



School: Sundon Lower School

Curriculum Progression for: PSHE

Intent	What we want to achieve: Resilient pupils who are tolerant, empathetic and have a strong sense of their own identity. Pupils who are able to manage their own emotions and know where to seek help if they need to. We want pupils to learn the skills needed to lead healthy, safe and balanced lives where they can be responsible members of society and reflect on their own choices. We want pupils to have a sound understanding of what constitutes positive, healthy relationships, be able to manage risk and cope with transition and change.					
EYFS	Children should come to Year 1 with the following skills and knowledge. - Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. (PSE Relationships) - Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help. (PSE self-confidence and self-awareness) - Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride. (PSE managing feelings and behaviour) - Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. (PD Health and self-care) - Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions. (UTW People and communities) - Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes. (UTW)					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 (A)	TEAM	Diverse Britain	It's my body	Be yourself	Money Matters	Aiming High
Vocabulary	active listening, behaviour, bullying, community, discussion, helpful, kind, learner, mindset, negative, polite, positive, safe, secure, support, team, teasing, thoughtful, unkind	accepting, beliefs, celebrations, community, dress, environment, harm, helpful, island, kindness, lakes, local area, neighbour, neighbourhood, proud, respect, responsibility, rights, share, similarity, United Kingdom	bacteria, brain, brushing, chemicals, choice, clean, consent, contact, coughs, danger, diet, disease, doctor, emergency, exercise, germs, healthy, heart, illness, medicine, muscles, pharmacist, poisonous, treat, uncomfortable, unhealthy, unsafe, virus	angry, body language, calm, change, confidence, cross, disagree, wellbeing, emotions, excited, facial expressions, feelings, happiness, happy, help, interests, kind, loss, memories, mental health, nervous, opinions, qualities, secure, share, skills, talents, thoughts, uncomfortable, unhappy, worried	bank account, community, contactless, credit card, important, job, list, money, online banking, payment, possessions, price, receipt, salary, save, spend, value, wages, work	achievement, aims, ambition, attitude, communication, future, goal, grow, happiness, hard-working, improve, job, learn, positive, progress, qualification, routine, skill, star qualities, strength, success, training
Skills	- I can talk about the teams I belong to. - I can be a good listener. - I can explain how to be kind and why it is important. - I can talk about unkind	- I can describe ways that I can be a good neighbour. - I can identify things that help and harm my neighbourhood. - I can describe what it is like to live in the British Isles.	- I know I can choose what happens to my body. - I can make healthy choices about sleep and exercise. - I can make healthy choices about food and drink.	- I can talk about what makes me special. - I can name some of the different feelings I have and can describe how they feel. - I can talk about things I like that make me feel happy. - I can talk about the things that	- I can explain the different forms money comes in. - I can explain where money comes from. - I can explain how to keep money safe and why this is important. - I can explain choices I have	- I can think of star qualities I already have and those I would like to develop. - I can explain how a positive learning attitude can help me. - I can talk about jobs that people can do and tell my friends what I want to be when



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	- behaviour like teasing and bullying. - I can explain how to be a positive learner. - I can identify good and not-so-good choices.	- I can explore how people living in the British Isles can be different and how they are the same. - I can talk about being British and living in the British Isles.	- I know how to keep my body clean. - I know what is safe to eat or drink. - I can choose to keep my mind and body healthy and safe.	- make me feel unhappy or cross and have ideas about what to do when I have these feelings. - I can discuss how change and loss make me feel. - I can share what I think and feel with confidence.	- about spending money and why it is important to keep track of what I spend. - I can explain the difference between things we want and things we need. - I can explain what happens when we go shopping.	- I grow up. - I can understand that it is a person's interests and skills that make them suited to doing a job. - I can think about things I would like to achieve in the future. - I can think about changes which might happen to me and consider how I feel about them.
