



## PSHE

### Progression of knowledge, skills and understanding: Key Stage 2

This will be taught on a two-year cycle, year A and B. Children will access each unit twice during the key stage. The growing and changing unit will be covered in both year A and year B and taught in single year groups.

Theme	Class 3 (Coram Y3 units)	Class 4 (Coram Y4 units)	Class 5 (Coram Y6 units)
<b>Me and My Relationships</b>  <b>Year A</b>	Children will be able to: Explain why we have rules; Explore why rules are different for different age groups, in particular for internet-based activities; Suggest appropriate rules for a range of settings; Consider the possible consequences of breaking the rules.	Children will be able to:  Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;  Explain how different words can express the intensity of feelings.	Children will be able to: Demonstrate a collaborative approach to a task; Describe and implement the skills needed to do this.
	Explain some of the feelings someone might have when they lose something important to them; Understand that these feelings are normal and a way of dealing with the situation.	Explain what we mean by a 'positive, healthy relationship'; Describe some of the qualities that they admire in others.	Explain what is meant by the terms 'negotiation' and 'compromise'; Suggest positive strategies for negotiating and compromising within a collaborative task; Demonstrate positive strategies for negotiating and compromising within a collaborative task.
	Define and demonstrate cooperation and collaboration; Identify the different skills that people can bring to a group task; Demonstrate how working together in a collaborative manner can help everyone to achieve their goals.	Recognise that there are times when they might need to say 'no' to a friend; Describe appropriate assertive strategies for saying 'no' to a friend.	Recognise some of the challenges that arise from friendships; Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.
	Identify people who they have a special relationship with; Suggest strategies for maintaining a positive relationship with their	Demonstrate strategies for working on a collaborative task; Define successful qualities of teamwork and collaboration.	List some assertive behaviours; Recognise peer influence and pressure; Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.

	<p>special people.</p> <p>Rehearse and demonstrate simple strategies for resolving given conflict situations.</p> <p>Explain what a dare is; Understand that no-one has the right to force them to do a dare; Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.</p> <p>Express opinions and listen to those of others; Consider others' points of view; Practise explaining the thinking behind their ideas and opinions.</p> <p>Identify qualities of friendship; Suggest reasons why friends sometimes fall out; Rehearse and use, now or in the future, skills for making up again.</p>	<p>Demonstrate a range of feelings through their facial expressions and body language; Recognise that their feelings might change towards someone or something once they have further information.</p> <p>Give examples of strategies to respond to being bullied, including what people can do and say; Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.</p>	<p>Recognise and empathise with patterns of behaviour in peer-group dynamics; Recognise basic emotional needs and understand that they change according to circumstance; Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about.</p> <p>Describe the consequences of reacting to others in a positive or negative way; Suggest ways that people can respond more positively to others.</p> <p>Describe ways in which people show their commitment to each other; Know the ages at which a person can marry, depending on whether their parents agree; Understand that everyone has the right to be free to choose who and whether to marry.</p> <p>Recognise that some types of physical contact can produce strong negative feelings; Know that some inappropriate touch is also illegal.</p> <p>Identify strategies for keeping personal information safe online; Describe safe and respectful behaviours when using communication technology.</p>
<p>Valuing Differences</p>	<p>Children will be able to: Recognise that there are many different types of family; Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.' Define the term 'community';</p>	<p>Children will be able to: Define the terms 'negotiation' and 'compromise'; Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.</p>	<p>Children will be able to: Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences; Suggest strategies for dealing with bullying, as a bystander;</p>

<p>Year B</p>	<p>Identify the different communities that they belong to;  Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.  Reflect on listening skills;  Give examples of respectful language;  Give examples of how to challenge another's viewpoint, respectfully.  Explain that people living in the UK have different origins;  Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;  Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.  Recognise the factors that make people similar to and different from each other.  Recognise that repeated name calling is a form of bullying;  Suggest strategies for dealing with name calling (including talking to a trusted adult).  Understand and explain some of the reasons why different people are bullied;  Explore why people have prejudiced views and understand what this is.</p>	<p>Understand that they have the right to protect their personal body space;  Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;  Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.  Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);  Give examples of features of these different types of relationships, including how they influence what is shared.  List some of the ways that people are different to each other (including differences of race, gender, religion);  Recognise potential consequences of aggressive behaviour;  Suggest strategies for dealing with someone who is behaving aggressively.  List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);  Define the word respect and demonstrate ways of showing respect to others' differences.  Understand and identify stereotypes, including those promoted in the media.</p>	<p>Describe positive attributes of their peers.  Know that all people are unique but that we have far more in common with each other than what is different about us;  Consider how a bystander can respond to someone being rude, offensive or bullying someone else;  Demonstrate ways of offering support to someone who has been bullied .  Demonstrate ways of showing respect to others, using verbal and non-verbal communication.  Identify and describe the different groups that make up their school/wider community/other parts of the UK;  Describe the benefits of living in a diverse society;  Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.  Explain the difference between a friend and an acquaintance;  Describe qualities of a strong, positive friendship;  Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative).  Define what is meant by the term stereotype;  Recognise how the media can sometimes reinforce gender stereotypes;  Recognise that people fall into a wide range of what is seen as normal;  Challenge stereotypical gender portrayals of people.</p>
<p>Keeping myself safe</p>	<p>Children will be able to:  Identify situations which are safe or unsafe;  Identify people who can help if a situation is unsafe;  Suggest strategies for keeping safe.</p>	<p>Children will be able to:  Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;  Identify situations which are either dangerous, risky or hazardous;</p>	<p>Children will be able to:  Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;</p>

<p>Year A</p>	<p>Define the words danger and risk and explain the difference between the two;          Demonstrate strategies for dealing with a risky situation.          Identify some key risks from and effects of cigarettes and alcohol;          Know that most people choose not to smoke cigarettes; (Social Norms message)          Define the word 'drug' and understand that nicotine and alcohol are both drugs.          Identify risk factors in given situations;          Suggest ways of reducing or managing those risks.          Evaluate the validity of statements relating to online safety;          Recognise potential risks associated with browsing online;          Give examples of strategies for safe browsing online.          Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;          Recognise and describe appropriate behaviour online as well as offline;          Identify what constitutes personal information and when it is not appropriate or safe to share this;          Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.          Demonstrate strategies for assessing risks;          Understand and explain decision-making skills;          Understand where to get help from when making decisions.          Understand that medicines are drugs and suggest ways that they can be helpful or harmful.</p>	<p>Suggest simple strategies for managing risk.          Identify images that are safe/unsafe to share online;          Know and explain strategies for safe online sharing;          Understand and explain the implications of sharing images online without consent.          Define what is meant by the word 'dare';          Identify from given scenarios which are dares and which are not;          Suggest strategies for managing dares.          Understand that medicines are drugs;          Explain safety issues for medicine use;          Suggest alternatives to taking a medicine when unwell;          Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).          Understand some of the key risks and effects of smoking and drinking alcohol;          Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).          Describe stages of identifying and managing risk;          Suggest people they can ask for help in managing risk.          Understand that we can be influenced both positively and negatively;          Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.</p>	<p>Understand and describe the ease with which something posted online can spread.          Identify strategies for keeping personal information safe online;          Describe safe behaviours when using communication technology.          Know that it is illegal to create and share sexual images of children under 18 years old;          Explore the risks of sharing photos and films of themselves with other people directly or online;          Know how to keep their information private online.          Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour;          Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.          Explain how drugs can be categorised into different groups depending on their medical and legal context;          Demonstrate an understanding that drugs can have both medical and non-medical uses;          Explain in simple terms some of the laws that control drugs in this country.          Understand some of the basic laws in relation to drugs;          Explain why there are laws relating to drugs in this country.          Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these;          Describe some of the effects and risks of drinking alcohol.          Understand that all humans have basic emotional needs and explain some of the ways these needs can be met;</p>
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<p>Rights and Responsibilities</p> <p><b>Year B</b></p>	<p>Children will be able to:</p> <p>Define what a volunteer is;</p> <p>Identify people who are volunteers in the school community;</p> <p>Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer. Identify key people who are responsible for them to stay safe and healthy;</p> <p>Suggest ways they can help these people.</p> <p>Understand the difference between 'fact' and 'opinion';</p> <p>Understand how an event can be perceived from different viewpoints;</p> <p>Plan, draft and publish a recount using the appropriate language.</p> <p>Define what is meant by the environment;</p> <p>Evaluate and explain different methods of looking after the school environment;</p> <p>Devise methods of promoting their priority method.</p> <p>Understand the terms 'income', 'saving' and 'spending';</p> <p>Recognise that there are times we can buy items we want and times when we need to save for items;</p> <p>Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)</p> <p>Explain that people earn their income through their jobs;</p> <p>Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)</p>	<p>Children will be able to:</p> <p>Explain how different people in the school and local community help them stay healthy and safe;</p> <p>Define what is meant by 'being responsible';</p> <p>Describe the various responsibilities of those who help them stay healthy and safe;</p> <p>Suggest ways they can help the people who keep them healthy and safe.</p> <p>Understand that humans have rights and also responsibilities.</p> <p>Identify some rights and also responsibilities that come with these.</p> <p>Understand the reason we have rules;</p> <p>Suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council).</p> <p>Recognise that everyone can make a difference within a democratic process.</p> <p>Define the word influence;</p> <p>Recognise that reports in the media can influence the way they think about a topic.</p> <p>Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.</p> <p>Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;</p> <p>Recognise that they can play a role in influencing outcomes of situations by their actions.</p> <p>Understand some of the ways that various national and international environmental organisations work to help take care of the environment;</p>	<p>Children will be able to:</p> <p>Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them;</p> <p>Describe the language and techniques that make up a biased report;</p> <p>Analyse a report also extract the facts from it.</p> <p>Know the legal age (and reason behind these) for having a social media account;</p> <p>Understand why people don't tell the truth and often post only the good bits about themselves, online;</p> <p>Recognise that people's lives are much more balanced in real life, with positives and negatives.</p> <p>Explain some benefits of saving money;</p> <p>Describe the different ways money can be saved, outlining the pros and cons of each method;</p> <p>Describe the costs that go into producing an item;</p> <p>Suggest sale prices for a variety of items, taking into account a range of factors.</p> <p>Explain what is meant by the term interest.</p> <p>Recognise and explain that different jobs have different levels of pay and the factors that influence this;</p> <p>Explain the different types of tax (income tax and VAT) which help to fund public services;</p>

