

Christ Church CE Primary School



Wellbeing & Distinctiveness

PSHE Progression of Skills

Intent

Here at Christ Church Primary School, the aim of our PSHE curriculum is to help children to acquire and develop knowledge and understanding of who they are as people, how the world around them works and important issues such as money, budgeting and finances. We also focus on helping our children form healthy relationships with those around them, giving them the tools to understand when they aren't healthy and to do this we link together with our school values. Our PSHE curriculum enables our pupils to know and understand issues in our society, culture and the wider world; to express and build on their own ideas and insights as well as listening and taking on board other people's differing ideas; to develop the ability to make reasoned and informed judgements about choices they make in their lives and the responsibility that comes along with those choices.

PSHE is taught throughout the school in such a way as to give the children reflection time to learn, grow and develop their own ideals as well as learn about societal values and philosophy.

At Christ Church Primary, PSHE plays an important role, along with all other curriculum areas, particularly Religious Education, in promoting the spiritual, moral, social, and cultural development of our children.

There are a number of key documents that support our planning and delivery of PSHE:

- *National Curriculum mapping document*
- *The journey of a Christ Church Child in P.S.H.E*
- *Vocabulary Progression document*
- *Intent, Implementation and Impact document for P.S.H.E*
- *Enrichment opportunities*



	Me and My Relationships							
	EYFS		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	What makes me special People close to me Getting help		Feelings Getting help Classroom rules Special people Being a good friend	Feelings Getting help Classroom rules Special people Being a good friend	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Healthy relationships Listening to feelings Bullying Assertive skills	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Assertiveness Cooperation Safe/unsafe touches Positive relationships
Vocabulary	Nursery like feel choose pants private penis vulva special feel look hug friends sad love adopt similar	Reception effort same different favourite family help feelings emojis kind helpful	Classroom rules rules safe responsibility together Thinking about feelings body language emotions safe support behaviour hurt heal Good friends friendship making up	Our ideal Classroom caring friendly rules How are you feeling today? feelings showing feelings help Bullying bullying repeated teasing regular	As a rule safety Special people falling out making up compromise How can we solve problems? conflict point of view collaborate cooperate Friends are special strategies calm apologise listen Thunks opinions respectful challenging Dan's Dare dare persuade My special pet responsibility care loss	Ok or not ok? healthy relationship positive responsibilities qualities excluded assertive aggressive negotiate rude consequences face-to-face An email from Harold physical effects name feelings eg: miserable distressed lonely apologetic calm confident When feelings change facial expressions body language Under pressure unkind tease bully pressure independent	Give and take resolution conflict negotiation compromise Communication non-verbal tone of voice How good a friend are you? sensitive insensitive Relationship cake recipe verbal abuse unhealthy relationship physical abuse sexual abuse uncomfortable touching unsafe Emotional needs emotional needs Being assertive passive aggressive	Solve the friendship problem balanced friendship assertive Dan's Day sensitive thoughtful response Behave yourself assertiveness resolution peer pressure Don't force me marriage civil partnership forced marriage illegal Acting appropriately appropriate inappropriate

	Valuing Differences						
	EYFS Similarities and difference Celebrating difference Showing kindness	Year 1 Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Year 2 Being kind and helping others Celebrating difference People who help us Listening Skills	Year 3 Recognising and respecting diversity Being respectful and tolerant My community	Year 4 Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Year 5 Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Year 6 Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping
Skills							
Vocabulary	<u>Nursery</u> different friendship friend family special kind sharing helpful feelings <u>Reception</u> special likes dislikes kindness new friend friendship	<u>Same or different</u> difference respect <u>Unkind, tease or bully?</u> unkind teasing bullying behaviour <u>Harold's school rules</u> rules safe fair <u>It's not fair</u> fair unfair <u>Special people</u> qualities feelings	<u>What makes us who we are?</u> unique respectful <u>How do we make others feel?</u> calm aggressive solve <u>Feeling left out</u> cooperate <u>An act of kindness</u> kind unkind feelings <u>Solve the problem</u> listening problem	<u>Respect and challenge</u> respect cooperation listening skills politeness courtesy manners <u>Family and friends</u> family adoption fostering same-sex couple blended family <u>My community</u> belonging community <u>Zeb</u> prejudice disability gender race colour sexuality	<u>Can you sort it?</u> negotiation compromise <u>What would you do?</u> aggressive apologise <u>That is such a stereotype!</u> stereotype <u>Friend or acquaintance?</u> sharing acquaintances <u>Islands</u> body space invade	<u>Happy being me</u> excluded discrimination prejudice <u>The Land of the Red People</u> diverse multicultural society <u>Is it true?</u> sex sexual orientation gender identification gender expression verbal abuse physical abuse <u>Stop, start, stereotypes</u> <i>prejudice</i> biological sex verbal abuse physical abuse <u>It could happen to anyone</u> embarrassed reactions consequences	<u>It's ok to be different</u> witness bystander unique confidence self-esteem <u>We have more in common than not</u> <i>diversity</i> <i>biological sex</i> sexual orientation <i>gender identity</i> gender expression <i>stereotypes</i> <u>Respecting differences</u> point of view cultural norms <i>respect</i> disrespect empathy <u>Advertising friendships</u> tolerance acquaintance <u>Boys will be boys?</u> media influence assumption

