

PROGRESSION DOCUMENT

PSHE

KEEPING/STAYING SAFE

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Safety	<ul style="list-style-type: none"> - understand the concept of rules and how these rules help us. - know there are people who keep us safe - understand how to use equipment safely. - know how to cross a road safely 		Safe unsafe stranger danger
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H8, H29, H30, H32, H33, R1, R2, R15, R19, R20 RSHE DfE - R1, R2, R6, R11, R28, R29, R30, R31, R32, P2	- identify their current knowledge of keeping/staying safe.	community, discuss, choice, pedestrian, zebra crossing, pelican crossing, puffin crossing, toucan crossing, avoid, situation, risk, safe, imaginary
	Road Safety	PSHE (KS1) - H29, H32, H33, R2, R17, R20 RSHE DfE - R1	<ul style="list-style-type: none"> - understand why it is important to stay safe when crossing the road. - recognise a range of safe places to cross the road. - understand the differences between safe and risky choices. - know different ways to help us stay safe. 	
CYCLE B YEAR 2	Tying Shoelaces	PSHE (KS1) - H13, H14, H15, H16, H29, H30, R1 RSHE DfE - R2	<ul style="list-style-type: none"> - know the reasons to make sure your laces are tied. - learn how to tie up laces properly. - know rules to keep yourself and others safe. - understand the differences between safe and risky choices. 	laces buckle velcro accident rules unsafe
	Staying Safe	PSHE (KS1) - H22, H29, H32, H33, R1, R2, R15, R16, R17, R19, R20, R22, L5, L16 RSHE DfE - R1, R2, R4, R11, R16, R19, R25, R28, R29, R30, R31, R32	<ul style="list-style-type: none"> - know ways to keep yourself and others safe. - recognise risky situations. - identify trusted adults around you. - understand the differences between safe and risky choices. 	PCSO pressured permission
CYCLE A YEAR 3	Leaning Out of Windows	PSHE (KS1) - H29, H30, H32, H33, H35, H36, R1, R2, L1 (KS2) - H38, H39, H41, H42 RSHE DfE - R2, P32	<ul style="list-style-type: none"> - recognise a range of warning signs. - spot the dangers we may find at home. - know the importance of listening to our trusted adults. - understand ways we can keep ourselves and others safe at home. - know the differences between safe and risky choices. 	appliances chemical dangerous warning sign
	Summative Topic	PSHE (KS1) - H8, H10, H24, H28, H29, H30, H31, H32, H33, H35, H36, R1, R2, R5, R15, R16, R17, R19, R20, L5 (KS2) - H12, H38, H39, H40, H41, H44, R6, R8, R18, R22, R24, R25, R26, R28, R29 RSHE DfE - R1, R2, R4, R11, R19, R25, R27, R28, R29, R30, R31, R32, P27	- summarise their learning for this module.	

CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - H37, H38, H39, H41, R24, R29, L5 RSHE DfE - R1, R28, R30, R31	- identify their current knowledge of keeping/staying safe.	Statement Opinion fact strategies junction cycle safety
	Cycle Safety	PSHE (KS2) - H3, H7, H35, H37, H38, H41, R6, R8, R30, L1, L4, L6, L7 RSHE DfE - R1, R2, R4, P4	- identify strategies we can use to keep ourselves and others safe. - recognise the impact and possible consequences of an accident or incident. - identify what is a risky choice. - create a set of rules for and identify ways of keeping safe.	
CYCLE A YEAR 5	Peer Pressure	PSHE (KS2) - H18, H19, H20, H24, H35, H37, H38, H39, H41, R10, R11, R15, R17, R18, R22, R28, R29, R34, L4 RSHE DfE - R7, R8, R11, R13, R25, R29, R30, R31, R32, P3	- identify strategies we can use to keep ourselves and others safe. - recognise ways to manage peer pressure. - explain the potential outcomes that may happen when we take risks. - recognise the impact and possible consequences of an accident or incident.	peer pressure encourage risk risk assessment support network
	Adults' & Children's Views	PSHE (KS2) - H35, H37, H38, H39, H40, H41, H42, R6, R26, R29, R33, R34, L1 RSHE DfE - R2, R2, R19, R22, R28, R29, P13	- review the opinions and views of a range of adults and children.	
CYCLE B YEAR 6	Water Safety	PSHE (KS2) - H37, H38, H39, H41, R15, R18, R28, R29, L1 RSHE DfE - R11, R29, R30, R31, R32	- identify a range of danger signs. - develop and name strategies that can help keep ourselves and others safe. - recognise the impact and possible consequences of an accident or incident.	danger consequences water safety water pollution hidden currents warning flags
	Summative Topic	PSHE (KS2) - H35, H37, H38, H39, H40, H41, R15, R24, R26, R28, R29, L1 RSHE DfE - R11, R29, R30, R31, R32	- summarise their learning for this module.	

