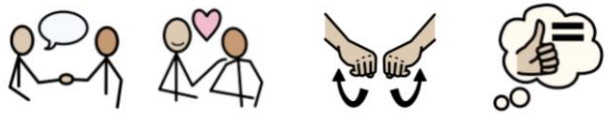
Hanley St Luke's PSHE Progression of Skills Overview 2026-27

"I have come that they may have life and have it to the full." (John 10:10)

Skills Builder





EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
I can share my feelings with others. I can name the important people in my life (including those who look after me). I can talk about what my strengths are (what I'm good at) and what I enjoy.	I can tell you how I am the same or different to my friend. I can tell you something good about being different. I can be kind and help my friends.	I can tell you who I can ask for help. I can tell you some dangers and how I keep myself safe from them. I can tell you what is safe and unsafe for me to touch and use.	I can make some healthy choices. I can help my family and friends. I can make caring choices for my world.	I can choose a healthy snack and activity. I can keep trying. I can listen to my friends and take turns.	I can describe the different seasons. I can talk about how babies and animals grow. I can tell you how boys and girls can be different or the same.
Key Vocabulary:	**Key Vocabulary:**	**Key Vocabulary:**	**Key Vocabulary:**	**Key Vocabulary:**	**Key Vocabulary:**

Marvellous me!:penis, like, feel, choose, head, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, pants, vest, private, vulva **I'm special:** feel, special, look, friends **People who are special to me:** hug, special, big, small, colour, near, far, sad, love, adopt, special days, quiet, loud, help, similar, friend, family, safe, worried, trust, lonely	**Me and my friends:** friendship, different, similar, friend **Friends and family:** different, special, similar, family **Including everyone:** kind, sharing, helping, feelings	**People who help me and keep me safe:** safe, who can help?, grown up, tell, tummy feelings, unsafe **Safety Indoors and Outdoors:** safe, safety signs, weather, clothing, playground, car-park, pavement, paint, scissors, glue **What's safe to go into my body:** safe, careful, labels, medicines, cleaning products, water, food, fresh air, sleep	**Looking after myself:** healthy snacks, sugar, germs, wash hands, fruit, vegetables, clean teeth **Looking after others:** different, friends, similar, family, helping, feelings **Looking after my environment:** classroom, care, tidy, clean, look after	**What does my body need?:** water, food, sleep, exercise, energy, tooth decay **I can keep trying:** challenge, encourage, keep trying, get better at **I can do it!:** challenge, encourage, keep trying, practice	**Growing and changing in nature:** different, weather, change, grow, temperature, hear, smell, see, remember, warmer, seasons **When I was a baby:** testicles, penis, adoption, breastfeeding, vulva, change, grow, bigger, taller, special needs, nipples **Girls, boys and families:** testicles, penis, vulva, private parts, make a baby, , dolls and cars are for everyone, nipples

Reception					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing

I can recognise and be sensitive to the differences of others. I can name people who help me and describe ways to help others. I can talk about feelings and what can cause them. I can tell you which trusted adults I can ask for help. I can help a friend if they are sad or worried.	I can celebrate our differences. I can talk about my family life. I can listen and be polite to what others tell me about their lives. I can be kind, caring and helpful to others. I can show good listening	I can tell you what my body needs to stay healthy. I can make safe decisions around medicines and things I don't know. I can name some things that can be dangerous inside and outside. I can tell you what is safe to play online and who to talk to if I feel worried. I can name the adults who keep me safe and when I might need their help.	I can help my family. I can help to clean and tidy my home and classroom. I can tell you some ways to look after our world. I can be kind to friends and others. I can talk about looking after money.	I can keep trying if the way I choose doesn't work. I can talk about the different types of feelings we have. I can have a go at something new. I can make my own healthy food choices. I can make healthy sleep and exercise choices.	I can describe the life cycle of an animal. I can describe how a baby grows to an adult and what they might need. I can tell you some things about how babies are made. I can tell you the scientific names for my body parts. I can tell you the PANTS rule.
<u>Key Vocabulary:</u> **All about me:** same, different, special, practice, effort **What makes me special:** same, different, special, favourite	**<u>Key Vocabulary:</u>** **I'm special, you're special special:** favourite, dislikes, likes **Same and different:** same, different, kind, unkind, compliment, affirmation **Same and different families:** same, different, family **Same and different homes:** same, different, home **I am caring:** kind, kindness, trust, apologise, lonely	**<u>Key Vocabulary:</u>** **What's safe to go onto my body:** keep clean, keep safe Keeping Myself Safe - **What's safe to go into my body (including medicines):** cuddle, doctor, grown up, water, food, fresh air, sleep, medicine, chemist **Safe indoors and outdoors:** safe, unsafe, detective **Listening to my feelings:** safe, tummy feelings, unsafe,	**<u>Key Vocabulary:</u>** **Looking after my special people:** family, look after, help each other, be alone **Looking after my friends:** friends, help, safe, look after, trust, be alone, uncomfortable, lonely, stranger	**<u>Key Vocabulary:</u>** **Bouncing back when things go wrong:** encourage, bounce back, try again **Yes, I can!:** friends, help, goals, positive, resilient, yet **Healthy eating:** food, fruit, vegetables, energy, grow, healthy, dairy, tooth decay **My healthy mind:** food, sleep, exercise, energy, grow, healthy, wash **Move your body:** muscles, exercise, heart	**<u>Key Vocabulary:</u>** **Seasons:** seasons, summer, spring, winter, autumn, cycle **Life stages - plants, animals, humans:** egg, change, grow, growing, life cycles, seed, baby, old, young **Life Stages:** **Human life stage -**

