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**Heathcoat Primary School**

**PSHE Curriculum – Progression of Key Skills and Knowledge**

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| Date | Review date | Subject leaders |
| 8.7.2021 | July 2022 | Sharon Daniel & Mark Ferdinando |
| It is our intention that pupils will be taught a curriculum that:* provides pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within their community now and in their future as well as preparing them for life and work in modern Britain.
* encourages and develops all children to have a sense of purpose which enables them to value themselves and others
* teaches children how to form positive relationships where they communicate effectively and work as a team
* encourages children to challenge themselves in their own learning
* teaches the children the skills and provides knowledge to become active citizens in the wider local community and explore issues related to living in a democratic society.
* teaches children to become healthy and fulfilled individuals.

Within in our school we cover the three aspects of personal, social, health and economic (PSHE) education, health & wellbeing, and relationships and living in the wider world.  We also deliver the mandatory health Education and Relationships and Sex Education (or ‘Relationships Education’ in primaries). PSHE within our school will be taught through a nurturing and supportive learning environment to encourage every child to reach their full potential and for their achievements to be rewarded and celebrated. As a school, we believe that children are all individuals and therefore, we aim to encourage mutual respect, responsibility and foster self-esteem in a happy and caring atmosphere. The teaching and learning of PSHE using the Jigsaw programme supports this.  |

**Curriculum Organisation**

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| **Year / Term** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **1** | **Being in my world**Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter | **Celebrating difference**Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone | **Dreams & goals**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**Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness | **Relationships**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 | **Changing me**Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition |
| **2** | Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships | Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition |
| **3** | Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others’ perspectives | 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 receivingcompliments | Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processesManaging feelings Simple budgeting | 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 | 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 Expressing appreciation for family and friends | How babies grow Understanding a baby’s needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition |
| **4** | 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 | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impression | Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes | Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength | Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals | Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change |
| **5** | Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating | 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 | Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity)Motivation | Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour | 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 SMARRT internet safety rules | Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition |
| **6** | 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 | Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy | Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments | Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress | 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 | Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition |













