



Kingswood Primary School – PSHE skills progression

At Kingswood Primary School we have developed our own scheme of work based upon the PSHE Association programmes of Study. We ensure that the wellbeing, happiness and safety of children is priority. PSHE forms an important part of the curriculum and we endeavour that children will be provided with a PSHE provision that gives pupils:

- Knowledge and understanding to make informed choices and decisions.
- An opportunity to develop self-awareness, confidence and self-esteem.
- Responsible attitudes towards physical and mental health, supported by a healthy and safe lifestyle.
- Skills and positive attitudes towards building effective relationships and respect for others.
- Ability to manage and express feelings appropriately
- Understanding of a diverse society and our rights and responsibilities.

Pupils should be taught:

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Core Theme Relationships Feelings and emotions	-They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. -They understand someone else's point of view can be different from theirs. Vocab: Fair	-Naming Different types of feelings -Using faces to show how I feel -Recognising how people are feeling Vocab: Proud Jealous Cared for Feelings Emotions	-Recognising good and not so good feelings -Managing feelings worry and anger Vocab: Anger Worry	-Body and facial language to show feelings -How actions can affect others feelings. Vocab: Sexism Equality Inequality Body language Impact	-Identifying different feelings i.e. shame, guilt, anxiety, frustration, resentful -Hiding and showing feelings -How actions can affect ourselves and others. Vocab: Shame Guilt Anxiety Frustration	-Responding to a wider range of feelings i.e. excluded, relief, embarrassment, envy, pride, appreciative -Put downs and boost ups Vocab: Envy Pride Appreciation Remorse Relief	-Positive and negative feelings (moods and controlling moods) Depression, anxiety, confusion, exasperation, admiration, contentment, desire, rejuvenation Vocab: Mood swing Over reaction Humiliation Empathy Empathise

	Unfair Kind Unkind Right Wrong						
Healthy Relationships including friendship	-They resolve minor disagreements through listening to each other to come up with a fair solution. -They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. -Children play co-operatively, taking turns with others. -They take account of one another's ideas about how to organise their activity. Vocab: Friend Family Mum Dad Brother Sister	-Special people in our lives -Identify who is in my family Vocab: Love Marriage Divorce	-What is a relationship? -Different types of families -The characteristics of a healthy friendship (respect, trust, support) Vocab: Relationship Qualities Same sex family Step-families Separated Single Parent Cohabit Adoption Foster	-Standing up for myself -What makes a positive, healthy relationship? -Solving disputes and conflicts in a relationship Vocab: Dispute Conflict Stereotype	-The conventions of courtesy and manners -Different types of relationships and families including same sex. Vocab: Resentment Courtesy Manners Resolve	-Practical steps to improve or support respectful relationships. -What makes a good relationship? Vocab: Exclusion Couple Acquaintance Gay Lesbian Put down Boost up	-Recognising when a relationship is unhealthy and what to do about it. -Being assertive Addressing negative behaviour Vocab: Assertiveness Tolerance Prejudice Negativity Address

	Grandparents						
Staying safe in relationships	- They understand what bullying is and that this is unacceptable behaviour. - Children play group games with rules. Vocab: Safe Unsafe Secret Surprise Private parts	Why do we need rules? Different types of rules Taking turns and being kind Bodies and feelings can be hurt Vocab: Appropriate Inappropriate	Appropriate and inappropriate touch cuddles, kisses, pokes, punches (NSPCC Pants rule) Bodies and feelings can be hurt Vocab: Permission Comfortable Uncomfortable Importance of not keeping secrets that make you feel uncomfortable.	Acceptable and unacceptable physical contact including body space and privacy Boundaries with peers and others Vocab: Boundaries Dare Privacy	Showing respect towards others and understanding safe/unsafe physical contact. Discrimination Vocab: Discrimination	Marriage legal and illegal Confidentiality-when should you break it? Privacy and the implications of it for both children and adults. How to respond safely Vocab: Civil partnership Implication Confidentiality	Appropriate and inappropriate touch Abuse and neglect How to report concerns Confidentiality and when you should break it. Vocab: Abuse Neglect Forgiveness
Core Theme Living in the wider World Money	Maths SSM ELG: Uses everyday language to talk about money Vocab: Money Coin Note Purse Wallet	Wants and needs Why do we have money? How to keep money safe Vocab: Want Need	Where money comes from What can I buy with money? How to save money Vocab: Income Source Saving	Making wise choices with money Saving and budgeting Does everyone have enough money? Vocab: Budgeting Purchase	Money V's happiness What is poverty/charity? Vocab: Charity Poverty	What is meant by interest/loan/debt? Who decides who spends money in the UK Vocab: Government Prime Minister Politician Interest National Insurance Taxes Debt Loan	Lending and borrowing money Enterprise-what it means. Vocab: Enterprise Entrepreneur
Valuing difference	UtW P&C ELG: -Know that other children don't always	Different groups of people	What is a community? Respecting the needs of	Differences and diversity (people living in the UK)	What does it mean to live in the wider world?	Democracy Groups and communities.	challenging/respond to Anti-social behaviour

	enjoy the same things, and are sensitive to this. -Know about similarities and differences between themselves and others, and among families, communities and traditions. UtW P&C EXC: -Know that other children have different likes and dislikes and that they may be good at different things. -Understand that different people have different beliefs, attitudes, customs and traditions and why it is important to treat them with respect. Vocab: Improve Same Different Respect	Vocab: Communities Belonging	ourselves and others Vocab: From Year 1	Why do we need rules? What happens when we break them? Vocab: Diversity Anti-social behaviour	Difference faiths and religions/celebrating diversity. Resolving differences-compromising Vocab: Faith Religion Multi-cultural Wider world Compromise	Local, national, international The UK as a richly diverse community. Vocab: Government Prime Minister Politician Democracy Global citizen	Tolerance of others when they are different from them (physically, in personality or background) How views can be influenced by the media i.e. reviews advertising, etc Diffusing conflict/respecting others points of view Vocab: Racism Tolerance Nation Influential Pressure groups Diffuse
Rights and responsibilities	PSE MR EXC: -Children play group games with rules. PSE MR ELG:	What is meant by rights and responsibilities ? Recycling	Respecting the environment Pollution Vocab:	What are human rights? Rights and responsibilities at	The effect of climate change on our world and what we can do about it.	The importance of human rights. Anti-social behaviour and how it affects people	Trade across the world Harmful practices against British law (FGM)

	-Children play co-operatively, taking turns with others. Vocab: Rules Share Law Take turns Need Help Harm	Saving energy around school Vocab: Energy Recycling Want Emergency Need	Pollution Environment Responsibilities	home/school/world What is Climate change? Vocab: Human rights Climate change	Why do children need human rights? Vocab: As Year 3	That harmful practices are against British law (forced marriage) going against human rights. Vocab: Arranged marriage Forced Marriage Cultural practise	The consequences of crime Vocab: Denied Crime Consequence Repercussion County lines Exploitation Substances
Core theme Healthy Bodies Healthy Minds Healthy lifestyles	PD Health and Self-Care ELG: -Knows the importance for good health of physical exercise, and a healthy diet -Manage their own basic hygiene and personal needs successfully, including dressing and going to toilet PD H&S-C EXC: -Knows about, and can make healthy choices in relation to, healthy eating and exercise Vocab: Healthy Unhealthy Body Toilet	What keeps my body healthy? Why is exercise important? Germs and handwashing Situations that can affect our health Vocab: Exercise Health Positive	Changes in the body when exercising Personal hygiene What is mental well-being? That bullying (including cyber-bullying) has a negative effect on well-being	What makes a balanced lifestyle? Balanced diet (plant and animal) Dental hygiene Looking after our well-being. The importance of sleep. Vocab: Diet Balanced Self-care Lifestyle Active/inactive	What constitutes a healthy diet?- Understanding calories and nutritional content. Menu planning Vocab: Nutrition Contents Calories Obesity Self worth	What can affect health and well-being? Problems occurring with unhealthy eating (including obesity) The spread of infection and the importance of hygiene. Vocab: Image Distort Infection Eating Disorder	Relaxation techniques Basic first aid Immunisation and vaccines Recognising early signs of illness Vocab: Anxiety Relaxation Meditation

	Dress Undress Clean Hairbrush Comb Toothpaste Toothbrush						
Growing and changing	UtW The World ELG: -Knows about similarities and differences in relation to places, objects, materials and living things -Makes observations of plants and animals -Explain why some things occur, and talk about changes Vocab: Plant Animal Living Grow Change	Similarities and differences between us Vocab: Similar Different Breasts Penis Testicles Vagina Vulva Buttocks	Male and female body parts (including genitals) Vocab: Hygeine Routine Embarrassed Change Scared	Describing feelings and managing them- loneliness and isolation. Range of emotions for different situations Hopes and dreams for the future Vocab: Well-being Isolation Loneliness	Managing feelings- guilt and shame Self- worth Does the media portray reality i.e. photo-shop, airbrushing Careers and contributing to society. Vocab: Role-model Photoshop Media Airbrushing Career Occupation Society	Male and female changes (puberty) Managing feelings- confusion/embarrassment Changes in attitude and behaviour Moving on-Transition Vocab: Confusion Puberty Reproduction Menstruation Sperm Pubic hair Sanitary products Voice breaking Acne Attitude Behaviour Controllable Incontrollable	Physical and emotional changes during puberty Where do babies come from? Managing feelings- stress and anxiety Vocab: Ovaries Womb Pregnancy Erect IVF STI Condom Contraception Insecurities Fertilisation Sexual Intercourse
Keeping safe	-Talks about how to keep healthy and safe Vocab: Danger Man Woman Stranger	Safety in our homes Personal safety (stranger danger and sun safety) Vocab:	Safety with medicines Vocab: Bacteria Medicines Virus Trusted Adults	Fire safety and what to do in an emergency Vocab: Extinguish Fire alarm/blanket Emergency	Water safety and swimming Vocab: Lifeguard Signal	Drugs and smoking (legal and illegal) Peer Pressure Vocab: Peer pressure Legal/illegal Prescription alcohol Smoking	Keeping safe- influences on behaviour Where to get help if I need it Vocab: Sexting Intimacy Consent

		Private Safety Germs				Drugs Caffeine Vaping Addiction	Vaccination
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