

Franche Community Primary School: Curriculum progression in P.H.S.E.

| Relationships | Early years | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| <p>Pupils should be taught:</p> <ol style="list-style-type: none"> 1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts 2. how to recognise and manage emotions within a range of relationships 3. how to recognise risky or negative relationships including all forms of bullying and abuse 4. how to respond to risky or negative relationships and ask for help 5. how to respect equality and diversity in relationships. | <p>Begin to recognise some feelings (for example through recognising facial expressions) and begin to name these (for example, angry, happy, sad).</p> | <p>Identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities.</p> | <p>Demonstrate that they can manage some feelings in a positive and effective way.</p> <p>They begin to share their views and opinions (for example talking about fairness).</p> <p>They can set themselves simple goals .</p> | <p>Demonstrate that they recognise their own worth and that of others.</p> <p>They can express their views confidently and listen to and show respect for the views of others.</p> | <p>Express their views confidently and listen to and show respect for the views of others.</p> <p>They know what a friend is and does and how to cope with some friendship problems.</p> | <p>Identify ways to face new challenges as part of growing up.</p> | <p>Identify positive ways to face new challenges (for example the transition to secondary school).</p> <p>They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p> |

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| Health and Wellbeing | Early years | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| <p>Pupils should be taught:</p> <ol style="list-style-type: none"> 1. what is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 3. how to manage risks to physical and emotional health and wellbeing 4. ways of keeping physically and emotionally safe 5. about managing change, including puberty, transition and loss 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 7. how to respond in an emergency 8. to identify different influences on health and wellbeing | <p>Recognise ways of keeping clean and begin naming the main parts of the body.</p> <p>Begin to notice that people grow from young to old.</p> <p>To know foods help us grow.</p> | <p>Explain ways of keeping clean and they can name the main parts of the body.</p> <p>Explain that people grow from young to old.</p> <p>Understand the importance of eating 5 a day.</p> | <p>Make simple choices about some aspects of their health and wellbeing and know what keeps them healthy.</p> <p>Talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations.</p> <p>Understand the importance of eating the right amounts of different foods.</p> | <p>Make choices about how to develop healthy Lifestyles.</p> | <p>List the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p> <p>Understand when they should keep secrets and promises, and when they should tell somebody about them by following the NSPCC PANTS rule.</p> | <p>Identify some factors that affect emotional health and wellbeing. They can identify and explain how to manage the risks in different situations.</p> <p>They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p> <p>Able to make healthy food choices.</p> | <p>Make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and wellbeing.</p> <p>List the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p> <p>Understand the importance of diet, exercise, drugs and lifestyle on the way their bodies function.</p> |

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| | | | | | | | <p>Discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p> <p>Name and describe the functions of the sexual organs of boys and girls.</p> <p>Describe some internal differences between males and females.</p> <p>Understand how babies are made</p> |
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| Living in the Wider World. | Early years | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| <p>Pupils should be taught:</p> <ol style="list-style-type: none"> 1. about respect for self and others and the importance of responsible behaviours and actions 2. about rights and responsibilities as members of families, other groups and ultimately as citizens 3. about different groups and communities 4. to respect equality and to be a productive member of a diverse community 5. about the importance of respecting and protecting the environment 6. about where money comes from, keeping it safe and the importance of managing it effectively 7. how money plays an important part in people's lives 8. a basic understanding of enterprise. | <p>Begin to recognise different ways that family and friends should care for one another.</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> | <p>Explain different ways that family and friends should care for one another.</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> | <p>Recognise that bullying is wrong and can list some ways to get help in dealing with it. Recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates).</p> <p>Identify and respect differences and similarities between people.</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> | <p>Explain how their actions have consequences for themselves and others. They can describe the nature and consequences of bullying, and can express ways of responding to it.</p> <p>Show how they care for the environment (e.g. animals and school grounds).</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> | <p>Describe the nature and consequences of bullying, and can express ways of responding to it.</p> <p>Identify different types of relationship (for example marriage or friendships), and can show ways to maintain good relationships (for example listening, supporting, caring).</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> | <p>Children can respond to, or challenge, negative behaviours such as stereotyping and aggression.</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> | <p>Describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves. Talk about a range of jobs, and explain how they will develop skills to work in the future. They can demonstrate how to look after and save money.</p> <p>Community topic- at least one per year.</p> <p>Enterprise topic- at least one per year.</p> |