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| Vocabulary |
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| **Being in my world**SafeSpecialCalmBelongingRights & responsibilitiesLearning charterRewardsProudConsequencesUpset, disappointedIllustration**Celebrating difference**Similarity, similar, same asDifference, different fromBullying, bully, bulliedDeliberate, on purpose, unfairCelebration, special, unique**Dreams & goals**Achievement, achieve, celebrate, challengeGoals, dreamsLearning, working together, team workfeelingsovercome obstacles**Healthy me**Healthy, unhealthyBalanced exerciseSleep, exerciseChoicesCleanBody partsToiletry itemsHygienicSafe, medicinesTrust**Relationships**Family, belongDifferent, sameFriends, friendshipsQualities, caring, sharing, kind, greetingTouch, feel, textureLike/dislikeHelp, helpfulCommunityConfidence, praiseSkills, self-beliefIncredible, proudCelebrateRelationshipsSpecial, appreciate, feelings**Changing me**ChangesLife cyclesBaby, adulthood, adult, grown up, mature, Male femaleVagina, penis, testicle, vulva, anusLearn, new, growFeelings, anxious, worried, excited, coping | **Being in my world**Worries, hopes, fearsBelonging Rights & responsibilitiesResponsible, actionsPraise, rewardConsequencePositive, negativeChoicesCo operateLearning charterProblem solving**Celebrating difference**Boys, girls, male, femaleSimilarities, differencesAssumptionsShieldStereotypesSpecial friendsUniqueBullyPurpose, on purposeKind, unkindFeelingsSad, lonely, helpStand up for diversityFairness, kindness, value**Dreams & goals**Realistic Proud Success Celebrate Achievement GoalStrengths Persevere Challenge Difficult EasyLearning together Success Celebrate Achievement Partner Team workProduct Dream bird Group Team work Problem-solve**Healthy me**Healthy choices Lifestyle MotivationRelax Relaxation Tense CalmHealthy Unhealthy Dangerous Medicines Safe BodyBalanced diet Portion ProportionEnergy Fuel Nutritious**Relationships**Family Different Similarities Special Relationship Important CooperateTouch Physical contact Communication Hugs Like Dislike Acceptable Not acceptableFriends Likes/dislikes Conflict Point of view Positive problem solvingSecret Surprise Good secret Worry secret Telling Adult Trust Surprised Happy Sad FrightenedTrust Trustworthy Honesty ReliabilityCompliments Celebrate Positive Negative AppreciateCompliments Celebrate Positive Negative Appreciate**Changing me**Change Grow Life cycle Control Baby Adult Fully grownGrowing up Old Young Change Respect Appearance PhysicalBaby Toddler Child Teenager Adult Independent Timeline Freedom ResponsibilitiesMale Female Vagina Penis Testicles Vulva Anus Public PrivatesTouch Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable UncomfortableChange Looking forward Excited Nervous Anxious Happy | **Being in my world**Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge AffirmEmotions Feelings Nightmare Fears Worries Solutions SupportRights Responsibilities Learning CharterNightmare DreamBehaviour Rewards Consequences Actions Fairness ChoicesCo-operate Learning Charter Challenge Group dynamics Team workView point Ideal school Belong**Celebrating difference**Family Loving Caring Safe Connected Difference SpecialConflict Solve it together Solutions ResolveWitness Bystander Bullying Gay Unkind Feelings TellConsequences HurtfulCompliment Unique Similarity**Dreams & goals**Perseverance Challenges Success Obstacles Dreams GoalsAmbitions Future AspirationsGarden Decoration Team work Enterprise Design CooperationProduct Team Cooperation Strengths Motivated Enthusiastic Excited Efficient ResponsibleFrustration ‘Solve it together’ technique SolutionReview Learning Strengths Self-review Celebrate Evaluate**Healthy me**Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart FitnessLabels Sugar Fat Saturated FatHealthy Drugs AttitudeSafe Anxious Scared Strategy Advice Dangerous Emergency Emergency Services Ambulance Fire engine Police car Coastguard helicopterHarmful Risk FeelingsComplex Appreciate Body Choice **Relationships**Men Women Male Female Unisex Role Job Responsibilities Differences Similarities Respect StereotypeConflict Solution Problem solving Friendship Win-winSafe Unsafe Risky Internet Social media Private Messaging (PM) GamingGlobal Communications Transport Interconnected Food journeys Climate Trade InequalityNeeds Wants Rights Deprivation United Nations Equality JusticeHappiness Celebrating Relationships Friendship Family Thank you Appreciation**Changing me**Changes Birth Animals Babies Mother Growing upBaby Grow Uterus Womb Nutrients Survive Love Affection CareChange Puberty ControlMale Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus VaginaStereotypes Task Roles ChallengeLooking forward Excited Nervous Anxious Happy | **Being in my world**Included Excluded Welcome Valued Team CharterRole Job descriptionSchool Community ResponsibilityRights Responsibilities DemocracyReward Consequence DemocraticDecisions Voting Authority Learning Charter Role Contribution ObserverDecisions Choices  UN Convention on Rights of Child **Celebrating difference**Character Assumption Judgement Surprised Different Appearance AcceptInfluenceOpinion Attitude JudgementBullying Friend Secret Deliberate On purpose Bystander WitnessWitness Bystander Bully Problem solve Cyber bullying Text message Website TrollSpecial Unique Different Characteristics Physical featuresImpression Changed Special Different Accept**Dreams & goals**Dream Hope Goal Determination Perseverance