

BURRADON COMMUNITY PRIMARY SCHOOL PSHCE skill progression and vocabulary

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Visions and values Including Daily Check In Thrive Plans Emotions and mental wellbeing Respectful Relationships Links with E-safety</p>	<ul style="list-style-type: none"> ▪ Know some things they do and do not enjoy doing ▪ Build up range of emotions - happy, sad, angry worried etc. ▪ Begin to respond to the feelings of others ▪ Know that actions and words can hurt others bodies and minds ▪ Understand the term kind hands ▪ Play with other children starting to take turns with toys ▪ Use manners -please, thank you 	<ul style="list-style-type: none"> ▪ Say some of my strengths. ▪ Recognise that they need to try even if things are difficult ▪ Say ways to be kind and respect others including manners ▪ Describe happiness and think of times they are happy ▪ Know ways to deal with anger ▪ Know ways they can be mindful and self-assess ▪ Name some types of bullying and know how to get help 	<ul style="list-style-type: none"> ▪ Set a realistic goal and break it down into steps and discuss difficulties ▪ Know that making mistakes is part of learning ▪ Understand the word respect and know ways to show respect ▪ Know what sadness is and how to cope with sadness ▪ Describe fight and flight responses and to begin to manage anger ▪ Discuss different ways to relax ▪ Understand the impact of bullying online an in person 	<ul style="list-style-type: none"> ▪ Set a goal and manage frustrations using different strategies ▪ Describe what being anxious is and some things that make them anxious ▪ Demonstrate respect to others including self-respect ▪ Explore self - worth and the dangers of high and low self-worth ▪ Know what anger looks like and have ways to control it. ▪ Know it is ok to not feel ok and what they can do to manage this including relaxation 	<ul style="list-style-type: none"> ▪ Set my own goals and recognise my own barriers to learning and I can persevere when I need to ▪ Know when to ask for help rather than giving up ▪ Know the importance of respect even if people are different to them ▪ Know ways to stop themselves becoming overwhelmed with anger ▪ Explore resilience and the importance of failure 	<ul style="list-style-type: none"> ▪ Set my own goals and know the effective characteristics of learning. ▪ Say what others admire about me and understand morals and why they are important ▪ Respect other people's views and choices and be aware of discrimination ▪ Know they are responsible for the choices they make even if angry and realise there will be consequences ▪ Understand resilience and show resilience ▪ Explore homophobic language as a form of bullying 	<ul style="list-style-type: none"> ▪ Set longer term goals by making a plan ▪ Recognise that they have to be responsible for reaching their goal even if they don't succeed at first and recognise excuses ▪ Know about discrimination and stereotypes and how this links to respect. ▪ Know their actions and linked to their thoughts and feelings and know they need to stop and think before acting or there will be consequences ▪ Know what to do if they are feeling anxious ▪ Know how to resist peer pressure including online
Vocabulary	<p>happy sad angry cross worried scared excited kind unkind sorry enjoy hurt helpful hobbies interests</p>	<p>cared for nervous strengths manners respect bullying try hard helpful hopeful difficult easy relax calm down fair unfair embarrassed</p>	<p>goal setting mistakes relax online resilience perseverance proud jealous realistic comfortable uncomfortable problem solving welcoming compliment apologise jealous</p>	<p>frustration hopeful anxious self-respect relaxation mental health strategies self-worth choices gifts talent motivation trigger solution threaten excluded</p>	<p>barriers to learning overwhelmed failure enthusiasm anticipation useful useless succeed obstacles admire envious regret ashamed insecure repair</p>	<p>characteristics of learning admiration discrimination consequences homophobic conflict passive adequate inadequate remorse humiliation resentment conflict proportionate isolation</p>	<p>long term goals Planning ahead Succeed excuses responsibilities stereotypes prejudice denial</p>

