

PSHCE Skills and Vocabulary Progression

Reception

Intent – aims and vocabulary

Implementation

Unit	Key Knowledge
<p>Self-regulation: My feelings – 6 lessons</p> <ul style="list-style-type: none"> • Learn to explore and understand their feelings • Identify when they might be feeling something • Learn how to communicate and cope with their feelings and emotions 	<ul style="list-style-type: none"> • To name some different feelings and emotions • To know that I am a valuable individual • To know that facial expressions can give us clues as to how a person is feeling • To know some strategies to calm down
Unit	Key Knowledge
<p>Building relationships: Special Relationships - 4 lessons</p> <p>My family and friends – 4 lessons</p> <ul style="list-style-type: none"> • Learn why families and special people are valuable • Understand why it is important to share and develop strategies • See themselves as a valuable individual • Explore diversity through similarities and differences • Learn how we all have different beliefs and celebrations • Learn the characteristics of a good friend • How to listen to one another 	<ul style="list-style-type: none"> • To understand that all families are valuable and special • To know that we share toys so that everyone feels involved and no one feels left out or upset • To understand that different people like different things • To understand that all people are valuable • To understand that we all have similarities and differences and that makes us special • To know that we all have different beliefs and celebrate special times in different ways
Unit	Key Knowledge
<p>Managing Self : Taking on challenges – 3 lessons</p> <p>My wellbeing – 3 lessons</p>	<ul style="list-style-type: none"> • To know that having a naturally colourful diet is one way to try and eat healthily

<ul style="list-style-type: none"> • Understand why we have rules • Understand the importance of persistence and perseverance in the face of challenges • Learn how to communicate effectively with others • Learn how to look after their well being through exercise, meditation and a balanced diet 	<ul style="list-style-type: none"> • To know that exercise means moving our body and is important • To know that I can learn from my mistakes • To know that we have rules to keep everything fair, safe and enjoyable for everyone
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Year 1

Intent – aims

Year 1	Autumn	Vocabulary
	Family and relationships. 5 lessons <ul style="list-style-type: none"> • How families are different • The characteristics and impact of positive friendships • Learn that issues can be overcome • Learn that people show feelings differently and that stereotyping is unfair Citizenship. 2 lessons <ul style="list-style-type: none"> • The importance of rules and consequences of not following them • Explore our similarities and differences and introduce democracy 	Behaviour Care Emotions Family Feelings Friend Friendly Problem Stereotype Democracy Different Rule Similar unique
Year 1	Spring	Vocabulary

	Health and Well-being. 5 lessons <ul style="list-style-type: none"> • Explore personal qualities and strategies to manage feelings • Explore the impact of sleep and relaxation on well being • The importance of hand washing and sun protection • Identify and deal with allergic reactions 	Allergy Emotions Feelings Germs Ill (poorly) Qualities relax
Year 1	Summer	Vocabulary
	Safety and the changing body 5 lessons <ul style="list-style-type: none"> • Learn how to respond to adults in different situations • Distinguish between appropriate and inappropriate physical contact • Understand how to call the emergency services • Identify hazards in the home 	Accident role Drug trust Emergency Hazards Medicine Physical contact Polite Respect

Year 2

Intent – aims and vocabulary

Year 2	Autumn	Vocabulary
	Family and relationships. 5 lessons <ul style="list-style-type: none"> • Learn that families are composed of different people who offer each other care and support • Learn how other people show their feelings and how to respond to them • Look at conventions of manners and developing an understanding of self-respect 	Friendship Love Manners Feelings Emotions Family Stereotypes Respect

	Economic Wellbeing. 2 lessons <ul style="list-style-type: none"> Learn about financial literacy including wants and needs 	Prioritise Skill Survive Transaction want
Year 2	Spring	Vocabulary
	Health and wellbeing 4 lessons <ul style="list-style-type: none"> Learn about the benefits of exercise and relaxation Learn strategies to manage different emotions Set goals and develop a growth mindset Understand dental hygiene 	Diet Exercise Goal Growth mindset Healthy Physical activity Relaxation Skills strengths
Year 2	Summer	Vocabulary
	Safety and the changing body. 5 lessons <ul style="list-style-type: none"> Developing an understanding of safety Distinguishing secrets from surprises Naming body parts and looking at the concept of privacy 	Medicine Private Secret Surprise Penis Testicles/testes Vulva vagina

Year 3

Intent – aims and vocabulary

Year 3	<p>Autumn</p> <p>Family and relationships. 6 lessons</p> <ul style="list-style-type: none"> • How to resolves relationship problems • Look at the impact of bullying and what action can be taken • Exploring trust and who to trust • Understand that stereotypes can exist <p>Citizenship. 3 lessons</p> <ul style="list-style-type: none"> • Learn about children’s rights • Explore the roles of charities • Introduce local democracy 	<p>Vocabulary</p> <p>Bullying Communicate Empathy Similar Solve Stereotype Trust Charity Community Council Councillor Law Rights United Nations (UN)</p>
Year 3	<p>Spring</p> <p>Health and wellbeing. 4 lessons</p> <ul style="list-style-type: none"> • Understand that a healthy lifestyle includes physical activity, a balanced diet and rest and relaxation • Exploring identity through groups we belong to • Learn how to solve problems by breaking them down into achievable steps 	<p>Vocabulary</p> <p>Barriers Belonging Balance Identity Lonely resilience</p>
Year 3	<p>Summer</p> <p>Safety and the changing body 4 lessons</p> <ul style="list-style-type: none"> • Learn about cyberbullying and how to be good digital citizens 	<p>Vocabulary</p> <p>Allergic fake Anaphylaxis influence</p>

	<ul style="list-style-type: none"> • Learn about first aid, bites and stings • Think about choice and influence 	Bullying Casualty Choice Cyberbullying Decision Distraction	injuries
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Year 4

Intent – aims and vocabulary

Year 4	Autumn	Vocabulary
	<p>Family and relationships. 5 lessons</p> <ul style="list-style-type: none"> • Learn that families are varied and differences must be respected • Understand physical and emotional boundaries in friendships • Explore the role of the bully, victim and bystander • Understand how behaviour affects others • Learn about bereavement <p>Economic wellbeing. 2 lessons</p> <ul style="list-style-type: none"> • What makes something good value for money • Explore choices associated with looking after money 	Act of kindness Authority Bereavement Boundaries Bystander permission Influence Satisfaction Value for money
Year 4	Spring	Vocabulary
	<p>Health and wellbeing. 5 lessons</p> <ul style="list-style-type: none"> • Develop emotional maturity • Learn that we experience a range of emotions and are responsible for these • Appreciate the emotions of others • Develop a growth mindset • Identify calming and relaxing techniques 	Fluoride Healthy Mental health Negative emotions Positive emotions Relaxation Resilience

	<ul style="list-style-type: none"> Develop independence in dental hygiene 	Skill visualise
Year 4	Summer	Vocabulary
	Safety and the changing body 5 lessons <ul style="list-style-type: none"> Build awareness of online safety and the benefits and risks of sharing information online Identifying the difference between private and public Understanding age restrictions Explore the physical and emotional changes in puberty Understand the risks associated with tobacco 	Age restriction Breasts Genitals Law Penis Private Protect Puberty Public Testicles/testes tobacco

Year 5

Intent – aims and vocabulary

Year 5	Autumn	Vocabulary
	Families and relationships. 6 lessons <ul style="list-style-type: none"> Develop an understanding of families, including marriage and what to do if someone feels unsafe in their family Learn that dealing with issues can strengthen a friendship Explore the impact of bullying and what influences their behaviour Learn to appreciate our individual positive attributes Citizenship. 2 lessons <ul style="list-style-type: none"> Introduction to the justice system 	Attributes Bullying Bystander Cyberbullying Marriage Secret Wedding Freedom of expression House of commons Member of Parliament (MP)

	<ul style="list-style-type: none"> Understand how parliament works 	Parliament
Year 5	Spring	Vocabulary
	Health and wellbeing. 4 lessons <ul style="list-style-type: none"> Learn to take greater responsibility for sleep, sun safety, healthy eating and managing feelings Understanding the importance of rest and relaxation 	Fail Goal Protect Relaxation Responsibility steps
Year 5	Summer	Vocabulary
	Safety and the changing body 6 lessons <ul style="list-style-type: none"> Explore the emotional and physical changes of puberty including menstruation Learn about online safety, influence and strategies to overcome potential dangers How to administer first aid to someone who is bleeding 	Attraction ejaculation testes Cervix friend Egg or ova menstruation/period Fallopian tube private Labia vulva Ovary/ovaries breasts Pubic hair nipples Vagina puberty Bladder erection Clitoris scrotum

Year 6

Intent – aims and vocabulary

Year 6	Autumn	Vocabulary
	Family and relationships. 5 lessons <ul style="list-style-type: none"> Learn to resolve conflict through negotiation and compromise Learn about respect, understanding that everyone deserves to be respected 	Authority Conflict Expectation Grief Grieving

	<ul style="list-style-type: none"> Learn about grief Economic Wellbeing. 1 lesson <ul style="list-style-type: none"> Consider different careers 	Resolve Respect Stereotype University Workplace Educational requirements
Year 6	Spring	Vocabulary
	Health and wellbeing. 5 lessons <ul style="list-style-type: none"> Learn about diet, oral hygiene, physical activity and the facts around immunisation Explore rest and relaxation and how they affect physical and mental health Strategies for being resilient in challenging situations and planning for long term goals 	Antibodies Growth mindset Habit Qualities Responsibility Skill vaccination
Year 6	Summer	Vocabulary
	Safety and the changing body. 4 lessons <ul style="list-style-type: none"> Learn about the reliability of online information The changes experienced during puberty The risks associated with alcohol How to administer first aid to someone who is choking or unresponsive 	Alcohol Cyberbullying Puberty Change Cervix Ovary Fallopian tube Uterus Vagina Vulva