





**KS2 PSHE Progression**


**KS2 Pupils should be taught to have a sound understanding of risk and should have the knowledge and skills necessary to make safe and informed decisions.**

**Children should understand and value how they fit into and contribute to the world.**

Golden Threads	Year 3	Year 4	Year 5	Year 6
 <p>Being me in my world</p>	<p>Set personal goals.</p> <p>To recognise their self-worth and identify positive things about themselves and their achievements.</p> <p>To see positivity in challenges. To discuss new challenges and how to face them with appropriate positivity.</p> <p>To understand the need for rules and how these relate to rights and responsibilities.</p> <p>To explore choices and consequences, working collaboratively and seeing things from other people's points of view.</p> <p>To understand different feelings and the ability to recognise these feelings in themselves and others.</p>	<p>To explore being part of a class team.</p> <p>Talk about attitudes and actions and their effects on the whole class.</p> <p>Learn about their school and its community, who all the different people are and what their roles are.</p> <p>Understand how to be a good school citizen.</p> <p>To understand rights and responsibility. Discuss democracy and link this to their own School Council, what its purpose is and how it works.</p> <p>To understand rewards and consequences.</p> <p>Group decision making and having a voice. Understand the different roles people can have, how to make positive contributions, how to make</p>	<p>To plan the forthcoming year. Think and plan for the year ahead, goals they could set for themselves as well as the challenges they may face.</p> <p>Understand how to be a good citizen. To explore their rights and responsibilities as a member of their class, school, wider community and the country they live in</p> <p>To understand rights and responsibilities. Discuss democracy, how it benefits the school and how they can contribute towards it</p> <p>To understand rewards and consequences. To learn about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each</p>	<p>To discuss their year ahead, they learn to set goals and discuss their fears and worries about the future.</p> <p>Discuss the United Nations Convention on the Rights of the Child and that these are not met for all children worldwide.</p> <p>To discuss their choices and actions and how these can have far-reaching effects, locally and globally.</p> <p>To learn about their own behaviour and how their choices can result in rewards and consequences and how they feel about this.</p> <p>To explore an individual's behaviour and the impact it can have on a group</p> <p>Talk about democracy, how it benefits the school and how they can contribute towards it.</p>

		<p>collective decisions and how to deal with conflict.</p> <p>To understand what motivates behaviour.</p> <p>Considering other peoples feelings.</p>		
	<p>To learn about families, that they are all different and that sometimes they fall out with each other.</p> <p>To practise methods to calm themselves down and discuss the 'Solve it together' technique.</p> <p>Revisit the topic of bullying and discuss being a witness (bystander); they discover how a witness has choices and how these choices can affect the bullying that is taking place.</p> <p>Talk about using problem-solving techniques in bullying situations.</p> <p>Discuss name-calling and practise choosing not to use hurtful words. They also learn about giving and receiving</p>	<p>Consider the concept of judging people by their appearance, of first impressions and of what influences their thinking on what is normal.</p> <p>Explore more about bullying, including online bullying and what to do if they suspect or know that it is taking place.</p> <p>Discuss the pressures of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen.</p> <p>Share their own uniqueness and what is special about themselves. They talk about first impressions and when their own first impressions of someone have changed.</p>	<p>Explore culture and cultural differences. They link this to racism, debating what it is and how to be aware of their own feelings towards people from different cultures.</p> <p>Revisit the topic of bullying and discuss rumour spreading and name-calling.</p> <p>Understand that there are direct and indirect ways of bullying as well as ways to encourage children to not using bullying behaviours.</p> <p>Consider happiness regardless of material wealth and respecting other people's cultures.</p>	<p>Discuss differences and similarities and that, for some people, being different is difficult.</p> <p>Learn about bullying and how people can have power over others in a group. Discover strategies for dealing with this as well as wider bullying issues.</p> <p>Learn about people with disabilities and look at specific examples of disabled people who have amazing lives and achievements.</p>

