

Towngate Primary Academy
Progression in PSHE & RSE– 2023/24

EARLY YEARS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me & My Relationships	Valuing Difference	Keeping Myself Safe	Rights & Respect	Being My Best	Growing & Changing
Theme Day/Month	Black History Month	Anti-Bullying Week/ Remembrance	Children’s Mental Health/Safer Internet Day	International Women’s Day		Pride Month
	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and differences

Towngate Primary Academy
Progression in PSHE – 2023/24

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2 year rolling programme	Me & My Relationships	Valuing Difference	Keeping Myself Safe	Rights & Respect	Being My Best	Growing & Changing
Theme Day/Month	Black History Month	Anti-Bullying Week/ Remembrance	Children’s Mental Health/Safer Internet Day	International Women’s Day		Pride Month
	Pre-Unit Assessment Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation Post-Unit Assessment	Pre-Unit Assessment Being kind and helping others Celebrating difference People who help us Listening Skills Post-Unit Assessment	Pre-Unit Assessment Safe and unsafe secrets Appropriate touch Medicine safety Post-Unit Assessment	Pre-Unit Assessment Cooperation Self-regulation Online safety Looking after money – saving and spending Post-Unit Assessment	Pre-Unit Assessment Growth Mindset Looking after my body Hygiene and health Exercise and sleep Post-Unit Assessment	Pre-Unit Assessment Life cycles Dealing with loss Being supportive Growing and changing Privacy Post-Unit Assessment

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Towngate Primary Academy
Progression in PSHE – 2023/24

LKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights & Respect	Being My Best	Growing & Changing
Theme Day/Month	Black History Month	Anti-Bullying Week /Remembrance	Children’s Mental Health/Safer Internet Day	International Women’s Day		Pride Month
	Pre-Unit Assessment Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Pre-Unit Assessment Recognising and respecting diversity Being respectful and tolerant My community	Pre-Unit Assessment Managing risk Decision-making skills Drugs and their risks Staying safe online	Pre-Unit Assessment Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money Post-Unit Assessment	Pre-Unit Assessment Keeping myself healthy and well Celebrating and developing my skills Developing empathy Post-Unit Assessment	Pre-Unit Assessment Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets Post-Unit Assessment

	Post-Unit Assessment	Post-Unit Assessment	Post-Unit Assessment			
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Towngate Primary Academy
Progression in PSHE – 2022/23

LKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing & Changing
Theme Day/Month	Black History Month	Anti-Bullying Week /Remembrance	Children’s Mental Health/Safer Internet Day	International Women’s Day		Pride Month
	Pre-Unit Assessment Healthy relationships	Pre-Unit Assessment Recognising and celebrating difference	Pre-Unit Assessment Managing risk Understanding the norms of drug	Pre-Unit Assessment Making a difference (different ways of helping others or the environment)	Pre-Unit Assessment Having choices and making decisions about my health	Pre-Unit Assessment Body changes during puberty

	Listening to feelings Bullying Assertive skills Post-Unit Assessment	(including religions and cultural difference) Understanding and challenging stereotypes Post-Unit Assessment	use (cigarette and alcohol use) Influences Online safety Post-Unit Assessment	Media influence Decisions about spending money Post-Unit Assessment	Taking care of my environment My skills and interests Post-Unit Assessment	Managing difficult feelings Relationships including marriage Post-Unit Assessment
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Towngate Primary Academy
Progression in PSHE – 2023/24

UKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rolling Programme	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Theme Week/Month	Black History Month	Anti-Bullying Week /Remembrance	Children’s Mental Health Week/Safer Internet Day	International Women’s Day		Pride Month

