



Reception

Early Learning Goals

Personal, Social and Emotional Development Self-Regulation

Children at the expected level of development will:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self

Children at the expected level of development will:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.

Building Relationships

Children at the expected level of development will:

- Work and play cooperatively and take turns with others;
- Form positive attachments to adults and friendships with peers;
- Show sensitivity to their own and to others' needs.

Year 1

Topics

Topics	Mental Health <i>What am I feeling?</i>	Respect For All What makes me unique?	Citizenship How do we keep safe?	Relationships What makes a good friend?	Dreams and Goals Why are goals important?	RSE How do we look after our bodies?
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<p>Objective s</p>	<p>To recognise, name and deal with their feelings in a positive way;</p> <p>To learn about a range of different feelings and emotions To recognise, name and manage their feelings in a positive way</p> <p>To know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>To know that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>To know and understand the difference between the terms physical, emotional and mental</p>	<p>To identify what make me unique</p> <p>Explore and identify my strengths and weaknesses</p> <p>To discuss and explore individuality in community</p> <p>To explore how kindness helps team goals</p> <p>To learn about the types bullying behaviour</p>	<p>- To understand the reason why we have rules - To learn about rules as expectations - To understand to agree and follow rules for their group and classroom - To recognise why rules and expectations are important</p> <p>To recognise choices they can make, and recognise the difference between right and wrong;</p> <p>To realise that people and other living things have needs, and that they have responsibilities to meet them;</p> <p>To understand that they belong to various groups and communities, such as family and school</p>	<p>To understand the value of friendships in making us feel happy and valued.</p> <p>To explore how people choose and make friends</p> <p>To understand the characteristics of different relationships</p> <p>To explore the difference between a positive and negative relationship</p> <p>To understand the importance of resolution in maintaining a friendship</p>	<p>Know how to set simple goals</p> <p>Know how to achieve a goal</p> <p>Know how to work well with a partner</p> <p>Know that tackling a challenge can stretch their learning</p> <p>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</p> <p>Know when a goal has been achieved</p> <p>Recognise things that they do well • Explain how they learn best</p> <p>Celebrate an achievement with a friend</p> <p>Recognise their own feelings when faced with a challenge</p> <p>Recognise their own feelings when they are faced with an obstacle</p> <p>Recognise how they feel when they overcome an obstacle</p> <p>Can store feelings of success so that they can be used in the future</p>	<p>To understand that babies become children and then adults</p> <p>To know the physical differences between male and female babies</p> <p>To explore different types of families and know who to ask for help</p> <p>To understand why personal hygiene is important and how to keep our bodies clean.</p> <p>To know how to clean our teeth well.</p> <p>To learn how to get rid of germs by washing our hands.</p> <p>To understand how germs spread infections and diseases.</p> <p>To learn about where vegetables and fruit grow</p> <p>To learn to make simple choices that improve our health and well-being</p> <p>To recognise which types of food are healthy</p> <p>To know how important regular exercise is and why it's good for our health.</p> <p>To understand how muscles work.</p>
<p>Key Vocab</p>	<p>Feelings Emotions Resilience Mindfulness</p>	<p>Bullying Kindness Strengths Weaknesses Unique</p>	<p>Right Wrong Expectation</p>	<p>Positive Negative Friend Friendship Respect</p>	<p>Proud Success Achievement Goal, Celebrate Dreams</p>	<p>clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina, healthy, germs, meat, vegetables, muscle, exercise</p>



