



# Whiston Willis Primary Academy

Curriculum Progression

Subject: PSHE

|  | Celebrating Difference  | Dreams and Goals  | Healthy Me   | Relationships   | Changing Me   | Being Me in My World   |
|--|---|---|--|---|---|--|
|  | <ul style="list-style-type: none"> <li>To identify similarities between people.</li> <li>To identify differences between people.</li> <li>To understand what bullying is.</li> <li>To understand who I can talk to when I am feeling unhappy.</li> <li>To know how to make friends.</li> <li>To know ways in which I am different from my friends.</li> </ul> | <ul style="list-style-type: none"> <li>To set simple goals.</li> <li>To set a goal and work out how to achieve it.</li> <li>To understand how to work well with a partner.</li> <li>To be able to tackle a new challenge and understand how this might stretch my learning.</li> <li>To identify and understand how to overcome obstacles to my learning.</li> <li>To describe my feelings of success.</li> </ul> | <ul style="list-style-type: none"> <li>To understand the difference between being healthy and unhealthy.</li> <li>To know some ways of keeping myself healthy.</li> <li>To understand how to make healthy lifestyle choices.</li> <li>To understand how germs can cause disease and illnesses.</li> <li>To understand how medicines can be harmful if not used properly.</li> <li>To know that medicines can help me if I feel poorly and know how to use them safely.</li> <li>To understand the people who can help keep me safe.</li> <li>To know how to cross the road safely.</li> <li>To talk about why my body is amazing and identify ways to keep it safe and healthy.</li> </ul> | <ul style="list-style-type: none"> <li>To identify the members of my family and understand there are lots of different types of families.</li> <li>To identify what being a good friend means.</li> <li>To know appropriate ways of physical contact to greet my friends and know which ways I prefer.</li> <li>To know who can help me in my school community.</li> <li>To recognise my qualities as a person and a friend.</li> <li>To explain why I appreciate someone special to me.</li> </ul> | <ul style="list-style-type: none"> <li>To begin to understand the lifecycles of animals and humans.</li> <li>To know some things that have changed about me and some things that have stayed the same.</li> <li>To talk about how my body has changed since I was a baby.</li> <li>To identify the body parts that make boys different to girls and use the correct names for these.</li> <li>To understand every time I learn something new I change a little bit.</li> <li>To explain the changes that have happened in my life.</li> </ul> | <ul style="list-style-type: none"> <li>To understand the rights and responsibilities as a member of my class.</li> <li>To understand the rights and responsibilities for being a member of my class.</li> <li>To know my views are valued.</li> <li>To recognise the choices I make and understand the consequences.</li> <li>To understand my rights and responsibilities within our learning charter.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>To begin to understand the stereotypes between boys and girls.</li> <li>To begin to understand that sometimes people make assumptions about boys and girls.</li> <li>To understand that sometimes bullying is about difference.</li> <li>To recognise what is right and wrong and how to look after myself.</li> <li>To know that it is OK to be different from other people and to be friends with them.</li> <li>To be able to tell you some ways I am different from my friends.</li> </ul> | <ul style="list-style-type: none"> <li>To set realistic goals and think how to achieve it.</li> <li>To persevere when tasks become difficult.</li> <li>To know who I work well with and who is more difficult for me to work with.</li> <li>To work well in a group.</li> <li>To tell some ways I worked well with my group.</li> <li>To know how to share my successes.</li> </ul> | <ul style="list-style-type: none"> <li>To know what I need to keep my body healthy.</li> <li>To tell you what being relaxed means and know things that make me feel relaxed.</li> <li>To know how medicines work in my body and how important it is to use them safely.</li> <li>To sort foods into the correct food groups and know which foods my body needs every day.</li> <li>To decide which foods to eat to give my body energy.</li> <li>To make healthy snacks and explain why they are good for my body.</li> </ul> | <ul style="list-style-type: none"> <li>To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.