	<p>Pre-Unit Assessment</p> <p>Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p> <p>Drugs Talk</p> <p>Post-Unit Assessment</p>	<p>Pre-Unit Assessment</p> <p>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p> <p>Post-Unit Assessment</p>	<p>Pre-Unit Assessment</p> <p>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</p> <p>Post-Unit Assessment</p>	<p>Pre-Unit Assessment</p> <p>Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending</p> <p>Post-Unit Assessment</p>	<p>Pre-Unit Assessment</p> <p>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</p> <p>Post-Unit Assessment</p>	<p>Pre-Unit Assessment</p> <p>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p> <p>Puberty Workshop</p> <p>Post-Unit Assessment</p>
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EARLY YEARS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Me & My Relationships	Valuing Difference	Keeping Myself Safe	Rights & Respect	Being My Best	Growing & Changing
Theme Day/Month	Black History Month	Anti-Bullying Week/ Remembrance	Children's Mental Health/Safer Internet Day	International Women's Day		Pride Month
Nursery	<p>choose to pick or decide feel aware of touch look to see special better than usual private belongs to a person pants underpants or knickers</p>	<p>friendship relationship between friends friend a person you really like kind thinking of others helping offering support feelings an emotional state</p>	<p>safe protected from danger unsafe dangerous grown up an adult careful avoid danger labels paper giving information medicines used to treat disease</p>	<p>healthy snacks snacks low in sugar sugar used as a sweetener vegetables a plant used for food germs can cause disease look after take care of something clean free from dirt</p>	<p>sleep to rest your whole body energy strength needed for activity exercise activity to improve health challenge push yourself to do more encourage to give support practice repeat or keep trying</p>	<p>changes something becomes different grow get bigger different not the same family parents and their children</p>
F2	<p>Vocabulary from the year before plus: family parents and their children</p>	<p>Vocabulary from the year before plus: different not the same as another</p>	<p>Vocabulary from the year before plus: uncomfortable not enjoyable</p>	<p>Vocabulary from the year before plus: working together work with others</p>	<p>Vocabulary from the year before plus: bounce back be happy again</p>	<p>Vocabulary from the year before plus: seasons</p>

	<p>favourite liked the best help needing someone to assist sad unhappy helpful to give help special people more important than other people</p>	<p>unkind harsh to others home where you live new friend a new person you really like dislikes don't like</p>	<p>worried feeling troubled trust belief in someone adult a grown up sleep when your eyes and muscles rest keep safe prevent damage</p>	<p>environment a person or animals surroundings pollution harmful substances in the environment recycling re-using waste money coins and banknotes safe place where you feel protected from danger</p>	<p>healthy good physical and mental condition routine a sequence of actions muscles help your body to move calm not showing anger heart organ that pumps blood around your body</p>	<p>Spring, Summer, Autumn, Winter life cycles changes in the life of an organism private parts under your pants is private</p>
Year 1	<p>Vocabulary from the year before plus: rules a set of laws</p>	<p>Vocabulary from the year before plus: same not different</p>	<p>Vocabulary from the year before plus: oxygen breathed in to survive</p>	<p>Vocabulary from the year before plus: hygiene</p>	<p>Vocabulary from the year before plus: protein builds tissue in your body</p>	<p>Vocabulary from the year before plus: attention</p>

	<p>safe</p> <p>protected from danger</p> <p>body language</p> <p>non-verbal communication</p> <p>responsibility</p> <p>having a duty to deal with something</p> <p>work together</p> <p>work with another person</p> <p>support</p> <p>give assistance</p>	<p>difference</p> <p>not the same as another</p> <p>respect</p> <p>showing consideration for others or things</p> <p>behaviour</p> <p>how you conduct yourself</p> <p>bullying</p> <p>harming others</p> <p>unkindness</p> <p>being unkind</p>	<p>exercise</p> <p>physical activity</p> <p>rest</p> <p>stop and relax</p> <p>worried</p> <p>feeling anxious or panicked</p> <p>privates</p> <p>private parts under your pants</p>	<p>keeping clean to prevent disease</p> <p>responsibility</p> <p>a duty to behave correctly</p> <p>First aid</p> <p>to give medical treatment</p> <p>risk</p> <p>a chance taken in a hazardous situation</p> <p>danger</p> <p>will definitely cause harm</p> <p>hazard</p> <p>could cause harm</p> <p>emergency</p> <p>a serious situation</p>	<p>vitamins</p> <p>essential for growth</p> <p>disease</p> <p>causes changes in your body</p> <p>consequences</p> <p>an unpleasant result</p> <p>promise</p> <p>an agreement to do something</p>	<p>taking notice of something</p> <p>love</p> <p>a feeling of deep affection</p> <p>witness</p> <p>a person who sees an event</p> <p>private parts</p> <p>under your pants is private</p>
Year 2	<p>Vocabulary from the year before plus:</p> <p>safe</p>	<p>Vocabulary from the year before plus:</p> <p>unique</p>	<p>Vocabulary from the year before plus:</p> <p>unsafe</p>	<p>Vocabulary from the year before plus:</p> <p>share</p>	<p>Vocabulary from the year before plus:</p> <p>practice</p>	<p>Vocabulary from the year before plus:</p> <p>support</p>

