

## Relationships and Health Education.

### PSHE Progression Planner 2020-2021

Relationships Education and Health Education should make links with and be integrated in the teaching of Science, Computing and PE and other subjects where possible.

#### Relationships Education.

By the end of primary, I will have learnt about families and people who care for me, caring friendships, respectful relationships, online relationships and being safe.

#### Physical health and mental wellbeing.

By the end of primary, I will have learnt about mental wellbeing, internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first aid and the changing adolescent body.

I will know how to deal with future experiences in a positive way and fulfil my future **DREAMS**.

KNOWLEDGE & UNDERSTANDING	EXPLORE	DISCOVER	Vocabulary	Resources/Other
Year 1	Health and Wellbeing	<ul style="list-style-type: none"> <li>Internet safety – rules</li> <li>Emotions – happiness and anger</li> <li>Personal hygiene – washing hands</li> <li>Healthy eating – balanced diet</li> <li>Physical activity</li> </ul>	Enraged, irritated, angered, displeased, furious, exasperated, resentful, annoyed,  Germs  Carnivore, vegetarian, vegan, protein	All available in the 3D Dimensions scheme.

		<ul style="list-style-type: none"> <li>• Personal &amp; emotional safety</li> <li>• Keeping safe – sun, road</li> </ul>	<p>Teamwork</p> <p>Trusted adult</p> <p>Green X Code</p>	
	<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Friendships</li> <li>• Communication – feelings – responses – opinions</li> <li>• Comparisons</li> <li>• Bullying – identifying and definition</li> <li>• Family - love, care, special</li> </ul>	<p>'good friend' 'bad friend'</p> <p>Kindness – fairness</p> <p>Manners</p> <p>Similarities and differences</p> <p>Deliberate</p> <p>Persistent</p> <p>Mental / physical</p> <p>Cyberbullying</p>	
	<b>Living in the Wider World.</b>	<ul style="list-style-type: none"> <li>• Rules / expectations – class charter</li> <li>• Rules and responsibilities</li> <li>• Money and finance</li> </ul>	<p>Rules</p> <p>Behaviour</p> <p>Lending – borrowing</p> <p>Sharing</p> <p>Caring</p> <p>Earned</p> <p>Savings – banks – safe</p>	
<b>Year 2</b>	<b>Health and Wellbeing</b>	<ul style="list-style-type: none"> <li>• Staying safe <ul style="list-style-type: none"> <li>- On-line safety</li> </ul> </li> <li>• Emotions <ul style="list-style-type: none"> <li>– bullying</li> <li>– short term and long term goals</li> <li>– sadness and love</li> </ul> </li> <li>• Communication and co-operation</li> <li>• Hygiene – dental health / keeping clean</li> <li>• Changing and growing – boys and</li> </ul>	<p>Trust</p> <p>Consequences</p> <p>Aspirations -</p> <p>Responsibility</p> <p>Negotiation</p> <p>'peace-loving'</p> <p>Differences and</p>	All available in the 3D Dimensions scheme.

		girls <ul style="list-style-type: none"> <li>• Healthy lifestyle – physical activity</li> </ul>	similarities  Teamwork	
	<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Friendship</li> <li>• Bullying - Asking for help – right and wrong</li> </ul>	Co-operation Fairness  Anti-bullying Teasing	
	<b>Living in the Wider World.</b>	<ul style="list-style-type: none"> <li>• Our school</li> <li>• Looking after local community</li> <li>• Money</li> <li>• Choices</li> </ul>	Belonging Citizenship  Enterprise	

## LOWER KEY STAGE 2

<b>KNOWLEDGE &amp; UNDERSTANDING</b>	<b>EXPLORE</b>	<b>DISCOVER</b>	<b>Vocabulary</b>	<b>Resources/Other</b>
<b>Year 3</b>	<b>Health and Wellbeing</b>	<ul style="list-style-type: none"> <li>• Online chat Online privacy</li> <li>• Emotions</li> <li>• Physical health Mental health Emotional health</li> <li>• Growing and changing</li> </ul>	E-safety  Loss / separation Empathise	All available in the 3D Dimensions scheme.
	<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Friendships – healthy - Falling out</li> </ul>	Communicate 'good friend' Kindness Boundaries Mutual respect Truthfulness	

		<ul style="list-style-type: none"> <li>• Clear message – communication &amp; listening</li> </ul>	Trustworthiness Generosity Trust	
	<b>Living in the Wider World.</b>	<ul style="list-style-type: none"> <li>• Rules Learning time</li> <li>• Different communities</li> </ul>	Responsibility  Diversity	
<b>Year 4</b>	<b>Health and Wellbeing</b>	<ul style="list-style-type: none"> <li>• Social networking Internet use</li> <li>• Emotions</li> <li>• Aspirations</li> </ul>	E-safety Unlimited screentime Digital footprints Age restrictions  Degrees of emotion Loss / separation  Strengths and weaknesses Goals	All available in the 3D Dimensions scheme.
	<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Bullying</li> <li>• Communication</li> <li>• Similarities and differences Connections Family links</li> </ul>	Self- worth Self-esteem Resistance and resilience  Childline NSPCC Opinions	
	<b>Living in the wider world</b>	<ul style="list-style-type: none"> <li>• Discrimination</li> <li>• Economic awareness</li> </ul>	Stereotypes  Money choices Managing money	

	<b>EXPLORE</b>	<b>DISCOVER</b>	<b>Vocabulary</b>	<b>DREAM</b>	<b>Resources/Other</b>
<b>Year 5</b>	<b>Health and wellbeing</b>	<ul style="list-style-type: none"> <li>• Safety Drugs Alcohol Smoking Substance abuse</li> <li>• Emotions Death and grief</li> <li>• Physical, emotional and mental health – 3 dimensional</li> </ul>	Legal and illegal harmful substances FRANK  Empathy Separation Divorce Emotive Child Line		All available in the 3D Dimensions scheme.
	<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Online relationships</li> <li>• Communication and confidentiality</li> <li>• Physical contact</li> <li>• Collaboration</li> <li>• Basic First-Aid</li> </ul>	Trolling  Inappropriate touch  Teamwork Collaborative community  British Red Cross		
	<b>Living in the wider world</b>	<ul style="list-style-type: none"> <li>• Rules and responsibilities Structure in the wider community Law and order</li> <li>U.N.</li> </ul>	Anarchy Government Democracy Sovereignty Dictatorship Monarchy  United Nations – U.N. Children’s Rights Charter UNICEF		
<b>Year 6</b>	<b>Health and wellbeing</b>	<ul style="list-style-type: none"> <li>• Aspirations</li> </ul>	Goals Strengths		All available in the 3D Dimensions scheme.

		<ul style="list-style-type: none"> <li>• Internet safety</li> <li>• Physical illness</li> <li>• Immunisation</li> <li>• Healthy minds</li> </ul>	<p>Fake news</p> <p>Symptoms and Diagnosis Immunisation &amp; vaccine</p> <p>Anxiety &amp; stress Mental ill health Good mental health - Young Minds</p>		
	<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Race and ethnicity</li> <li>• Gender stereotypes Culture</li> <li>• Marriage</li> <li>• Relationships online</li> </ul>	<p>Discrimination &amp; Inequality - Martin Luther- King &amp; Rosa Parks</p> <p>Gender stereotypes – jobs Tradition</p> <p>Oath, vow, agreement</p> <p>Cyberbullying Support and care</p>		
	<b>Living in the wider world</b>	<ul style="list-style-type: none"> <li>• Economic awareness</li> </ul>	<p>Financial planning Budget Consumer sense Generating money</p>		