</li> <li>To understand there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.</li> <li>To identify what may cause conflict with my friends.</li> <li>To understand when it is appropriate to keep a secret and when it is not appropriate.</li> <li>To recognise and appreciate people who can help me in my family, school and community.</li> <li>To express appreciation for the people in my special relationships.</li> </ul> | <ul style="list-style-type: none"> <li>To recognise cycles of life in nature.</li> <li>To understand the natural process of growing young to old and know it is not in my control.</li> <li>To recognise how my body has changed since I was a baby.</li> <li>To understand where I am on the continuum from young to old.</li> <li>To recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private.</li> <li>To understand different types of touch and what I like and don't like.</li> <li>To identify what I am looking forward to in my next class.</li> </ul> | <ul style="list-style-type: none"> <li>To identify some hopes and fears for this year.</li> <li>To understand the rights and responsibilities for being a member of my class and school.</li> <li>To listen to other people and contribute my own ideas about rewards and consequences.</li> <li>To understand how following the learning charter will help me and others learn.</li> <li>To recognise the choices I make and understand the consequences.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>To understand every family is different and important to them.</li> <li>To understand conflicts sometimes happen between family members.</li> <li>To understand what it means to be a witness to bullying.</li> <li>To know that witnesses can make the situation better or worse by what they do.</li> <li>To recognise some words can be used in harmful ways.</li> <li>To recall a time when my words have affected someone's feelings and what the consequences were.</li> </ul> | <ul style="list-style-type: none"> <li>To describe someone who has faced difficult challenges and overcome these.</li> <li>To identify a dream/ambition that is important to me.</li> <li>To enjoy facing new learning challenges and work out ways to achieve them.</li> <li>To be motivated and enthusiastic about achieving our new challenge.</li> <li>To recognise obstacles which may hinder my achievement and take steps to overcome them.</li> <li>To evaluate my own learning process.</li> </ul> | <ul style="list-style-type: none"> <li>To understand how exercise affects my body.</li> <li>To know important organs in my body.</li> <li>To know the amount of calories, fat and sugar I put into my body will affect my health.</li> <li>To explain my knowledge and attitudes towards drugs.</li> <li>To identify things, people and places to keep safe from and strategies to keep myself safe.</li> <li>To identify when something feels safe or unsafe.</li> <li>To know how complex my body is and how to take care of it.</li> </ul> | <ul style="list-style-type: none"> <li>To identify the roles and responsibilities of members of my family.</li> <li>To identify and put into practise some of the skills of friendship.</li> <li>To know and use some of the strategies to keep myself safe.</li> <li>To know and explain how some actions of people around the world help and influence my life.</li> <li>To understand how my needs and rights are shared by children around the world and how our lives may be different.</li> <li>To know how to express my appreciation.</li> </ul> | <ul style="list-style-type: none"> <li>To understand that lots of changes happen in animals and humans between conception and growing up.</li> <li>To understand how babies grow and develop in the uterus.</li> <li>To know what a baby needs to live and grow.</li> <li>To understand how boys and girls bodies need to change so that when they grow up their bodies can make babies.</li> <li>To identify how boys and girls bodies change on the outside during this growing up process.</li> <li>To identify how boys and girls bodies change on the inside during the growing up</li> </ul> | <ul style="list-style-type: none"> <li>To know my worth and identify positive things about myself.</li> <li>To set personal goals.</li> <li>To face new challenges positively, make responsible choices and ask for help when needed.</li> <li>To understand why rules are needed and how they relate to rights and responsibilities.</li> <li>To understand that my actions affect myself and others.</li> <li>To make responsible choices and take action.</li> <li>To understand my actions affect others and try to see things from their point of view.</li> </ul> |