	compliments and the feelings associated with this.			
 <p data-bbox="248 384 459 469">Dreams and Goals</p>	<p data-bbox="577 268 925 421">Look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories.</p> <p data-bbox="577 464 913 587">Identify their own dreams and ambitions and discuss how it will feel when they achieve them.</p> <p data-bbox="577 630 913 753">Discuss facing learning challenges and identify their own strategies for overcoming these.</p> <p data-bbox="577 796 920 919">Consider obstacles that might stop them from achieving their goals and how to overcome these.</p> <p data-bbox="577 962 920 1042">Reflect on their progress and successes and identify what they could do better next time.</p>	<p data-bbox="952 268 1294 459">Consider their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with/overcome feelings of disappointment.</p> <p data-bbox="952 502 1281 592">Discuss making new plans and setting new goals even if they have been disappointed.</p> <p data-bbox="952 635 1281 815">Explore group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.</p>	<p data-bbox="1321 268 1637 391">Share their dreams and goals and how they might need money to help them achieve them.</p> <p data-bbox="1321 434 1653 651">Consider jobs that people they know do, they look at the fact that some jobs pay more money than others and reflect on what types of jobs they might like to do when they are older.</p> <p data-bbox="1321 694 1662 847">Look at the similarities and differences between themselves (and their dreams and goals) and someone from a different culture.</p>	<p data-bbox="1691 268 2033 485">Share their own strengths and further stretching themselves by setting challenging and realistic goals. Discuss the learning steps they will need to take as well as talking about how to stay motivated.</p> <p data-bbox="1691 528 2033 751">Reflect on various global issues and explore places where people may be suffering or living in difficult situations; whilst doing this, they reflect on their own emotions linked to this learning.</p> <p data-bbox="1691 799 2033 959">Discover what they think their classmates like and admire about them, as well as working on giving others praise and compliments.</p>
 <p data-bbox="259 1225 456 1267">Healthy Me</p>	<p data-bbox="577 1058 920 1147">Learn about the importance of exercise and how it helps your body to stay healthy.</p> <p data-bbox="577 1190 898 1279">Learn about their heart and lungs, what they do and how they are very important.</p> <p data-bbox="577 1323 898 1377">Discover facts about calories, fat and sugar; they discuss</p>	<p data-bbox="952 1058 1294 1217">Look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and what role they play.</p> <p data-bbox="952 1260 1256 1377">Reflect on their friendships, how different people make them feel and which friends they value the most.</p>	<p data-bbox="1321 1058 1653 1179">Investigate the risks associated with smoking and how it affects the lungs, liver and heart.</p> <p data-bbox="1321 1222 1662 1279">Learn about the risks associated with alcohol misuse.</p> <p data-bbox="1321 1323 1662 1377">Taught a range of basic first aid and emergency procedures</p>	<p data-bbox="1691 1058 2033 1179">Discuss taking responsibility for their own physical and emotional health and the choices linked to this.</p> <p data-bbox="1691 1222 2033 1377">Learn about different types of drugs and the effects these can have on people's bodies. The children learn about exploitation as well as gang</p>

	<p>what each of these are and how the amount they consume can affect their health.</p> <p>Learn about different types of drugs, the ones you take to make you better, as well as other drugs.</p> <p>Consider things, places and people that are dangerous and link this to strategies for keeping themselves safe.</p>	<p>Learn about smoking and its effects on health; they do the same with alcohol and then look at the reasons why people might drink or smoke.</p> <p>Learn about peer pressure and how to deal with it successfully.</p>	<p>(including the recovery position) and learn how to contact the emergency services when needed.</p> <p>Investigate how body types are portrayed in the media, social media and celebrity culture.</p> <p>Learn about eating disorders and people's relationships with food and how this can be linked to negative body image pressures.</p>	<p>culture and the associated risks.</p> <p>Learn about mental health/illness and that people have different attitudes towards this.</p> <p>Recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed.</p>
	<p>Learn about family relationships and identify the different expectations and roles that exist within the family home.</p> <p>Identify why stereotypes can be unfair and may not be accurate, e.g. Mum is the carer, Dad goes to work.</p> <p>Look at careers and why stereotypes can be unfair in this context.</p> <p>Learn that families should be founded on love, respect, appreciation, trust and co-operation.</p> <p>Online relationships through gaming and apps are explored</p>	<p>Explore jealousy and loss/bereavement.</p> <p>Identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change</p> <p>Learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes.</p> <p>Discussion of skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if</p>	<p>Learn about the importance of self-esteem and ways this can be boosted.</p> <p>Investigate and reflect upon a variety of positive and negative online/social media contexts including gaming and social networking.</p> <p>Learn about age-limits and also age-appropriateness.</p> <p>Introduced to SMARRT internet safety rules and they apply these in different situations.</p> <p>Risk, pressure and influences are discussed with a focus on the physical and emotional aspects of identifying when something online or in social</p>	<p>Learn more about mental health and how to take care of their own mental well-being.</p> <p>Explore the grief cycle and its various stages, and discuss the different causes of grief and loss.</p> <p>Learn about people who can try to control them or have power over them.</p> <p>Investigate online safety, learning how to judge if something is safe and helpful, as well as talking about communicating with friends and family in a positive and safe way.</p>