Year 2						
Topics						
	Mental Health <i>What is mental health?</i>	Respect For All How can I show respect?	Citizenship How can we protect ourselves from harm?	Relationships Are all families the same?	Dreams and Goals Is having a dream really that important?	RSE How will we change as we grow up?
Objectives	<p>To recognise names of emotions and methods of coping with them.</p> <p>To know how to make simple choices that improve their health and wellbeing;</p> <p>To learn about making positive choices and how they can lead to happiness</p> <p>To recognise, name and manage their feelings in a positive way</p> <p>To develop strategies on how to become self-aware of motions</p> <p>To Understand the value and importance of physical and mental health /To know and understand the difference between the terms physical, emotional and mental</p>	<p>Identify what is respect and how can we show respect to our community including the environment</p> <p>Understand the importance and how to work collaboratively as a class.</p> <p>To identify and respect the differences and similarities between people.</p> <p>To understand the difference between impulsive and considered behaviour</p> <p>To identify bullying behaviours and solutions</p>	<p><i>To understand the value of money and importance of saving.</i></p> <p><i>Understand how democracy keeps us safe.</i></p> <p><i>Identify how to prevent harm by evaluating risks.</i></p> <p><i>To identify and understand the importance of safe handling of medicine. Identify the importance and ways to keep safe around medicine</i></p>	<p>To explore why family is important</p> <p>Evaluate family values and what a family is.</p> <p>To explore different family units and how they vary in our community</p> <p>To understand how relationships affect our wellbeing.</p> <p>To explore how a breakdown in a relationship can affect wellbeing.</p>	<p>To identify the difference between goals and dreams</p> <p>To understand how goals should be SMART.</p> <p>To understand that dreams can be big or small and change over time.</p> <p>To understand that individuals have varying dreams and aspirations for their own future.</p> <p>To understand what is an aspiration and how they are the first step towards achieving dreams.</p> <p>To set and understand how goals help us in achieving our long-term dreams.</p>	<p>To understand the idea of gender stereotypes.</p> <p>To identify the differences between male and female babies.</p> <p>To explore the differences between males and females.</p> <p>To know the lifecycle of a human.</p> <p>To name body parts.</p> <p>To know what consent means and how we can practise asking consent.</p>
Vocab	<p>Empathy</p> <p>Self-care</p> <p>Coping Strategies</p> <p>Emotions</p> <p>Mental Health</p>	<p>Collaboratively</p> <p>Impulse</p> <p>Repeated</p> <p>Environment</p> <p>Tolerate</p> <p>Acceptance</p>	<p>Democracy</p> <p>Saving</p> <p>Risk</p> <p>Medicine</p>	<p>Family unit</p> <p>Wellbeing</p> <p>Community</p> <p>Secure</p> <p>safe</p>	<p>Goal</p> <p>SMART</p> <p>Target</p> <p>Dream</p> <p>Hope</p> <p>Achieve</p> <p>Progress</p>	<p>Consent</p> <p>Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina</p>



Year 3

Topics

	Mental Health How can we look after our mental health?	Respect For All How do we show respect to people who are different to us?	Citizenship Are all prescription drugs good for you?	Relationships What are the differences between online and face-to-face relationships?	Dreams and Goals Project Based Unit Are some goals more important than others?	RSE How are we similar and different?
Objectives	<p>To understand why setting goals is important</p> <p>To be able to distinguish between physical, emotional and mental health</p> <p>To know how to set realistic targets</p> <p>To understand the meaning of the word 'healthy'</p> <p>To identify and talk about their own and others' strengths and weaknesses and how to improve</p> <p>To know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p>	<p>To identify differences within our community and what makes me unique.</p> <p>To discuss and reflect on the importance of respect for those with differences.</p> <p>To understand what stereotypes are and how they affect society.</p> <p>To understand and appreciate the range of different cultures and religions represented within school</p> <p>To know how to recognise the difference between isolated hostile incidents and bullying</p>	<p>To understand that the internet is not always factual</p> <p>To establish rules for safe technology use and how to protect yourself online.</p> <p>To establish and differentiate the difference between drugs and medicine.</p> <p>To understand the effects drugs have on human bodies.</p> <p>To identify risks to self and develop strategies to decrease risks to harm</p> <p>To understand why financial management and planning is important from a young age</p>	<p>To know and understand the features of a good friend.</p> <p>To understand why it is important to be positive in relationships with others.</p> <p>To know how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>To know and understand the features of a good friend - To understand why it is important to be positive in relationships with others</p> <p>To know that people sometimes behave differently online, including by pretending to be someone they are not.</p> <p>To know that the same principles apply to online relationships as to</p>	<p>To evaluate the difference between dreams, aspirations and goals</p> <p>To identify a dream/ambition that is important to me</p> <p>To understand that goals and aspirations are subjective and require different effort levels.</p> <p>To understand the importance of teamwork to achieve a common goal.</p> <p>To understand that taking responsibility and my strengths as a learner can achieve a goal or challenge</p> <p>To recognise obstacles which might hinder my achievement and take steps to overcome them</p>	<p>To explore the differences between male and female body parts and be able to name them.</p> <p>To consider touch and to know that a person has the right to say what they like and dislike.</p> <p>To explore different types of families and who to go to for help and support.</p> <p>To know what constitutes a healthy diet</p> <p>To know where different foods come from</p> <p>To know about and understand the function of different food groups for a balanced diet</p>