process and know why the changes are necessary so that their bodies can make babies.

- To begin to recognise stereotypical ideas I might have about parenting and family roles.
- To identify what I am looking forward to in my next class.

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|  | <ul style="list-style-type: none"> <li>To understand what assumptions can be made based on what people look like.</li> <li>To understand what influences people to make assumptions.</li> <li>To understand why bullying can be hard to spot.</li> <li>To tell you why witnesses sometimes join in with bullying and sometimes don't tell.</li> <li>To understand what is special about me and value</li> </ul> | <ul style="list-style-type: none"> <li>To explain some of my hopes and dreams.</li> <li>To understand that sometimes my hopes and dreams may not happen.</li> <li>To be able to reflect on positive and happy experiences and know that this can help to counteract disappointment .</li> <li>To know how to make a new plan and set new goals.</li> <li>To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.</li> <li>To identify the contributions</li> </ul> | <ul style="list-style-type: none"> <li>To recognise how different friendships are formed, how I fit into them and the friends I value most.</li> <li>To understand there are people who take on roles of leaders or followers in a group, and I know the role I take on different situations.</li> <li>To understand the facts about smoking and its effects on health.</li> <li>To understand the facts about alcohol and its effects on health.</li> <li>To recognise when people are putting me under pressure.</li> <li>To have a clear picture of what I believe is right and wrong.</li> </ul> | <ul style="list-style-type: none"> <li>To recognise situations that cause jealousy in relationships.</li> <li>To identify someone I love and explain why they are special to me.</li> <li>To talk about someone I know that I no longer see.</li> <li>To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</li> <li>To understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I'm older.</li> <li>To know how to show love and appreciation to the people and animals who are special to me.</li> </ul> | <ul style="list-style-type: none"> <li>To understand some of my personal characteristics have come from my parents and why this happens.</li> <li>To correctly label internal and external body parts of a male and female that are necessary to make a baby.</li> <li>To explain how a female body changes in order for her to be able to have a baby and that menstruation is a natural part of this.</li> <li>To know how the circle of change works and can apply it to changes I want to make in my life.</li> </ul> | <ul style="list-style-type: none"> <li>To know my attitudes and actions make a difference to the class team.</li> <li>To know who is in my school community, the roles they play and how I fit in.</li> <li>To know how democracy works through the school council.</li> <li>To know that my actions affect myself and others.</li> <li>To know how groups come together to make decisions.</li> <li>To know how democracy and having a voice benefits the school community.</li> </ul> |

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|  | <p>ways in which I am unique.</p> <ul style="list-style-type: none"><li>• To tell you about a time when my first impression of someone changed when I got to know them.</li></ul> | <p>made by myself and others.</p> |  |  | <ul style="list-style-type: none"><li>• To identify changes that may be outside of my control and accept these.</li><li>• To know what I am looking forward to when I move to my next class.</li></ul> |  |
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|  | <ul style="list-style-type: none"> <li>To understand cultural differences may cause conflict.</li> <li>To understand what racism is.</li> <li>To understand bullying behaviours such as name-calling.</li> <li>To understand the difference between direct and indirect types of bullying.</li> <li>To compare my life with people in the developing world.</li> <li>To enjoy the experience of a culture other than my own.</li> </ul> | <ul style="list-style-type: none"> <li>To understand I may need money to achieve some of my dreams.</li> <li>To know about a range of jobs carried out by people I know.</li> <li>To identify a job I may like to do when I grow up.</li> <li>To describe the dreams and goals of young people in a culture different to mine.</li> <li>To understand that communicating with someone in a different culture means we can learn from each other.</li> </ul> | <ul style="list-style-type: none"> <li>To know the health risks of smoking.</li> <li>To know some of the risks of misusing alcohol.</li> <li>To know and put into practice basic first aid procedures.</li> <li>To know how to get help in an emergency situation.</li> <li>To understand how the media promotes certain body types.</li> <li>To describe the different roles food can play in people's lives.</li> </ul> | <ul style="list-style-type: none"> <li>To have an accurate picture of who I am as a person.</li> <li>To understand that belonging to an online community can have positive and negative consequences.</li> <li>To understand there are rights and responsibilities in an online community or social network.</li> <li>To know there are rights and responsibilities when playing a game online.</li> <li>To recognise when I am spending too much time using devices.</li> <li>To understand how to stay safe when using technology to communicate to my friends.</li> </ul> | <ul style="list-style-type: none"> <li>To be aware of my own self-image.</li> <li>To explain how a boy's and girl's body changes during puberty.</li> <li>To understand the importance of looking after yourself physically and emotionally.</li> <li>To understand how physical intercourse can lead to conception.</li> <li>To identify what I am looking forward to when becoming a teenager and understand this can bring responsibilities (consent).</li> </ul> | <ul style="list-style-type: none"> <li>I can face new challenges positively and know how to set personal goals.</li> <li>I understand my rights and responsibilities as a citizen of my country.</li> <li>I understand my rights and responsibilities as a citizen of my country and a member of my school.</li> <li>I can make choices about my own behaviour.</li> <li>I can understand how an individual's behaviour impacts on a group.</li> <li>I understand how democracy and having a voice benefits the school community and know how to participate.</li> </ul> |



