



## PSHE and RSE Overview and Progression Grid

F1	<p>Topics to be covered over the year:</p> <p>(As a school, we always follow a child's line of enquiry within their learning, which can direct the topics too.)</p>					
Vocabulary	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	kind, friend, different, feelings, angry, happy, excited, nervous, sharing, taking turns	different, special, proud, friends, kind, same, happy, sad, frightened, angry, family	dream, goal, challenge, job, happy, kind,	healthy, head, shoulders, knees, toes, sleep, wash, clean, stranger, scare	family, jobs, friend, lonely, argue, words, feelings, angry, upset, calm me, breathing	eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, baby, grown-up, adult, change, worry, excited,
Through Direct Teaching and Continuous Provision	<p>Know that some people are different from themselves and how to be kind.</p> <p>Know the names of some emotions such as happy, sad, frightened, angry and why friends and family are important.</p> <p>Know what a challenge is.</p> <p>Know what the word 'healthy' means and know some things that they need to do to keep healthy.</p> <p>Know what a family is and how to keep calm when things don't go as planned.</p> <p>Know the names and functions of some parts of the body.</p>					



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<b>By the end of F1 children will:</b>	begin to understand their place within their family, school and world. They will begin to understand how they can make friends and be a good friend to others. They will understand how they have changed since they were a baby and the names of some of their body parts. They will know why it is important to stay healthy. They will be able to name some emotions.
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### **Tell me five things!**

I can name some of my emotions such as happy, sad, frightened, angry.	I can name some jobs that I might do when I am older.	Tell me how and why you wash your hands.	Tell me what a family is.	Tell me who you would talk to when you are worried.
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## PSHE and RSE Overview and Progression Grid

F2	<p>Topics to be covered over the year:</p> <p>(As a school, we always follow a child's line of enquiry within their learning, which can direct the topics too.)</p>					
Vocabulary	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	kind, gentle, friend, similar(ity), different, rights, responsibilities, feelings, angry, happy, excited, nervous, sharing, taking turns	different, special, proud, friends, kind, same, similar, happy, sad, frightened, angry, family	dream, goal, challenge, job, ambition, perseverance, achievement, happy, kind, encourage	healthy, exercise, head, shoulders, knees, toes, sleep, wash, clean, stranger, scare	family, jobs, relationship, friend, lonely, argue, fall-out, words, feelings, angry, upset, calm me, breathing	eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, baby, grown-up, adult, change, worry, excited, memories
Through Direct Teaching and Continuous Provision	<p>How to be a good friend and what being part of Greasby Infant School means.</p> <p>That the world is full of diversity and the importance of celebrating difference and being proud of who you are.</p> <p>How to face a challenge and be resilient, to keep trying and encourage others.</p> <p>How to live a healthy life, including diet, cleanliness, exercise and mental health.</p> <p>How to deal with all different types of relationships. How to resolve conflict and remain calm.</p> <p>Name body parts and how they have grown and changed over time.</p>					
By the end of Foundation 2 children will be able to:	<p>Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 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.</p>					



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Tell me five things!				
Tell me how to be a good friend	Tell me about how you can stay healthy	Tell me about how your have changed from when you were a baby	Tell me about what you do when you find something difficult	Tell me about why it is important to have school and class rules



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<b>Year 1</b>	<b>Topics to be covered over the year:</b>					
<b>Vocabulary</b>	<b>Being Me in My World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
	safe, special, calm, belonging, special, learning charter, jigsaw charter, rewards, proud, consequences, upset, disappointed, illustration	similarity, same as, different from, difference, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bully, bullied, celebrations, special, unique	proud, success, treasure, coins, learning, stepping-stones, process, working together, team work, celebrate, learning, stretchy, challenge, feelings, obstacle, overcome, achieve	unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, toiletry items (e.g. toothbrush, shampoo, soap), hygienic, safe medicines, safe, safety, green cross code, eyes, ears, look, listen, wait	belong, same, different, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, confidence, praise, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate	changes, life cycles, adulthood, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited, coping
<b>Areas of learning</b>	<b>Being Me in My World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
	Understand their own rights and responsibilities with their classroom  Understand that their choices have consequences  Understand that their views are important  Understand the rights and	Know what bullying means  Know who to tell if they or someone else is being bullied or is feeling unhappy  Know that people are unique and that it is OK to be different	Know how to set simple goals  Know how to achieve a goal  Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them  Know when a goal has been achieved	Know the difference between being healthy and unhealthy  Know some ways to keep healthy  Know how to make healthy lifestyle choices  Know that all household products, including medicines,	Know that everyone's family is different  Know that families are founded on belonging, love and care  Know that physical contact can be used as a greeting  Know how to make a friend	Know the names of male and female private body parts  Know that there are correct names for private body parts and nicknames, and when to use them  Know which parts of the body are private and that they belong to that person and