Knowledge	- A team is a group of people who work together to achieve something. Working as a team can help us to feel good because we are contributing to something. - There are certain skills that help us to work as part of a team. When we work as a team, we can do things that we are not able to do on our own. If we have a positive mindset about our learning, we can make sure we continue to try when things get tricky. By having a positive learning mindset, we can try new things when a task is feeling difficult, learn from our experiences and see challenges as opportunities to learn and improve. - Listening to others helps us to work as part of a team. - Listening to other	- In our school community we are kind, caring and helpful to each other and we follow school rules. We treat everyone and everything with respect, share our resources and help to keep our space tidy. This helps our school community to be a safe and happy place. - Being a Good Neighbour - We can be good neighbours by thinking about what other people need to feel happy. We can show respect to others, look after the environment, smile and help people. - To look after our neighbourhood, we need to look after the natural and built environment that is local to us. People have the right to live somewhere clean and safe, where they can be healthy. We have a responsibility to look after our neighbourhood to help make sure all	- It is up to us what happens to our body. - No one has the right to hurt our body or feelings. It is important to ask - permission or consent before we hug or hold someone's hand. This - is how we should expect to be treated - and how we should treat others. - To keep our bodies and minds healthy, we - can eat a balance of different foods, make - sure we do lots of physical activity and - exercise and get enough relaxing time and - sleep. It is important that we eat a lot of different kinds of foods. This balance looks - different for everyone - and we must respect - people's choices. - We can make choices about our personal hygiene. - It is important that we only eat things that are	- We are all special and unique. This is exciting! There are lots of ways we are different from other people and this is something to be proud of. These might be things we like, things we are good at or things we are interested in. Feeling good about the ways we are unique is a way we can be kind to ourselves. - By talking about how we feel, we can get help if we are worried, understand someone else's point of view about a situation and learn from people we care about. We all experience lots of different feelings. Some of these will feel comfortable and some may feel uncomfortable. Every feeling is OK. If we are worried about anything at all or feel uncomfortable emotions, it is very important to talk to a trusted adult. - There are lots of changes we might face, some may be small and some may be big. Sometimes change can be exciting or sometimes it can make us feel worried or sad.	- We use coins, banknotes, a debit card or online payment. - Money can come from lots of different places but it often comes from having a job. People get paid to do a job. Getting paid is one reason people have jobs, as well as the teamwork, satisfaction and sense of purpose jobs provide. It is important to keep money safe. - There are lots of things that affect the choices people make about what to spend their money on. We must treat other people's spending choices with respect. Receipts are one-way people can keep track of what they spend. - We may choose to spend money on things we want or things we need, but it is important to understand the difference.	- Our star qualities are the things that make us special. Focusing on our star qualities is important because it helps us to feel comfortable emotions and improves our self-esteem. We are all unique and special and knowing what qualities we have helps us to celebrate that. - Our learning attitude is all about how we feel towards our learning. If we have a positive learning attitude, we will look at new challenges as exciting and see our mistakes as learning opportunities. It is about being hopeful and looking for ways to achieve. - Our personal goals are areas we want to work on and achieve. We might be able to identify steps we can take to achieve these goals and things we can do to help ourselves. - When we are thinking about what we want to aspire to and achieve, it is very important that everyone feels they have the opportunity to do their best. To do this, we must all be given equal chances and have the same access to these



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	people helps us to learn from, understand and show respect to people around us. - Unkind behaviour can cause uncomfortable emotions. And there are different types of behaviour that might cause people to feel uncomfortable. If we know about or experience any unkind behaviour, it is important to speak to a trusted adult straight away.	people and other living things have a comfortable home. - Britain is multicultural. There are many different cultures and traditions. - They wear many different types of clothes, eat many different foods, speak many different languages and enjoy doing lots of different things. We all have the right to live as we choose and this must be respected. There are lots of things that make our country special.	safe. Our bodies belong to us. No one should choose to hurt our feelings or our body. If someone does something that we do - not like we have a choice about how we react. It is important to explain how they are making us feel. Using a calm and firm voice, we can explain that we do not like the way we have been treated. People will listen to us and respect this.	Some ways we can help ourselves cope with change are to talk to trusted adults, or write down or draw pictures of happy memories or things we are looking forward to. - Talking to people we trust about how we feel can help us to feel valued and get help if we need it. We are all equally important so our thoughts and feelings are equally important as well. When we share our feelings with others, it is important to speak kindly, calmly and with respect.		opportunities. - When we know things are going to be different, it can feel a little unsettling. There are things we can do to help us manage these feelings. We can name and accept our feelings, we can think of happy times we have had and we can think of things we are looking forward to.