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				face-to-face relationships, including the importance of respect for others online including when we are anonymous.		
Key Vocab	Self-esteem Mindfulness Emotions Resilience	Culture Stereotype Society Acceptance Tolerate community	Drugs Medicine Financial management factual	Excluded Anonymous Trust	Perseverance Determination Aspiration Inspiration Dream	carbohydrate, protein, fat, diet, nutrition,, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship



Year 4						
Topics						
	Mental Health How can our mental health be affected?	Respect For All Do all groups in society feel respected?	Citizenship How can I keep my money safe?	Relationships Who can I trust?	Dreams and Goals What happens if I fail?	RSE What changes will we see as we grow up?
Objectives	<p>- Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p> <p>- To be able to distinguish between physical, emotional and mental health</p> <p>- Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p> <p>- To know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices</p> <p>Identify the impact of positive and negative content online on their own and others' mental and physical wellbeing</p>	<p>To understand the term consent and how it affects our actions.</p> <p>To know and understand the terms 'discrimination' and "prejudice" Review terminology and groups this may affect.</p> <p>Identify effective ways to challenge stereotypes relating to gender and work</p> <p>To understand the difference and importance of tolerance and acceptance for those of different faiths and beliefs</p> <p>To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</p>	<p>To learn about and reflect on their own spending habits / choices</p> <p>To identify risks with money management and debt.</p> <p>Explore the impact of money and the lack of</p> <p>Explore the effects of cigarettes and alcohol</p> <p>Explore and discuss sensible use of drugs and alcohol</p> <p>Understand how software features and settings help keep safe.</p>	<p>To explore different types of trusting relationships</p> <p>Identify how a trusting relationship should make you feel</p> <p>To understand conflict is a part of life and how to resolve it.</p> <p>Explore and debate how conflict can be different in different relationships</p> <p>Explore avenues on when and where to seek help on relationships</p>	<p>To understand that success is personal and varies from individual to individual.</p> <p>To understand that exploring different interests and passions helps shape our dreams and aspirations.</p> <p>To understand the importance of staying motivated, determined, and perseverance when faced with difficulties.</p> <p>To understand how, when and who to seek help from to achieve a goal.</p> <p>Case Study: To understand failure can be a tool to grow and move forward.</p> <p>To understand the importance of balancing dreams with responsibilities</p>	<p>To explore and sequence the human lifecycle</p> <p>To describe the main stages of the human lifecycle</p> <p>To explain how the body physically changes as we grow.</p> <p>To know some facts about puberty.</p> <p>To explore how puberty is linked to reproduction.</p> <p>To explore how physical health can affect mental health.</p>
Key Vocab	<p>Mental Health Emotions Well-being Self-esteem Stigma</p>	<p>Consent Stereotype Inclusion Diversity Prejudice Gender</p>	<p>Debt Management</p>	<p>Conflict Resolution</p>	<p>Perseverance Success Belief Determination Goal Motivation</p>	<p>Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings</p>



Year 5						
Topics						
	Mental Health <i>What can we do to improve mental health?</i>	Respect For All Does society treat everyone with equal respect?	Citizenship Is social media always positive?	Relationships What makes a healthy family unit?	Dreams and Goals How does self-esteem affect your future?	RSE What changes can we expect during puberty?
Objectives	<ul style="list-style-type: none"> -To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle - To know that mental wellbeing is a normal part of daily life, in the same way as physical health -To know about the basic synergy between physical, emotional and mental health - To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures -To know how and when to seek support including which adults to speak to in school if you are worried about your health - To understand the importance of making change in adopting a more healthy lifestyle; 	<ul style="list-style-type: none"> To understand the term consent and know the difference between appropriate and inappropriate touches .To understand the benefits of living in a diverse community and learn to celebrate diversity To understand what racism is and understand the difference between "not racist" and "anti-racism" To learn about types of discrimination and its impact on societies, past and present - To understand the nature and consequences of negative behaviours such as bullying, aggressiveness 	<ul style="list-style-type: none"> Explore issues related to harmful substances. Explore stereotypes of drug and alcohol use. To learn about budgeting and what it means to budget To explore the reliability of material online To explore what appropriate content is online and how this affects what we share. To debate the usage and restrictions of social media. 	<ul style="list-style-type: none"> To explore different types of family units and understand these differ Explore the value of having family Explore and debate the pros/cons of different family units Explore marriage and understand why people make the choice Explore how stereotypes may affect relationships 	<ul style="list-style-type: none"> To identify the need for SMART targets. (Specific, Measurable, Achievable, Relevant, Time-Bound) goals. Identify how self-esteem and well being affects smart targets Identify the importance of maintaining mindset when achieving a goal Identify personal support structures available, including family, friends, and teachers. Case Study: Identify individuals who have overcome adversity to achieve a goal. Project Base: Who am I? Children reflect on personal strengths, interests, and hobbies to identify dreams and aspirations to create a piece of artwork in a choice of medium. 	<ul style="list-style-type: none"> To explore the emotional and physical changes occurring in puberty To explain the main physical and emotional changes that happen during puberty (Menstruation and wet dreams) To ask questions about puberty with confidence. To understand male and female puberty changes. To understand the concept of consent and its importance To know how to manage physical and emotional changes To explore the impact of puberty on the body and the importance of physical hygiene To know how to get support during puberty.
Key Vocab	<ul style="list-style-type: none"> Well-being Coping Strategies Self-care Stigma Adaptable 	<ul style="list-style-type: none"> Discrimination Empathy Diversity Prejudice Equality consent Respect: Inclusive 	<ul style="list-style-type: none"> Budget Appropriate content 	<ul style="list-style-type: none"> Diversity Discrimination 	<ul style="list-style-type: none"> Career Aspiration Overcome Adversity Self esteem SMART 	<ul style="list-style-type: none"> Puberty, physical; changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair



Year 6						
Topics						
	Mental Health <i>How does society stigmatise mental health?</i>	Respect For All <i>How does respect drive change?</i>	Citizenship <i>How can we safeguard ourselves outside of school?</i>	Relationships <i>What does a healthy relationship look like?</i>	Dreams and Goals <i>What are my options when I leave school?</i>	RSE
Objectives	<ul style="list-style-type: none"> - To know that mental wellbeing is a normal part of daily life, in the same way as physical health - To know about the basic synergy between physical, emotional and mental health To understand the importance of making change in adopting a more healthy lifestyle - To develop strategies for dealing with negative pressures and poor mental health -To identify self mental health strategies To identify the changing ideology of mental health 	<ul style="list-style-type: none"> To identify, discuss and recognise types of consent. To evaluate the effects of living in a diverse community. To understand how privilege and power affect society, Identify individuals and methods to challenge discrimination and racism. .Stand up/ speak out- Anti Bullying focus - Short presentation in assembly by children in Wk 5/6 	<ul style="list-style-type: none"> To understand how stereotypes and misogyny affect society and groups of individuals. Understand and explore how to deal with different types of influences and pressures. Explore different avenues to obtaining money and how these affect your financial profile. .Explore and challenge how drugs and alcohol are presented in the media. To understand the term 'anarchy' and understand the implications of living in an anarchic society Explore how social media affects our mental health and actions. <ul style="list-style-type: none"> the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • how to critically consider their online friendships and sources of information including awareness of the risks 	<ul style="list-style-type: none"> To understand what we mean by respect and it's value in relationships To explore values of a healthy relationship To understand that respect is two-way and how we treat others is how we can expect to be treated To explore other people's attitudes and ideas and to begin to challenge these respectfully To understand the importance of resolution in disputes and conflict through negotiation and compromise To begin to understand the process and emotions relating to grief 	<ul style="list-style-type: none"> To understand the need for work ethic and the importance it plays with obstacles To recognise personal dreams and aspirations and understand that they may change over time. To understand the importance of having dreams and aspirations as driving forces in life. To identify different career choices and pathways and aspirations such as academic, career, personal, or creative aspirations. Understand that dreams and aspirations should be pursued ethically and respectfully. To set personal goals and map routers to achieve them 	<ul style="list-style-type: none"> To describe how and why the body changes during puberty in preparation for reproduction To talk about puberty and reproduction with confidence To discuss different types of adult relationships with confidence. To know what form of touching is appropriate. Describe the decisions that have to be made before having a baby. To know facts about pregnancy and conception. To consider when it is appropriate to share private/personal information. To know how and where to get support. To explore different types of consent and how they relate to law



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			associated with people they have never met. • how information and data is shared and used online.			
Key Vocab	Coping Strategies Stigma Depression Anxiety Self-esteem Mindfulness Resilience Mental Health	Tolerance Inclusion Prejudice Stereotype Discrimination Empathy Diversity Consent Equality	Misogyny Anarchy Financial profile	Grief Disputes Negotiation Compromise	Aspiration Motivation Deterrence Career Pathway Ethical	Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication