

**Eastbury Primary School: PSHE Progression Map 2020**

	<b>Autumn 1 and 2</b>		<b>Spring 1 and 2</b>		<b>Summer 1 and 2</b>	
<b>Year 1</b>	<p><b>Topic Title:</b> Being me in</p> <p><b>Key knowledge:</b> Identify hopes and fears for the coming year. Understand the rights and responsibilities I have in class. Understanding the need for rules. Understanding rewards and consequences</p> <p><b>Key Skills:</b> Understanding my feelings, learning behaviour for learning.</p> <p><b>Key vocabulary:</b> Hopes, fears, challenges, rights, responsibilities, rewards, consequences</p>	<p><b>Topic Title:</b> Celebrating difference</p> <p><b>Key knowledge:</b> How we are similar different to our peers. What makes me special and differences in culture. Identify bullying</p> <p><b>Key Skills:</b> To tolerate others. To know how to make fiends. To know what to do when they or others are being bullied</p> <p><b>Key vocabulary:</b> Similar, different, culture, hobbies, bullying, friend, friendship</p>	<p><b>Topic Title:</b> Dreams and Goal</p> <p><b>Key knowledge:</b> Identify things that they are good at and want to get better at. Understand how to work well with others. Understand barriers to our goals. Understand that challenges stretch us</p> <p><b>Key Skills:</b> Set simple goals. Use skills to overcome barriers</p> <p><b>Key vocabulary:</b> Goals, targets, barriers, challenges</p>	<p><b>Topic Title:</b> Healthy Me</p> <p><b>Key knowledge:</b> Know the difference between healthy and unhealthy choices. Know the dangers of germs and illnesses. Know dangerous household objects. Know how medicines help you. Know the dangers of the road</p> <p><b>Key Skills:</b> Know skills to make healthy choices. To know how to wash my hands and body. To identify dangerous household objects. Know the steps before crossing the road</p> <p><b>Key vocabulary:</b> Healthy, unhealthy, fats, carbohydrates, protein, fruit and vegetables, balanced diet, soap, water, shower, bath, bleach, pills, cream,</p>	<p><b>Topic Title:</b> Relationships</p> <p><b>Key knowledge:</b> To know that you belong to a family and that there are different types. To know how to make friends and ways of greeting people. To know who to ask help from. To recognise good qualities of a person.</p> <p><b>Key Skills:</b> To tolerate others and their different families. To know which greeting would be most appropriate to certain individuals. To praise myself and others</p> <p><b>Key vocabulary:</b> Mum, dad, brother, sister, step- dad, step mum etc. , qualities, greetings, handshake, hug, kiss</p>	<p><b>Topic Title:</b> Changing me</p> <p><b>Key knowledge:</b> To know lifecycle of animals and humans. To know the difference between me and my peers, know the differences between boys and girls.</p> <p><b>Key Skills:</b> To understand the changes that I'm going through and to stay calm about this.</p> <p><b>Key vocabulary:</b> Vagina, penis. Stereotypes, baby, toddler, child, teenage, adult, elderly.</p>
<b>Year 2</b>	<p><b>Topic Title:</b> Being me in my world</p> <p><b>Key knowledge:</b> Understand the rights and responsibilities I have in class.</p>	<p><b>Topic Title:</b> Celebrating Difference</p> <p><b>Key knowledge:</b> Understand that assumptions are sometimes made</p>	<p><b>Topic Title:</b> Dreams and Goals</p> <p><b>Key knowledge:</b> Know what a realistic goal is. To understand what persevering is.</p>	<p><b>Topic Title:</b> Healthy me</p> <p><b>Key knowledge:</b> To know what is meant by healthy. To know ways to relax. To understand how medicines, work in my body.</p>	<p><b>Topic Title:</b> Relationships</p> <p><b>Key knowledge:</b> To know the different members of a family. Explain why they are important to them. To</p>	<p><b>Topic Title:</b> Changing me</p> <p><b>Key knowledge:</b> To know physical differences between males and females. Understand boy and girl</p>