Visit/Special Occasions						



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KS1 (B)	Digital Wellbeing	Think Positive	One World	Safety First	VIPS	Growing up
Vocabulary	address, apps, comfortable, connected, device, download, fact, fake, healthy, information, Internet, mental wellbeing, news, password, personal information, picture message, private, screen time, sleep, social media, trusted adult, video call	achievement, choice, concentrate, confused, decision, emotions, fears, feelings, focus, frightened, future, goal, gratitude, healthy, lonely, mindful, negative, nervous, perseverance, positive, relaxed, resilience, respond, safe, thankful, unhelpful, upset, worries	care, choice, difference, earth, environment, life, happy, harm, help, home, important, learn, love, natural, needs, people, planet, problem, protect, resources, right, safe, same, school, similarity, special people, trust, world	999, burn, chemicals, choke, danger, e-Safety, emergency, emergency services, fall, fire, harm, hazard, help, hurt, Internet, liquids, medicines, online, poisonous, protect, rail, risk, road, rules, safe, sharp, stranger, safer, stranger, tablets, traffic, trip, trusted adult, unsafe, water	achieve, caring, choices, conflict, cooperate, cooperation, disagreement, family, friend, friendship, happy, healthy, help, important, kind, listen, love, making up, need, positive, safe, share, skills, support, talk, team, thoughtful, time, trust, trusted adult	adulthood, change, childhood, comfortable, consent, develop, differences, emotions, female, genitals, independence, love, male, opportunities, penis, private parts, respect, responsibility, rules, safe, similarities, stereotype, touch, traditions, trusted adult, uncomfortable, unique, worried
Skills	- I can talk about ways in which the Internet is useful. - I know how to balance screen time with other activities and understand why this is important. - I know how to stay safe online. - I can explain why we keep personal information private. - I know how to communicate online in ways that show kindness and respect. - I understand that not everything on the Internet is true.	- I can understand how happy thoughts can make me feel good. - I can make good choices and consider the impact of my decisions. - I can set myself goals and consider how to achieve them. - I can discuss my feelings and opinions with others and cope with difficult emotions. - I can discuss things I am thankful for and focus on what I do have, rather than what I don't have. - I can focus on what is happening now and how I am feeling.	- I can explore family life in different countries and say how it is the same as mine and how it is different. - I can discuss homes and home life from around the world and say how they are the same as mine and how they are different. - I can explain what it is like to go to school in other countries and say how it is the same as or different from my school. - I can think about how people use things from the earth and what problems this can cause. - I can say why it is important to care for the earth and identify how I can help protect it. - I can explore places where people live which are different from where I live.	- I can talk about what makes me special. - I can name some of the different feelings I have and can describe how they feel. - I can talk about things I like that make me feel happy. - I can talk about the things that make me feel unhappy or cross and have ideas about what to do when I have these feelings. - I can discuss how change and loss make me feel. - I can share what I think and feel with confidence.	- I can talk about the very important people in my life and explain why they are special. - I can describe why families are important. - I can describe what makes someone a good friend. - I can describe ways to help resolve arguments and disagreements without being unkind. - I can cooperate with others to achieve a task. - I can describe how I can show my special people that I care about them and I understand why this is important.	- I can name the main parts of boys' and girls' bodies. - I understand how to respect my own and other people's bodies. - I understand that we are all different and different people like different things. - I can talk about my family and others' families'. - I can describe how I will change as I get older. - I can describe things that might change in a person's life and how it might make them feel.



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Knowledge	-The Internet can help us in many ways. It is important we use the Internet access we have in a safe and responsible way and balance the time we spend online with lots of fun activities offline as well. -It is important to try to balance the time we spend on the Internet and the time we spend away from a screen. -There are lots of things we can do to help us to stay safe on the Internet. -The Internet isn't owned by anyone and people can write whatever they want. When we read information online, it is important that we use a trusted source or check a few websites we feel confident that we can rely on.	-When we think positively, we look for the good in a situation. This can help us feel better about things and help improve our mood. -We each have lots of decisions to make each and every day. By making good choices we can help our minds and bodies stay healthy and happy. -If we have a positive mindset about our learning, it means we look for new ways to tackle challenges and that we see learning experiences as exciting. It means not being afraid to fail and to keep on trying, giving our learning our very best effort. People with a positive mindset about their learning will persevere and show resilience. -We all experience lots of different emotions and this is OK. It can be helpful to have some strategies to manage our feelings which we might find uncomfortable. When we practise mindfulness, we focus on our bodies and minds and what we are doing and feeling right now.	