



CURRICULUM PROGRESSION GRID: PERSONAL, SOCIAL & HEALTH EDUCATION

LOWER KEY STAGE 2

Health and Wellbeing	Relationships	Living in the Wider World
<p>NC Link</p> <ul style="list-style-type: none"> -what is meant by a healthy lifestyle -how to maintain physical, mental and emotional health and wellbeing -how to manage risks to physical and emotional health and wellbeing -ways of keeping physically and emotionally safe -about managing change, including puberty, transition and loss -how to make informed choices about health and wellbeing and to recognise sources of help with this -how to respond in an emergency -to identify different influences on health and wellbeing 	<p>NC Link</p> <ul style="list-style-type: none"> -how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts -how to recognise and manage emotions within a range of relationships -how to recognise risky or negative relationships including all forms of bullying and abuse -how to respond to risky or negative relationships and ask for help -how to respect equality and diversity in relationships. 	<p>NC Link</p> <ul style="list-style-type: none"> -about respect for self and others and the importance of responsible behaviours and actions -about rights and responsibilities as members of families, other groups and ultimately as citizens -about different groups and communities -to respect equality and to be a productive member of a diverse community -about the importance of respecting and protecting the environment -about where money comes from, keeping it safe and the importance of managing it effectively -how money plays an important part in people's lives -a basic understanding of enterprise.
Autumn 1 & 2	Spring 1 & 2	Summer 1 & 2
<p>Builds on KS1</p> <ul style="list-style-type: none"> -Children can explain ways of keeping clean and they can name the main parts of the body. They can explain that people grow from young to old. -Children can make simple choices about some aspects of their health and well-being and know what keeps them healthy. Children can talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations. 	<p>Builds on KS1</p> <ul style="list-style-type: none"> -Children can identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities. -Children can demonstrate that they can manage some feelings in a positive and effective way. They begin to share their views and opinions (for example talking about fairness). They can set themselves simple goals 	<p>Builds on KS1</p> <ul style="list-style-type: none"> -Children can explain different ways that family and friends should care for one another. -Children can recognise that bullying is wrong and can list some ways to get help in dealing with it. They can recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates). They can identify and respect differences and similarities between people.
<p>Intent</p> <ul style="list-style-type: none"> -Children can make choices about how to develop healthy Lifestyles. -They can list the commonly available 	<p>Intent</p> <ul style="list-style-type: none"> -Children can demonstrate that they recognise their own worth and that of others. They can express their views confidently and listen to and 	<p>Intent</p> <ul style="list-style-type: none"> -Children can explain how their actions have consequences for themselves and others. They can describe the nature and consequences of

substances and drugs that are legal and illegal, and can describe some of the effects and risks of these. They understand when they should keep secrets and promises, and when they should tell somebody about them.

Extended Write

write an advice leaflet/poster about keeping healthy

Write a story about a character's different feelings

show respect for the views of others. -They can express their views confidently and listen to and show respect for the views of others. They know what a friend is and does and how to cope with some friendship problems.

Extended Write

write about their family and people special to them.

A letter to a bully/from someone being bullied.

bullying, and can express ways of responding to it. They can show how they care for the environment (e.g. animals and school grounds) -They can describe the nature and consequences of bullying, and can express ways of responding to it. They can identify different types of relationship (for example marriage or friendships), and can show ways to maintain good relationships (for example listening, supporting, caring).

Extended Write

Write about what they want to be when they are older.

Vocabulary

- Healthy, unhealthy, fat, sugar, protein, carbohydrate, dairy, active, exercise, sleep, rest, relax, hygiene, bacteria, virus, germs, teeth, dentist, brush, oral hygiene, medicine, vaccination, habits, positive, negative, allergic, sun, sunburn,
- mental health, feelings, happy, angry, upset, sad, disappointed, proud, lonely, worried, nervous, excited, mood, loss, change, identity, self-worth, ethnicity, gender, faith, special, unique, like, dislike
- body parts - penis, vagina, ovary, womb, testicles, puberty, reproduction, birth, conceive, grow, age restriction, risk, danger, safe, hazard, harm, unsafe, first aid, doctor, police, paramedic, accident, emergency, female genital mutilation (FGM), drugs, nicotine, alcohol, illegal, legal,
- Online, internet, behaviour, safe, unsafe, trusted adult, bully, bullying

Vocabulary

- Relationship, attracted to , same sex, gender identity, sexual orientation, marriage, civil partnership, commitment,
- friends, relatives, care for, family, mum, dad, step mum, step dad, sister, brother, auntie, uncle, grandad, grandma, respect, peer, influence, trusted adult,
- lonely, argument, bullying, bully, harassment, discrimination, teasing, name-calling, private, privacy, permission, secret, confidential, kind, unkind, polite, manners, respect, same, different, debate, point of view, agree/disagree
- Online, internet, behaviour, safe, unsafe, trusted adult, bully, bullying

Vocabulary

- Rules, laws, human rights, compassion, needs, responsibility, environment, reduce, reuse, recycle, diversity, group, community, same as, different, stereotype, prejudice, discriminate,
- money, save, spend, need, want, earn, gambling, job, career, interest, loan, debt, and tax, democracy
- Online, internet, behaviour, safe, unsafe, trusted adult, bully, bullying, reliable,