		<p>Understand and explain the value of this work.  Define the terms 'income' and 'expenditure';  List some of the items and services of expenditure in the school and in the home;  Prioritise items of expenditure in the home from most essential to least essential.  Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';  Understand how a payslip is laid out showing both pay and deductions;  Prioritise public services from most essential to least essential.</p>	<p>Evaluate the different public services and compare their value.  Explain what we mean by the terms voluntary, community and pressure (action) group;  Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.  Explain what is meant by living in an environmentally sustainable way;  Suggest actions that could be taken to live in a more environmentally sustainable way.</p>
<p><b>Being My Best</b>   <b>Year A</b></p>	<p>Children will be able to:  Explain how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body;  Explain what is meant by the term 'balanced diet';  Give examples what foods might make up a healthy balanced meal.  Explain how some infectious illnesses are spread from one person to another;  Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;  Suggest medical and non-medical ways of treating an illness.  Develop skills in discussion and debating an issue;  Demonstrate their understanding of health and wellbeing issues that are relevant to them;  Empathise with different viewpoints.  Make recommendations, based on their research.  Identify their achievements and areas of development;  Recognise that people may say kind things to help us feel good about ourselves;</p>	<p>Children will be able to:  Identify ways in which everyone is unique;  Appreciate their own uniqueness;  Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.  Give examples of choices they make for themselves and choices others make for them;  Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.  Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;  Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate).  Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);  Suggest ways the Seven Rs recycling methods can be applied to different scenarios.  Define what is meant by the word 'community';  Suggest ways in which different people support the school community;  Identify qualities and attributes of people who support the school community.</p>	<p>Children will be able to:  Explain what the five ways to wellbeing are;  Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.  Identify aspirational goals;  Describe the actions needed to set and achieve these.  Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.  Identify risk factors in a given situation (involving alcohol);  Understand and explain the outcomes of risk-taking in a given situation, including emotional risks;  Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.  Recognise what risk is;  Explain how a risk can be reduced;  Understand risks related to growing up and explain the need to be aware of these;  Assess a risk to help keep themselves safe.</p>

	<p>Explain why some groups of people are not represented as much on television/in the media.</p> <p>Demonstrate how working together in a collaborative manner can help everyone to achieve success;</p> <p>Understand and explain how the brain sends and receives messages through the nerves.</p> <p>Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain);</p> <p>Describe how food, water and air get into the body and blood.</p> <p>Explain some of the different talents and skills that people have and how skills are developed;</p> <p>Recognise their own skills and those of other children in the class.</p>		
<p>Growing and Changing</p> <p><b>Year A and B</b></p>	<p>YEAR 3:</p> <p>Children will be able to:</p> <p>Identify different types of relationships;</p> <p>Recognise who they have positive healthy relationships with.</p> <p>Understand what is meant by the term body space (or personal space);</p> <p>Identify when it is appropriate or inappropriate to allow someone into their body space;</p> <p>Rehearse strategies for when someone is inappropriately in their body space.</p> <p>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</p> <p>Recognise how different surprises and secrets might make them feel;</p> <p>Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</p> <p>Recognise that babies come from the joining of an egg and sperm;</p>	<p>YEAR 4:</p> <p>Children will be able to:</p> <p>Describe some of the changes that happen to people during their lives;</p> <p>Explain how the Learning Line can be used as a tool to help them manage change more easily;</p> <p>Suggest people who may be able to help them deal with change.</p> <p>Name some positive and negative feelings;</p> <p>Understand how the onset of puberty can have emotional as well as physical impact</p> <p>Suggest reasons why young people sometimes fall out with their parents;</p> <p>Take part in a role play practising how to compromise.</p> <p>Identify parts of the body that males and females have in common and those that are different;</p> <p>Know the correct terminology for their genitalia;</p> <p>Understand and explain why puberty happens.</p> <p>Know the key facts of the menstrual cycle;</p> <p>Understand that periods are a normal part of puberty for girls;</p> <p>Identify some of the ways to cope better with periods.</p>	<p>YEAR 6:</p> <p>Children will be able to:</p> <p>Recognise some of the changes they have experienced and their emotional responses to those changes;</p> <p>Suggest positive strategies for dealing with change;</p> <p>Identify people who can support someone who is dealing with a challenging time of change.</p> <p>Understand that fame can be short-lived;</p> <p>Recognise that photos can be changed to match society's view of perfect;</p> <p>Identify qualities that people have, as well as their looks.</p> <p>Define what is meant by the term stereotype;</p> <p>Recognise how the media can sometimes reinforce gender stereotypes;</p> <p>Recognise that people fall into a wide range of what is seen as normal;</p>