-Family life around the world may look similar to or different from our own, but families have some very special things in common; the love and care they show to each other. There are lots of ways we can show we care for our families. Around the world, children live in many different types of homes. -There will be ways that schools around the world will be similar to ours and different from ours. All children have the right to go to school and learn. By learning about children from other countries, we can understand what life is like around the world. -People around the world live in different environments. The environment someone lives in will affect how they live their life, the clothes they wear, the things they do, how they travel around and many more things as well. By learning about the different environments people live in, we can show value and respect and think about how we can help to meet the needs of people around the world.	- There is a normal range of emotions and that everyone experiences different emotions in different situations. -There are everyday dangers, in the home and outside, and we know how we can keep ourselves safe. -It is important to know the facts about legal and illegal substances and the risks, like smoking alcohol use and drug taking. The sun can cause risks and to know how to keep safe. -There are rules to keep ourselves safe around strangers, both in real life and online. Social media, online games and some computer games have age restrictions for a reason. -To consider the effects of our online actions and the importance of keeping personal information private. -Respect the Underwear Rule. To respond if physical touch makes us feel uncomfortable. -What happens to our bodies is up to us. -To know where to get help. -Our trusted adults are adults whom we know we can talk to. It is important we have trusted adults that we know will be there for us and who will help us if needed. We can ask for help and advice and keep asking until we are	-We all have people who are special to us. These will be different for everyone. We can show our special people we care for them in many ways. We all belong to a family group and these may be big or small. Our family is a group of people who are special to us. Our family groups will all be slightly different and this is something to be celebrated. Our trusted adults are adults who are special to us and whom we know we can talk to. It is important we have trusted adults that we know will be there for us and who will help us if we are worried or concerned about anything. Falling out happens when two or more people have a disagreement. It can make us feel sad, worried or angry. It is important to speak about our feelings and find ways to move forward and solve the problem. When we cooperate with others, -we can achieve wonderful things.	-There are lots of ways our bodies are similar to and different from people around us. The genitals are an example of ways male and female bodies are different. Female bodies have genitals called a vulva and a vagina, and male bodies have genitals called a penis and testicles. -What happens to our bodies is up to us. Other people have the right to decide what happens to their bodies too. No one should touch someone else if this is not welcome and to find out whether or not someone is comfortable with this, their permission or consent should be asked. This shows respect for -others and their decisions and we should expect people to treat us with this respect as well. -There are lots of ways that we -are similar to and different from people around, us. It is -important that we value and -respect these differences and -don't expect to know what -people may like or dislike based on stereotypes. -Our family may be similar to or -different from the families of our friends. There are lots of ways we can enjoy spending time with our families. -Families can support each other in difficult times as well. If anything about our family
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		This gives our minds a chance to be calm and to relax. This can help us to understand our feelings and manage our emotions. We can be mindful in different ways.	- There are many natural resources on our amazing planet Earth. These can be used to help us live and enjoy our lives. It is important we use them with respect to protect them for the future as well. There are so many amazing things about our wonderful world. By thinking about what we can do to protect our planet, we can look after all the things about it that we love.	heard. - As we grow older it is our growing responsibility to keep ourselves safe and to get help from different people. Family and friends can make us feel unhappy or uncomfortable; it is about managing conflict, how to manage these situations or how to get help if needed. - Secrets do not have to be kept. - We can resist the pressure to do something if it will make us feel unhappy or unsafe. - To know what to do if there is an accident or someone is hurt. - To know the basic concepts of first aid, dealing with minor injuries including head injuries.		- is making us worried, it is - important to know there are - other trusted adults who - can help us. As we grow older, we might notice some things that change. We will be able to do more, we may have more - responsibility, our friends might change and our bodies - will change. There are - things we can do to prepare for this. There are many changes we might go through, some may be big and some may be small. - may be uncomfortable. - There are lots of things we can do to help ourselves to cope with change.