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<p>RSE including Families and people who care for me</p>	<ul style="list-style-type: none"> Name body parts and discuss similarities and differences with opposite gender and know the underwear rule. Discuss their family and who is in their family Build up relationships with trusted adult and seek out help when needed 	<ul style="list-style-type: none"> Name body parts and discuss similarities and differences with opposite gender and know the underwear rule. Know that all families are different. Know people they can trust and trusted adults they can talk to Know the importance of being and having good friends. 	<ul style="list-style-type: none"> Name body parts and know that private areas are to be kept private. Know the characteristics of being a good friend using vocabulary such as respect and kindness Know that all families are different and the different roles people have. Explore the concept of secrets and surprises Know that relationships have ups and downs and how to make amends or get help. Begin to understand resilience Explore the concept of loss 	<ul style="list-style-type: none"> Name body parts and discuss similarities and differences with opposite gender and know the underwear rule Explore power and control and know what makes a good relationship focusing on manners courtesy and respect Know about different families and relationships including marriage and the positives in family life (love, spending time together) Know about the importance of trust and if they are trustworthy Know the different types of bullying and how to report bullying including online Practise how to be assertive 	<ul style="list-style-type: none"> Explore increasing independence as they get older and the increasing responsibility this brings Understand how they can improve or support respectful; relationships by recognising and managing feelings. Know about discrimination and how to tackle Know what to do if any relationship is making them feel unsafe Know trusted adults they can seek help from Know how to keep their bodies safe including who to speak to if they don't feel safe Explain the difference between good and bad secrets Understand peer pressure and how to resist it giving examples 	<ul style="list-style-type: none"> Recognise what constitutes a positive, healthy relationship and unhealthy signs in a relationship know when it is right to 'break a confidence' or 'share a secret'. Understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity Know how their body will and emotions may change as they approach and move through puberty. Understand the term transgender. Build up confidence to resist peer pressure 	<ul style="list-style-type: none"> Know about the rights of a child Recognise what constitutes a positive, healthy relationship and develop skills to form and maintain positive healthy relationships including permission seeking (consent) Recognise risky or negative relationships and know different ways of ask for help Describe how and why the body changes during puberty in preparation for reproduction Understand reproduction as part of a relationship and the importance of consent
<p>Vocabulary</p>	<p>Friend family help Underwear rule Vagina penis anus important adults</p>	<p>trust similarities differences male female gender relationships safe unsafe private</p>	<p>roles secrets surprises make amends loss belonging co-operation caring celebrate funeral privacy</p>	<p>power control violence courtesy marriage assertiveness healthy relationship loyalty generosity beliefs courtesy</p>	<p>independence respectful relationships discrimination peer pressure resisting stereotypes destructive boundaries appropriate inappropriate abuse</p>	<p>unhealthy relationships cultural ethical racial Puberty transgender menstruation peer pressure empathy preferences</p>	<p>rights of a child permission consent risky grooming reproduction fertilisation offspring expectations</p>

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Careers	<ul style="list-style-type: none"> Find out about jobs in the local community and listen to visitors discussing their jobs. Explore jobs in the context of Role Play 	<ul style="list-style-type: none"> Talk about jobs and what you might like to do in the future. Show interest in a range of different jobs. 	<ul style="list-style-type: none"> Set themselves simple goals and review the goals. Say what skills would make them good for a job. Know that jobs can be done by male or female and challenge stereotypes 	<ul style="list-style-type: none"> Name a range of jobs Understand that they will need to develop skills to work in certain jobs in the future. Understand there are different ways to make money including having a career 	<ul style="list-style-type: none"> Know that some skills are more suited to certain careers and discuss these. Know the importance of positive self-talk and asking for help. 	<ul style="list-style-type: none"> Know the importance of different careers to a community and what their skills could support them to be. Say what other admire about them and how this could support their career choice Find out about a career of their choice 	<ul style="list-style-type: none"> Research and discuss a range of career choice and find out about jobs they have never heard of before Discuss discrimination and stereotypes related to careers Explore transition to secondary school and how they will make it successful
vocabulary	job visitor local area	likes dislikes ambitions future	skills stereotypes careers review	develop range	Skill set Self-talk	research admire	transition successful
Health Education	<ul style="list-style-type: none"> Know the importance of washing hands after going to the toilet and before eating. Know that we can grow our own food and eat it. Explore the importance of sleep Explore physical health by being active 	<ul style="list-style-type: none"> Manage own personal health including brushing teeth, washing themselves Know ways to be mindful Begin to explore the importance of sleep and the dangers of lack of sleep Know ways they can keep fit 	<ul style="list-style-type: none"> Discuss the balance of good health and know some foods that fit into each food group. Understand we need to look after our physical and mental health and name some ways of doing this 	<ul style="list-style-type: none"> Understand the balance of good health and know dangers of an unbalanced diet to health with a focus on too much sugar. Know the benefits of exercise Know how to keep our bones healthy Know how to keep safe from the sun Recognise early signs of illness Know about allergies and what can trigger allergies 	<ul style="list-style-type: none"> Explain the balance of good health and know how different nutrients help our bodies Know how to increase physical health Explain the importance of personal hygiene and good self-care. Know how much sleep we should have and how lack of sleep affects our mind and body Explore screen time and how it can affect our health and relationships 	<ul style="list-style-type: none"> Explore what constitutes a healthy diet including calories and nutritional content. Use the term junk food and why it is bad for us and can affect our health 	<ul style="list-style-type: none"> Explore how being unclean can affect your health and know basic hygiene Know the importance of a balanced diet Understand the terms physical and mental health and discuss strategies they have to support their own health including asking for help from a trusted adult
vocabulary	germs toilet health food growing active	keeping clean mindful tiredness sleep active fit exercise	balance of good health food groups physical health mental health	unbalanced diet healthy bones illness allergies	nutrients personal hygiene self-care sleep deprivation inactive	calories nutritional content junk food obesity	independence responsibility choices
Drug Education	<ul style="list-style-type: none"> Begin to know some safe things to touch and things they wouldn't touch 	<ul style="list-style-type: none"> Know what is safe and unsafe to put in your body. 	<ul style="list-style-type: none"> Explore some of the dangers of smoking and alcohol Say what a "drug" is 	<ul style="list-style-type: none"> Know that medicines are drugs but not all drugs are medicines 	<ul style="list-style-type: none"> Know about the effects of alcohol such as altering mood and reducing inhibitions 	<ul style="list-style-type: none"> Know the effects helpful and harmful that drugs can have. 	<ul style="list-style-type: none"> Define what a drug is and name some illegal and legal drugs