	<p>protected from danger friendly kind and pleasant bullying harming others teasing making fun of someone repeated more than once friendship a relationship between friends</p>	<p>one of a kind calm peaceful emotion aggressive likely to attack cooperate working together kindness showing thought for others unkind not being friendly</p>	<p>not protected from danger touch to put your hand in contact with someone private personal not for everyone genitals private parts under your pants permission to allow</p>	<p>to divide with others control the power to influence others erupt to break out suddenly money coins and banknotes spending to pay out</p>	<p>to work at something repeatedly encourage to give support goal an ambition achieve to be successful at something choices the ability to choose vaccination used to prevent infection</p>	<p>give help frightened feeling fear nervous feeling alarmed unique one of a kind consent choosing to say yes</p>
Year 3	<p>Vocabulary from the year before plus: care displaying kindness</p>	<p>Vocabulary from the year before plus: same-sex couple</p>	<p>Vocabulary from the year before plus: danger</p>	<p>Vocabulary from the year before plus: Fact</p>	<p>Vocabulary from the year before plus: balanced diet</p>	<p>Vocabulary from the year before plus: personal space</p>

	<p>collaborate work together falling out a disagreemen compromise an agreement by all sides conflict a serious disagreement courteous polite strategies a plan of action</p>	<p>relationship between two people of the same sex blended family a family with children from different relationships community a group of people living in the same place prejudice opinions not based on actual experience gender the identity of your sex race a category of humankind that share physical traits</p>	<p>will definitely cause harm consequence the result of an action phishing encourage people to share their information search engine a software programme to help people find information internet safety staying safe online personal information details that can identify you</p>	<p>Something that is true opinion a view or judgement waste to use carelessly income money received saving not spending earning to obtain money through work</p>	<p>adequate amounts of nutrients for good health infection a virus or disease cleanliness being clean debate to argue in a formal manner ambitions a desire to achieve teamwork working together as a team</p>	<p>the space surrounding a person positive relationship no imbalance of power puberty when children mature into an adult secret something to be kept from others trust a firm belief in the truth or ability of someone emergency a serious situation requiring immediate action</p>
Year 4	<p>Vocabulary from the year before plus: physical effects</p>	<p>Vocabulary from the year before plus: negotiation discussion of compromise</p>	<p>Vocabulary from the year before plus: danger</p>	<p>Vocabulary from the year before plus: trustworthy honest & truthful</p>	<p>Vocabulary from the year before plus: unique one of a kind</p>	<p>Vocabulary from the year before plus: puberty</p>

	<p>consequence that effects the body</p> <p>ignored</p> <p>refused to take notice</p> <p>isolated</p> <p>being alone</p> <p>excluded</p> <p>being left out</p> <p>assertive</p> <p>showing confidence</p> <p>independent</p> <p>not depending on others</p>	<p>compromise</p> <p>an agreement by all sides</p> <p>body space</p> <p>comfortable area around one's self</p> <p>invade</p> <p>to intrude</p> <p>sharing</p> <p>give to others</p> <p>stereotype</p> <p>a fixed idea of a person or thing</p>	<p>will definitely cause</p> <p>harm</p> <p>risk</p> <p>a chance taken in a hazardous situation</p> <p>hazard</p> <p>could cause harm</p> <p>dare</p> <p>a challenge to perform an action</p> <p>influence</p> <p>having the power to affect another</p>	<p>rights</p> <p>a legal entitlement to have something</p> <p>democracy</p> <p>having a say</p> <p>anti-social behaviour</p> <p>behaviour which causes alarm or upset</p> <p>income</p> <p>money received</p> <p>deductions</p> <p>an amount subtracted from earnings</p>	<p>wellbeing</p> <p>a state of being happy and healthy</p> <p>mental health</p> <p>emotional wellbeing</p> <p>unresponsive</p> <p>not reacting or speaking</p> <p>casualty</p> <p>an injured person</p> <p>recovery</p> <p>a return to normal health</p>	<p>when children mature into an adult</p> <p>hormones</p> <p>substances made in the body</p> <p>uncomfortable feelings</p> <p>making you feel worried or embarrassed</p> <p>forced marriage</p> <p>one or more people do not consent to the marriage</p> <p>civil partnership</p> <p>a legally recognised union</p> <p>marriage</p> <p>legal union of two people as partners</p>
Year 5	<p>Vocabulary from the year before plus:</p> <p>verbal abuse</p>	<p>Vocabulary from the year before plus:</p> <p>discrimination</p>	<p>Vocabulary from the year before plus:</p> <p>addiction</p>	<p>Vocabulary from the year before plus:</p> <p>fact</p>	<p>Vocabulary from the year before plus:</p> <p>healthy choices</p> <p>following a balanced diet</p>	<p>Vocabulary from the year before plus:</p> <p>unwanted touch</p>

