



Lea Endowed Church of England Primary School

Subject Progression – PSHE/RSE



	Rec	Y1	Y2	Y3/4	Y4/5	Y6
BEING MY BEST	<p>Development Matters: Personal, Social and Emotional Development - Making Relationships (30-60mths)</p> <p>Physical Development - Health and Self-Care (30-60mths)</p> <ul style="list-style-type: none"> ▪ Healthy eating (1) ▪ Healthy eating (2) <p>▪ Move your body ▪ A good night's sleep</p> <p>▪ Bouncing back when things go wrong</p> <p>▪ Yes, I can!</p>	<p>Keeping healthy, food and exercise, hygiene rules, sun safety</p> <ul style="list-style-type: none"> ▪ I can eat a rainbow ▪ Eat well <p>▪ Catch it! Bin it! Kill it!</p> <p>▪ Harold learns to ride his bike ▪ Pass on the praise!</p> <p>▪ Harold has a bad day</p>	<p>Why sleep is important, medicines and keeping healthy, teeth and oral hygiene, managing feelings and asking for help</p> <ul style="list-style-type: none"> ▪ My body needs... ▪ What does my body do? ▪ Harold's postcard – helping us to keep clean and healthy ▪ Harold's bathroom ▪ You can do it! ▪ My day 	<p>Setting personal goals, health choices and habits, expressing feelings</p> <ul style="list-style-type: none"> ▪ Body team work ▪ Top talents ▪ Derek cooks dinner! (healthy eating) ▪ Poorly Harold ▪ For or against? ▪ I am fantastic! ▪ Getting on with your nerves 	<p>Responding to emergencies including first aid, keeping safe in different situations, balanced lifestyles</p> <ul style="list-style-type: none"> ▪ Star qualities? ▪ Basic first aid ▪ Getting fit ▪ It all adds up! ▪ Different skills ▪ My school community (1) ▪ Independence and responsibility 	<p>Keeping personal information safe, regulating and regulations, drug use and the law, managing time online</p> <ul style="list-style-type: none"> ▪ Five Ways to Wellbeing project ▪ This will be your life! ▪ Our recommendations ▪ What's the risk? (1) ▪ What's the risk? (2) ▪ Basic first aid
GROWING AND CHANGE	<p>Development Matters: Understanding the World - The World (30-60mths)</p> <p>Physical Development - Health and Self-Care (30-60mths)</p> <ul style="list-style-type: none"> ▪ Life stages: human life stage – who will I be? ▪ Life stages – plants, animals, humans ▪ Where do babies come from? ▪ Getting bigger ▪ Me and my body – girls and boys ▪ Seasons 	<p>Recognising what makes up unique and special, feelings, managing feelings when things go wrong</p> <ul style="list-style-type: none"> ▪ Inside my wonderful body! ▪ Taking care of a baby ▪ Then and now ▪ Who can help? (2) ▪ Surprises and secrets ▪ Keeping privates private 	<p>Growing older, naming body parts, moving class or year, risk and safety at home, emergencies</p> <ul style="list-style-type: none"> ▪ A helping hand ▪ Sam moves away ▪ Haven't you grown! ▪ My body, your body ▪ Respecting privacy 	<p>Medicines and household products, personal identity, individuality, emotional wellbeing</p> <ul style="list-style-type: none"> ▪ Body space ▪ Relationship tree ▪ Secret or surprise? ▪ Basic first aid 	<p>Personal identify, recognising individuality and different qualities, mental wellbeing, healthy sleep habits</p> <ul style="list-style-type: none"> ▪ My feelings are all over the place! ▪ Secret or surprise? ▪ Together ▪ How are they feeling? ▪ Taking notice of our feelings ▪ Dear Hetty ▪ It could happen to anyone ▪ Dear Ash ▪ Stop, start, stereotypes 	<p>Taking care of mental health, managing change and loss, body changes and puberty, human reproduction and birth</p> <ul style="list-style-type: none"> ▪ Helpful or unhelpful? Managing change ▪ I look great! ▪ Media manipulation ▪ Pressure online ▪ Is this normal? ▪ Dear Ash
KEEPING MYSELF SAFE	<p>Development Matters: Personal, Social and Emotional Development - Self Confidence and Self Awareness (30-60mths)</p> <p>Physical Development - Health and Self-Care (30-60mths)</p> <p>Understanding the World - Technology (30-60mths)</p> <ul style="list-style-type: none"> ▪ Safe indoors and outdoors ▪ Listening to my feelings (1) ▪ What's safe to go into my body ▪ What's safe to go into my body (including medicines) ▪ Keeping safe online ▪ People who help to keep me safe 	<p>Recognising privacy, staying safe, seeking permission, using the internet and communicating online</p> <ul style="list-style-type: none"> ▪ Healthy me ▪ Super sleep ▪ Who can help? (1) ▪ Harold loses Geoffrey ▪ What could Harold do? ▪ Good or bad touches? ▪ Sharing pictures 	<p>Managing secrets, resisting pressure and getting help, recognising hurtful behaviour. Safety in different environments</p> <ul style="list-style-type: none"> ▪ Being a good friend ▪ Let's all be happy! ▪ Being a good friend ▪ Let's all be happy! ▪ Being a good friend ▪ Let's all be happy! 	<p>Personal boundaries, safely responding to others, impact of hurtful behaviour, managing confidentiality, recognising online risks</p> <ul style="list-style-type: none"> ▪ None of your business! ▪ Rains challenge (1) ▪ Help or harm? ▪ Alcohol and cigarettes: the facts ▪ Super searcher ▪ Safe or unsafe? ▪ Danger or risk? ▪ The risk robot 	<p>Physical contact and feeling safe, recognising external risks</p> <ul style="list-style-type: none"> ▪ "Thinking" about habits ▪ Jay's dilemma ▪ Spot bullying ▪ Ella's diary dilemma ▪ Decision dilemmas ▪ Play, like, share ▪ Drugs: true or false? ▪ Smoking: what is normal? ▪ Would you risk it? 	<p>Recognising and managing pressure, consent in different situations</p> <ul style="list-style-type: none"> ▪ Think before you click! ▪ Traffic lights ▪ To share or not to share? ▪ Rat Park ▪ What sort of drug is...? ▪ Drugs: it's the law! ▪ Alcohol: what is normal? ▪ Joe's story (1) ▪ Joe's story (2)



