



# Horbury Primary Academy

## Lower Key Stage 2 PSHE/RSE



## Progression of Learning Objectives

*The fact is that people are good, Give people affection and security, and they will give affection and be secure in their feelings and their behaviour.*

Abraham Maslow

## PSHE: Key Stage One

### National Curriculum

Pupils should embrace the challenges of creating a happy and successful adult life. Pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. Pupils are taught to develop resilience, to know how and when to ask for help, and to know where to access support.

## PSHE Coverage and Core Language Progressions: Key Stage Two

<b>Autumn 1</b>	Being Me In My World	<b>Year 3-</b> Welcome, Valued, Proud, Pleased, Emotions, Feelings, Fears, Worried, Rights Responsibilities <b>Year 4-</b> Role, Job Description, Responsibility, Democracy, Voting, Authority, oServer, Choices, Democracy
<b>Autumn 2</b>	Celebrating differences	<b>Year 3-</b> Family, Loving, Conflict, Solutions, Solve, Gay, Unkind, Feelings, Bullying, Bystander, Witness, Consequences <b>Year 4-</b> Character, Assumption, Judgement, Appearance, Opinion, Bullying, Bystander, Witness, Consequences
<b>Spring 1</b>	Dreams and Goals	<b>Year 3-</b> Persevernce, Dreams, Goals, Obstacles Challenge, Product, Enthusiastic <b>Year 4-</b> Dream, Hope, Goal, Determination, Perseverance, Resilience, Self-believe.
<b>Spring 2</b>	Healthy Me	<b>Year 3-</b> Energy, Calories, Kilojoules, Healthy Drugs, Attitude, <b>Year 4-</b> Friendship, Emotions, Value, Leader, Smoking, Vaping, Alcohol, Liver, Disease
<b>Summer 1</b>	Relationships	<b>Year 3-</b> Conflict, Solution, Problem-solving, Risky, Internet, Gobal, communication, Inequality <b>Year 4-</b> Relationship, Close, Jealousy, Problem-solve, Emotions, Depression, Souvenir, Memento, Empathy
<b>Summer 2</b>	Changing Me	<b>Year 3-</b> Changes, Birth, Animals, Babies, Mother, Growing up, Uterus, Womb, Nutrients, Survive, Love, Affection, Change, Stereotypes <b>Year 4-</b> .Personal, Unique, Characteristics, Sperm, Egg, Fertilise,

Each numbered bullet represents the jigsaw pieces/lesson the objective it taught in.

## PSHE: Key Stage Two

### Being Me In My World

Having a sense of belonging, welcoming others, identity, building a positive ethos, being part of a school community, working and socialising with others, democracy and citizenship

### Celebrating differences

Similarities and differences, appearance, disability, racism, prejudice and discrimination, bullying, equality act.

### Dreams and Goals

Hopes and dreams, goals to success, growth mind-set, resilience, teamwork, citizenship, aspirations.

### Healthy Me

personal hygiene, healthy eating, active lifestyles, sleep, substances, managing risk, mental health

### Relationships

Positive relationships, caring relationships, how to speak up and get help when relationships are not positive.

### Changing Me

Differences between boys and girls, what changes can I be proud of understanding that growing is a natural, appreciating different parts of the body.

## Year 3

1. recognise my worth and identify positive things about myself and my achievements  
value myself and know how to make someone else feel welcome and valued
2. face new challenges positively, make responsible choices and ask for help when I need it  
recognise how it feels to be happy, sad or scared and to be able to identify if other people are feeling these emotions
3. understand why rules are needed and how they relate to rights and responsibilities  
know how to make others feel valued
4. understand that my actions affect myself and others and I care about other people's feelings  
understand that my behaviour brings rewards/consequences
5. make responsible choices and take action

1. understand that everybody's family is different and important to them  
appreciate my family/the people who care for me
2. understand that differences and conflicts sometimes happen among family members  
know how to calm myself down and can use the 'Solve it together' technique
3. know what it means to be a witness to bullying  
know some ways of helping to make someone who is bullied feel better
4. know that witnesses can make the situation better or worse by what they do  
problem-solve a bullying situation with others
5. recognise that some words are used in hurtful ways  
try hard not to use hurtful words (e.g. gay, fat)
6. tell you about a time when my words affected someone's feelings and what the consequences were  
give and receive compliments and know how this feels

1. tell you about a person who has faced difficult challenges and achieved success  
respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)
2. identify a dream/ambition that is important to me  
imagine how I will feel when I achieve my dream/ambition
3. enjoy facing new learning challenges and working out the best ways for me to achieve them  
break down a goal into a number of steps and know how others could help me to achieve it
4. be motivated and enthusiastic about achieving our new challenge  
know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge
5. recognise obstacles which might hinder my achievement and take steps to overcome them

1. understand how exercise affects my body and know why my heart and lungs are such important organs  
set myself a fitness challenge
2. know that the amount of calories, fat and sugar I put into my body will affect my health  
know what it feels like to make a healthy choice
3. tell you my knowledge and attitude towards drugs  
identify how I feel towards drugs
4. identify things, people and places that I need to keep safe from  
know some strategies for keeping myself safe, who to go to for help and how to call emergency services  
express how being anxious or scared feels
5. identify when something feels safe or unsafe  
take responsibility for keeping myself and others safe
6. understand how complex my body is and how important it is to take care of it  
respect my body and appreciate what it does for me

1. identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females  
describe how taking some responsibility in my family makes me feel
2. identify and put into practice some of the skills of friendship.  
know how to negotiate in conflict situations to try to find a win-win solution
3. know and use some strategies for keeping myself safe online  
know who to ask for help if I am worried or concerned about anything online
4. explain how some of the actions and work of people around the world help and influence my life  
show an awareness of how this could affect my choices
5. understand how my needs and rights are shared by children around the world

1. understand that in animals and humans lots of changes happen between conception and growing up,  
I can express how I feel when I see babies or baby animals
2. understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow  
express how I might feel if I had a new baby in my family
3. understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies  
identify how boys' and girls' bodies change on the outside during this growing up process  
recognise how I feel about these changes happening to me and know how to cope with those feelings
4. identify how boys' and girls' bodies change on the inside during the growing up process

	<p>work cooperatively in a group</p> <p>6 understand my actions affect others and try to see things from their points of view</p> <p>choose to follow the Learning Charter</p>		<p>manage the feelings of frustration that may arise when obstacles occur</p> <p>6. evaluate my own learning process and identify how it can be better next time</p> <p>be confident in sharing my success with others and store my feelings in my internal treasure chest</p>		<p>and to identify how our lives may be different</p> <p>empathise with children whose lives are different to mine and appreciate what I may learn from them</p> <p>6. know how to express my appreciation to my friends and family</p> <p>enjoy being part of a family and friendship groups</p>	<p>recognise how I feel about these changes happening to me and how to cope with these feelings</p> <p>5. start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>express how I feel when my ideas are challenged and be willing to change my ideas sometimes</p> <p>6. identify what I am looking forward to when I move to my next class</p> <p>start to think about changes I will make next year and know how to go about this</p>
--	--	--	--	--	---	--

# Year 4

1. I know my attitudes and actions make a difference.

I know how to make people feel welcomed and valued.

2. I know how to be in a school, community, The roles they play and how I fit in.

I can take a roll in the group and contribute to the overall outcome.

3. I know how democracy works through the school council.

I can contribute to making a learning charter for the whole school.

4. I understand my actions affect others. I care about others feelings.

I understand ow rewards and consequences motivate people’s behaviour.

5. I understand how groups come together to make decisions.

I can take on a role in a group and

1 .I understand that sometimes we make assumptions based on what people look like.

I try to accept people for who they are.

2. I understand what influences me to make assumptions based on how people look.

I can question why I think what I do about other people.

3 .I know how sometimes bullying can be hard to spot.

I know how it feels to be a witness and target of bullying

4. I can tell you why sometimes people get involved.

I can problem-solve a bulling situation.

5.I can understand what is special about me and unique.

I like and respect the unique features of my physical appearance.

6.I can tell you a time when my first impressions of someone change.

I can explain why it is good to accept people for what they are.

1. I can tell you about some of my hopes and dreams.

2. I understand that sometime hopes and dreams do not come true.

I know how disappointment feels and can identify when I have felt that way.

3. I know that reflecting on positive happy experiences can help me to counteract disappointment.

4. I know how to make new plans and set new goals.

I know what it means to be resilient and have a positive attitude.

5.I know how to work out the steps to achieve a goal.

I can enjoy being a part of a group challenge.

6.I can identify the contributions made by myself and others to a group achievement.

I know how to share in the success of a group and how to store this success in my internal treasure chest.

1. I recognise how different friendships are formed, how I fit into them and which friends I value the most.

I can identify the feelings I have for my friends.

2. I understand that people take on the role of leaders or followers and the role I take.

I am aware of how different people and groups have an impact on me

3. I understand the effects of smoking.

I recognise the negative feelings in peer pressure situations and how to be assertive in these situations.

4. I understand the effects of alcohol and its effects on health.

I can recognise negative feelings in peer pressure situations.

5 .I can recognise when people are putting me under pressure.

I can understand feelings of anxiety and fear associated with pressure.

6.I know myself well enough to have a clear picture of what I believe is right and wrong.

I can tap into my inner strength and be assertive.

1.I can recognise situations which can cause jealousy.

I can recognise feelings associated with jeosy and problem solve when this happens.

2. I can identify someone who is special to me and express why.

I know how someone feels when someone loses or something or someone.

3.I can tell you about someone I know that I know longer see.

I can understand that we can remember people even if we no longer see them.

4. I can recognise how friendships can change, know how to make friends and how to manage I fell out with my friends.

I know how to stand up for myself and compromise.

5.I understand what havig a a boyfriend/girlfriend means and why it is special when we are older.

I understand that boyfriend/girlfriend relationships are special and there is no need to feel pressurised into having a relationship.

6.I know how to show love and appreciation to the

1.I understand that some of my personal characteristics have come from my parents and this I made because of the joining of the egg and sperm.

I appreciate that I am a truly special and unique person.

2.I can correctly label the internal and external parts of the male and female bodies that are necessary when making a baby.

I can understand that having a baby is a personal choice.

3. Describe how a girl's body changes for her to have babies.

I have strategies to help me cope with the physical and emotional changes.

4.I know how the circle of change works and apply it ot changes I want to make in my life.

I am confident enough to make changes when I think they will benefit me.

5.. Identify changes that have been and may continue to be outside mt control.

I express my fears and concerns about changes that are outside of my control.

6. Identify what I am looking forward to when moving to my new class.

	<p>contribute to the overall outcome.</p> <p>6. I understand how having a voice benefits the school community.</p> <p>I understand why our school can benefit to a learning charter.</p>				<p>people and animals who are special to me.</p> <p>I can love and be loved.</p>	<p>Reflect on the changes I would like to make next year.</p>
--	--	--	--	--	--	---