Me and my special people: same, different, help, family, special people **Who can help me?:** friends, help, family **My feelings:** sad, feelings, emojis, happy **My feelings (2):** sad, kind, feelings, happy, helpful, worried, confused, frustrated	**I am a friend:** friendship, kindness, new friend, trust, caring, apologise, lonely	**Keeping safe online:** safe, tell, worried, adult, trust, screen usage **People who help to keep me safe:**safe, tell, worried, adult, trust, address	**Being helpful at home and caring for our classroom:** responsibility, helpful, working together, caring **Caring for our world:** environment, litter, electricity, pollution, recycling **Looking after money (1):** recognising, spending, using money, buy, shop, cost, pay, online gaming, digital money **Looking after money (2):** saving money and keeping it safe money, save, safe place, digital money	**A good night's sleep:** sleep, routine, calm	**who will I be?:** adoption, adult, baby, child, teenager, old age, marriage, civil partnership, wedding, ceremony, celebration **Where do babies come from?:** egg, sperm, womb, surrogacy, adoption, pregnancy, breastfeeding, love, family, care, baby, tummy, donated sperm/eggs, same-sex parents, one-parent families, breasts **Getting bigger:** surrogacy, adoption, IVF, grow, adult, baby, child, teenager, messages (DNA/Genes), families of different beliefs **Me and my body - girls and boys:** sperm, testicles, vagina, penis,

					breastfeeding, vulva, private parts, privacy, my body is mine (body autonomy), dolls and cars are for everyone (gender stereotyping), eggs, nipples, breasts, anus

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
I can name different feelings and how they might make me behave. I can suggest ways of dealing with 'not so good' feelings and how to help others. I can recognise when I need help and who to ask. I can listen to others and wait my turn to speak.	I can say ways in which people are similar as well as different. I can say why things sometimes seem unfair, even if they are not to me. I can talk about what bullying is. I can say ways to show kindness towards others.	I can talk about the things my body needs to stay well (exercise, sleep, healthy foods) I can say what I can do if I have strong, but not so good feelings, to help me stay safe I can say 'no' to unwanted touch and ask for help from a trusted adult. I can say when medicines can be helpful or might be harmful. I can tell you how to stay safe around medicine.	I can wash my hands correctly. I can name ways to look after my home and school. I can look after a special person or thing. I can tell you some things that money is spent on. I can get help if someone has hurt themselves.	I can choose a healthy meal with different food groups. I can be persistent when learning a new skill. I can name a few different ideas of what I can do if I find something difficult. I can help my friends when they fall out. I can explain why praise helps me to keep trying.	I can tell you some things that babies need. I can tell you what I can do now that I couldn't do as a toddler and some things that I am still learning to do. I can talk about how safe secrets and surprises make me feel and who to talk to if I am worried. I can name the body parts girls and boys have that are the same and which body parts are different.

I can tell you which trusted adults at home and school keep me safe.					I can name the adults I can talk to at home and school if I need help.
Key Vocabulary: **Why we have classroom rules:** responsibility, rules, safe, work together **How are you listening?** respect, safe, unsafe, listening, fair, apologise **Thinking about feelings:** feelings, safe, body language,	**Key Vocabulary:** **Same or different?:** same, different, difference, respect, talents, equal **Unkindness, teasing or bullying?:** safe, unsafe, unkind, behaviour, unkindness, tease, teasing, bullying, aggressive, target, online bullying **Harold's school rules:** rules, safe, fair It's not fair!: kind, safe, unsafe, unkind, bullying, fair, unfair, include **Who are our special people?:** feelings, special people, qualities **Our special people:** balloons, family, special people	**Key Vocabulary:** **Super sleep:** sleep, grow, rest, tired, screen usage **Who can help? (1):** sad, feelings, safe, unsafe, worried, support, nervous, scared **Good or bad touches?:** testicles, vagina, penis, private, vulva, trust, privates, nipples, buttocks, bottom, scrotum **Sharing pictures:** consent, entertainment, donating, risks, harmful **What could Harold do?:** responsibility, safe, medicine, harmful **Harold loses Geoffrey:** feelings, emotions, loss, lost	**Key Vocabulary:** **Harold has a bad day:** safe, unsafe, behaviour, consequences, promise, special promise, gratitude, grateful **Around and about the school:** responsibility, environment **Taking care of something:** needs, responsible, responsibility, rules, respect	**Key Vocabulary:** **I can eat a rainbow:** fruit, vegetables, dairy, starchy, protein, vitamins, portion **Eat well:** sugar, fruit, vegetables, healthy, dairy, salt, cereal, meat **Harold's wash and brush up:** clean, routine, hygiene **Catch it! Bin it! Kill it!:** germs, hygiene, disease, spread **Harold learns to ride his bike:** practice, learning, make mistakes, confidence, achievement **Pass on the praise!:** encourage, feelings, safe, support, praise, feedback,	**Key Vocabulary:** **Healthy me:** water, food, sleep, exercise, energy, healthy, oxygen, air, screen usage **Then and now:** needs, help, change, growing, size, height **Taking care of a baby:** testicles, penis, needs, vulva, love, help, caring, nipples, attention, scrotum **Who can help? (2):** safe, unsafe, unkind,