	Being my Best						
	EYFS	EYFS	EYFS	EYFS	EYFS	EYFS	EYFS
<u>Skills</u>	Keeping my body healthy – food, exercise, sleep Growth Mindset	Keeping my body healthy – food, exercise, sleep Growth Mindset	Keeping my body healthy – food, exercise, sleep Growth Mindset	Keeping my body healthy – food, exercise, sleep Growth Mindset	Keeping my body healthy – food, exercise, sleep Growth Mindset	Keeping my body healthy – food, exercise, sleep Growth Mindset	Keeping my body healthy – food, exercise, sleep Growth Mindset
<u>Vocabulary</u>	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm	<u>Nursery</u> challenge encourage keep trying get better at practice <u>Reception</u> bounce back encourage try again healthy fruit vegetable dairy exercise energy grow heart muscles routine calm

	Keeping Safe						
	EYFS	EYFS	EYFS	EYFS	EYFS	EYFS	EYFS
<u>Skills</u>	Keeping my body safe Safe secrets and touches People who help to keep us safe	Keeping my body safe Safe secrets and touches People who help to keep us safe	Keeping my body safe Safe secrets and touches People who help to keep us safe	Keeping my body safe Safe secrets and touches People who help to keep us safe	Keeping my body safe Safe secrets and touches People who help to keep us safe	Keeping my body safe Safe secrets and touches People who help to keep us safe	Keeping my body safe Safe secrets and touches People who help to keep us safe
<u>Vocabulary</u>	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust	<u>Nursery</u> help grown up tummy feelings tell unsafe safety signs weather careful labels medicine <u>Reception</u> keep clean keep safe fresh air cuddle doctor medicine unsafe safe uncomfortable worried trust

Rights and Responsibilities

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Skills</u>	Looking after things: friends, environment, money	Taking care of things: Myself My money My environment	Cooperation Self-regulation Online safety Looking after money – saving and spending	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy
<u>Vocabulary</u>	<u>Nursery</u> healthy snacks sugar germs wash hands fruit vegetables helping care look after clean tidy <u>Reception</u> help each other be alone working together responsibility caring environment recycling money shop buy cost pay save safe place	<u>Harold has had a bad day</u> behaviour consequences promise <u>Around and about the school</u> environment responsibility rules needs <u>Harold's money</u> bills spending afford worth bank saving <u>Basic first aid</u> first aid accident hazard danger burn scald emergency first aid	<u>Getting on with others</u> <i>responsibility</i> take turns share <u>When I feel like</u> <u>erupting</u> control erupt <u>Playing games</u> gamer personal information <u>Harold saves for</u> <u>something special</u> money saving spending <u>How can we look after</u> <u>our environment?</u> <i>environment</i> <i>responsibility</i>	<u>Helping each other to</u> <u>stay safe</u> helper <i>responsible</i> <u>Recount task</u> fact opinion <u>Our helpful volunteers</u> volunteer wellbeing <u>Can Harold afford it?</u> income saving spending earning <u>Let's have a tidy up</u> <i>environment</i> <i>responsibility</i> waste	<u>Who helps us stay</u> <u>healthy and safe?</u> reliable trustworthy <u>It's your right</u> laws United Nations <u>How do we make a</u> <u>difference?</u> rules democracy <u>It's in the news</u> influence opinion respectful courteous <u>Safety in numbers</u> anti-social behaviour witness <u>Harold's expenses</u> <i>income</i> expenditure essential <u>Why pay taxes?</u> <u>income tax</u> national insurance VAT deductions public services <u>Logo quiz</u> <u>conservation</u>	<u>Fact or opinion?</u> fact opinion biased unbiased <u>Mo makes a</u> <u>difference</u> voluntary group community group pressure group <u>Rights, responsibility</u> <u>and duties</u> rights duties <u>Spending wisely</u> costs wages salaries rent Fair Trade <u>Lend us a fiver!</u> borrow loan credit debit interest <u>Local councils</u> public services council vote elections councillors	<u>Two sides to every</u> <u>story</u> <i>biased</i> <i>unbiased</i> <i>fact</i> <i>opinion</i> <i>stereotype</i> <u>Fakebook friends</u> social media profile image online safety <u>What's it worth?</u> bank account <i>interest</i> debit card cash value <u>Happy shoppers</u> environmentally sustainable shop local food miles reuse <i>Fair Trade</i> <u>Action stations</u> mission statement values beneficiary <u>Project Pitch</u> campaign bid grant