Resilience Positive AttitudeDisappointment Fears Hurt Positive experiences Hopes Plans Cope Help Self-belief CommitmentTeam work Enterprise Design co operationReview Learning Strengths Success Celebrate Evaluate**Healthy me**Friendships Emotions Healthy Relationships Friendship groups Value Roles Leader Follower Assertive Agree / disagreeSmoking Vaping Pressure Peers Guilt AdviceAlcohol Liver DiseaseAnxiety FearBelieve Assertive Opinion Right Wrong**Relationships**Relationship Close Jealousy Problem-solve Emotions Positive NegativeLoss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance DepressionSouvenir Memento Memorial Memories Special RememberFriendships Negotiate Compromise Trust Loyalty Anger Betrayal EmpathyBoyfriend Girlfriend Attraction Pressure Personal ComfortableSpecial Love Appreciation Symbol Care**Changing me**Personal Unique Characteristics ParentsSperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise ConceptionPuberty Menstruation PeriodsCircle Seasons Change ControlRange of emotions AcceptanceChange Looking forward Excited Nervous Anxious Happy | **Being in my world**Education Appreciation Opportunities Goals Motivation Vision Hopes ChallengeRights Responsibilities Citizen Denied Empathise Refugee Persecution Conflict Asylum MigrantRights Wealth Poverty Responsibilities Prejudice Citizen Privilege DepriveRewards Consequences Choices Learning CharterRewards Cooperation CollaborationParticipation Motivation**Celebrating difference**Culture Conflict Difference Similarity BelongCulture wheelRacism Colour Race Discrimination Bullying Rumour Name-calling Racist Homophobic Cyber bullying Texting Problem-solvingIndirect DirectHappiness Difference Culture Similarity Continuum Developing world Culture Celebration Artefacts Display Presentation**Dreams & goals**Dream Hope Goal Feeling Achievement Money Grown up Adult LifestyleJob Career Profession Money Salary Contribution SocietyDetermination Perseverance MotivationAspiration Culture Country Sponsorship CommunicationSupport Rallying Team work Cooperation Difference**Healthy me**Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure MediaMedia InfluenceEmergency Procedure Recovery position Calm Level-headedBody image Media Social media Celebrity Altered Self-respect ComparisonEating problem Eating disorder Respect PressureDebate Opinion Fact Choices Healthy lifestyle Motivation**Relationships**Characteristics Personal qualities Attributes Self-esteemResponsibility/Being responsible Age-limitSocial network Community Online Off line Responsibility Rights RiskyAge-limit Community Violence Appropriate Grooming Trolled Gambling/ betting Trustworthy Responsibility Rights RiskyDevices Screen time Social Off line Mental health Physical healthPersonal information Safe Online Choices Vulnerable Risk Grooming **Changing me**Self Self-image Body image Self-esteem Perception Characteristics Aspects AffirmationPuberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/UterusSperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt HormonesRelationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)Teenager Milestone Perceptions ResponsibilitiesChange Hope Manage Cope Opportunities Emotions Fear Excitement Anxious | **Being in my world**Goals Worries Fears Value WelcomeChoice Ghana West Africa Cocoa plantation Cocoa pods Machete Rights Community EducationWants Needs Maslow Empathy Comparison Opportunities EducationChoices Behaviour Rights Responsibilities Rewards Consequences Empathise Learning Charter ObstaclesCooperation Collaboration Legal Illegal LawfulLaws Learning Participation Motivation Democracy Decision Proud**Celebrating difference**Normal Ability Disability Visual impairment Empathy Perception Medication Vision BlindMale Female Diversity Transgender Gender diversity Courage Fairness Rights ResponsibilitiesPower Struggle Imbalance Control Harassment BullyingBullying behaviour Direct Indirect Argument RecipientPara Olympian Achievement Accolade Disability Sport Perseverance Admiration StaminaCelebration Difference Conflict**Dreams & goals**Dream Hope Goal Learning Strengths Stretch Achievement Personal Realistic UnrealisticFeeling  Success Criteria Learning stepsMoney Global Issue Suffering Concern HardshipSponsorship Empathy MotivationAdmire Respect Achievement Praise Compliment Contribution Recognition**Healthy me**Responsibility Choice Immunisation PreventionDrugs Effects Motivation Prescribed Unrestricted Over-the-counter Restricted Illegal Volatile substances Synthetic highs New psychoactive substancesExploited Vulnerable Criminal Illegal GangsPressure Strategies Reputation Anti-social behaviour Crime IllegalMental healthEmotional health Mental illness SymptomsStress Triggers Strategies Managing stress Pressure**Relationships**Mental health Ashamed Stigma Stress Anxiety SupportMental health Worried Signs Warning Self-harmEmotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategiesPower Control Authority Bullying Script Assertive Risks Pressure Influences Self-control Real/Fake True/untrue Assertiveness JudgementCommunication Technology Power Control Cyberbullying Abuse Safety**Changing me**Self-image Self-esteem Real self CelebrityOpportunities Freedoms Responsibilities Puberty vocabularyPregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix MidwifeAttraction Relationship Pressure Love SextingSelf-esteem Negative body-talk Choice Feelings/emotions Challenge Mental healthTransition Secondary Looking forward Journey Worries Anxiety Hopes Excitement |