emotions, support **Our feelings:** feelings, behaviour **Feelings and bodies:** help, feelings, hurt, heal **Good friends:** friendship, safe, making up, lonely, alone, include			**Harold's money:** money, cost, bills, spending, afford, online gaming, digital money **How should we look after our money?:** safe, money, bank, coin, note, worth, saving, digital money, digital payments **Basic first aid:** risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency	respectful, teamwork, resilient, include, team **Inside my wonderful body! (OPTIONAL):** sugar, fruit, vegetables, dairy, heart, salt, cereal, meat, organ, lungs, intestines, brain, stomach, oxygen, digested	unkindness, tease, teasing, bullying, witness, experience, getting help, aggressive, online bullying Surprises and secrets, surprise, secret **Keeping privates private:** testicles, vagina, penis, doctor, breastfeeding, private, vulva, help, change, my body is mine (body autonomy), privates, nipples, hygiene, sore, private activity, scrotum, breasts, anus

Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	**Summer 1**	**Summer 2**
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
I understand we have different ways to express our feelings. I can express my feelings in a	I can be respectful of those who are different to me. I can describe how someone can change someone's feelings.	I can keep myself safe around medicines. I can explain that they can be helpful or harmful, and say how they can be used safely.	I can make choices that help me play and work well with others. I can use some strategies when I	I can explain what happens when I learn something new. I can explain how setting a goal or goals will help me to achieve what I want to be able to do.	I can give support to a friend. I can describe feelings of loss and suggest what

safe, controlled way. I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me. I can tell someone how they are making me feel. I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.	I can tell you why it is important to show good listening to people who think differently to me. I can name and suggest strategies to someone who feels left out. I can be kind and use kind words to my friends.	I can say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe. I can say what I do and don't like and who to ask for help. I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong. I can give examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.	feel upset or angry. I can ask for help from a trusted adult. I can name some ways I can look after my environment. I can make choices with money.	I can explain how hand hygiene stops virus' and germs from spreading. I can give examples of what I can do and give to my body to stay healthy. I can name different parts of my body that are *inside* me and help to turn food into energy.	someone can do if a friend moves away. I can describe the stages of growth I have been through and what I look forward to in my future. I can name the human private parts that are used to make a baby. I can talk about keeping private parts private.
Key Vocabulary: **Our ideal classroom (1):** friendly, safe, happy, caring **Our ideal classroom (2) (OPTIONAL):** rules	**Key Vocabulary:** **What makes us who we are?:** respect, unique **My special people:** help, special people **How do we make others feel?:** feelings, calm, behaviour, aggressive, solve **When someone is feeling left out:** feelings, cooperate	**Key Vocabulary:** **Harold's picnic:** medicines, sleep, safety **How safe would you feel?:** feelings, safe, unsafe, worried **What should Harold say?:** feelings, safe, unsafe, getting help **I don't like that!:** feelings, touch **Fun or not?:** hurt, touch	**Key Vocabulary:** **Getting on with others:** responsibility, help, listen, share, take turns **When I feel like erupting:** feelings, control, erupt **Feeling safe:** safe, unsafe,	**Key Vocabulary:** **You can do it!:** challenge, encourage, practice, goal, achieve **My day:** choose, healthy, choices, unhealthy **Harold's postcard - helping us to keep clean and healthy:** germs, hygiene, disease, vaccination, injection	**Key Vocabulary:** **A helping hand:** help, support, supportive **Sam moves away:** feelings, change, emotions, nervous, loss, frightened **Haven't you grown!:** food, sleep, care, change,

How are you feeling today?: help, feelings, showing feelings **Let's all be happy!:** help, feelings **Being a good friend:** friendly, friendship, kind, safe, unsafe, unkind, include **Types of bullying:** respect, bullying, repeated, online bullying, loneliness **Don't do that!:** help, bullying, don't do that, aggressor, target, online bullying **Bullying or teasing? (OPTIONAL):** teasing, bullying, repeated, regular,	**An act of kindness:** kind, feelings, unkind, kindness **Solve the problem:** listening, being listened to, problem, listen	**Should I tell?:** safe, tell, unsafe, surprise, secret	uniform, ask for help **Playing games:** risk, gamer, personal information, internet **Harold saves for something special:** money, spending, saving, digital payments **Harold goes camping (OPTIONAL):** money, spending, saving, online gaming **How can we look after our environment?:** responsibility, environment	**Harold's bathroom:** teeth, hygiene, dental **What does my body do?:** water, food, heart, lungs, brain, stomach, small intestine, large intestine **My body needs... (OPTIONAL):** water, food, exercise, rest, oxygen, screen usage **Basic first aid:** risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency	growing, rest, learning, forward looking, making choices, asking permission **My body, your body:** ovaries, sperm, testicles, vagina, penis, womb, pregnancy, breastfeeding, vulva, special, private parts, my body is mine (body autonomy), eggs, nipples, bottom, unique, scrotum, breasts, anus **Respecting privacy:** penis, private, vulva, privacy, consent, genitals, permission **Some secrets should never be kept:** penis, private, vulva, tell, unsafe, private parts, consent, secret, uncomfortable, someone you trust, genitals, permission

aggressive, online bullying					
Year 3					
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing

I can communicate my feelings and use this to try to manage my emotions. I can collaborate with a team to achieve a goal. I can accept I may not always agree with others. I can listen and share my opinions respectively. I can say why friends may fall out and how they can make up. I know how to look after my friends and stay friends.	I can give examples of different types of family. I respect these differences. I can give examples of different community groups and what is good about having different groups. I can use respectful language and communication skills when discussing with others. I can talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place. I can name and use the different qualities needed for people from a diverse range of backgrounds need in order to get on together. I can suggest ways to deal with bullying and prejudice.	I can say what I could do to make a situation less risky or not risky at all. I can demonstrate strategies for dealing with a risky situation I can identify some key risks from and effects of cigarettes and alcohol. I can give examples of strategies for safe browsing online. I can identify personal information and when it is not appropriate or safe to share this. I can get help when an unsafe situation online occurs.	I can identify people who help me in different ways. I can spot 'facts' and 'opinions' to help me share ideas. I can make a plan. I can choose a method. I can identify different times and reasons to spend money. I can give examples of how people earn money.	I can choose foods that make a balanced meal. I can explain how washing hands can prevent infections spreading. I can describe how food, water and air get into the body and blood. I can set goals and make a plan to develop a new skill.	I can explain what body space is and how it feels when someone is too close to me. I can tell you some of the different relationships I have. I can tell you what qualities a healthy positive relationship has. I can describe how a girl and boy's body will change when it reaches puberty. I can tell you what happens to a woman's body when the sperm does not meet the egg.
Key Vocabulary: **As a rule:** rules, safety, misinformation, disinformation	**Key Vocabulary:** **Respect and challenge:** respect, cooperation, listening skills, politeness, courtesy, manners	**Key Vocabulary:** **Safe or unsafe?:**safe, unsafe, trust **Danger or risk?:** feelings, strategies, danger (dangerous), risk (risky), consequence	**Key Vocabulary:** **Helping each other to stay safe:** responsible, safe, healthy, helper	**Key Vocabulary:** **Derek cooks dinner! (healthy eating):** balanced diet, muscles, teeth, energy, healthy, dairy, proteins, bones,	**Key Vocabulary:** **Relationship tree:** trust, caring, healthy, positive, relationships, online

Looking after our special people: friendship, safe, making up, falling out, compromise **How can we solve this problem?:** needs, respect, compromise, conflict, point of view, preferences **Tangram team challenge (OPTIONAL):** cooperate, collaborate **Friends are special:** safe, unsafe, trust, calm, making up, listen, point of view, strategies, apologise **Thunks:** continuum, opinions, respectful,	**Family and friends:** adoption, blended family, family, fostering, same-sex couple, stereotype **My community:** belonging, community **Our friends and neighbours:** needs, respect, similarities, differences, identity **Let's celebrate our differences:** needs, respect, bullying, similarities, differences, name calling, bystander, online bullying, upstander **Zeb:** colour, prejudice, disability, gender, race, sexuality, stereotype, discrimination, cyberbullying, bystander, trolling, online bullying, upstander, abuse	**The Risk robot:** risk, safer **Super Searcher:** risk, browsing, phishing, search engine, fake news, internet safety, misinformation, disinformation **Help or harm?:** medicines, helpful, harmful, instructions, drugs **Alcohol and cigarettes: the facts:** risk, drugs, cigarettes, nicotine, alcohol **Raisin challenge (1) (OPTIONAL):** risks, strategies, decisions	Recount task fake news, fact, opinion, misinformation, disinformation **Our helpful volunteers:** wellbeing, volunteer **Can Harold afford it?:** spending, saving, income **Earning money:** income, earning **Harold's environment project:** environment, waste **Let's have a tidy up! (OPTIONAL):** responsibility, environment	starchy carbohydrates, fruit & veg **Poorly Harold:** water, sleep, medicine, rest, hygiene, safety, instructions, infection, cleanliness, dose, drug **Body team work:** lungs, intestine, vessels, arteries, liver **For or against?:** continuum, respectful, courteous, debate, discussion, justify **I am fantastic!:** achieve, ambitions, improve, goals, gender identity **Top talents:** goal-setting, talents, skills, intelligence **Getting on with your nerves! (OPTIONAL):** cooperation, teamwork, collaboration	relationships, misinterpretation **Body space:** testicles, vagina, penis, respect, vulva, nipples, uncomfortable, touch, scrotum, personal space, body space, invade, stop, anus **None of your business!:** internet safety, private, personal information, public, profile, digital tattoo **Secret or surprise?:** excited, feelings, worried, scared, surprise, secret, uncomfortable, angry, upset, jealous, talk **My changing body:** egg, ovaries, sperm, testicles, puberty, vagina, penis, womb, erection, birth, cervix, wet dreams, menstrual cycle,

courteous, challenging, preferences **Dan's dare:** feelings, dare, persuade **My special pet (OPTIONAL):** responsibility, feelings, care, loss					fallopian tube, period, vulva, nipples, genitals, scrotum, lining, period/menstruation pad, tampon, menstruation cup, breasts, mammals, hips, fertilise, spots, sweat, pubic hair. **If using the film clips, the following words are also used:** fertilised egg, ovary, uterus (womb), periods, menstruation, pregnant, anus, involuntary erections **Basic first aid:** risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency

Year 4					
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and changing
I can talk about how feelings change and be different for others. I can read different emotions by a persons body language. I can say 'no' in a calm and controlled way. I can name some qualities	I can say how differences sometimes cause conflict but can also be something to celebrate. I can begin to manage conflict by using negotiation and compromise. I can suggest strategies for dealing with someone who is behaving aggressively. I can demonstrate ways of showing respect to others' differences. I can explain why it's important to challenge stereotypes that might be applied to me or others.	I can demonstrate strategies for dealing with a risky situation I can give examples of people or things that might influence me to take risks and make decisions. I can give reasons for why most people choose not to smoke, or drink too much alcohol. I can explain what might happen if people take unsafe or inappropriate risks. I can identify images that are safe or unsafe to share online.	I can name some responsibilities and rights that I have. I can share ideas and make decisions that affect others. I can give my own opinion based on facts, opinions and other influences. I can give examples of how I	I can say how being unique makes everyone special, different and valuable. I can give examples of choices I make and the choices others make for me. I can plan a healthy, balanced meal. I can give examples of the ways people can look after their physical and mental wellbeing. I can give different examples of some of the things that I do already to help look after my environment.	I can describe how change can make a person feel (both negative and positive). I can explain why young people can have mixed up feelings when they go through puperty. I can explain why puberty happens. I can talk about how people feel during puberty and the

or strategies that help team work. I am aware of others and their needs when working together I can say what to do if I am, or a friend is, hurt or bullied by another person. I can recognise the qualities of a healthy relationship.			can support others as a bystander. I can explain how others have a financial responsibility to their families and community. I can give examples of choices and decisions with money that will affect me.		menstruation cycle and ways to help cope with the changes. I can explain why some people choose to get married, have a civil ceremony or live together.
Key Vocabulary: **Human machines:** collaborate, teamwork, collaboration, collaborative **Ok or not ok? (part 1):** respect, safe, unsafe, qualities, aggressive, positive, healthy relationship,	**Key Vocabulary:** **Can you sort it?:** respect, safe, unsafe, compromise, conflict, negotiation, disrespect, agree, disagree **What would I do?:** respect, fair, aggressive, apologise, prejudice, discrimination, bystander, aggressor, target, upstander, equal **The people we share our world with:** respect, similarities, responsibilities, belief **That is such a stereotype!:** challenge, stereotype, upstander, disagree	**Key Vocabulary:** **Danger, risk or hazard?:** risk, danger, hazard, hazardous, dangerous, risky, sunburn **How dare you!:** risks, aggressive, dare, assertive, online challenge, critical thinking, controlling **Keeping ourselves safe:** assertive, persevere, controlling **Raisin challenge (2):** consequences, influence, influencer, aggressor, target, online bullying **Picture wise:** privacy, privacy settings, security, AI – Artificial Intelligence	**Key Vocabulary:** **Who helps us stay healthy and safe?:** being responsible, reliable, trustworthy **It's your right:** responsibility, rules, safe, healthy, laws, rights, United Nations **How do we make a difference?:** phishing, rules, democracy,	**Key Vocabulary:** **What makes me ME!:** unique, individual **Making choices:** wellbeing, respect, encourage, support, choices, respectful, decisions, health, agree, disagree **SCARF hotel:** balanced diet, wellbeing, mental health, screen usage **Harold's Seven Rs:** refuse, reduce, re-use, recycle, rot, repair, re-think **My school community (1):** community **Basic first aid:** first aid, accident, burn, scald,	**Key Vocabulary:** **Moving house:** practice, learning line **My feelings are all over the place!:** puberty, hormones, feelings, compromise, conflict, independence **All change!:** ovaries, sperm, testicles, puberty, vagina, penis, womb, wet dreams, semen, vulva, privacy, eggs,

responsibilities, excluded, assertive, negotiate **Ok or not ok? (part 2):** friendly, aggressive, compromise, respectful, assertive, rude, face-to-face, controlling **An email from Harold!:** sad, feelings, happy, calm, scared, sore, frightened, physical effects, unhappy, devastated, miserable, distressed, lonely, alone, ignored, isolated, abandoned, apologetic, regretful, rueful, remorseful,	**Friend or acquaintance?:** friendly, friend, sharing, relationships, acquaintances, self-confidence **Islands:** body space, invade	**Medicines: check the label:** medicine, drug **Know the norms (OPTIONAL):** choices, social norm **Traffic lights (OPTIONAL):** privacy, personal information, privacy settings, online safety, location settings	trolling, scams, griefers **In the news!** respectful, courteous, opinion, influence, influencer, misinformation, disinformation **Safety in numbers:** witness, anti-social behaviour, aggressor, upstander **Harold's expenses (OPTIONAL):** income, expenditure, essential **Why pay taxes?:** income tax, VAT, national insurance, deductions, public services **Logo quiz (OPTIONAL):** environment, conservation	emergency, injury, minor, blood, nose bleed, choking, breathing, airway, unresponsive, casualty, wound, recovery **Volunteering is cool (OPTIONAL):** wellbeing, voluntary group, connect, be active, be mindful, get creative, give to others	nipples, scrotum, breasts, spots, sweat, pubic hair, If using the film clips, the following words are also used:, clitoris, labia, legal age of consent, marriage, Puberty for boys:, facial hair, underam hair, body odour, ejaculation, spontaneous erections, pleasure, masturbation, growth spurt, deeper voice, acne, breast growth, reproduction, testosterone, mood swings, sexual feelings/horny, romantic/sexual interest, Puberty for girls:, hair removal, wider hips, All about getting your period:, endometrium (uterus lining), foetus, stomach