	Growing and Changing						
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Skills</u>	Cycles Life stages Girls and boys – similarities and difference	Getting help Becoming independent My body parts Taking care of self and others	Life cycles Dealing with loss Being supportive Growing and changing Privacy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	Body changes during puberty Managing difficult feelings Relationships including marriage	Managing difficult feelings Managing change How my feelings help keeping safe Getting help	Coping with changes Keeping safe Body Image Sex education Self-esteem
<u>Vocabulary</u>	<u>Nursery</u> change grow seasons weather bigger taller adoption special needs private parts penis vulva different families <u>Reception</u> seasons life cycles grow change pregnancy testicles vagina privacy	<u>Healthy me</u> oxygen exercise <u>Then and now</u> change growing size height needs <u>Taking care of a baby</u> caring love attention needs <u>Who can help?</u> unkind unkindness tease teasing bully bullying witness experience <u>Surprise and secrets</u> surprise secret uncomfortable <u>Keeping privates</u> <u>private</u> <u>penis</u> <u>vulva</u> hygiene doctor private places	<u>A helping hand</u> help support supportive <u>Sam moves away</u> loss feelings emotions frightened nervous <u>Haven't you grown!</u> learning change making choices asking permission <u>My body, your body</u> unique special sperm eggs ovaries womb <u>Respecting privacy</u> genitals consent permission <u>Some secrets should</u> <u>never be kept</u> consent permission secret uncomfortable unsafe private parts	<u>Relationship tree</u> relationships positive healthy trust <u>Body space</u> personal space body space invade respect <u>None of your</u> <u>business</u> internet safety private public profile personal information <u>My changing body</u> puberty period ovary fallopian tube uterus (womb) menstruation pad tampon breasts womb wet dream fertilise pubic hair cervix menstrual cycle fertilise	<u>My feelings are all over the place</u> hormones <u>All change</u> puberty pubic hair testicles breasts ovaries womb clitoris labia semen legal age of consent marriage <u>Preparing for puberty</u> puberty menstrual cycle periods menstruation wet dreams testicles sperm semen <u>Together</u> marriage live together civil partnership forced marriage	<u>How are they feeling?</u> wellbeing resilience <u>Talking notice of our feelings</u> trust resilience unwanted attention unwanted touch <u>Dear Ash</u> in confidence break a confidence confidential erection crush Penis Weight gain Masturbation <u>Help I'm a teenager!</u> hormones compromise respect mood swings conflict puberty emotional changes <u>Dear Hetty</u> separation fostered Lots of words are repeated from year 4 - recap these.	<u>I look great!</u> body image self esteem manipulation <u>Pressure online</u> trust resilience right to privacy sharing online online safety <u>Is this normal?</u> puberty physical changes emotional changes rights mood swings spots voice deepening period products <u>Making babies</u> orgasm embryo womb sexual intercourse consensual age of consent

Enrichment Opportunities	Philharmonic visit - Year 2 Fun Food Chef - Year 6 Fire Safety – Fire fighters talk - KS1 Aladdin Theatre Trip - Whole School Nursery Autumn walk to Derby Park Nursery Visit from Fire Fighters Nursery Dental Health Talk from School Nurse Author Visit – Eamon Reilly - Whole School Author Visit - Jude Lennon -KS1 Kindness Workshop - Whole School Macmillan Coffee morning - Parents and children Children in Need - Whole School Well-being Week: Scoot Fit, Tri Kidz, Yoga, Packed Lunch Workshop - Whole School School Council elections - Year 2 - Year 6 Debate @ Town Hall - School Council Healthy food tasting - Whole School Healthy Lunch Box 'Market Stall' - Parents Kindness Week - Whole School			
Curriculum Links	Computing: Internet safety links throughout 'Keeping Safe', 'Valuing Differences' and 'Rights and Respect' - looking at social media influence, screen time, cyber bullying	Geography: Links to looking after our environment. Children learn how to respect and take care of the local environment and the wider world. 'Rights and Responsibilities'	Science: How the body works - 'Growing and Changing' Drugs and alcohol Healthy Eating - 'Being my Best' Seasons - 'Growing and Changing' in EYFS	DT Healthy Eating - 'Being my Best'