	<p>words used to intimidate, manipulate or maintain power</p> <p>physical abuse</p> <p>physically hurting someone</p> <p>on purpose</p> <p>sexual abuse</p> <p>abusive sexual behaviour on another person</p> <p>uncomfortable touching</p> <p>a form of touch that makes you feel uncomfortable</p> <p>passive</p> <p>allowing or accepting what happens</p> <p>body language</p> <p>communication through movements or posture</p>	<p>Prejudicial treatment of different categories of people on the grounds of race, sex or disability.</p> <p>prejudice</p> <p>preconceived opinion not based on reason</p> <p>multicultural society</p> <p>different cultures living alongside each other</p> <p>sexual orientation</p> <p>gender to which you are sexually attracted to</p> <p>gender identity</p> <p>a personal sense of a particular gender</p> <p>gender expression</p> <p>how a person expresses their gender through appearance, dress or behaviour</p>	<p>an urge to do something that is hard to stop</p> <p>cyberbullying</p> <p>electronic form of harassment</p> <p>pressure</p> <p>force applied to a person or thing</p> <p>resist pressure</p> <p>to stand firm</p> <p>risk taking</p> <p>the possibility of something bad happening</p> <p>perception</p> <p>interpreting sensory input</p>	<p>something that is proven to be true</p> <p>opinion</p> <p>a view or judgement on something</p> <p>loan</p> <p>money borrowed to be paid back with interest</p> <p>credit</p> <p>to obtain goods and pay back in the future</p> <p>debit</p> <p>money that is paid out</p> <p>biased</p> <p>unfairly prejudiced against someone</p> <p>unbiased</p> <p>showing no prejudice</p>	<p>perseverance</p> <p>persistence in doing something difficult</p> <p>resilience</p> <p>to recover from difficulty</p> <p>determination</p> <p>showing grit and not giving up</p> <p>independence</p> <p>not depending on others</p> <p>personal qualities</p> <p>attributes relevant to you</p>	<p>being touched without your consent</p> <p>consent</p> <p>Permission for something to happen</p> <p>separation</p> <p>being moved apart</p> <p>mood swings</p> <p>an abrupt change of mood</p> <p>hormones</p> <p>substances made in the body</p> <p>in confidence</p> <p>in a position of trust with someone</p>
Year 6	<p>Vocabulary from the year before plus:</p> <p>collaboration</p> <p>working together</p>	<p>Vocabulary from the year before plus:</p> <p>bystander</p>	<p>Vocabulary from the year before plus:</p> <p>parental consent</p> <p>agreement from parents</p>	<p>Vocabulary from the year before plus:</p> <p>Junior ISA</p>	<p>Vocabulary from the year before plus:</p> <p>connect</p> <p>to bring together</p>	<p>Vocabulary from the year before plus:</p> <p>body image</p>

	<p>peer pressure influence from members of one's peer group assertiveness confident and forceful behaviour resolution finding an answer sensitive displaying a delicate appreciation of others' feelings illegal forbidden by law appropriate suitable in the circumstances inappropriate not suitable in the circumstances</p>	<p>does not become involved when someone needs help positive feedback magnifying a change stereotype a fixed idea of a person or thing empathy understand how someone else is feeling prejudice preconceived opinion not based on reason tolerance accepting people for who they are gender stereotype a fixed idea of a person based on their gender</p>	<p>online safety staying safe online sexual images images involving sexual activity drug laws rules about chemical substances age restrictions age limit given to goods long-term effects lasting a long time</p>	<p>Long term tax-free savings for children debit card used to pay for goods income tax (PAYE) government payment from your earnings VAT Value Added Tax on goods sold election a vote for political office manifesto a policy of aims by an electoral candidate constituencies a group of voters in a particular area</p>	<p>be active engage in action aspirations hopes or ambitions accurate correct in all details sources where a person or thing originates dilemma a situation where a difficult choice has to be made responsive reacting quickly and positively unresponsive not reacting or moving</p>	<p>a mental image of your own body manipulation controlling someone or something to your own advantage physical changes changes in the body from child to adulthood embryo an unborn offspring consensual involving consent from both parties Age of consent age at which a person's consent is valid by law</p>
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