repentant, aching, agonising, painful, delighted, ecstatic, joyful, untroubled, assured, confident, peaceful, petrified, terrified, bothered **Different feelings:** feelings, physical effects **When feelings change (OPTIONAL):** body language, facial expressions **Under pressure:** unkind, tease, bullying, prejudice, pressure, independent, discrimination, aggressor,					ache, headache, cramps, anus **Preparing for changes at puberty:** ovaries, sperm, testicles, puberty, vagina, penis, cervix, wet dreams, semen, ejaculate, menstrual cycle, ovulation, fallopian tube, vulva, eggs, genitals, scrotum, period/menstruation pad, tampon, menstruation cup, breasts, hips, spots, sweat, pubic hair, If using the film clips, the following words are also used:, fertilised egg, periods, menstruation, pregnant, spontaneous erections, What is a wet dream?, nocturnal emission, whitish fluid, wet, lubricated, slippery, sexual nature, felt

online bullying, upstander					good, pee, sheets, laundry, guilty, embarrassed, normal, natural, voice deepens, lining of the uterus, pads, menstrual cup, Menstruation Film Clip, anus, vaginal discharge, involuntary erections **Secret or surprise?:** surprise, secret, uncomfortable feelings **Together:** safe, unsafe, relationships, marriage, live together, civil partnership, forced marriage, wedding, ceremony

Year 5					
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
I can be assertive to keep myself happy, healthy and safe. I can use strategies to resolve arguments or disagreements. I can reflect on my behaviour, attitudes and qualities.	I can give examples of different faiths and cultures and positive things about having these differences. I can explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this. I can empathise with people who have been, and currently are, subjected to injustice, including through racism. I can explain how people sometimes aim to create an	I can suggest what someone should do when faced with a risky situation. I can protect my personal information online. I can recognise disrespectful behaviour online. I can identify the risks in a specific situation (including emotional risks). I can discuss social norms relating to cigarettes and what may influence a person's decision to not smoke.	I can develop ideas and opinions based on a current issue. I can present these with a group. I can identify how the responsibilities of others impact me and my community. I can give examples of barriers that can	I can begin to manage challenging emotions by building my resilience. I can describe the emotions and feelings people have during puberty and some respectful strategies to deal with conflict. I can identify how someone could deal with an unsafe situation by naming trusted adults and strategies to stay safe. I can explain, using the correct vocabulary, the menstruation	I can explain, giving examples, how I can manage my wellbeing using the five ways to wellbeing. I can set goals so that I can achieve an aspiration. I can tell you how I can overcome problems and challenges on the way to achieving my goals.

I am aware of the warning signs that a relationship could be unhealthy or unsafe. I can manage my emotional needs and any risks to them. I can respond to emotions according to the situation and person.	impression of themselves in what they post online that is not real and what might make them do this. I can give examples of why posting an inaccurate (or selective) impression of themselves could be harmful for people that do it (trying to live up to their image, taking risks etc.) I can reflect on how individual/group actions can impact on others in a positive or negative way.	I can support someone who is being bullied.	stop others following their responsibilities. I can give examples of some of the rights and responsibilities I have as I grow older, at home, my community and the environment. I can give real examples of each that relate to me. I can suggest ways to spend and save money responsibly. I can explain some things about finance and money. I can name a person who deals with money in my community.	cycle and puberty changes and the products people might need. I can give examples of feelings and emotions people have at times of change.	I can identify risk factors in a given situation I can assess the level of risk and explain how a risk can be reduced.
<u>Key Vocabulary:</u> **Collaboration Challenge!:** collaborate **Give and take:** safe, unsafe, compromise, conflict,	**<u>Key Vocabulary:</u>** **Qualities of friendship:** friendship, listening, compromise, assertive, negotiate, talking, self-esteem, loneliness, controlling **Kind conversations:** respect, compromise, listening skills, assertive, negotiate, controlling, neglect	**<u>Key Vocabulary:</u>** **Spot bullying:** bullying, cyberbullying, bystander, aggressor, target, online bullying, upstander **Play, like, share 1:** personal information, privacy settings **Play, like, share 2:** bystander, target, online bullying,	**<u>Key Vocabulary:</u>** **What's the story?:** responsibility, misinformation, disinformation, AI – Artificial Intelligence	**<u>Key Vocabulary:</u>** **It all adds up!:** energy, organs, body systems **Different skills:** commitment, resilience, determination, patience, interpersonal skills, perseverence **My school community (2):** community, school community	**<u>Key Vocabulary:</u>** **How are they feeling?:** wellbeing, resilience **Taking notice of our feelings:** trust, resilience, unwanted attention, unwanted touch