	<p>Understanding the need for rules. Understanding rewards and consequences</p> <p><b>Key Skills:</b> Understanding my feelings, being self critical, learning behaviour for learning.</p> <p><b>Key vocabulary:</b> challenges, rights, responsibilities, rewards, consequences</p>	<p>about boys and girls. Understand that bullying sometimes stems from difference. I can recognize what is right and wrong and know how to look after myself. Understand it's ok to be friends with people different from me.</p> <p><b>Key Skills:</b> Recognise stereotypes Stand up for myself.</p> <p><b>Key vocabulary:</b> Similar, different, culture, hobbies, bullying, friend, friendship</p>	<p>Understand how to work with people I get on with and those I find difficult. I know how to share success.</p> <p><b>Key Skills:</b> To set realistic goals. To work with all kinds of people. To stay modest but be proud of myself.</p> <p><b>Key vocabulary:</b> Goals, targets, barriers, challenges, realistic, preserving</p>	<p>I can sort foods into the correct food group. I know foods that give my body energy.</p> <p><b>Key Skills:</b> I can choose healthy choices. I can create a balanced diet plate. I can choose foods to give my body energy.</p> <p><b>Key vocabulary:</b> Healthy, unhealthy, fats, carbohydrates, protein, fruit and vegetables, balanced diet, soap, water, shower, bath, pills, relaxation, exercise, films, reading</p>	<p>know different physical contact which ones are alright and which ones are not. To know some things that cause conflicts with friends. To understand some secrets are good to keep and some are not. To know people in school and the community that help me and appreciate them.</p> <p><b>Key Skills:</b> To appreciate family members and that other children's families are different. To pick up if physical contact makes me uncomfortable and tell someone. To tell an adult any bad secrets. To know where to go for certain types of help</p> <p><b>Key vocabulary:</b> Mum, dad, brother, sister, step- dad, step mum etc. , physical contact, conflict, secrets, teacher, parents, doctors, nurses, police officer etc.</p>	<p>stereotypes. Understand the human lifecycle. To know how to be assertive. To understand the emotions when changing class</p> <p><b>Key Skills:</b> To understand the changes that I'm going through and to stay calm about this. To understand how to assertive in different situations and make my own choices</p> <p><b>Key vocabulary:</b> Vagina, penis. Stereotypes, baby, toddler, child, teenage, adult, elderly.</p>
Year 3	<p><b>Topic Title:</b> Being me in my world</p> <p><b>Key knowledge:</b> Understand their own worth and good things about themselves. To know how to respond to</p>	<p><b>Topic Title:</b> Celebrating Difference</p> <p><b>Key knowledge:</b> Understand that other's families are difference. Understand that conflicts and</p>	<p><b>Topic Title:</b> Dreams and Goals</p> <p><b>Key knowledge:</b> Identify a person who has faced challenges but has achieved them. Identify ambitions that</p>	<p><b>Topic Title:</b> Healthy me</p> <p><b>Key knowledge:</b> Understand how exercise affects your body including eternal organs. Know that the amount of calories and sugar that food has affects</p>	<p><b>Topic Title:</b> Relationships</p> <p><b>Key knowledge:</b> To understand different roles within a family and reflect on male and female roles. To understand what makes a</p>	<p><b>Topic Title:</b> Changing me</p> <p><b>Key knowledge:</b> To know physical differences between males and females. Understand appropriate physical contact and that</p>

	<p>challenges positively. Understand why rules are needed and how they relate to rights and responsibilities. Understand how my actions affect other people. Understand responsible choices.</p> <p><b>Key Skills:</b> To be resilient. To make responsible choices and follow the roles</p> <p><b>Key vocabulary:</b> challenges, rights, responsibilities, rewards, consequences, perseverance</p>	<p>differences sometimes happen in families. Understand what it means to be a witness to bullying and that they can make a situation better of worse know that sometimes words are used in a hurtful way.</p> <p><b>Key Skills:</b> To able to deal with conflict in the family unit. Identify bullying and know how to deal with it if I'm a witness.</p> <p><b>Key vocabulary:</b> Similar, different, culture, hobbies, bullying, friend, friendship, witness, hurtful words</p>	<p>are important to them. Understand how to overcome challenges. Understand how to evaluate the learning process</p> <p><b>Key Skills:</b> To have a positive role model. To be ambitious. To be able to problem solve.</p> <p><b>Key vocabulary:</b> Goals, targets, barriers, challenges, realistic, preserving, ambitious, evaluate</p>	<p>your health. Know individuals that can help you and have strategies for keeping myself safe. Develop knowledge of drugs and understand a positive attitude towards it. Understand the complexity of our bodies.