



Wootton Bassett Infants' School

Progression of PSHE/RSE

Links to RSE curriculum

	EYFS	Year 1	Year 2	Vocabulary
<p>Health and Wellbeing</p> <p><i>Healthy lifestyles (physical wellbeing)</i></p> <p><i>Mental health</i></p> <p><i>Ourselves, growing and changing</i></p> <p><i>Keeping safe</i></p> <p><i>Drugs, alcohol and tobacco</i></p>	<p>Healthy lifestyles (physical wellbeing)</p> <ul style="list-style-type: none"> Keeping healthy- hygiene, healthy eating, toothbrushing, sleep routine, 'screen time', physical activity Know correct procedures for washing hands <p>Mental health</p> <ul style="list-style-type: none"> Managing feelings Knowing things I like/ dislike and things I am good at. <p>Ourselves, growing and changing</p> <ul style="list-style-type: none"> Body parts and my five senses. Managing feelings Knowing things I like/ dislike and things I am good at. Looking at themselves and how they change. Moving on and transitioning to year 1. How we change from a baby - changes over time. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Understand the differences between males and females. Know where our private parts are. <p>Keeping safe</p> <ul style="list-style-type: none"> Understanding why and how to keep safe- safe pedestrian Fire Safety Understand that our body belongs to us. Know that people need permission to touch our bodies. Know what to do if we feel unsafe. 	<p>Healthy lifestyles (physical wellbeing)</p> <ul style="list-style-type: none"> Explain how much sleep they need Discuss why exercise is good for them Understand they can choose what happens to their bodies List healthy snacks Demonstrate hygienic ways to look after their bodies. <p>Mental health</p> <ul style="list-style-type: none"> Discuss their star qualities Identify what a positive learning attitude is Talk about hopes they have for the future Identify and name common feelings Select times and situations that make them feel happy Talk about what makes them feel unhappy or cross Explain how change and loss make them feel Understand the importance of sharing their thoughts and feelings <p>Ourselves, growing and changing</p> <ul style="list-style-type: none"> Talk about jobs they can do when they grow up Discuss what skills and interests are needed for different job Talk about hopes they have for the future Discuss what they are looking forward to about next year Identify their own special traits and qualities Talk about what makes them feel unhappy or cross Explain how change and loss make them feel Use the scientific names introduced to name male and female body parts. <p>Keeping safe</p> <ul style="list-style-type: none"> Know what to do if we feel unsafe Understand the importance of sharing their thoughts and feelings 	<p>Healthy lifestyles (physical wellbeing)-</p> <p>SCIENCE LINKS</p> <ul style="list-style-type: none"> Find out and describe the basic needs of animals for survival (food, water, air) Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene. Recognise the appropriate portion sizes of the 5 food groups. Describe how often we should exercise and give examples of how to exercise. <p>Mental health</p> <ul style="list-style-type: none"> Know that their private body parts are private Identify and discuss feelings and emotions, using simple terms Describe things that make them feel happy and unhappy Understand that they have a choice about how to react to things that happen Talk about personal achievements and goals Describe difficult feelings and what might cause these feelings Discuss things for which they are thankful Focus on an activity, remaining calm and still Talk about their own likes and dislikes <p>Ourselves, growing and changing</p> <ul style="list-style-type: none"> Know that their private body parts are private Identify and discuss feelings and emotions, using simple terms Describe things that make them feel happy and unhappy Describe how they have changed since they were a baby Use the scientific names introduced to name male and female body parts. Identify some difference between males and females Talk about their own likes and dislikes Understand that peoples' needs change as they grow older Talk about things they would like to do when they are older Discuss some changes that people might go through in life Understand that the creation of new life requires a male and a female. Understand that a baby takes nine months to develop. Understand the love and care a baby needs as it develops. <p>Keeping safe</p> <ul style="list-style-type: none"> Identify some everyday dangers Understand some basic rules that help keep people safe Know what to do if they feel in danger Identify some dangers in the home Identify some dangers outside Identify which information they should never share on the internet Know that their private body parts are private Recall the number to call in an emergency List some people who can help them stay safe Understand that they have a choice about how to react to things that happen 	<p>bacteria, body, brain, brushing, chemicals, chemist, choice, clean, colds, consent, contact, coughs, danger, dentist, diet, disease, doctor, emergency, exercise, germs, healthy, heart, help, illness, medicine, mind, muscles, permission, pharmacist, poisonous, protect, rest, rules, safe, secret, serious, sleep, spread, strength, sugar, surprise, touch, treat, uncomfortable, unhealthy, unsafe, virus, warning, wash</p> <p>achievement, angry, bored, calm, choice, complain, concentrate, confused, decision, difficult, dislike, embarrassed, emotions, fears, fed up, feelings, focus, frightened, frustrated, future, goal, gratitude, happy, healthy, helpful, like, lonely, mind, mindful, negative, nervous, new, past, perseverance, positive, prefer, relaxed, resilience, respond, rest, sad, safe, shocked, thankful, thinking, thoughts, unhelpful, upset, worries</p> <p>adulthood, advice, carers, caring, change, childhood, comfortable, consent, coping, curious, develop, differences, difficult, emotions, female, genitals, grandparents, independence, love, male, needs, opportunities, parents, penis, private parts, respect, responsibility, rules, safe, siblings, similarities, testicles, touch, traditions, trusted adult, uncomfortable, unique, vagina, worried</p> <p>999, burn, chemicals, choke, danger, e-Safety, emergency, emergency services, fall, fire, harm, hazard, help, hurt, Internet, liquids, medicines, online, poisonous, protect, rail, risk, road, rules, safe, sharp, stranger, safer stranger, tablets, traffic, trip, trusted adult, uniform, unsafe, water</p>