negotiation, resolution, self-esteem, loneliness **Communication (OPTIONAL):** body language, face-to-face, non-verbal, tone of voice, digital footprint, digital tattoo **How good a friend are you?:** lonely, insensitive, sensitive, self-esteem, insecure **Relationship cake recipe:** respect, unsafe, aggressive, assertive, unhealthy relationship, verbal abuse, physical abuse, sexual abuse, uncomfortable touching,	**Happy being me:** prejudice, excluded, stereotype, discrimination, upstander, neglect, justice **The land of the Red People:** metaphor, diverse, multi-cultural society, prejudice, discrimination, equity, equality, neglect **Is it true?:** fake news, fact, assertive, biased, self esteem, online bullying, misinformation, disinformation, critical thinking, disagree, algorithms **Stop, start, stereotypes:** prejudice, assertive, verbal abuse, physical abuse, sexual orientation, gender identity, gender expression, biological sex, online bullying, gender reassignment (protected characteristic), transgender, disagree **It could happen to anyone (OPTIONAL):** friendly, friend, consequences, embarrassed, reactions	upstander, digital footprint, digital tattoo **Decision dilemmas:** pressure, influence, assessing risk, risk taking **Vaping: healthy or unhealthy?:** substance, stimulant **Would you risk it?:** assertive, risk taking **Ella's diary dilemma (OPTIONAL):** dare, assertive, pressure, resist pressure, digital footprint, digital tattoo, controlling, equality, fairness **'Thunking' about habits (OPTIONAL):** healthy, choices, habit, addiction **Drugs: true or false? (OPTIONAL):** aggressive, drugs, cigarettes, alcohol, assertive, self-esteem, controlling, neglect **Smoking: what is normal? (OPTIONAL):** norms, perception	**Fact or opinion?:** fake news, fact, opinion, biased, unbiased, misinformation, disinformation **Mo makes a difference:** voluntary group, community group, pressure (action) group **Rights, respect and duties:** responsibility, rights, duties **Spending wisely:** costs, wages, salaries, rent, Fairtrade **Lend us a fiver!:** borrow, loan, credit, debit, interest **Local councils (OPTIONAL):** public services, council, vote, elections, councillors	**Independence and responsibility:** responsibility, independence **Star qualities?:** personal qualities, celebrities **Basic first aid including Sepsis Awareness:** life skill, sepsis	**Dear Ash:** in confidence, break a confidence, confidential **Growing up and changing bodies:** testicles, puberty, vagina, penis, semen, period, vulva, nipples, scrotum, period/menstruation pad, tampon, menstruation, clitoris, labia, vaginal discharge, genitalia, managing feelings, oral health **Changing bodies and feelings:** testicles, vagina, penis, hips widen, wet dreams, hormones, doctor, vulva, sleep, exercise, emotions, nipples, scrotum, menstruation cup, spots, sweat, pubic hair, If using the film clips, the following words are also used:, periods, menstruation,

passive, self-esteem, include, controlling, abuse, neglect **Our emotional needs:** emotions, emotional needs **Being assertive:** safe, unsafe, bullying, aggressive, assertive, lonely, passive, bystander, self-esteem, loneliness, rejection					clitoris, body odour, acne, hair removal, height gain, FGM/cuts to the vulva, lips (labia), vaginal opening, urinary opening, period protection, washing, body confidence, body autonomy, vaginal discharge, involuntary erections, hydration, breast development, genitalia, deodrant, shower gel, tissues, washing powder, spot cream, facial wash, period products, circumcised, Taking care of your body, chemicals, oil glands, good hygiene, showers, soap, shampoo, clean underwear, pimples, zits, acne cream, hair growth, under arm, chest hair,

					healthy food, medication **Help! I'm a teenager - get me out of here!:** puberty, hormones, respect, compromise, conflict, negotiate, mood swings, emotional changes, neglect **Dear Hetty (OPTIONAL):** separation, fostered Growing and Changing - Pre and Post Unit Assessment: Y5/P6 **Making babies (OPTIONAL):** egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage,

					conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, vulva, nipples, scrotum

Year 6					
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
I can work through challenges I have with my friends with respect, assertiveness and understanding. I can give examples of negotiation and compromise. I can use these skills in practical situations.	I can explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations. I can show respect to others by using verbal and non-verbal communication. I can reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason. I can describe how empathy can help people to be more tolerant and understanding of those who are different from them.	I can use safe, respectful and responsible behaviours and strategies when using social media. I can give examples of how to safely share images online. I can explain how social norms around alcohol can influence a person's decision whether to drink alcohol or not. I can suggest positive ways to meet my emotional needs and how this impacts my behaviour. I can begin to make decisions independently and responsibly.	I can tell you the difference between 'fact' and 'opinion' and explain what 'bias' means. I can discuss the reasons why people post online and the positive and negative effects relating to social media. I can talk about how money is earned, the differences in incomes and how	I can explain, giving examples, how I can manage my wellbeing using the five ways to wellbeing. I can set goals so that I can achieve an aspiration. I can tell you how I can overcome problems and challenges on the way to achieving my goals. I can identify risk factors in a given situation I can assess the level of risk and explain how a risk can be reduced.	I can name some of the feelings and emotions people have during change. I can give examples of how someone could cope with or get support during puberty. I can identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image. I can explain how to stay safe when

I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch. I can use assertive behaviours to keep myself safe from peer influence or pressure. I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.	I can recognise how the media can reinforce gender stereotypes and begin to challenge this.		public services are supported by tax payers. I can describe how a group of people can make a change. I can reflect on my role in making a change in my community or environment. I can suggest ways that I can help my environment. I can give examples of why we need a democratic society and how laws keep us safe.		sharing images and information online. I can offer advice and name people to help keep someone safe. I can identify if a secret is unsafe.	
<u>Key Vocabulary:</u> **Working together:** teamwork, collaboration **Let's negotiate (OPTIONAL):**	**<u>Key Vocabulary:</u>** **OK to be different:** confidence, witness, unique, problem, compromise, conflict, negotiate, isolated, bystander, positive feedback, self-esteem, self-worth, insecure, self-worth, solution	**<u>Key Vocabulary:</u>** **Think before you click!:** sharing, online safety, social media, parental consent, trolling, misinformation, disinformation, digital footprint, bot, troll, digital tattoo, algorithms	**<u>Key Vocabulary:</u>** **Two sides to every story:** fact, opinion, assertive, stereotype, biased, unbiased **Fakebook friends:** sharing, profile,	**<u>Key Vocabulary:</u>** **This will be your life!:** perseverance, aspirations, goal setting **Our recommendations:** wellbeing, reliable, accurate, sources, health, misinformation, disinformation	**<u>Key Vocabulary:</u>** **I look great!:** body image, manipulation, self esteem, deepfake, digital media, self-worth **Media manipulation:** assertive, stereotype, gender	