KEEPING/STAYING HEALTHY

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Being Healthy	- recognise the importance of basic and personal hygiene - manage own basic hygiene and personal needs, including dressing, going to the toilet - understand the importance of healthy food choices.		clean, dirty, wash, soap, water, toilet, healthy, unhealthy

CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H1, H3, H4, H5, H7, H9, H17 RSHE DfE - P1, P5, P6, P12, P18, P19, P20, P28, P29, P30	During the baseline topic, children will engage in a module quiz, and additional activities, to help identify their current knowledge of keeping/staying healthy.	
	Washing Hands	PSHE (KS1) - H1, H5 RSHE DfE - P6, P30	<ul style="list-style-type: none"> - understand why we need to wash our hands - know how germs are spread and how they can affect our health - practise washing your hands - know the differences between healthy and unhealthy choices 	healthy unhealthy germs
CYCLE B YEAR 2	Healthy Eating	PSHE (KS1) - H1, H2 RSHE DfE - P20, P22, P23, P24	<ul style="list-style-type: none"> - know that food is needed for our bodies to be healthy and to grow - understand that some foods are better for good health than others - list different types of healthy food - understand how to keep yourself and others healthy - know the differences between healthy and unhealthy choices 	ingredients energy repair vitamins natural saturated fat
	Brushing Teeth	PSHE Links (KS1) - H1, H2, H5, H7, H10 RSHE DfE - P6, P24, P29	<ul style="list-style-type: none"> - understand why we need to brush our teeth - practise brushing your teeth - know the differences between healthy and unhealthy choices - develop strategies to help you remember to brush your teeth when you forget, are tired, or busy 	decay
CYCLE A YEAR 3	Medicine	PSHE (KS1) - H6, H10, H31, H33, R17, R20 (KS2) - H10, H14, H40, R11, R15, R18, R26, R28 RSHE DfE - R8, R11, P25, P31	<ul style="list-style-type: none"> - know, understand, and be able to practise simple safety rules about medicine - understand when it is safe to take medicine - know who we can accept medicine from - understand the differences between healthy and unhealthy choices 	medicine allergies vaccination antibodies research immune system doctor
	Summative Topic	PSHE (KS1) - H1, H2, H3, H4, H5, H6, H7, H9, H10, H17 (KS2) - H1, H2, H3, H6, H7, H9, H10, H11, H12, H13, H14, H15 RSHE DfE - P5, P12, P18, P19, P20, P21, P23, P24, P28, P29, P30	- summarise their learning for this module.	
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - H1, H2, H3, H4, H6, H7, H8, H9, H11, H15, H16, H21 RSHE DfE - P1, P5, P6, P9, P18, P19, P20, P21, P28, P29, P30	- identify their current knowledge of keeping/staying healthy.	lifestyle balanced diet blood pressure saturated fat vital organs food chart carbohydrates protein calorie
	Healthy Living	PSHE (KS2) - H2, H3, H4, H5, H6, H7, H8, H9, H11, H13, H16, H21 RSHE DfE - P1, P5, P6, P9, P12, P18, P19, P20, P21, P22, P23, P24, P28, P29, P30	<ul style="list-style-type: none"> - explain what is meant by a balanced diet and plan a balanced meal - recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older - understand nutritional information on packaged food and explain what it means - describe different ways to maintain a healthy lifestyle 	

CYCLE A YEAR 5	Smoking	PSHE (KS2) - H1, H3, H4, H37, H46, H47, H48, H49, H50, R11, R15, R18, R28, L1 RSHE DfE - R8, R11, P25	<ul style="list-style-type: none"> - explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. - describe how smoking can affect your immediate and future health and wellbeing - give reasons why someone might start and continue to smoke - identify and use skills and strategies to resist any pressure to smoke 	nicotine addictive illegal respiratory system cardiovascular disease cigarette e-cigarette tobacco
	Adults & Children's Views	PSHE (KS2) - H1, H2, H3, H4, H7, H8, H10, H12, H13, H14, H15, H16, H21, H46, R8, R14, R33, R34 RSHE DfE - R1, R2, R8, R9, P1, P5, P6, P12, P18, P19, P20, P21, P24, P27	<ul style="list-style-type: none"> - review the opinions and views of a range of adults and children. 	
CYCLE B YEAR 6	Alcohol	PSHE (KS2) - H1, H4, H10, H37, H38, H46, H47, H48, H50, R9, R10, R15, R18, R28, R29, R34, L1 RSHE DfE - P25	<ul style="list-style-type: none"> - identify what is a risky choice - identify the risks associated with alcohol - describe how alcohol can affect your immediate and future health - develop and recognise skills and strategies to keep safe 	alcohol ethanol fermentation unit legal age limit alcohol poisoning
	Summative Topic	PSHE (KS2) - H1, H2, H3, H5, H10, H12, H14, H15, H16, H18, H21, H22, H37, H39, H40, H46, H47 RSHE DfE - R31, R32, P1, P2, P3, P9, P10, P21, P25, P26, P27	<ul style="list-style-type: none"> - summarise their learning for this module. 	