</p> <p><b>Key Skills:</b> To choose healthy choices. I can make healthy choices including those towards drugs. To treat their bodies with respect.</p> <p><b>Key vocabulary:</b> Healthy, unhealthy, fats, carbohydrates, protein, fruit and vegetables, balanced diet, soap, water, shower, bath, pills, relaxation, exercise, films, reading</p>	<p>good friendship. To understand how to stay safe online. Understand the actions of those around the world help and influence our lives. Understand the rights of child around the world. Understand how to express appreciation of friends and family</p> <p><b>Key Skills:</b> To appreciate family members and not stereotype female and male roles. To take turns and listen effectively. To choose to be a global citizen. Be supportive of those less fortunate</p> <p><b>Key vocabulary:</b>  Mum, dad, brother, sister, step- dad, step mum etc. , physical contact, conflict, teacher, parents, doctors, nurses, police officer, global citizen, online, social media, chat rooms, blogs, internet</p>	<p>each person is allowed to say if it is a touch they like or don't like. Understand different families and those to go for for help. Understand the changes for next year</p> <p><b>Key Skills:</b> To understand the changes that I'm going through and to stay calm about this. To understand how to assertive in different situations and make my own choices</p> <p><b>Key vocabulary:</b> Vagina, penis. Stereotypes,</p>
Year 4	<p><b>Topic Title:</b> Being me in my world</p> <p><b>Key knowledge:</b></p>	<p><b>Topic Title:</b> Celebrating Difference</p> <p><b>Key knowledge:</b></p>	<p><b>Topic Title:</b> Dreams and Goals</p> <p><b>Key knowledge:</b></p>	<p><b>Topic Title:</b> Healthy me</p> <p><b>Key knowledge:</b> Understand how difference friendships are formed and</p>	<p><b>Topic Title:</b> Relationships</p> <p><b>Key knowledge:</b> Understand situations that cause jealousy.</p>	<p><b>Topic Title:</b> Changing me</p> <p><b>Key knowledge:</b> Understand the human lifecycle and the changes</p>

	<p>To know how attitudes and actions affect a team. To understand who is the school community and the role of themselves in it. To understand democracy. Understand that their actions affect others and to develop empathy. Understand how groups make decisions. Understand the role of school council</p> <p><b>Key Skills:</b> To be a team player, to be empathetic. To help the school community by giving our opinion</p> <p><b>Key vocabulary:</b>  Team work, empathy, opinion, democracy, community, roles</p>	<p>Understand that we sometimes make assumptions about people based on how they look. Understand the influences for these assumptions. Understand that bullying is difficult to spot and what to do. Understand why sometimes individuals join in the bullying. Understand that each individual is special</p> <p><b>Key Skills:</b> Critical thinking. Assertiveness, appreciating others</p> <p><b>Key vocabulary:</b> Similar, different, culture, hobbies, bullying, friend, friendship, witness, hurtful words</p>	<p>Understand what hopes and dreams are. Understand that not all dreams and goals happen. Understand how to make new plans and set new goals. understand the step to take to achieve a goal.</p> <p><b>Key Skills:</b> Set simple goals or dreams. Overcoming difficult and hurtful situations. Reevaluate and set new goals. Braking down problems</p> <p><b>Key vocabulary:</b> Goals, targets, barriers, challenges, realistic, preserving, ambitious, evaluate</p>	<p>how I fit into them and the friends I value the most. Understand the roles within friendship groups. Understand the affects of smoking. Understand the affects of alcohol. Understand when people are putting pressure on me and explain ways to resist. Understanding morals</p> <p><b>Key Skills:</b> Leadership skills, making healthy choices, assertiveness, dealing with peer pressure.</p> <p><b>Key vocabulary:</b> Friendship, roles, leadership, cigarette, smoking, lungs, heart, alcohol, drunk, wasted, peer pressure, assertiveness.</p>	<p>Identify people they love and why they are special. Understand how to cope with people I no longer see. Understand how friendship change and how to manage a fall out with friends. Understand what is meant by boyfriend and girlfriend and special relationships</p> <p><b>Key Skills:</b> Coping with jealousy, appreciation of those around me, coping with lost, conflict resolution strategies,</p> <p><b>Key vocabulary:</b>  Jealously, love, appreciate, death bereavement, loss, moved away, conflict, resolution, boyfriend, girlfriend</p>	<p>our bodies go through as we get older. Understand some of the changes our bodies go through during puberty. Beginning to relate puberty to reproduction.</p> <p><b>Key Skills:</b> Self care, empathy towards the opposite gender.</p> <p><b>Key vocabulary:</b> Baby, child, teenage, adult, elderly, puberty, hair, voice breaking, breasts, menstruation</p>