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	responsibilities of a member of a class	<p>Know skills to make friendships</p> <p>Know that people have differences and similarities</p>	<p>Know how to work well with a partner</p> <p>Know that tackling a challenge can stretch their learning</p>	<p>can be harmful if not used properly</p> <p>Know that medicines can help them if they feel poorly</p> <p>Know how to keep safe when crossing the road</p> <p>Know how to keep themselves clean and healthy</p> <p>Know that germs cause disease/illness</p> <p>Know about people who can keep them safe</p>	<p>Know who to ask for help in the school community</p> <p>Know that there are lots of different types of families</p> <p>Know the characteristics of healthy and safe friends</p> <p>Know about the different people in the school community and how they help</p>	<p>that nobody has the right to hurt these</p> <p>Know who to ask for help if they are worried or frightened</p> <p>Know that animals including humans have a life cycle</p> <p>Know that changes happen when we grow up</p> <p>Know that people grow up at different rates and that is normal</p> <p>Know that learning brings about change</p>
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<b>Tell me 5 things!</b>				
I know my responsibilities within my classroom.	I know who to tell when someone is upsetting me or others.	I know how to protect myself from germs that cause illnesses.	I can talk about how families can be different.	I can talk about the changes that happen when we get older.



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Year 2	Topics to be covered over the year:					
Vocabulary	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	worries, hopes, fears, responsible, actions, praise, positive, negative, choices, co-operate, problem-solving	boys, girls, similarities, assumptions, shield, stereotypes, special, differences, bully, purpose, unkind, feelings, sad, lonely, help, stand up for, male, female, diversity, fairness, kindness, unique, value	realistic, achievement, goal, strength, persevere, difficult, easy, learning together, partner, product	healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, dangerous, medicines, body, balanced diet, portion, proportion, energy, fuel, nutritious	similarities, special, important, co-operate, physical contact, communication, hugs, acceptable, not acceptable, conflict, point of view, positive problem solving, secret, surprise, good secret, worry secret, telling, adult, trust, happy, sad, frightened, trust, trustworthy, honesty, reliability, compliments, celebrate,	change, grow, control, fully grown, growing up, old, young, change, respect, appearance, physical, baby, toddler, child, teenager, independent, timeline, freedom, responsibilities, vagina, public, private, touch, texture, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, uncomfortable, looking forward, nervous, happy
Area of Learning	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Understand the rights and responsibilities of class members  Know about rewards and consequences and that these stem from choices	Know the difference between a one-off incident and bullying  Know that sometimes people get bullied because of difference  Know that friends can be different and still be friends	Know how to choose a realistic goal and think about how to achieve it  Know that it is important to persevere  Know how to recognise what working together well looks like  Know what good group-working looks like	Know what their body needs to stay healthy  Know what relaxed means  Know why healthy snacks are good for their bodies  Know which foods given their bodies energy	Know that there are lots of forms of physical contact within a family  Know how to stay stop if someone is hurting them  Know there are good secrets and worry secrets and why it is important to share worry secrets	Know the physical differences between male and female bodies  Know that private body parts are special and that no one has the right to hurt these Know who to ask for help if they are worried or frightened  Know there are different types of touch and that



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<p>Know that it is important to listen to other people</p> <p>Understand that their own views are valuable</p> <p>Know that positive choices impact positively on self-learning and the learning of others</p> <p>Identifying hopes and fears for the year ahead</p>	<p>Know there are stereotypes about boys and girls</p> <p>Know where to get help if being bullied</p> <p>Know that it is OK not to conform to gender stereotypes</p> <p>Know it is good to be yourself</p> <p>Know the difference between right and wrong and the role that choice has to play in this</p>	<p>Know how to share success with other people</p>	<p>Know that it is important to use medicines safely</p> <p>Know what makes them feel relaxed/stressed</p> <p>Know how medicines work in their bodies</p> <p>Know how to make some healthy snacks</p>	<p>Know what trust is</p> <p>Know that everyone's family is different</p> <p>Know that families function well when there is trust, respect, care, love and co-operation</p> <p>Know some reasons why friends have conflicts</p> <p>Know that friendships have ups and downs and sometimes change with time</p> <p>Know how to use the Mending Friendships or Solve it together problem-solving methods</p>	<p>some are acceptable and some are unacceptable</p> <p>Know the correct names for private body parts</p> <p>Know that life cycles exist in nature</p> <p>Know that ageing is a natural process including old age</p> <p>Know that some changes are out of an individual's control</p> <p>Know how their bodies have changed from when they were a baby and that they will continue to change as they age</p>
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### Tell me 5 things you know!

I know what a stereotype is.	I know what perseverance means.	I know how medicines work in my body.	I can discuss what trust is.	I can name the male and female body parts.
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