RELATIONSHIPS

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Building Safe Relationships	<ul style="list-style-type: none"> - recognise the concept of privacy, including the right to keep things private - family relationships and family dynamics - know the changes that have occurred in them since birth - how to work and play cooperatively and take turns with others - form positive attachments to adults and friendships with peers - show sensitivity to their own and to others' needs 		friend, kind, caring gentle, help, share private, personal take turns
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H15, H16, H17, H21, H22, R1, R2, R3, R4, R5, R23, L4, L6 RSHE DfE - R1, R2, R3, R4, R12	<ul style="list-style-type: none"> - identify their current knowledge of relationships. 	
	Friendship	PSHE (KS1) - H15, H24, R6, R8, R9, R11, R21, R22, R24, R25, L6 RSHE DfE - R7, R8, R9, R10, R12, R13	<ul style="list-style-type: none"> - understand how to be a good friend - recognise kind and thoughtful behaviours - understand the importance of caring about other people's feelings - see a situation from another person's point of view 	relationship love security stability disagree

CYCLE B YEAR 2	Bullying	PSHE (KS1) - H11, H12, H14, H16, H24, R6, R7, R9, R11, R12, R21, R24 RSHE DfE - R7, R8, R9, R11, R12, R13, R17, R25, P3, P7, P8	<ul style="list-style-type: none"> - name a range of feelings - understand why we should care about other people's feelings - see and understand bullying behaviours - know how to cope with these bullying behaviours 	bullying mean describe teasing threatening advice imagine anti-bullying
	Body Language	PSHE (KS1) - H11, H12, H13, H14, H15, H16, H18, H19, R2, R5, R6, R8, R10, R21, R22, R24 RSHE DfE - R7, R8, R9, R10, R11, R13, P2, P3, P4	<ul style="list-style-type: none"> - recognise and name a range of feelings - understand that feelings can be shown without words - see a situation from another person's point of view - understand why it is important to care about other people's feelings 	
CYCLE A YEAR 3	Touch	PSHE (KS1) - H19, H25, R5, R10, R11, R12, R13, R16, R20, R21, R22, R25 (KS2) - H18, H24, R8, R9, R11, R18, R22, R25, R26, R29 RSHE DfE - R2, R6, R8, R9, R11, R12, R16, R19, R25, R27, R29, R30, R31, R32	<ul style="list-style-type: none"> - understand the difference between appropriate and inappropriate touch - know why it is important to care about other people's feelings - understand personal boundaries - know who and how to ask for help - name biological names for various body parts - match the correct body parts to a male and female. 	communicate situation, penis testicles, vagina vulva, anus private parts appropriate
	Summative Topic	PSHE (KS1) - H16, H18, H19, H24, H32, H33, R2, R5, R6, R9, R10, R11, R12, R16, R17, R18, R20, R21, R22 (KS2) - H18, H24, R8, R9, R11, R18, R22, R25, R26, R29 RSHE DfE - R6, R7, R8, R9, R10, R11, R12, R13, R15, R16, R17, R25, R26, R27, R28, R29, R30, R31, R31, P3	<ul style="list-style-type: none"> - summarise their learning for this module. 	

GROWING AND CHANGING

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - H35 RSHE DfE - This assessment does not link to the DfE statutory elements	<ul style="list-style-type: none"> - identify their current knowledge of relationships. 	
	Appropriate Touch (Relationships)	PSHE (KS2) - H18, H19, H20, H21, H24, H25, H27, R1, R3, R4, R5, R6, R7, R8, R9, R16, R22, R24, R25, R27, R29, R32, L2, L6, L8 RSHE DfE - R1, R2, R3, R4, R5, R6, R12, R13, R16, R25, R26, R27, R28, R29, R30, R31, R32, P2	<ul style="list-style-type: none"> - identify the different types of relationships we can have and describe how these can change as we grow - explain how our families support us and how we can support our families - identify how relationships can be healthy or unhealthy - explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable 	nervous scared inappropriate connection civil partnership marriage

CYCLE A YEAR 5	Puberty	PSHE (KS2) - H1, H17, H19, H24, H30, H31, H32, H34, R2 RSHE DfE - R32, P2, P3, P9, P21, P34, P35	<ul style="list-style-type: none"> - explain what puberty means - describe the changes that boys and girls may go through during puberty - identify why our bodies go through puberty - develop coping strategies to help with the different stages of puberty - identify who and what can help us during puberty 	puberty hormone anonymous question vagina vulva ovaries fallopian tube penis testicles bladder
	Adult's & Children's Views	PSHE (KS2) - H19, H21, H24, R1, R6, R8, R10, R11, R14, R33, R34 RSHE DfE - R1, R2, R4, R7, R8, R9, R13, R14, P3, P6	<ul style="list-style-type: none"> - review the opinions and views of a range of adults and children. 	
CYCLE B YEAR 6	Conception <i>Parents/carers can withdraw their children from this topic</i>	PSHE (KS2) - H19, H30, H33, H34, R1, R2, R6, R7, R32, L8 RSHE DfE - R1, R2, R3, P35	<ul style="list-style-type: none"> - explain the terms 'conception' and 'reproduction' - describe the function of the female and male reproductive systems - identify the various ways adults can have a child - explain various different stages of pregnancy - identify the laws around consent 	conception reproduction consent caesarean cervix womb (uterus) urethra fertilised IVF
	Summative Topic	PSHE (KS2) - H17, H18, H19, H20, H24, H31, H32, H33, H34, R1, R18, R29, R31, L4 RSHE DfE - R4, R6, R7, R8, R9, R10, R11, R12, R13, R16, R25, R26, R29, R30, R31, R32, P34, P35	<ul style="list-style-type: none"> - summarise their learning for this module. 	