Visit/Special Occasions				School nurse/first aider visit		



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KS2 (A)	Diverse Britain	Be Yourself	Money Matters	Aiming High	Team	My Body
Vocabulary	celebrate, challenge, citizen, common rights, concern, county, culture, customs, debate, democracy, discrimination, diversity, equality, ethnic, freedom, government, human rights, identity, liberty, multicultural, polite, prejudice, protect, religious, society, stereotype, tolerance, tradition, values	achievements, advertisements, comfortable, consequences, dares, effects, emotional, forceful, gloating, hide, impact, influence, manipulated, positive, pressure, pride, resist, resolution, resolve, right, strategies, strengths, support	advertising, balance, benefits, budget, change, consumer, credit, debit, debt, employment, environment, ethical, financial gain, gambling, gift, impact, influence, interest, loan, owe, payment, priority, profit, repay, repayments, savings, spending, tax	accomplish, action, attribute, background, behaviour, challenge, curriculum vitae/CV, determination, develop, effort, employer, equal, experience, fair, gender, growth mindset, information, learning, obstacles, opportunities, race, resilience, responsibilities, role, setbacks, stereotype, strive, target	actions, attitude, behaviours, benefit, body language, collaboratively, compromise, conflict, consequences, considerate, dispute, facial expression, feelings, goals, individuals, interpret, negotiation, reflect, resolution, resolve, responding, responsibility, teammates, teamwork, transition, unhelpful	addiction, alcohol, allergies, balanced, caffeine, Childline, cigarettes, consent, consequence, contagious, decision, dietary, drugs, e-cigarettes, habit, heart rate, hormones, hydrated, hygiene, illegal, immunisation, independence, infection, legal, nicotine, prescription, resilience, restricted, routine, sleep hygiene, tobacco, vaccinations, vaping, vitamins
Skills	- I can describe what it is like to live in the British Isles. - I can talk about what democracy is and understand why it is important. - I can talk about what rules and laws are and identify how they help us. - I can talk about what liberty means and I can identify the rights of British people. - I can describe a diverse society and talk about why it is important. - I can explain what being British means to me and to others.	- I can say the things about myself that I am proud of. - I can identify the feelings I have and describe how different emotions feel. - I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important. - I know how to be assertive. - I can explore messages given by the media and decide if they are helpful or harmful. - I can identify different strategies I can use if I make a mistake.	- I can explain what skills are needed for a range of jobs and why people go to work. - I can explain the different ways people pay for things. - I can discuss financial risk and borrowing and explain some consequences of this. - I understand the different decisions people have to make about how to spend their money. - I can explain how adverts try to influence our spending and why they do this. - I can explain ways I can keep track of what I spend and why it is important to do this.	- I can identify achievements and suggest how my actions can help me to achieve. - I can identify personal goals and suggest actions that I can take to achieve them. - I can explain how a positive learning attitude can help me to learn new things. I can identify the skills and attributes needed to do certain jobs. - I understand that we should all have equal opportunities to follow our career ambitions. - I can discuss what job I might like to do when I grow up and what skills I will need to achieve this - I can talk about changes and how they might make me feel. - I can explain how and why we should work well as a team. - I can describe how my actions and behaviour affect my team - I can pay attention to and respond considerately to others - I can describe why disputes might happen and strategies to resolve them - I can talk about changes and how they might make me feel.	- I can talk about changes and how they might make me feel. - I can explain how and why we should work well as a team. - I can describe how my actions and behaviour affect my team - I can pay attention to and respond considerately to others - I can describe why disputes might happen and strategies to resolve them - I can talk about changes and how they might make me feel.	- I can choose what happens to my body and I can get help with any concerns. - I know how to keep my body healthy. - I know why it is important to get enough sleep. - I understand the importance of hygiene and what to do if I feel unwell. - I know how to take medicine safely and keep safe around drugs. - I know how to make better choices and choose healthy habits.



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Knowledge	-The United Kingdom of Great Britain and Northern Ireland and other British Isles are multicultural nations. All these influences contribute to people's identity. Living in a diverse, multicultural society is very exciting as we can learn from each other. -Democracy is the belief that all people are free and equal. A democratic process is one way governments can be elected.. We all have the responsibility to ensure the rights of others are met. -Laws are rules that are there to help keep us safe. They are designed to make sure we stay safe, others stay safe and that we protect the property and environment around us. -The UN created the Universal Declaration of Human Rights which makes sure the human rights of all people are protected. -Being British means different things to different people. We each have different values, customs and	-To discuss everyday things that can affect how we feel. -To discuss what contributes to who we are (family, gender, culture, hobbies etc) and that some peoples gender identity does not correspond with their biological sex. -The way we feel on the inside can affect my body language and facial expressions. -Identify different facial expressions and understand what feelings they may represent. -To use strategies to help us cope with uncomfortable feelings. Know how to respond to our feelings appropriately. -Text and images in the media and social media can be manipulated or invented. We need to evaluate the reliability of sources and identify misinformation. Understand the importance of compassion towards others; we all have a shared responsibility to care for other people and living things. Showing care and concern for others.	