			<ul style="list-style-type: none"> Describe difficult feelings and what might cause these feelings Identify the body parts that we keep private Understand the words 'no' and 'stop' Identify an adult they can talk to if they are concerned about inappropriate touch 	
		Drugs, alcohol and tobacco <ul style="list-style-type: none"> Know to ask a trusted adult if uncertain about whether something is safe to eat or drink 	Drugs, alcohol and tobacco <ul style="list-style-type: none"> Identify some dangers in the home Identify some dangers outside 	chemicals, choke, danger, harm, hazard, help, hurt, liquids, medicines, poisonous, protect, risk, tablets, unsafe,
Relationships <i>Families and close positive relationships</i> <i>Friendships</i> <i>Managing hurtful behaviour and bullying</i> <i>Safe relationships</i> <i>Respecting others</i>	Families and close positive relationships <ul style="list-style-type: none"> Building constructive and respectful relationships. Talking about members of immediate family. Building positive relationships Name and describe people who are familiar to them. Understands that all families are different. 	Families and close positive relationships <ul style="list-style-type: none"> About the roles different people (e.g. acquaintances, friends and relatives) play in our lives Identify the people who love and care for them and what they do to help them feel cared for Explain what is different and special about their family. 	Families and close positive relationships <ul style="list-style-type: none"> Explain who the special people in their lives are Talk about the importance of families Describe what makes someone a good friend Identify a way to show others they care 	achieve, caring, choices, conflict, cooperate, cooperation, disagreement, family, friend, friendship, group, happy, healthy, help, important, kind, listen, love, making up, need, positive, safe, share, skills, solve, sort, special, support, talk, team, thoughtful, time, trust, trusted adult
	Friendships <ul style="list-style-type: none"> Building constructive and respectful relationships. Considering the feelings of others. 	Friendships <ul style="list-style-type: none"> Recognise the ways in which they are the same and different to others How to listen to other people and play and work cooperatively How to recognise when they or someone else feels lonely and what to do What is kind and unkind behaviour, and how this can affect others Understand that boys and girls can both do the same tasks and enjoy the same things 	Friendships <ul style="list-style-type: none"> Understand that people's bodies and feelings can be hurt Understand that different people like different things Understand that girls and boys can like different things, or the same things Describe what makes someone a good friend What is kind and unkind behaviour, and how this can affect others How to recognise when they or someone else feels lonely and what to do 	active listening, behaviour, bullying, care, choices, community, compliment, discussion, fair, family, friends, group, helpful, joking, kind, learner, mindset, needed, negative, polite, positive, safe, secure, special, support, team, teasing, thoughtful, unkind
	Managing hurtful behaviour and bullying <ul style="list-style-type: none"> Expressing and naming my feelings. Considering the feelings of others. Knowing about and understanding bullying. 	Managing hurtful behaviour and bullying <ul style="list-style-type: none"> How to recognise when they or someone else feels lonely and what to do How to ask for help if a friendship is making them feel unhappy That bodies and feelings can be hurt by words and actions; that people can say hurtful things online How people may feel if they experience hurtful behaviour or bullying That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult 	Managing hurtful behaviour and bullying <ul style="list-style-type: none"> Know how to resolve an argument in a positive way Know the skills involved in successful cooperation That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult 	angry, body language, calm, confidence, cross, disagree, wellbeing, emotions, facial expressions, feelings, loss, memories, mental health, nervous, opinions, qualities, sad, safe, secure, share, skills, speak, talk, thoughts, uncomfortable, unhappy, worried
	Safe relationships <ul style="list-style-type: none"> Considering the feelings of others. 	Safe relationships <ul style="list-style-type: none"> Identify the people who love and care for them and what they do to help them feel cared for How to ask for help if a friendship is making them feel unhappy 	Safe relationships <ul style="list-style-type: none"> Identify an adult they can talk to if they are concerned about inappropriate touch Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe That bodies and feelings can be hurt by words and actions; that people can say hurtful things online 	comfortable, communicate, healthy, helpful, lie, mental wellbeing, pretend, private, true, trusted adult, uncomfortable
	Respecting others <ul style="list-style-type: none"> Thinking about the perspectives of others. Celebrating achievements of myself and others Working with others Sharing 	Respecting others <ul style="list-style-type: none"> Recognise the ways in which they are the same and different to others How to treat themselves and others with respect; how to be polite and courteous 	Respecting others <ul style="list-style-type: none"> Understand that different people like different things Understand that girls and boys can like different things, or the same things Identify a way to show others they care How to treat themselves and others with respect; how to be polite and courteous How to listen to other people and play and work cooperatively 	active listening, behaviour, bullying, care, choices, community, compliment, discussion, disrespectful, fair, family, friends, group, helpful, joking, kind, learner, negative, polite, positive, respect, respectful, safe, secure, special, support, team, teasing, thoughtful, unkind
Living in the Wider World <i>Shared responsibilities</i> <i>Communities</i>	Shared responsibilities <ul style="list-style-type: none"> Promoting British Values Understanding their responsibility towards keeping the School Values Explain the reasons for rules, know right from wrong and try to behave accordingly 	Shared responsibilities <ul style="list-style-type: none"> What rules are, why they are needed, and why different rules are needed for different situations How people and other living things have different needs; about the responsibilities of caring for them Things they can do to help look after their environment 	Shared responsibilities <ul style="list-style-type: none"> How people and other living things have different needs; about the responsibilities of caring for them Things they can do to help look after their environment What rules are, why they are needed, and why different rules are needed for different situations 	affect, care, choice, difference, earth, environment, environmental, family life, happy, harm, help, home, important, learn, love, natural, needs, people, planet, problem, protect, resources, right, safe, same, school, similarity, special people, trust, world