Year 5	<p><b>Topic Title:</b> Being me in my world</p> <p><b>Key knowledge:</b> To know how to face new challenges and set goals. Understand my rights and responsibilities as a citizen of my country and school. To</p>	<p><b>Topic Title:</b> Celebrating Difference</p> <p><b>Key knowledge:</b> Understand that we sometimes make assumptions about people based on how they look. Understand the influences for these assumptions.</p>	<p><b>Topic Title:</b> Dreams and Goals</p> <p><b>Key knowledge:</b> Understand money is important to achieve some dreams. Know a range of jobs and explore how much each job earns. Understand what motivates individuals to</p>	<p><b>Topic Title:</b> Healthy me</p> <p><b>Key knowledge:</b> Understand the health risks of smoking. Understand the risk of misusing alcohol. Know some emergency procedures and know how to get help in an emergency. Understand how popular culture promotes a certain</p>	<p><b>Topic Title:</b> Relationships</p> <p><b>Key knowledge:</b> Understand who I am as a person in terms of my characteristics and personal qualities. understand that belonging to an online community can have positive and negative</p>	<p><b>Topic Title:</b> Changing me</p> <p><b>Key knowledge:</b> Understand the emotional and physical changes that occur during puberty. Know male and female changes in puberty in more detail. Understand the affect of the reproductive system.</p>

	<p>understand rewards and consequences and my behaviour are related. Understand how an individual's behaviour affects a group. Understand democracy and its benefits the community.</p> <p><b>Key Skills:</b> Perseverance, responsible, good behaviour, confident to speak out.</p> <p><b>Key vocabulary:</b> Team work, empathy, opinion, democracy, community, roles</p>	<p>Understand that bullying is difficult to spot and what to do. Understand why sometimes individuals join in the bullying. Understand that each individual is special</p> <p><b>Key Skills:</b> Critical thinking. Assertiveness, appreciating others</p> <p><b>Key vocabulary:</b> Similar, different, culture, hobbies, bullying, friend, friendship, witness, hurtful words</p>	<p>achieve it. Understand the dreams and goals from a culture different to our own. Understand communicating with someone in a different culture helps us learn from each other. Encourage my peers to support those abroad to meet aspirations.</p> <p><b>Key Skills:</b> Budgeting, valuing money, identify a job I like to do, be motivated, empathy, awareness of world.</p> <p><b>Key vocabulary:</b> Money, salary, earnings Goals, targets, barriers, challenges, realistic, preserving, ambitious, evaluate, culture, differences, similarities</p>	<p>body type. Understand the different roles food can play in peoples lives and understand how eating problems develop. Understand a healthy lifestyle including eating.</p> <p><b>Key Skills:</b> Responsibility. Good life style choices, critical, developing a positive attitude to self</p> <p><b>Key vocabulary:</b> Smoking, cigarette, alcohol, lungs, liver, heart, anti-social behavior, drunk, wasted, popular culture, magazine, photo shop, air brushing, anorexia, bulimia</p>	<p>consequences. Understand the rights and responsibilities in an online community. Understand the rights and responsibilities when playing a game online.</p> <p><b>Key Skills:</b> Develop self esteem, responsible online actions, recognise when too much time is being spent online, explain how to stay safe when communicating online.</p> <p><b>Key vocabulary:</b> Self-esteem, online, internet, screen- time, gaming, facebook, Instagram, snapchat, twitter, fortnite</p>	<p>Understand puberties impact on physical hygiene.</p> <p><b>Key Skills:</b> Self care, empathy towards the opposite gender.</p> <p><b>Key vocabulary:</b> puberty, hair, voice breaking, breasts menstruation wet dreams, erection, semen, periods tampon, sanitary towels</p>