-There are a broad range of different jobs and careers that people can have and that people often have more than one career or job type during their life. -Some jobs are paid more than others and money is one factor which may influence a person's job or career choice. -People may choose to do voluntary work that is unpaid. -We might have an idea of the kind of job we might like to do when we are older. -There are different routes into careers; college, apprenticeship, university etc, -There are different ways to pay for things and the choices people have about this. -There are risks associated with money; it can be lost stolen or won. -We make spending decisions based on their priorities, needs and wants. Money can have a positive or negative impact on our feelings and emotions. -People spending decisions can affect others and the	-Identifying and focusing on things we have achieved and strengths we have can contribute to our self-worth. This can support positive mental health and wellbeing by developing our confidence, resilience and independence. -Setting ourselves goals and working towards these helps to create success. By identifying small steps we can take, bigger goals can seem more achievable. Positive actions can help us to achieve these goals. -When we view tasks with a positive learning attitude we are more likely to succeed. We all find different things easier or more difficult and this is fine. -People do lots of different jobs. There are lots of different skills, strengths and experiences that may benefit different jobs and there are lots of training opportunities available for people who would like to or need to learn more for part of their job. Anyone can do any job, regardless of their gender, background or the way they choose to live their lives. It is people's interests and strengths that help determine what job they should do, nothing else. There are lots of things that may influence people's career choice such as	-When we experience change we may feel lots of different emotions. Some of these may be comfortable and some may be uncomfortable. There are lots of things we can do to help ourselves to cope with and manage these changes. -When people work as a team there are certain teamwork skills that can help everyone feel included and help to collaborate and achieve the goal. Successful teamwork can help people within the team to feel supported, accepted, valued and confident as well as many other comfortable feelings. This will help teams to be resilient. -When we work as a team, our actions have an effect on those around us. -By understanding how to read other people's facial expressions and body language we can understand the feelings and emotions of our teammates. -Sometimes disagreements or disputes happen. When they do, there are lots of ways we can help to find a resolution. Each person within a team has responsibilities. If they each fulfil these responsibilities, all the jobs and tasks within a team get done. We have	-Recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. Know different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. Know about keeping something confidential or secret, when this should or should not be agreed to, and when it is right to break a confidence or share a secret. Identify the elements of a balanced, healthy lifestyle. That habits can have both positive and negative effects on a healthy lifestyle. Know what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. That regular (daily/weekly) exercise benefits mental and physical health. Recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle. To maintain good oral hygiene and know the impact of lifestyle choices on dental care. Know the effects of smoking. Know what good physical health means; how to recognise early signs of physical illness. That medicines, when used responsibly, contribute to health; that some diseases can
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	experiences and these will help shape our identity. Although there may be many ways we are different, we are all British citizens. This means we have the same common rights and live within the same laws and rules. Therefore, there may be many ways we are different but there are ways we are similar too.	- We can suggest different ways to make things right after a mistake has been made. - Mistakes help us to learn and grow. - Have problem solving strategies to deal with emotions, challenges and change including moving to new schools. - How to manage setbacks and failures including how to reframe unhelpful thinking.	environment; fair-trade, buying single use plastics, giving to charity etc. - There are different ways to keep track of money. - People have different attitudes towards spending and saving; what influences people's decisions and what makes something 'good value'.	family, salary and values. The different choices we make contribute to our individuality. We need to view the choices of others with kindness and respect. - Having stereotypes can be damaging. We should all have the same opportunities as everyone else as we are all equal. Our human rights ensure we all have the right to a happy, healthy and safe life with access to equal opportunities.	responsibilities in every team we are part of.	be prevented by vaccinations and immunisations; how allergies can be managed. Know about the risks and effects of legal drugs common to everyday life and their impact on health. Know that drug use can become a habit which can be difficult to break. Understand why people choose to use or not use drugs. Discuss the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.
Visit/Special Occasions			HSBC finance sessions during Summer term?			

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KS2 (B)	Think positive	Safety First	Digital Wellbeing	One World	VIPS	Growing Up – L2,3 and periods (Yr 4 each year)
Vocabulary	attitude, aware, breathing, challenge, changes, chemicals, consequences, control, curious, determination, different, distract, dopamine, embarrassment, endorphins, experience, failure, flexible, grief, guilt, jealousy, mental health, mindfulness, mistakes, oxytocin, peace, perseverance, serotonin, shame, strategies, success, techniques	alcohol, casualty, choices, cigarettes, dangerous, dare, depth, drugs, e-cigarettes, electricity, first aid, impact, independent, inhaler, injection, injury, instructions, lungs, medicines, paramedic, peer pressure, physical, right, road safety, safety, scald, shock, uncomfortable, vaccine, water safety, wellbeing	bullying, communicating online, concerns, connected devices, consequences, cyberbullying, discrimination, disrespect, face-to-face, harassment, harmful content, information sharing, manipulated, misinformation, name-calling, permission, privacy, ranking, reliability, restrictions, risks, search results, shared information, social media, targeted information, trolling	care, celebrate, challenge, citizen, common rights, concern, county, culture, customs, debate, democracy, discrimination, discuss, diverse, diversity, equality, ethnic, freedom, government, human rights, identity, liberty, multicultural, national, polite, prejudice, protect, region, regional, religious, rights-respecting, society, stereotype, tolerance, tradition, values	acquaintances, actions, alternatives, anonymous, antibullying, arguments, behaviour, bully, bullying, compromise, consequences, consideration, cyber, dares, decisions, discrimination, disputes, diversity, equality, equity, impact, interests, loyal, negotiation, opinions, prejudice, prejudiced, relatives, resolving, strategies, support, network, techniques, unhealthy, victim, VIPS	Adam's apple, anger, anxious, baby, breasts, egg, embryo, erection, foetus, hormones, identity, menstruation, oestrogen, offspring, ovaries, period, puberty, relatives, reproduction, hormones, sperm, testes, testosterone, uterus, womb
Skills	- I understand that having a positive attitude is good for our mental health. - I can recognise and manage positive and negative thoughts effectively - I understand that some changes can be difficult but that there are things we can do to cope. - I can use mindfulness techniques to keep calm. - I can identify uncomfortable emotions and manage them effectively. - I can apply a positive attitude towards learning and take on new challenges.	- I can be responsible for making good choices to stay safe and healthy. - I can identify a risky situation and act responsibly. - I understand that I can choose not to do something that makes me feel uncomfortable. - I know how to stay safe when out and about. - I know about dangerous substances and how they affect the human body. - I know how to respond in emergency situations.	- I understand what rights are and that all people share the same rights. - I understand what the Universal Declaration of Human Rights and the Declaration of the Rights of the Child are and why they are important. - I can explain what democracy is and how this relates to rules and human rights. - I understand that human rights are not dependent on responsibilities. - I can explain what it means to respect the rights of others and I understand why this is important. - I understand how stereotypes can stop people's human rights being met.	- I can explore differences of opinion and identify if I feel these are fair. - I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions. - I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place. - I can explain what climate change is and how it affects people's lives as well as identify what I can do to help. - I can identify different organisations that help people in different countries who are in challenging situations and can explain how they do this.	- I can explain the importance of respecting my VIPS. - I can explain how to make and keep fabulous friends. - I can identify my own support network. - I can demonstrate strategies for resolving conflicts. - I can identify what bullying is. - I know what to do if someone is being bullied.	- I can describe male and female body parts and explain what these are for. - I can describe how boys' bodies will change as they go through puberty. - I can describe how girls' bodies will change as they go through puberty. - I can describe the feelings that some people experience as they grow up.

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Knowledge	- we can support our minds to feel healthy and happy. Our thoughts affect the way we feel and behave. - Helpful thoughts focus on the positives in a situation or help us to cope with - or achieve something. Unhelpful thoughts might make us worry or feel emotions that may be uncomfortable. We can help our minds think positively and try to look for the good in a situation or ways we can solve a problem or achieve something by adopting a positive mindset. - Changes might be big or small. It is important to respect the feelings of others and show kindness when listening to their emotions. We can also help ourselves prepare for or cope with change. Different strategies will help with different scenarios of change. - It is very important to talk to a trusted adult if we feel any uncomfortable emotions.	- As we grow and become more independent, we have new opportunities and responsibilities. These include responsibilities to keep ourselves and others safe, happy and healthy. It is our responsibility to follow rules and restrictions (including age restrictions) which keep us safe and well. Hazards can cause us harm, injury or risk in the home and when we are out and about. It is important that we predict, assess and manage risk in the different situations we find ourselves in, so we can keep ourselves and others safe and out of danger. - Pressure Relationships and friendships can sometimes make us feel unhappy or unsafe, including those online. It is important that we tell an adult we trust and ask for help if we are in this situation. - There are things we can do to keep ourselves and others safe in the home, online, in the local environment and in places which are unfamiliar to us. It is	- There are lots of exciting ways the Internet can help us. When we use the Internet we may find it makes us feel comfortable or uncomfortable emotions. - if we use screens near bedtime so our sleep gets disturbed, if we see a picture or video that is unsuitable or if too much information gets shared. It is important to balance our online and offline activities to support our mental health and wellbeing. - Cyberbullying is very upsetting. - Always speak to a trusted adult about how you feel and what is happening. There are organisations that can help as well. It is very important to make sure we communicate with kindness and respect online, so people feel valued and cared for. - Some people enjoy using the Internet to communicate with others. - Sometimes, we may have the opportunity to communicate with people who we don't know. We must	- Respect the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background - Know about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities and stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes - How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with - Recognise there are human rights, that are there to protect everyone and the benefits of living in a diverse community; about valuing diversity within communities - The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for - People's spending decisions can affect others and the environment Fair trade, buying single-use plastics, or giving to charity) - Know between rights and responsibilities - Know ways of carrying out	- Positive relationships should make us feel safe, secure, loved and cared for. We should expect to be treated with fairness, honesty and to feel valued and accepted for who we are. It is important that we treat our VIPs in this way as well. This way our relationships will help us to feel safe and happy. Sometimes, relationships can become unhealthy. If we are ever worried a relationship we are in is becoming unhealthy, it is very important to speak to a trusted adult straight away. - Friendships can help us to feel supported and valued and provide an opportunity for us to share our feelings and ideas. There are lots of ways we can make friends and nurture our relationships with friends we already have. By having lots of different friends with different interests and qualities, we will have people to support us in lots of different scenarios. - Within our relationships we should feel that we are able to express how we feel and decide what we do. Our friends should also feel confident to express how they feel, so we can each choose how to respond.	- Know the processes of reproduction and birth as part of the human life cycle and how babies need to be cared for. - Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction - To know the physical and emotional changes that happen when approaching and during puberty. - Know how hygiene routines change and the importance of keeping clean and how to maintain personal hygiene. - Know where to get more information, help and advice about growing and changing. - Feelings can change over time and range in intensity and that everyday things that affect feelings and the importance of expressing feelings - To know that there are strategies to respond to feelings. - For some people gender identity does not correspond with their biological sex - Identify that there are different types of relationships and that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
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	- There are lots of ways mindfulness can help us. - Having a positive attitude to our learning can support our mental health and wellbeing. - Every feeling or emotion is OK and we are likely to feel a large range of emotions each day. Some emotions we experience may feel uncomfortable so having some strategies to manage these can be helpful. Although we can't choose what happens to us or even how we feel about it, we can choose how to react. Having these strategies can allow us to take time to understand our feelings and have more choices about how we behave in response to them.	important we know about these and make choices which help to protect our safety and wellbeing. - It is important we take medicines correctly and use household products safely, following given instructions at all times. and illegal drugs which carry risks and can have harmful effects on the human body. Drug use can become a habit which can be difficult to break. There are laws about the use of legal drugs and some drugs are illegal to own, use and give to others. - We can learn how to recognise an emergency situation and respond and react appropriately, including calling the emergency services. We should follow DR ABC (Danger, Response, Airway, Breathing and Circulation) to help us decide the best course of action. First aid involves being one of the first people at a scene when someone is injured or ill and using techniques for dealing with common injuries and illness.	remember that people can pretend to be someone else online. - With so many people having access to the Internet it is very easy to find out information. It is also very easy to share information. - Personal information can be used to identify us so people know exactly who we are. It is very important to keep our personal information, including passwords and passcodes, private and not share it online. - If you are at all worried about something that has been shared online, it is important to speak to - a trusted adult straight away. - There are many ways we can help to protect our digital wellness. - It is also important to make sure we have a balance of online and offline activities and speak to a trusted adult about anything that makes us feel uncomfortable.	shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)	Healthy relationships should not involve an imbalance of power. Instead, each person involved should feel comfortable and valued. We should also not be put in a position which makes us feel any uncomfortable emotions. If anything happens that makes us feel uncomfortable emotions, it is important that we speak to a trusted adult straight away. - Every relationship has ups and downs and people sometimes disagree. This is a normal part of relationships. As we are all different, we each have our own opinions and ideas so it is likely we will feel differently from our friends about things every now and then. It can therefore be helpful to have some positive strategies for resolving conflicts.	- Marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong - Forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others - People who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart and to recognise and respect that there are different types of family structure and that families of all types can give family members love, security and stability.
Visit/Special Occasions						

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