<p><i>Media literacy and digital resilience</i></p> <p><i>Economic wellbeing: Money</i></p> <p><i>Economic wellbeing: Aspirations, work and career</i></p>	<p>Communities</p> <ul style="list-style-type: none"> Understanding that some places are special to members of my community Similarities and differences between life in this country and life in other countries. Recognise that people have different beliefs and celebrate special times in different ways. Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class. 	<p>Communities</p> <ul style="list-style-type: none"> The different groups they belong to The different roles and responsibilities people have in their community Recognise the ways they are the same as, and different to, other people That jobs help people to earn money to pay for things 	<p>Communities</p> <ul style="list-style-type: none"> Recognise the ways they are the same as, and different to, other people Things they can do to help look after their environment The different groups they belong to 	<p>accepting, beliefs, belong, Britain, British, British Isles, celebrations, choice, coast, community, countryside, difference, dress, environment, happy, harm, helpful, island, kindness, lakes, listen, live, local area, mountain, natural, neighbour, neighbourhood, proud, respect, responsibility, right, river, safe, same, share, similarity, town, United Kingdom</p>
	<p>Media literacy and digital resilience LINKS TO COMPUTING and Safer Internet Day</p> <ul style="list-style-type: none"> How the internet and digital devices can be used safely to find things out and to communicate with others That not all information seen online is true The role of the internet in everyday life 	<p>Media literacy and digital resilience LINKS TO COMPUTING and Safer Internet Day</p> <ul style="list-style-type: none"> How the internet and digital devices can be used safely to find things out and to communicate with others That not all information seen online is true The role of the internet in everyday life 	<p>Media literacy and digital resilience LINKS TO COMPUTING and Safer Internet Day</p> <ul style="list-style-type: none"> How the internet and digital devices can be used safely to find things out and to communicate with others That not all information seen online is true The role of the internet in everyday life 	<p>access, activity, address, apps, comfortable, communicate, connected, device, download, electronic, emoji, fact, fake, healthy, helpful, hobbies, information, interests, Internet, lie, mental wellbeing, message, messaging, network, news, offline, online, password, personal information, picture message, pretend, private, screen time, sleep, social media, surname, text message, true, trusted adult, uncomfortable, video call</p>
	<p>Economic wellbeing: money</p>	<p>Economic wellbeing: money</p> <ul style="list-style-type: none"> What money is; forms that money comes in; that money comes from different sources That money needs to be looked after; different ways of doing this. That people make different choices about how to save and spend money The difference between needs and wants; that sometimes people may not always be able to have the things they want 	<p>Economic wellbeing: money</p> <ul style="list-style-type: none"> What money is; forms that money comes in; that money comes from different sources 	<p>bank, bank account, buy, choice, coins, community, contactless, credit card, electronic, goods, important, job, track, list, money, need, notes, offer, online banking, online transfer, payment, piggy bank, possessions, price, purse, receipt, record, role, safe, salary, save, shopping, spend, value, wages, wallet, want, work</p>
	<p>Economic wellbeing: Aspirations, work and career</p> <ul style="list-style-type: none"> How to show resilience and perseverance in the face of challenge. 	<p>Economic wellbeing: Aspirations, work and career</p> <ul style="list-style-type: none"> That jobs help people to earn money to pay for things Different jobs that people they know or people who work in the community do 	<p>Economic wellbeing: Aspirations, work and career</p>	<p>achievement, aims, ambition, attitude, change, communication, creative, determined, future, goal, grow, happiness, hard-working, help, improve, job, learn, positive, progress, qualification, routine, skill, star qualities, strength, success, training</p>