BEING RESPONSIBLE

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Responsibility	<ul style="list-style-type: none"> - tidy up toys and resources after use - look after personal items like coats, bags, and water bottles - care for books, shared equipment, and classroom spaces - remember expectations and routines without being reminded - begin to understand that actions have consequences 		responsible, right, wrong, help, look after, job, choice
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H17, H22, H26, H27, R1 RSHE DfE - R2	<ul style="list-style-type: none"> - identify their current knowledge of being responsible. 	

	Water Spillage	PSHE (KS1) - H28, H29, H30, H35, H36, R21, L1 RSHE DfE - R2, R13, P32	<ul style="list-style-type: none"> - know how you can help people around you - understand the types of things you are responsible for - know how and understand the importance of preventing accidents - recognise the differences between being responsible and being irresponsible 	responsibility responsible accident honesty dishonest
CYCLE B YEAR 2	Practice Makes Perfect	PSHE (KS1) - H3, H18, H22, H23, H24, R23, R24, R25, L14, L17 RSHE DfE - R12, P6, P19	<ul style="list-style-type: none"> - name ways you can improve in an activity or sport - understand the importance of trying hard and not giving up - see the benefits of practising an activity or sport - learn ways to set goals and work to reach them 	abilities thoughtful qualities manners courteous appropriately self-respect improve
	Helping Someone in Need	PSHE (KS1) - H29, H32, R15, R17, R19, R20, R22 RSHE DfE - R8, R11, R13, R14, R15, R16, R28, R29	<ul style="list-style-type: none"> - know how you can help other people - recognise kind and thoughtful behaviours and actions - understand the risks of talking to people you don't know very well in the community - identify the differences between being responsible and being irresponsible 	
CYCLE A YEAR 3	Stealing	PSHE (KS1) - H14, H15, R6, R22, L12 (KS2) - R11, R18, R22, R26, R28, R31, L1 RSHE DfE - R8, R11, R13, R16, R19	<ul style="list-style-type: none"> - understand the differences between borrowing and stealing - describe how you might feel if something of yours is borrowed and not returned - know why it is wrong to steal - understand the differences between being responsible and irresponsible 	borrowing stealing consequence irresponsible responsible
	Summative Topic	PSHE (KS1) - H26, H29, R21 (KS2) - H35, H38 RSHE DfE - R8, R13	- summarise their learning for this module.	
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - H27, H28, H35, H37, H38, H41, R30, R34, L1, L4, L5 RSHE DfE - R2, R13	- identify their current knowledge of being responsible.	
	Coming Home on Time	PSHE (KS2) - H35, H37, R26, R30, R31, L1, L30 RSHE DfE - R2, R4, R13, R19	<ul style="list-style-type: none"> - recognise the importance of behaving in a responsible manner in a range of situations - describe a range of situations where being on time is important - explain the importance of having rules in the home - describe ways that behaviour can be seen to be sensible and responsible 	punctual responsible irresponsible appointment
CYCLE A YEAR 5	Looking Out for Others	PSHE (KS2) - H16, H18, H20, H21, H24, R10, R11, R13, R14, R17, R18, R19, R20, R22, R25, R31, L4, L10 RSHE DfE - R7, R8, R9, R11, R12, R13, R18, R19, R25, R27, R31, R32, P7, P8, P9, P10	<ul style="list-style-type: none"> - recognise why we should take action when someone is being unkind - describe caring and considerate behaviour, including the importance of looking out for others - demonstrate why it is important to behave in an appropriate and responsible way - identify how making some choices can impact others' lives in a negative way 	considerate inconsiderate
	Adults' & Children's Views	PSHE (KS2) - H25, H27, H28, H35, H37, H39, R30, R33, R34, L3, L4, L5 RSHE DfE - R12, R13, R14	- review the opinions and views of a range of adults and children.	

CYCLE B YEAR 6	Stealing	PSHE (KS2) - H37, R11, R22, R26, R30, R31, L1 RSHE DfE - R8, R11, R13, R14, R16, R19	<ul style="list-style-type: none"> - explain what consent means - recognise the importance of being honest and not stealing - explain why it is important to have a trusting relationship between friends and family - identify how making some choices can impact others' lives in a negative way 	consent possession permission trust borrowing stealing responsible irresponsible
	Summative Topic	PSHE (KS2) - H28, H35, H37, H38, R11, R22, R24, R26, R30, R31, L1, L3, L4, L5 RSHE DfE - R8, R13, R14, R19	<ul style="list-style-type: none"> - summarise their learning for this module. 	