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ME AND MY RELATIONSHIPS	<p>Development Matters: Personal, Social and Emotional Development - Making Relationships (30-60mths)</p> <ul style="list-style-type: none"> My feelings (1) My feelings (2) 	<p>Roles of different people, families, feeling cared for</p> <ul style="list-style-type: none"> Why we have classroom rules Thinking about feelings Our feelings Feelings and bodies Our special people balloons Good friends How are you listening 	<p>Making friends, being lonely and getting help</p> <ul style="list-style-type: none"> Our ideal classroom (1) Our ideal classroom (2) <p>How are you feeling today?</p> <ul style="list-style-type: none"> Bullying or teasing? Don't do that! Types of bullying <p>Being a good friend ▪ Let's all be happy!</p>	<p>What makes a family? Features of family life, positive friendships including online</p> <ul style="list-style-type: none"> As a rule My special pet Tangram team challenge Thunks Friends are special Looking after our special people How can we solve this problem?! 	<p>Managing friendships and peer influence</p> <ul style="list-style-type: none"> How good a friend are you? ▪ Relationship cake recipe Collaboration challenge Give and take Being assertive Our emotional needs Communication 	<p>Attraction to others, romantic relationships, marriage and positive strong relationships</p> <ul style="list-style-type: none"> Working together Let's negotiate Solve the friendship problem Assertiveness skills (formerly Behave yourself) Behave yourself Dan's day Don't force me Acting appropriately It's a puzzle 					
	<p>Development Matters: Personal, Social and Emotional Development - Self Confidence and Self Awareness (30-60mths)</p> <ul style="list-style-type: none"> 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 (1): recognising, spending, using Looking after money (2): saving money and keeping it safe 						<p>Strengths and interests, jobs in the community</p> <ul style="list-style-type: none"> Harold's wash and brush up Around and about the school Taking care of something Basic first aid Harold's money How should we look after our money? 	<p>Belonging to a group, roles and responsibilities, being the same and different in the community, what money is, needs and wants, looking after money</p> <ul style="list-style-type: none"> Getting on with others ▪ When I feel like erupting! Feeling safe How can we look after our environment?! Basic First Aid Harold saves for something special Harold goes camping Playing games 	<p>The value of rules and laws, rights, freedoms and responsibilities both individual and shared, using and keeping money safe, stereotypes</p> <ul style="list-style-type: none"> Recount task Harold's environment Our helpful volunteers Helping each other to stay safe Can Harold afford it? ▪ Earning money 	<p>Protecting the environment, compassion for all, job interests and aspirations, gender stereotypes</p> <ul style="list-style-type: none"> What's the story? ▪ Fact or opinion? Rights and responsibilities and duties Mo makes a difference Spending wisely ▪ Lend us a fiver! Local councils 	<p>Challenging discrimination and stereotypes, correct sharing of information online, evaluating media sources, money and financial risks</p> <ul style="list-style-type: none"> Two sides to every story Facebook friends What's it worth ▪ Jobs and taxes ▪ Action stations! Project Pitch (1) (2) Happy shoppers Democracy in Britain (1) – Elections Democracy in Britain (2) – How (most) laws are made
	<p>Development Matters: Making Relationships (30-60mths)</p> <p>Understanding the World - People and Communities (30-60mths)</p> <p>Communication and Language Understanding (30-60mths)</p> <ul style="list-style-type: none"> I'm special, you're special Same and different Same and different families Same and different homes Kind and caring (1) Kind and caring (2) 										



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VOCABULARY	arms head knees legs neck shoulders toes	As previous including: Body parts related to senses (ears, eyes, mouth, skin) ankle chest elbow fingers teeth toes wrist	As previous including: adult baby child nipple/teat/udder offspring old reproduce reproduction young	As previous No new vocabulary introduced	As previous including: anus	As previous including: egg fertilise foetus gestation live young sexual sperm womb	As previous including: characteristics inherited sexual reproduction
RSE LANGUAGE	Incidental, as issues arise Sensitive and age appropriate language "Ask your mum, dad or carer about that."					Families come in all shapes and sizes but children need to know that they are produced from one male and one female (sperm and egg)	
LIFE CYCLES	Butterfly	X	Chicken Frog	X	X	Amphibian Bird Insect Human (changes in the body in the aging process – appearance) Mammal	Y6 Puberty breast penis testicle vagina
CF. SCIENCE CURRICULUM	X	<u>Animals (inc. Humans)</u> Naming common animals Naming body parts	<u>Animals (inc. Humans)</u> Animals have offspring	X	<u>Animals (inc. Humans)</u> Digestive System	<u>Animals (inc. Humans)</u> How humans change with age <u>Living Things and their Habitats</u> Different life cycles Reproduction in plants and animals	<u>Inheritance and Theory of Evolution</u> Offspring and inherited characteristics