

PSHE Progression at Dorchester Primary School

	<u>Areas of study</u>		
	<u>Me and My Body / Health and Wellbeing</u>	<u>Me and My Friends/ Relationships</u>	<u>Me and My Community / Living in The Wider World</u>
	Me and My Body	Me and My Friends	Me and My Community
Nursery	<ul style="list-style-type: none"> What are the classroom rules? How do I ask for help? How do we use the toilet? (How to be independent when using the toilet - washing hands etc) Healthy eating - what is a healthy snack? What is the importance of drinking water? Exercise - why do we need to exercise? How do we look after ourselves?- being assertive, saying yes/no to others, talking and playing nicely, solving conflicts What is hygiene? What is healthy eating? Hunger - does everyone have food? How do we make healthy snacks such as smoothies? What is exercise? How do we change our own clothes? 	<ul style="list-style-type: none"> Play - children can play in a group in cooperation with their peers and elaborating ideas, they initiate play with others. Children understand that it's okay to play on your own Sharing - children engage in collaborative play, allowing others to use the resources they have within their play. Being kind - friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults. Recognising emotions and mental health - can recognise simple emotions such as happy, sad, tired and identify what that looks like facially, within themselves and others. How to deal with fears Members of my family Different families, traditional families, single parents, LGBT, Siblings 	<ul style="list-style-type: none"> Expectations - how to deal with different occasions and activities. Belonging - who do you belong to? How do we show others that they belong/ are included? Differences between them and others (physical, social, cultural etc). Cultural traditions and Special celebrations.. How do we speak about others? Power of positive feedback and the messages we give to others. Taking risks. Road safety What our town looks like. Homes Comparison with another country Look at another language- learn hello, goodbye. What languages are in your classroom?
Vocabulary for Nursery	Toilet, healthy, exercise, clothes, hunger	Play, share, kind, friends, feelings, family, brother, sister, mum, dad etc.	Celebrate, safe, hello and goodbye
	Me and My Body	Me and My Friends	Me and My Community
Reception	<ul style="list-style-type: none"> Goals and rules for the year - listening, behaviour choices etc What do I like? describe what you like and what is important to you. 	<ul style="list-style-type: none"> Play - play cooperatively, taking turns with others. Sharing – They take account of one another's ideas about how to organise their activity and 	<ul style="list-style-type: none"> Celebrations - look at a range of different celebrations from a variety of cultures. How are they celebrated? Look at how these compare to their own celebrations.

	<ul style="list-style-type: none"> ● Healthy eating - what is a healthy snack, importance of drinking water. ● Exercise - The importance of exercise, what happens to our body when we have been exercising? ● Hygiene -manage their own basic hygiene and personal needs successfully, including going to the toilet independently and knowing when and why we wash our hands. ● Independence when undressing and dressing for PE. ● Healthy eating - look at what is a healthy/ unhealthy food and why. ● Explore foods from other cultures. ● Exercise- The importance of exercise, what happens to our body when we have been exercising? ● Different forms of exercise/sports. ● What makes good play? Being able to speak about how to resolve conflicts and showing understanding of a good relationship. ● How to ask for help. 	<ul style="list-style-type: none"> resources. ● Friends - what does it mean to be a good friend, how can we deal with conflict appropriately. ● Understanding emotions - can recognise emotions such as happy, sad, tired, angry/ worried, anxious and identify what that looks like, how it makes them feel and what happens to their body. ● How do we show resilience/ perseverance - what happens when something doesn't go our way? ● What makes me, me? How do I express myself and show my feelings? Zones of regulation. ● Consequences - how does my behaviour affect the people around me? ● Who is in your family? ● Wider family. ● Different families - traditional families, single parents, LGBT, foster families, step families. ● Cultural familial differences. 	<ul style="list-style-type: none"> ● Know about similarities and differences between themselves and others, and among families, communities and traditions. ● Places of worship- how do different faiths worship and where? ● How does this compare to your own beliefs? ● Ask parents, family members to come in and share their experiences. ● Road safety - learn how to cross the road safely, visit Yippy. ● What our town looks like. ● Explore other cultures - what cultures are in our classroom? What countries do we come from? ● Where do you go on holiday? How does it compare to your town? ● Look at an alternative culture eg Africa- what are the different communities like, are they the same? ● Be aware that not all places are the same in one country or continent. ● Compare villages and cities.
Vocabulary for Reception	Healthy eating, hygiene, wash, independent, sport	Take turns, solve conflict, emotions, wider family, cultural differences	Culture, similarities and differences, worship, holidays, villages vs cities
	Me and My Body	Me and My Friends	Me and My Community
Y1	<ul style="list-style-type: none"> ● Physical/ emotional health. ● Identifying and managing feelings. ● Agreeing rules. ● Making informed choices for a balanced lifestyle. ● Making independent decisions about food. ● Speaking about media representations and how some can make us feel. ● Reflecting on our achievements, aspirations and goals. ● Speaking about medicines and 	<ul style="list-style-type: none"> ● How to communicate feelings. ● Dealing with loss. ● Keeping secrets/ telling lies. ● The responsibility of keeping ourselves safe, and the right to say no. ● Recognising different feelings and how people respond to our feelings. ● Recognising positive and negative behaviour. ● Recognising what is fair and unfair, right and wrong. ● Recognising that some people's bodies are different, and some people's bodies work 	<ul style="list-style-type: none"> ● Differences and similarities between people. ● Contributions to home and school life. ● Rights of the child. ● Taking turns and borrowing. ● Ways in which we are unique. ● People in our community and people who help us. ● Road safety. ● Cycle safety. ● Online safety. ● Global warming and animal welfare. ● Energy conservation.