Year 6	<p><b>Topic Title:</b> Being me in my world</p> <p><b>Key knowledge:</b> To identify goals and understand the worries and fears for the year ahead. Understand the universal rights for all children. Know that not all of these are met for everyone. Understand that my actions affect</p>	<p><b>Topic Title:</b> Celebrating Difference</p> <p><b>Key knowledge:</b> Understand the different perceptions of normal. Understand how being different could affect someone's life. Understand the ways one person can have power over another. Understand</p>	<p><b>Topic Title:</b> Dreams and Goals</p> <p><b>Key knowledge:</b> Know my learning strengths and know how to set realistic goals. Understand learning steps to reach a goal and understand how to motivate myself. Understand problems in the world and discuss with others. Know how to work</p>	<p><b>Topic Title:</b> Healthy me</p> <p><b>Key knowledge:</b> Understand how to take responsibility for my own health. Know about the different types of drugs and their affect on liver and heart. Understand how some people can be exploited and made to do things against the law. Understand why people</p>	<p><b>Topic Title:</b> Relationships</p> <p><b>Key knowledge:</b> Understand know that is it important to look after of our mental health. Understand the different stages of grief and that there are different types of loos. Recognize people who are trying to gain power. Understand whether something online is safe</p>	<p><b>Topic Title:</b> Changing me</p> <p><b>Key knowledge:</b> Understand why the body changes during puberty, understand physical and emotional relationships. Understand the process of conception and pregnancy. Understand positive and negative</p>

	<p>others and the local community. Understand how rewards and consequences feel and know how these relate to rights and responsibilities. Understand how an individual affects a group. Understand democracy.</p> <p><b>Key Skills:</b> Awareness of others in the world, global citizen, make choices about my own behaviour</p> <p><b>Key vocabulary:</b> Team work, empathy, opinion, democracy, community, roles</p>	<p>why people use bullying behaviours. Know disabled individuals that lead amazing lives. Understand how difference can be a source of conflict and cause of celebration</p> <p><b>Key Skills:</b> Critical thinking. Assertiveness, appreciating others. Identifying and coping with bullying</p> <p><b>Key vocabulary:</b> Similar, different, culture, hobbies, bullying, friend, friendship, witness, hurtful words, perception</p>	<p>with others to make the world a better place. Know that some people in class admire me and accept praise</p> <p><b>Key Skills:</b> Setting goals, create steps to achieve goals, awareness of world problems, accepting compliments.</p> <p><b>Key vocabulary:</b> Goals, targets, barriers, challenges, realistic, preserving, ambitious, evaluate, culture, differences, similarities, admiration</p>	<p>join gangs. Understand what is meant by being emotional well and explore attitudes to mental illness. Recognise stress and triggers and understand how this can lead to drug and alcohol misuse.</p> <p><b>Key Skills:</b> Responsibility. Good life style choices, critical, developing a positive attitude to self, developing a positive attitude to mental illness.</p> <p><b>Key vocabulary:</b> Smoking, cigarette, alcohol, lungs, liver, heart, anti-social behavior, drunk, wasted, mental illness, depression, anxiety</p>	<p>and helpful to me. Use technology positively and safely communicating with my friends and family.</p> <p><b>Key Skills:</b> Develop self esteem, responsible online actions,, explaining how to stay safe when communicating online.</p> <p><b>Key vocabulary:</b> Self-esteem, online, internet, screen- time, gaming, facebook, Instagram, snapchat, twitter, fortnite, grief, loss, bereavement</p>	<p>ways to communicate in a relationship</p> <p><b>Key Skills:</b> Self care, empathy towards the opposite gender.</p> <p><b>Key vocabulary:</b> puberty, hair, voice breaking, breasts menstruation wet dreams, erection, semen, periods tampon, sanitary towels, conception sex, relationship, positive, negative</p>
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