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|  | <ul style="list-style-type: none"> <li>To understand there are different perceptions about what normal means.</li> <li>To understand how having a disability can affect someone's life.</li> <li>To explain some of the ways a group can have power over another.</li> <li>To give examples of people with disabilities who live amazing lives.</li> <li>To explain ways in which difference can be a source of conflict and a cause for celebration.</li> </ul> | <ul style="list-style-type: none"> <li>To know my learning strengths and can set challenging but realistic goals.</li> <li>To work out the learning steps I need to reach my goals.</li> <li>To identify problems in the world that concern me.</li> <li>To work with others to make the world a better place.</li> <li>I know what others in my class like and admire about me and can accept their praise.</li> </ul> | <ul style="list-style-type: none"> <li>To take responsibility for my health and make choices that benefit my health and wellbeing.</li> <li>To know about different types of drugs and their uses and effects on the body.</li> <li>To understand that some people can be exploited and made to do things against the law.</li> <li>To know why some people join gangs and the risks that are involved.</li> <li>To evaluate when alcohol is being used responsibly, anti-socially or being misused.</li> <li>To understand what it means to be emotionally well.</li> <li>To explore people's attitudes towards mental health.</li> <li>To recognise when I feel stressed and the triggers that cause this.</li> </ul> | <ul style="list-style-type: none"> <li>To know it is important to take care of my mental health.</li> <li>To know how to take care of my mental health.</li> <li>To understand there are different stages of grief.</li> <li>To recognise when people are trying to gain power or control.</li> <li>To judge whether something online is safe and helpful to me.</li> <li>To use technology positively and safely.</li> </ul> | <ul style="list-style-type: none"> <li>To be aware of my own self-image and how my body image fits into that.</li> <li>To explain how girls and boys bodies can change during puberty.</li> <li>To understand the importance of looking after yourself physically and emotionally.</li> <li>To understand how a baby develops from conception through pregnancy and how it is born.</li> <li>To understand how being physically attracted to someone changes the nature of a relationship and what it can mean to have a boyfriend/girlfriend.</li> <li>To be aware of the importance of a positive self-esteem and what I can do to develop it.</li> <li>To identify what I am looking forward to and</li> </ul> | <ul style="list-style-type: none"> <li>I can identify my goals for this year, understand my fears and worries about the future and how to express them.</li> <li>I know there are universal rights for all children but for many these rights are not met.</li> <li>I understand my actions affect other people locally and globally.</li> <li>I can make choices about my own behaviour because I understand how rewards and consequences feel.</li> <li>I understand how an individual's behaviour can impact on a group.</li> <li>I understand how democracy and having a voice benefits the school community.</li> </ul> |

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|  |  |  |  |  | what worries me<br>about the move to<br>secondary school. |  |
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