	<p>household chemicals which could be harmful.</p> <ul style="list-style-type: none"> ● Know what is meant by privacy and what things we must keep private, including our private parts. ● Promoting positive physical, mental and emotional health. ● Personal hygiene. ● How diseases are spread. ● From the young to the elderly. ● Changing independence. ● Body parts including genitals. ● Being safe online. 	<p>differently.</p> <ul style="list-style-type: none"> ● Recognising unkind and bullying behaviours. ● Strategies to get help when we are feeling teased or bullied. ● Family networks and who to talk to. ● Ways to ensure we feel safe in our family environments. ● Recognising the responsibility we have to keep ourselves safe. ● Identifying differences in families. 	
Vocabulary for Y1	Physical and emotional health, managing feelings, balanced lifestyle, medicines, privacy, diseases, change	Feelings, loss, secrets, lies, bullying, who to talk to, safety	Home and school, unique, people who help us, road/ cycle/ online safety, animals, changing world
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Y2	<ul style="list-style-type: none"> ● Benefits of healthy eating/ exercise. ● Our body and safe touch – PANTS rule. ● Reflecting on ourselves and our similarities to others. ● Making class rules and the importance of keeping them. ● Making informed choices and being neutral in our decision making. ● The importance of privacy in a wider context, including address etc. ● Balanced lifestyle. ● Promoting positive physical, mental and emotional health. ● Ways our mental health might be impacted. ● Safe touch and body parts. ● From the young to the elderly. ● Changing independence. 	<ul style="list-style-type: none"> ● Supporting each other and sharing opinions. ● Recognising that our behaviour affects others. ● To share opinions on things that matter to them. ● To offer constructive feedback to others. ● Recognising the difference between teasing and bullying. ● Family networks. ● Who to talk to. ● Protecting children from secrets/ disclosure. ● Special people. ● Acceptable physical contact. ● Ways to ensure we feel safe in our family environments and what we can do if we don't feel safe. 	<ul style="list-style-type: none"> ● Understanding differences and similarities. ● Celebrating uniqueness. ● Identifying special people. ● Dealing with emergencies. ● Human rights – rights of the child. ● Contributing to wider society. ● Different groups in the family and in school. ● Road safety. ● Cycle safety. ● Online safety. ● Protecting/ harming the environment. ● Animal welfare. ● Understanding money.

Vocabulary for Y2	Class rules, informed choices, privacy, self-reflection	Opinions, feedback, teasing vs bullying, talking to safe adults, safe touch, family networks	Special people, emergencies, environment, animal welfare, money
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Y3	<ul style="list-style-type: none"> ● Mental, physical and emotional health. ● Informed choices about themselves and others. ● Setting goals. ● Feelings. ● Vocabulary linked to privacy. ● Healthy eating. ● Defining dangers and hazards and how we can respond to them. ● Bacteria and viruses and how they spread. 	<ul style="list-style-type: none"> ● Marriage and relationships. ● Civil partnerships and relationships where couples are not married. ● Loss and bereavement. ● Safe touch. ● Social media and issues surrounding it. ● People - People who help us. ● Responding to others in tricky situations. ● Team work in school and out of school. ● Bullying and how to deal with bullies. ● Speaking about secrets and why it is important that we don't keep secrets. 	<ul style="list-style-type: none"> ● Human rights. ● Increased responsibility within the school environment. ● Links to the community. ● Keeping safe online. ● Differences between ourselves and others. ● Money. ● Road safety and how this presents itself in our journeys to school. ● How we respond to strangers online and any requests for images/ meeting up. ● Any topical issues in the news at the moment.
Vocabulary for Y3	Mental/ physical and emotional health, setting goals, dangers and hazards, bacteria and viruses	Bereavement, team work, marriage, civil partnerships, social media	Human rights, responsibility, journeys, strangers, customs, topical issues
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Y4	<ul style="list-style-type: none"> ● Mental, physical and emotional health. ● Setting goals for the year. ● Expressing our feelings in different ways. ● Privacy and what that means to us. ● Healthy eating and making informed choices about our food. ● Viruses and how they spread. ● Safe touch and keeping our bodies safe. 	<ul style="list-style-type: none"> ● Adult relationships and talking about separation, single parents etc. ● People who help us. ● Consequences to our actions, both good and bad. ● Teamwork in school and out of school. ● Bullying and how to overcome it. ● Peer pressure and how to make informed choices which are best for us. ● Secrets and how to respond if someone asks us to keep a secret. 	<ul style="list-style-type: none"> ● E-safety and why it is important. - Social media and why it is important to follow the age restrictions. ● Cultural differences in our school and the wider community. ● Human rights and the rights of the child. ● Defining the word community and how we can use it in our classroom. ● Money. ● Values and customs of different groups (not necessarily religious). ● Any topical issues in the news at the moment. ● Risk management e.g. road safety, risks in their environment. ● Road safety and how we can protect ourselves. ● How to deal with strangers online.

