learning how to be safe around medicines.</p>	<p>To understand that other people can influence our choices.</p>	<p>Discussing the benefits of being a non-smoker.</p>	<p>To know some strategies I can use to overcome pressure from others and make my own decisions.</p>	<p>To understand the risks associated with drinking alcohol.</p>
The changing adolescent body	<p>N/A</p>	<p>To know the names of parts of my body including private parts.</p>	<p>N/A</p>	<p>To understand the physical changes to both male and female bodies as people grow from children to adults.</p>	<p>To understand the process of the menstrual cycle.</p> <p>To know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>To know that puberty happens at different ages for different people.</p>	<p>To understand how a baby is conceived and develops.</p>



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<b>Basic First Aid</b>	To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened.	N/A	To know that bites and stings can sometimes cause an allergic reaction.  To know that it is important to maintain the safety of myself and others, before giving first aid.	To know that asthma is a condition which causes the airways to narrow.	To know how to assess a casualties condition.	To know how to conduct a primary survey (using DRABC).
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### Key vocabulary for this unit – Safety and the changing body

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
accident physical contact polite respect role trust drug emergency hazards medicine	medicine pedestrian private secret surprise penis testicles/testes vulva vagina	allergic anaphylaxis bullying casualty choice cyberbullying decision distraction fake influence injuries	Age restriction Asthma Breasts Genitals Law Penis Private Protect Puberty Public Testicles/Testes Tobacco	Attraction Bladder Breasts Cervix Clitoris Decision Egg or ova Ejaculation Erection Fallopian tube Friend Influence Labia Menstruation/period Nipples Ovary/ovaries Private Puberty Pubic hair Scrotum Testicles/testes Vagina Vulva	Cyberbullying Egg or ova Ejaculation Erection Fallopian tube Fertilisation Genitals Internet trolling Labia Menstruation/period Nipples Ovary/ovaries Penis Pregnant Puberty Pubic hair Scrotum Sexual intercourse Sperm Sperm duct Testicles/testes Urethra



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## Citizenship

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Knowledge</b>	<b>Knowledge</b>	<b>Knowledge</b>	<b>Knowledge</b>	<b>Knowledge</b>	<b>Knowledge</b>
<p>To know the rules of the school.</p> <p>To know that different pets have different needs.</p> <p>To understand the needs of younger children and that these needs change over time.</p> <p>To know that voting is a fair way to make a decision.</p> <p>To understand that people are all different.</p>	<p>To know some of the different places where rules apply.</p> <p>To know that some rules are made to be followed by everyone and are known as 'laws'.</p> <p>To know some of the jobs people do to look after the environment in school and the local community.</p> <p>To understand how democracy works in school through the school council.</p> <p>To understand that everyone has similarities and differences.</p>	<p>To understand the UN Convention on the Rights of the Child.</p> <p>To understand how recycling can have a positive impact on the environment.</p> <p>To know that the local council is responsible for looking after the local area.</p> <p>To know that elections are held where adults can vote for local councillors.</p> <p>To understand some of the consequences of breaking rules.</p> <p>To understand the role of charities in the community.</p>	<p>To know that human rights are specific rights that apply to all people.</p> <p>To know some of the people who protect our human rights such as police, judges and politicians.</p> <p>To know that reusing items is of benefit to the environment.</p> <p>To understand that councillors have to balance looking after local residents and the needs of the council.</p> <p>To know that there are a number of groups who make up the local community.</p>	<p>To know what happens when someone breaks the law.</p> <p>To understand the waste hierarchy.</p> <p>To know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p>	<p>To know that education is an important human right.</p> <p>To know that our food choices can affect the environment.</p> <p>To know that the Prime Minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.</p> <p>To know that prejudice is making assumptions about someone based on certain information.</p> <p>To know that discrimination is treating someone differently because of certain factors.</p>

### Key vocabulary for this unit – Citizenship

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>care</p> <p>democracy</p> <p>different</p> <p>fair</p>	<p>election</p> <p>environment</p> <p>identity</p> <p>job</p>	<p>Charity</p> <p>Community</p> <p>Consequence</p> <p>Council</p>	<p>Authority</p> <p>Cabinet</p> <p>Community</p> <p>Council</p>	<p>Defendant</p> <p>Environment</p> <p>Freedom of expression</p> <p>Government</p>	<p>Authority</p> <p>Conflict</p> <p>Earn</p> <p>Expectation</p>



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pet responsibility rule similar unique vote	opinion rule school council volunteer vote	Councillor Law Recycling Rights United Nations (UN)	Council officer Diversity Environment Human rights Local government Protect Reuse United Nations/UN Volunteer	House of Commons Human rights Judge Jury Member of Parliament (MP) Parliament Pressure group Prime Minister Trial	Grief Grieving Protected characteristics Resolve Respect Stereotype
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### Economic Wellbeing

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
<p>To know that coins and notes have different values.</p> <p>To know some of the ways children receive money.</p> <p>To know that it is wrong to steal money.</p> <p>To know that banks are places where we can store our money.</p> <p>To know some jobs in school.</p> <p>To know that different jobs needs different skills.</p>	<p>To know that some of the ways in which adults get money.</p> <p>To know the difference between a 'want' and 'need'.</p> <p>To know some of the features to look at when selecting a bank account.</p>	<p>To understand that there are different ways to pay for things.</p> <p>To know that budgeting money is important.</p> <p>To understand that there are a range of jobs available.</p> <p>To understand that some stereotypes can exist around jobs but these should not affect people's choices.</p>	<p>To know that money can be lost in a variety of ways.</p> <p>To understand the importance of tracking money.</p> <p>To know that many people will have more than 1 job or career in their lifetimes.</p> <p>Exploring ways to overcome stereotypes in the workplace.</p>	<p>To know when is money is borrowed it needs to be paid back, usually with interest.</p> <p>To know that it is important to prioritise spending.</p> <p>To know that income is the amount of money received and expenditure is the amount of money spent.</p> <p>To know some ways that people lose money.</p>	<p>To understand that there are certain rules to follow to keep money safe in bank accounts.</p> <p>To know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money.</p> <p>To understand that different jobs have different routes into them.</p> <p>To understand that people change jobs for different reasons.</p> <p>To know that banks and organisations such as Citizens' Advice can help with money related-problems.</p>





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Key vocabulary for this unit – Economic Wellbeing					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
bank bank account building society cash choice coins earn interest job money money box notes pocket money purse safe save skill spend value wallet	coins need notes priority want	bank bank account building society cash earn interest job safe save skill spend value	Bank balance Bank statement Career Debit card	Discrimination Expenditure Giving back Income Interest Repayment	Gambling Growth mindset PIN Qualities Responsibility Skill

## Identity

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
To know that changes can be both positive and negative.	To understand that change is part of life.	To know that change often brings about more opportunities and responsibilities.	To know that setting goals can help us to achieve what we want.	To understand the skills needed for roles in school.	To know that a big change can bring opportunities but also worries.



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Key vocabulary for this unit – Identity					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
strength skills move	change feelings	opportunity responsibility change cope strategies	goal achievement change	skill responsibility role achievement	change identity images manipulation media worry stress anxious