FEELINGS AND EMOTIONS

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Feelings and Emotions	<ul style="list-style-type: none"> - show an understanding of own feelings and those of others - begin to regulate own behaviour accordingly - wait for what they want and control immediate impulses when appropriate - identifying basic feelings - use facial expressions, body language, and words to describe how they or others feel 		feeling, emotion, upset, calm, crying smile, laugh, frown, calm, breathe
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H11, H12, H13, H14, H15, H16, H18, H19, H24, R7, R10, R11, R20, R21 RSHE DfE - R32, P2, P3, P6, P7, P8	<ul style="list-style-type: none"> - identify their current knowledge of feelings and emotions. 	
	Jealousy	PSHE (KS1) - H11, H12, H13, H14, H15, H16, H18, H19, H21, H22, R10, R11, R12, R21, R22, R24, L14 RSHE DfE - R8, R9, R10, R11, R12, R13, R16, R17, R25, R27, P2, P3, P4	<ul style="list-style-type: none"> - recognise and name emotions and their physical effects - know the difference between pleasant and unpleasant emotions - learn a range of skills for coping with unpleasant/uncomfortable emotions - understand that feelings can be communicated with and without words 	recognising loneliness frustration experience jealousy
CYCLE B YEAR 2	Worry	PSHE (KS1) - H11, H12, H13, H14, H15, H16, H18, H19, H24, H27, R5, R20, R25 RSHE DfE - R1, R2, R31, R32, P2, P3, P7	<ul style="list-style-type: none"> - recognise and name emotions and their physical effects - know the difference between pleasant and unpleasant emotions - learn a range of skills for coping with unpleasant/uncomfortable emotions - understand that feelings can be communicated with and without words 	fidgety annoyed worry anger manage trust
	Anger	PSHE (KS1) - H11, H12, H13, H16, H17, H18, H19, H24, R21, R22 RSHE DfE - R10, R13, P2, P3, P4, P9	<ul style="list-style-type: none"> - recognise and name emotions and their physical effects - know the difference between pleasant and unpleasant emotions - learn a range of skills for coping with unpleasant/uncomfortable emotions - understand that feelings can be communicated with and without words 	

CYCLE A YEAR 3	Grief	PSHE (KS1) - H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, R1, R2 (KS2) - H17, H18, H19, H20, H21, H23, H24, R6, R8, L4 RSHE DfE - R1, R2, P2, P3, P4, P7, P9	<ul style="list-style-type: none"> - recognise and name emotions and their physical effects - know the difference between pleasant and unpleasant emotions - learn a range of skills for coping with unpleasant/uncomfortable emotions - understand that feelings can be communicated with and without words 	grief confusion memory box
	Summative Topic	PSHE (KS1) - H1, H3, H4, H9, H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, R2, R5, R9, R10, R20, R21 (KS2) - H4, H8, H15, H16, H18, H19, H20, H23, H24, R20, R29 RSHE DfE - R1, R29, R30, R31, R32, P1, P2, P3, P4, P6, P9	<ul style="list-style-type: none"> - summarise their learning for this module. 	
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - H1, H2, H3, H4, H5, H7, H8, H14, H8, H14, H15, H16, H17, H18, H19, H20, H21, H22, H23, H24, R10, R11, R13, R30, L4 RSHE DfE - R8, R9, R12, R13, P1, P2, P3, P4, P5, P6, P7, P9, P10, P18, P19	<ul style="list-style-type: none"> - identify their current knowledge of feelings and emotions. 	
	Jealousy	PSHE (KS2) - H17, H18, H19, H20, H24, H27, H28, H29, R10, R11, R13, R14, R16, R17, R20, R30, R33, L4, L25 RSHE DfE - R7, R8, R9, R10, R11, R12, R13, P2, P3, P4, P7, P9	<ul style="list-style-type: none"> - recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good - describe how we can support others who feel lonely, jealous, or upset - recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people - demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as loneliness and jealousy 	feelings emotions mental health emotional, strategies
CYCLE A YEAR 5	Anger	PSHE (KS2) - H17, H19, H20, H24, H37, R25, R30, R33, R34 RSHE DfE - R2, R13, P2, P3, P4	<ul style="list-style-type: none"> - recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant - explain how feelings can be communicated with or without words - recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people - demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger 	displeasure annoyance hostility
	Adults' & Children's Views	PSHE (KS2) - H15, H17, H18, H19, H20, H24, R11, R13, R14, R33, R34, L4 RSHE DfE - R6, R7, R8, P2, P3, P7, P9	<ul style="list-style-type: none"> - review the opinions and views of a range of adults and children. 	
CYCLE B YEAR 6	Worry	PSHE (KS2) - H15, H17, H18, H19, H20, H24, H36 RSHE DfE - R1, R2, R4, P2, P3, P4, P6, P9	<ul style="list-style-type: none"> - recognise our thoughts, feelings, and emotions - identify how we can reduce our feeling of worry - explain how we can support others who feel worried - recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people 	worry, anxious troubled, positive action, prepare for change, strategies mindfulness managing emotions

	Summative Topic	PSHE (KS2) - H17, H18, H19, H20, H22, H23, H24, R13, R20 RSHE DfE - R1, R2, R4, R32, P2, P3, P4, P5, P6, P7, P9	- summarise their learning for this module.	
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COMPUTER SAFETY