	<p>and children are introduced to some rules for staying safe online.</p> <p>Learn that they are part of a global community and they are connected to others they don't know in many ways, e.g. through global trade.</p> <p>Investigate the wants and needs of other children who are less fortunate and compare these with their own. Children's universal rights are also discussed.</p>	<p>relationships end, especially if they are causing negative feelings or they are unsafe.</p> <p>Understand that relationship endings can be amicable.</p>	<p>media feels uncomfortable or unsafe.</p> <p>Taught about grooming and how people online can pretend to be whoever they want.</p> <p>Rights, responsibilities and respect are revisited with an angle on technology use.</p> <p>Screen time is also discussed and children find ways to reduce their own screen time.</p>	
	<p>Learning about babies and what they need to grow and develop including parenting.</p> <p>Taught that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced.</p> <p>Look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grown-up.</p> <p>Learn that females have eggs (ova) in their ovaries and these are released monthly. If</p>	<p>Bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation.</p> <p>Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products.</p> <p>Conception and sexual intercourse are introduced in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm.</p> <p>Learn that the ovum and sperm carry genetic</p>	<p>Revisit self-esteem, self-image and body image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong.</p> <p>Reflect on how social media and the media can promote unhelpful comparison and how to manage this.</p> <p>Puberty is revisited in further detail, explaining bodily changes in males and females. Sexual intercourse is explained in slightly more detail than in the previous year.</p>	<p>Learn about puberty in boys and girls and the changes that will happen; they reflect on how they feel about these changes.</p> <p>Learn about childbirth and the stages of development of a baby, starting at conception.</p> <p>Explore what it means to be being physically attracted to someone and the effect this can have upon the relationship. They learn about different relationships and the importance of mutual respect and not pressuring/being pressured into doing</p>

	<p>unfertilised by a male's sperm, it passes out of the body as a period.</p> <p>Discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p>	<p>information that carry personal characteristics.</p> <p>Look at feelings associated with change and how to manage these.</p>	<p>Details about pregnancy are introduced including some facts about the development of the foetus and some simple explanation about alternative ways of conception, e.g. IVF.</p> <p>Look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities. They also consider the perceptions that surround teenagers and reflect whether they are always accurate.</p>	<p>something that they don't want to.</p> <p>Discuss self-esteem, why it is important and ways to develop it.</p> <p>Look at the transition to secondary school and what they are looking forward to/are worried about and how they can prepare themselves mentally.</p>
 <p><b>Vocabulary</b></p> <p><b>Being me in my world</b>  <b>Celebrating Difference</b>  <b>Dreams and Goals</b>  <b>Healthy Me</b>  <b>Relationships</b>  <b>Changing me</b></p>	<p>Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong</p> <p>Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment</p> <p>Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-</p>	<p>Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)</p> <p>Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed</p> <p>Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans,</p>	<p>Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective</p> <p>Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation</p> <p>Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support,</p>	<p>Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision</p> <p>Male, Female, Biological sex, Stereotype, Individuality, Diverse, Different, Equality, Fairness, Identity, Gender Identity, Transgender, Non-binary, Courage, Fairness, Rights</p> <p>Learning, Stretch, Personal, Realistic, Unrealistic, Success, Criteria, Learning steps, Global issue, Suffering, Concern,</p>

	<p>operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Evaluate</p> <p>Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice</p> <p>Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations</p> <p>Birth, Animals, Babies, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Sperm, Ovaries, Egg, Ovum/ova, Womb/uterus,</p>	<p>Cope, Help, Self-belief, Motivation, Commitment, Enterprise</p> <p>Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong</p> <p>Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.</p> <p>Personal, Unique, Characteristics, Parents, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance</p>	<p>Rallying, Team Work, Co-operation, Difference</p> <p>Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation</p> <p>Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Positive, Negative, Safe, Unsafe, Rights, Social network, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARRT rules</p> <p>Body image, Self-image, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum,</p>	<p>Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition</p> <p>Responsibility, Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure</p> <p>Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real/fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety</p>
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	Stereotypes, Task, Roles, Challenge		Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Fertilised, Unfertilised, Conception, Sexual intercourse, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights	Negative body-talk, mental health, midwife, labour, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, journey, worries, anxiety, excitement
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