Vocabulary for Y4	Expressing feelings in different ways, informed choices about food, risk management, how viruses spread	Separation, single parents, consequences, peer pressure, body safety	E-safety, community, protection, values and customs
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Y5	<ul style="list-style-type: none"> • Mental, physical and emotion health and wellbeing. • How to live a balanced life style and stay healthy. • Setting goals for their emotions for the year – friendships, learning etc. • How do we show different emotions and feelings? How do we respond when others display these emotions to us? • Importance of personal privacy – physically, socially and mentally. • Healthy diet – (Small change big difference) • Eating disorders – factual – what are they? • Staying healthy with bacteria and viruses – how are they spread – importance of inoculations – link to travel worldwide. • How does the media influence us and the decisions we make? Photoshopped images. • What are the dangers and hazards of trusting certain websites? 	<ul style="list-style-type: none"> • Family relationships, different relationships and family units – divorce, step families, adoption, fostering etc. • People who help us. Who are they and how do they do it? How does this group change as we get older? • Unhealthy relationships – what do they look like and what can we do about them? • Peer pressure and how to resist it. • Sex Education - Gestation of animals and babies. • Body changes – how have their bodies changed since childhood – stages of development. • Arranged marriages - What are they and why do we have them? • Safe touch. • How do our relationships change as we grow older? • Different kinds of relationships including LGBT. • Anti-bullying. 	<ul style="list-style-type: none"> • E-safety – criminal ages for online social media. • Stereotypes: Difficulties in age, gender, sexual orientation, disability. • What are the rights for all children? • Money – how to earn it, legal age for work, how to use it wisely, bank accounts, debt etc. • What are some of the key groups in our community? Which clubs do they belong to? Sports, guides, scouts, music etc. • What is the law on modern day slavery and human trafficking? • Discrimination and segregation – Black history in USA. • Topical issues- What’s in the news? • Political parties – who are they and what do they stand for? • Who is the local council run by? • Road safety – How to stay safe in the roads. • Mobile phones – how to use safely and stay safe online using them – what to do when asked for images etc. • Challenges to stereotypes. • How to recognise fake news.
Vocabulary for Y5	Responding to emotions, personal privacy	Divorce, step families, adoption, fostering, unhealthy relationships, gestation, bodily changes, arranged marriages, different relationships	Stereotypes, working world, slavery, Black History, politics, phones, fake news
	Health and Wellbeing	Relationships	Living in the Wider World
Y6	<ul style="list-style-type: none"> • Mental, physical and emotional health and wellbeing – who can you contact 	<ul style="list-style-type: none"> • Different relationships – what is their role within them? 	<ul style="list-style-type: none"> • FGM i.e. making sure the children know that being touched without their consent is against the law.

	<p>and where can you get help if you need – NSPCC, ChildLine, Young minds, Samaritans, Jigsaw etc.</p> <ul style="list-style-type: none"> • How to live a balanced life style and stay healthy. • Setting goals for their emotions for the year – SAT's, High School etc. • Importance of personal privacy – physically, socially and mentally. • Sex Education – biological. • Puberty – how our bodies change. • Reproduction. • Safe touch. • Age of consent. 	<ul style="list-style-type: none"> • How do we deal with peer pressure? How do we resist it? • How do we deal with bereavement? • How to deal with dares – within social and friendship setting. • How can they be dangerous and how can we stand against this type of bullying? • Different types of relationships – what are they and what role do we play in them? 	<ul style="list-style-type: none"> • Forced vs arranged marriages. • How does the law change for 10 year olds? What does this mean for criminal system? • What effect does the media have on society? • How to stay safe online – through social media. • Child soldiers and refugees. • Dealing with money – enterprise, interest, loans, different types of tax etc. • Apartheid. • Safety on public transport – how to stand against pressure of dares. • Eating disorders – factual – what are they? • Drugs – What is the law? (See Policy) (<i>covered Autumn 1</i>) • Alcohol – What is the law? How does it affect families? • How do we deal with conflicting emotions? How do we cope with conscience? • Habits and how do we change bad ones – bad language, biting nails etc. • How do we cultivate good habits? – reading, homework etc.
Vocabulary for Y6	Online help for emotional wellbeing, transition, social privacy, public transport, dares, eating disorders, drugs, habits	Different types of relationships, social pressures, sex education, reproduction, forced and arranged marriages	Child soldiers, refugees, dealing with money, racism, mental health around SATs and mobile phones