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Computer Safety	<ul style="list-style-type: none"> - recognise and understand technology in the world - learn to use technology safely with adult help - know when to ask for support when something goes wrong - understand that some information and actions should be kept private. 		safe, unsafe, help adult, trust, trusted adult, permission, danger
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H9, H34, R10, R12, R19, L7, L8 RSHE DfE - R22, R24, R28, P11, P12, P13	- identify their current knowledge of computer safety	
	Online Bullying	PSHE (KS1) - H9, H11, H13, H14, H15, R6, R10, R11, R12, R14, R21, R22 RSHE DfE - R9, R11, R12, R13, R16, R17, R20, R21, R24, R32, P8, P13, P15, P17	<ul style="list-style-type: none"> - understand how your online actions can affect others - identify the positives and negatives of using technology - know who and how to ask for help - recognise kind and unkind comments 	online positive negative
CYCLE B YEAR 2	Image Sharing	PSHE (KS1) - H11, H13, H14, H24, H28, H29, H34, R6, R10, R11, R12, R17, R21, R22, L1, L7 RSHE DfE - R7, R8, R9, R12, R13, R19, R21, R24, R25, P2, P7, P8, P13, P15	<ul style="list-style-type: none"> - understand how your online activity can affect others - identify the positives and negatives of using technology - know who and how to ask for help - list rules for keeping and staying safe 	permission opinion rules declaration
	Computer Safety Documentary	PSHE Links (KS1) - H9, H28, H34, R10, R12, R14, R15, R17, R20, R21, R22, L1, L7, L8, L9 RSHE DfE Links - R12, R13, R17, R19, R20, R21, R22, R23, R24, R25, R26, R28, R29, R30, R31, R32, P12, P13, P14, P15, P17	<ul style="list-style-type: none"> - understand how your online activity can affect others - identify the positives and negatives of using technology - know who and how to ask for help - list rules for keeping and staying safe 	
CYCLE A YEAR 3	Making Friends Online	PSHE (KS1) - H16, H19, H28, H32, H34, R2, R6, R14, R15, R17, R19, R20, L9 (KS2) - H37, H38, H41, H42, R6, R11, R12, R18, R20, R22, R23, R24, R26, R28, R29, L11, L12 RSHE DfE - R1, R2, R8, R11, R19, R20, R22, R23, R25, R28, R29, R30, R31, R32, P13, P17	<ul style="list-style-type: none"> - identify possible dangers and consequences of talking to strangers online - know how to keep safe in online chatrooms - name the positives and negatives of using technology - understand the difference between safe and risky choices online 	chatroom report reply respond ChildLine
	Summative Topic	PSHE (KS1) - H9, H28, H34, R10, R12, R14, R17, R19, L1, L9 (KS2) - H13, H37, H42, R11, R12, R18, R20, R23, R24, R26, R28, R29, L1, L11	- summarise their learning for this module.	

		RSHE DfE - R17, R19, R21, R22, R23, R25, R28, R29, P2, P3, P4, P5, P7		
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - H37, H42, R30, L11, L12, L13, L14, L16 RSHE DfE - R20, R22, R23, R24, P11, P15, P16	- identify their current knowledge of computer safety	
	Online Bullying	PSHE (KS2) - H18, H19, H20, H24, H42, R11, R13, R18, R19, R20, R22, R20, R31, L11 RSHE DfE - R1, R2, R8, R9, R11, R12, R16, R21, R23, R25, R31, R32, P3, P7, P8, P9, P13, P15, P17	- recognise the key values that are important in positive online relationships - identify the feelings and emotions that may arise from online bullying - develop coping strategies to use if we or someone we know is being bullied online - identify how and who to ask for help	online relationship online bullying offensive, rude device, posting false content opinion, rumours
CYCLE A YEAR 5	Image Sharing	PSHE (KS2) - H18, H20, H37, H38, H42, R10, R15, R18, R22, R28, R31, L1, L15, L16 RSHE DfE - R8, R9, R11, R12, R13, R15, R16, R25, R26, R32, P2, P17	- list reasons for sharing images online - identify rules to follow when sharing images online - describe the positive and negative consequences of sharing images online - recognise possible influences and pressures to share images online	application survey kind action image sharing illegal
	Adults' & Children's Views	PSHE (KS2) - H13, H37, H38, R12, R18, R20, R22, R23, R24, R29, R30, R33, R34, L1, L11, L15, L16 RSHE DfE - R17, R20, R21, R22, R23, R24, R25, R26, R28, R29, R30, R31, R32, P8, P11, P12, P13, P14, P15, P16, P17	- review the opinions and views of a range of adults and children.	
CYCLE B YEAR 6	Making Friends Online	PSHE (KS2) - H35, H37, H38, H42, R1, R11, R12, R15, R18, R20, R22, R23, R24, R26, R28, R29, L1, L11 RSHE DfE - R11, R19, R20, R23, R25, R28, R29, R30, R31, R32, P15, P17	- list the key applications that we may use now and in the future - know and understand why some applications have age restrictions - identify ways to keep yourself and others safe in a range of situations online and offline - recognise that people may not always be who they say they are online	application pretending age restriction online activity social media sites password
	Summative Topic	PSHE (KS2) - H13, H35, H37, H42, R11, R12, R15, R18, R19, R20, R22, R23, R24, R26, R29, R30, R31, L1, L11, L12, L15 RSHE DfE - R11, R17, R19, R20, R21, R22, R23, R25, R28, R29, R30, R31, R32, P12, P13, P14, P15, P17	- summarise their learning for this module.	