compromise, negotiation **Solve the friendship problem:** respectful, assertive, balanced friendship **Dan's day (OPTIONAL):** excluded, sensitive, thoughtful, response, disrespect **Behave yourself:** resolution, assertiveness, rejected **Assertiveness skills:** assertiveness, peer pressure, controlling, abuse, neglect **Don't force me:** marriage, civil partnership, forced marriage,	**We have more in common than not:** unique, prejudice, assertive, stereotype, discrimination, sexual orientation, gender identity, gender expression, biological sex, diversity **Respecting differences:** respect, body language, point of view, empathy, cultural norms, disrespect **Tolerance and respect for others:** respect, unique, identity, prejudice, discrimination, diversity, tolerance **Advertising friendships!:** friend, relationships, acquaintance **Boys will be boys? - challenging gender stereotypes:** prejudice, assertive, stereotype, discrimination, gender stereotype, media influence, assumption, upstander, digital platforms	**It's a puzzle (OPTIONAL):** privacy settings, identity theft, secure, digital footprint, digital tattoo, online sharing **To share or not to share?:** permission, illegal, trolling, right to privacy, sharing online, sexual images, sexting, nudes, digital footprint, digital tattoo **Rat Park:** emotional needs, habit, addiction **What sort of drug is...?:** drug, illegal, legal, medical, non-medical **Drugs: it's the law!:** illegal, drug laws, age restrictions, possess, supply, produce, penalties **Alcohol: what is normal?:** risks, alcohol, norms, short-term effects, long-term effects **Joe's story (part 1) (OPTIONAL):** aggressive, assertive, emotional needs, passive, self-esteem, physical needs, controlling, neglect	online safety, social media, image **What's it worth?:** saving, interest, bank (building society) account, Junior ISA, debit card, cash, value, online gaming, digital resilience **Jobs and taxes (OPTIONAL):** VAT, public services, income tax (PAYE), tax **Happy shoppers - caring for the environment:** energy, recycling, waste, re-use, Fairtrade, environmentally sustainable, composting, materials, transport, shop local, food miles **Action stations! (OPTIONAL):** voluntary group, community group, pressure (action)	**What's the risk? (1):** assessing risk, self-esteem, weigh up, dilemma, controlling, neglect, self-worth **What's the risk? (2):** choices, influence, assessing risk, weigh up, misinformation, online behaviours, algorithms **Basic first aid, including Sepsis Awareness:** feelings, adult, calm, first aid, emergency, unresponsive, life skill, sepsis, Red Cross, ambulance, operator, information, serious, scenario, script, role, panic, responsive **Five Ways to Wellbeing:** projectwellbeing, connect, be active, take notice (mindful), give, keep learning (get creative)	stereotype, media manipulation, gender reassignment (protected characteristic) **Pressure online:** online safety, peer pressure, right to privacy, sharing online **Helpful or unhelpful? Managing change:** change, support, conversation, discuss **Is this normal?:** testicles, puberty, vagina, penis, hormones, vulva, friends, nipples, scrotum, identity, spots, **If using the film clips, the following words are also used:,** periods, rights, mood swings, FGM/cuts to the vulva, period products, emotional changes, physical changes, FGM, voice deepening, Puberty	

illegal, preferences, abuse **Acting appropriately:** assertive, illegal, appropriate, inappropriate, bystander, upstander			group, mission statement, values, beneficiary **Project Pitch (parts 1 & 2) (OPTIONAL):** mission statement, beneficiary, campaign bid, pitch, grant **Democracy in Britain 1 – Elections:** democracy, elections, manifesto, voting booth, voting, candidate, policies, ballot slip, ballot box, constituencies, House of Commons, MP **Democracy in Britain 2 - How (most) laws are made:** debate, penalties, House of Commons, proposal, amendments, enforcement, majority, House of		and finding out who you are:, manage emotions, feeling funny sexually, start to have questions about sex, sexual reaction, more independence, increased weight **Making babies:** egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, hips widen, wet dreams, loving relationship, **If**	

			Lords, Royal Assent **Community art (OPTIONAL):** community, valued		**using film clip -** Reproduction Planned Parenthood: , cells, semen, ejaculate, hormones, menstrual cycle, ripen, lining of womb, mature egg, ovulation, fallopian tube, fertilisation, uterine lining, period, How a baby is born: , vaginal childbirth, pelvis, efface, dilate, contractions, mucous plug, water break, doctor, midwife, cervical opening, birth canal, delivery, active labour, contracts, crowning fetal head, episiotomy, skull bones, umbilical cord, placenta, breastfeeding, All the different ways couples can create babies:, queer couple, LGBTQ+, stepchildren, foster	

					parents, artificial insemination, co maternity, blended family, donate sperm, sperm bank, derogatory, homophobic, vulva, nipples, scrotum **What is HIV? (OPTIONAL):** vagina, womb, condom, cervix, semen, vaccination, prejudice, infection, medication, HIV, immune system, virus, transmission, sharing needles, sexual contact, Human immunodeficiency virus, illness, sexual activity, vaginal fluids, lifelong condition, life threatening, sharing of needles, blood transfusions, Human papilloma virus, cancer, antibodies **Online Sexual Content (OPTIONAL):**	

					vagina, penis, orgasm, sexual intercourse, consensual, condom, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, loving relationship, respectful, online sexual content	