	<p>Explain what happens when an egg doesn't meet a sperm; Understand that for girls, periods are a normal part of puberty.</p> <p><b>Vocabulary:</b> penis, vulva, testicles, nipples, womb, uterus, ovaries, fallopian tubes, egg, sperm, vagina, period, menstruation</p>	<p>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe. Understand that marriage is a commitment to be entered into freely and not against someone's will. Recognise that marriage includes same sex and opposite sex partners; Know the legal age for marriage in England or Scotland; Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.</p> <p><b>Vocabulary:</b> puberty, penis, vulva, testicles, nipples, womb, uterus, ovaries, fallopian tubes, egg, sperm, vagina, period, menstruation, hormones, pubic hair, clitoris, labia, breasts, sanitary pads, tampons, marriage, civil partnership,</p>	<p>Challenge stereotypical gender portrayals of people. Understand the risks of sharing images online and how these are hard to control, once shared; Understand that people can feel pressured to behave in a certain way because of the influence of the peer group; Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be. Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; Suggest strategies that would help someone who felt challenged by the changes in puberty; Understand what FGM is and that it is an illegal practice in this country; Know where someone could get support if they were concerned about their own or another person's safety. Explain the difference between a safe and an unsafe secret; Identify situations where someone might need to break a confidence in order to keep someone safe. Identify the changes that happen through puberty to allow sexual reproduction to occur; Know a variety of ways in which the sperm can fertilise the egg to create a baby; Know the legal age of consent and what it means. Explain how HIV affects the body's immune system; Understand that HIV is difficult to transmit; Know how a person can protect them self from HIV.</p>
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			<p><b>Vocabulary:</b> puberty, penis, vulva, testicles, nipples, womb, uterus, ovaries, fallopian tubes, egg, sperm, vagina, period, menstruation, hormones, pubic hair, clitoris, labia, breasts, sanitary towels, tampons, menstrual cup, marriage, civil partnership, anus, semen, stereotypes, biological sex, gender identity, gender expression, sexual orientation, forced/arranged marriage, female genital mutilation, illegal drugs, cannabis, reproduction, wet dreams, erection, sexual intercourse, conception, orgasm, implantation, embryo, labour, caesarean, adoption, surrogacy, IVF, consensual, HIV, condom</p>
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<p>Growing and Changing</p> <p>Additional unit as the growing and changing unit will be taught in year groups rather than class groups. This will also be taught in YEAR A and Year B of the cycle.</p>	<p>YEAR 5</p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Use a range of words and phrases to describe the intensity of different feelings</li> <li>Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;</li> <li>Explain strategies they can use to build resilience.</li> <li>Identify people who can be trusted;</li> <li>Understand what kinds of touch are acceptable or unacceptable;</li> <li>Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.</li> <li>Explain how someone might feel when they are separated from someone or something they like;</li> <li>Suggest ways to help someone who is separated from someone or something they like.</li> <li>Know the correct words for the external sexual organs;</li> <li>Discuss some of the myths associated with puberty.</li> <li>Identify some products that they may need during puberty and why;</li> <li>Know what menstruation is and why it happens.</li> <li>Recognise how our body feels when we're relaxed;</li> <li>List some of the ways our body feels when it is nervous or sad;</li> <li>Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.</li> <li>Identify the consequences of positive and negative behaviour on themselves and others;</li> </ul>
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Give examples of how individual/group actions can impact on others in a positive or negative way.

Explain the difference between a safe and an unsafe secret;

Identify situations where someone might need to break a confidence in order to keep someone safe.

Recognise that some people can get bullied because of the way they express their gender;

Give examples of how bullying behaviours can be stopped.

**Vocabulary:** puberty, penis, vulva, testicles, nipples, womb, uterus, ovaries, fallopian tubes, egg, sperm, vagina, period, menstruation, hormones, pubic hair, clitoris, labia, breasts, sanitary towels, tampons, menstrual cup, marriage, civil partnership, anus, semen, stereotypes, biological sex, gender identity, gender expression, sexual orientation