OUR WORLD

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Understanding The World	<ul style="list-style-type: none"> - discuss the lives of people and their roles in society - understand that jobs help people to earn money and pay for things. - discuss the different jobs that people they know do - respect and celebrate similarities and differences between themselves and others 		family, friend neighbour, community different, same respect
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H26, L4 RSHE DfE - This assessment does not link to the DfE statutory elements	- identify their current knowledge of our world.	
	Growing in Our World	PSHE (KS1) - H21, H22, H23, H26, R1, R2, R3, R4, R23, L2, L4, L6 RSHE DfE - R1, R2, R3, R4	<ul style="list-style-type: none"> - understand the needs of a baby - recognise what you can do for yourself now you are older - describe the common features of family life - recognise the ways in which your family is special and unique 	planet, world environment humans, reproduce protect, unique common
CYCLE B YEAR 2	Living in Our World	PSHE (KS1) - H29, R1, R2, R4, R21, L2, L3, L5, L16, L17 RSHE DfE - R1, R2, R13	<ul style="list-style-type: none"> - understand why we should look after living things - identify how we can look after living things both inside and outside of the home - recognise why it is important to keep our communities and countryside clean - encourage others to help keep their communities and countryside clean 	wildlife community credit card debit card spend receive save
	Working in Our World	PSHE (KS1) - R1, L5, L10, L11, L12, L13, L15, L16, L17 RSHE DfE - This topic does not link to the DfE statutory elements	<ul style="list-style-type: none"> - understand different ways we can receive money know how to keep money safe - describe the skills you may need in a future job or career - recognise the differences between wants and needs 	
CYCLE A YEAR 3	Looking After Our World	PSHE (KS1) - R1, L2, L3, L5 (KS2) - L4, L5, L7 RSHE DfE - This topic does not link to the DfE statutory elements	<ul style="list-style-type: none"> - explain the meaning of reduce, reuse, and recycle - recognise how we can help look after our planet - identify how to reduce the amount of water and electricity we use - understand how we can reduce our carbon footprint 	Reduce, re-use Recycle, environment carbon footprint carbon dioxide global warming
	Summative Topic	PSHE (KS1) - R21, R22, L2, L3, L5 (KS2) - L4, L5, L7 RSHE DfE - This assessment does not link to the DfE statutory elements	- summarise their learning for this module.	

THE WORKING WORLD

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - L7, L17 RSHE DfE - This assessment does not link to the DfE statutory elements	- identify their current knowledge of the working world.	
	Chores at Home	PSHE (KS2) - H16, H27, H28, H35, R6, R8, R30, R31, L1, L4, L5, L6, L7, L25, L26, L27, L28, L29, L30, L31, L32 RSHE DfE - R2, P5	- identify ways in which we can help those who look after us - explain the positive impact of our actions - describe the ways in which we can contribute to our home, school, and community - identify the skills we may need in our future job roles	income tax, vat, contribution hm revenue and customs, society, chore, volunteer independence self-motivation apprenticeship stereotype
CYCLE A YEAR 5	Enterprise	PSHE (KS2) - H20, R8, L17, L18, L20, L24 RSHE DfE - R2	- understand and explain why people might want to save money - identify ways in which you can help out at home - budget for items you would like to buy - recognise ways to make money and the early stages of enterprise	enterprise priority fundraising
	Adults' and Children's Views	PSHE (KS2) - R33, R34, L6, L7, L17, L18, L20, L26, L28, L31 RSHE DfE - This topic does not link to the DfE statutory elements	- review the opinions and views of a range of adults and children.	
CYCLE A YEAR 6	In-App Purchases	PSHE (KS2) - H4, H35, H37, R30, L1, L5, L13, L17, L18, L19, L21, L22, L23, L24 RSHE DfE - R19, P9, P10, P13, P14	- know and understand various money-related terms - recognise some of the ways in which we can spend money via technology - describe the potential impact of spending money without permission - identify strategies to save money	bank account loan, tax. interest debit card, credit card, wages, debt in-app purchases budget, comparison fairtrade, gambling
	Summative Topic	PSHE (KS2) - H37, R6, R8, R26, R30, L4, L5, L6, L7, L17, L19 RSHE DfE - R1, R13, R19	- summarise their learning for this module.	