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and Safety in the world	<p>Discuss water and fire safety.</p> <ul style="list-style-type: none"> Introduction to the emergency services and phoning 999 	<ul style="list-style-type: none"> Know how to call the emergency services and 999 Know about foods that are safe and unsafe Know about safety symbols all around us 	<ul style="list-style-type: none"> Know that medicines are drugs and name some medicines and how to take them safely Make a fire escape plan Know what to do if they were involved in a fire Know what they need to be safe and survive including following rules 	<ul style="list-style-type: none"> Know the importance of vaccinations, immunisations and antibiotics 	<ul style="list-style-type: none"> Know about the effects of tobacco including addiction Explore the importance of British Values and Government rules 	<ul style="list-style-type: none"> know consequences of taking drugs and where to get accurate information Know what to do if they needed medical help Explore legal drugs such as caffeine and the effect they can have on the body including energy drinks 	<ul style="list-style-type: none"> Know about alcohol, smoking and vaping Build up confidence to manage peer pressure relating to drugs. Use basic first aid techniques with confidence Know how to make sensible choices and understand the law
vocabulary	<p>touch ambulance fire brigade police telephone</p>	<p>emergency symbols body inside dangers rules harm</p>	<p>drug medicine smoking alcohol escape survive</p>	<p>vaccinations immunisations antibiotics prescription</p>	<p>mood altering reducing inhibitions addiction British Values government Rules</p>	<p>consequences caffeine legal illegal law rights responsibilities substance</p>	<p>vaping criminal responsibility implication authority</p>
Financial education	<ul style="list-style-type: none"> Explore money in the context of role play and know that money is a way of paying for thing 	<ul style="list-style-type: none"> Know what money is and say different coins and notes and discuss some things they like to spend money on. 	<ul style="list-style-type: none"> Discuss how different people can have different ideas about spending and saving. Know wants and needs and what is meant by this. 	<ul style="list-style-type: none"> Discuss spending and saving linked to needs and wants Know that spending on certain products can benefit others such as Fairtrade Know the importance of helping others 	<ul style="list-style-type: none"> Explain the link between jobs and money and understand the term income. Know some ways of saving for things you will enjoy 	<ul style="list-style-type: none"> Understand a budget and how this supports spending and saving Know that money can be borrowed as a loan to pay for things and discuss the pros and cons of this Know that we buy things from all over the world and the impact of Fairtrade linked to Fairtrade fortnight 	<ul style="list-style-type: none"> Know the link between learning and work. Explain the importance of banks and bank accounts Understand the word economy and what shapes the economy Know about pensions and their importance
vocabulary	<p>money coins notes Pay spend</p>	<p>spend save choices</p>	<p>wants needs</p>	<p>products Fairtrade Charity Target</p>	<p>income</p>	<p>impact borrowing loans mortgage interest deposit</p>	<p>economy bank accounts pensions</p>



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Year Group	Working significantly below	Developing	Secure	Greater Depth/exceeding
End of Summer Term				
Percentage of Pupils				