A WORLD WITHOUT JUDGEMENT

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
CYCLE B YEAR 4	Baseline Topic	PSHE (KS2) - R7, R21, R31, R32, R33, R34, L4, L6, L8 RSHE DfE - R3, R8, R12, R13, R16	- identify their current knowledge about diversity, inclusion, stereotypes and British values.	
	Breaking Down Barriers	PSHE (KS2) - H16, H25, H27, H28, R10, R11, R14, R5, R21, R31, R32, L4, L5, L6, L8, L10, L25 RSHE DfE - R7, R8, R9, R12, R13, R14, R15, R16, P5, P6, P7	- recognise positive attributes in others - explain why being different is okay - recognise your own strengths and goals, and understand that these may be different from those around you - identify some of the ways we can overcome barriers and promote equality	judgement, equality diversity, cohesion attributes, similarities differences disability, polite courteous, respectful
CYCLE A YEAR 5	Inclusion and Acceptance	PSHE (KS2) - H19, H20, H24, H25, H26, H27, R2, R3, R6, R7, R8, R11, R13, R14, R15, R16, R17, R20, R21, R30, R31, R32, R33, R34, L2, L4, L6, L8, L10 RSHE DfE - R2, R3, R5, R7, R8, R9, R12, R13, R16, P2, P7	- identify some of the ways in which we are different and unique - explain some of the elements which help us to have a diverse community - describe strategies to overcome barriers and promote diversity and inclusion	inclusion acceptance discrimination unique anti-social hate crime
	Adults' and Children's Views	PSHE (KS2) - H25, H27, R2, R6, R7, R11, R31, R33, R34, L4, L6, L7, L8, L10 RSHE DfE - R3, R12, R13, R16	- review the opinions and views of a range of adults and children.	
CYCLE B YEAR 6	British Values	PSHE (KS2) - H24, H25, H27, R1, R6, R7, R11, R21, R30, R31, R32, R33, R34, L1, L2, L3, L4, L6, L7, L8, L9, L10 RSHE DfE - R3, R12, R13, R16, R18, R25	- understand that there are a wide range of religions and beliefs in the UK - explain each of the British values - create a range of values for your educational setting - explain how all religions can live in cohesion	Democracy, rule of law, individual liberty, mutual respect, tolerance of those with different faiths and beliefs, stereotype British values Cohesion, equal rights
	Summative Topic	PSHE (KS2) - R7, R31, R32, L4, L6, L7, L8 RSHE DfE - R3, R12, R13, R16	- summarise their learning for this module.	

FIRE SAFETY

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
FS2	Fire and fire safety	<ul style="list-style-type: none"> - when fire is used safely (e.g. candles, cooking, fireworks, campfires). - understand that fire can hurt people, animals, and buildings if misused. - firefighters are community helpers who keep people safe. - understand what firefighters do and what their equipment looks like. - learn what to do when a fire alarm sounds 		fire flame fire alarm firefighters
CYCLE A YEAR 1	Baseline Topic	PSHE (KS1) - H15, H16, H28, H29, H30, H32, H33, H35, H36, R17, R19, R20, R21, R22, L1, L5, L16 (KS2) - H19, H37, H38, H39, H40, H41, H44, R28, R29, R30, R31, L1, L6 RSHE DfE - R16, R29, R30, R32, P3, P32	<ul style="list-style-type: none"> - identify their current knowledge of fire safety. 	
	Hoax Calling		<ul style="list-style-type: none"> - understand the importance of being responsible and how our actions/choices can affect others - know what a 'hoax call' is and why it can be risky - understand why our emergency services are an important part of our community - show my knowledge of fire safety to others 	
CYCLE B YEAR 2	Petty Arson		<ul style="list-style-type: none"> - understand the importance of being responsible and how our actions/choices can affect others - Practise simple ways of staying safe and finding help - know that even small fires can be very dangerous - identify the differences between safe and risky choices 	
	Enya and Deedee Visit the Fire station		<ul style="list-style-type: none"> - understand the importance of being responsible and how our actions/choice can affect others - show my knowledge of fire safety to others - understand the importance of being responsible and how our actions/choices can affect others - practise simple ways of staying safe and finding help 	
CYCLE A YEAR 3	Texting Whilst Driving		<ul style="list-style-type: none"> - understand how our actions and choices can affect others - recognise how drivers can be distracted - know how to help others stay safe - describe the differences between safe and risky choices 	
	Summative Topic		<ul style="list-style-type: none"> - summarise their learning for this module. 	

FIRST AID

	TOPIC	SUBSTANTIVE CONCEPTS	DISCIPLINARY KNOWLEDGE	VOCABULARY
CYCLE B YEAR 4	Baseline Topic	This module supports schools in covering the following: PSHE (KS2) - H24, H38, H43, H44, R24, R29, L4 RSHE DfE - R28, R30, R32, P9, P32, P33	- identify their current knowledge of first aid.	
	First Aid Year 4-		<ul style="list-style-type: none"> - identify and name situations that may require first aid - list reasons why someone may struggle to breathe - identify the signs of an asthma attack or choking - identify the signs of an allergic reaction and anaphylactic shock - understand the correct steps for seeking immediate emergency help - provide first aid treatment to someone who is struggling to breathe 	Treatment, emergency, severe clinical advisor life-threatening conscious, asthma anaphylaxis allergic, prescribed obstruction
CYCLE A YEAR 5	First Aid Year 5		<ul style="list-style-type: none"> - complete a primary survey for first aid - demonstrate the recovery position for an unresponsive breathing casualty - know when to deliver CPR - demonstrate how to do CPR - know when to call for emergency help 	unresponsive underlying casualty compressions unconscious
	First Aid Year 6 (Part 1)		<ul style="list-style-type: none"> - identify a range of situations that may require first aid - understand how to support someone with a minor or serious head injury - understand how to support someone who is having a seizure - understand how to support someone with a severe bleed - know when to call for medical help 	minor seizure nauseous incident
CYCLE B YEAR 6	First Aid Year 6 (Part 2)		<ul style="list-style-type: none"> - identify a range of situations that may require first aid - understand how to support someone with a minor burn or scald - understand how to support someone who is having a heart attack - understand how to support someone with a fractured bone - know when to call for medical help 	
	Summative Topic		- summarise their learning for this module.	

Substantive concepts linked to the [1decision and the PSHE Programme of Study document](#)