



Subject Progression Document 22/23

Subject: PSHE/RSE Primary Careers Subject Leader: Mrs J. Galer Mrs N.Shorten and Miss A. Dee

Purple text - RSE objectives

Orange text - Drugs and Alcohol objectives

Green text - Basic First Aid objectives

Blue text - Teaching Consent objectives

Red Text - Inclusion, Belonging and Addressing Extremism

YEAR 5 Akes a description of the difference of
d lifestyle king choices inactive negatively affects health and ways take care of it (Healthy sleep habits) Managing chang loss and
Different influences on food choices Drugs and Alcohol ffeine, es, es, ttes/vaping ohol can cople's health ion around or's role, health and escribed. cist. (B1) Cabulary: In illnesses health illnesses
e, tte, si drinki caffe idelin





			body, skin, packet,	Feelings			Outdoors	Media
			bottle, syringe,	Mental health			Bacteria	Risks
			hazard,	Sleep			Viruses	Mental Health
			label, symbol,	Routines			Benefits	Drugs
			helpful, harmful	Habits			Balanced diet	Drug, factors,
			Troipiai, riairinai	Teeth			Influences	influence, peer
				Help			Medicine, recover,	pressure, passive,
				Healthy choices			health condition,	aggressive,
				Medicine, tablets,			immune/	assertive strategies
				capsule, injection,			immunisation,	assertive strategies
							vaccination,	
				spray,			· ·	
				cream, drops,			population,	
				inhaler, vaccination,			prescribed,	
				healthy,			emergency, insulin,	
				unhealthy, well,			EpiPen,	
				unwell, recover,			diabetes, asthma,	
				illness,			eczema, allergy,	
				injury, protect, body,			dose	
				bodies,product,			Drug, substance,	
				medicine, cleaning,			effects, risks, law,	
				safety, instructions,			legal, illegal,	
				rule, risk, accident,			habit, advice, support	
				pressure, safe,				
				unsafe				
Health and	●I know how to	Talking about myself	Recognising what	Moving class or year	Recognising	Personal hygiene	Recognising	Human reproduction
Wellbeing	identify the	and my interests	they are good at	- setting goals	personal strengths	routines	individuality and	and birth
VVCIIDCING	changes my			3 3 3 3	and achievements		different qualities	RSE Lesson -
	body will go	Different families	What makes them	Growing older;	Consider in terms of	Support with puberty	Consider in terms of	Puberty and
	through.		unique and special	changing and being	their current		their current	Reproduction
	I know how to	Jobs/roles in the		more independent	strengths and make	Physical and	strengths and make	D0E 1
	understand	family (B1)	Feelings	RSE Lesson -	correlations to	emotional changes in		RSE Lesson-
	how to	, (5 1)	Managing when	Differences: Boys and Girls	possible career	puberty	possible career	Families: Conception and Pregnancy
	manage	Sharing/Taking Turns	things go wrong		choices. (B8)	External genitalia	choices. (B8)	Midwife (B1) (B3)
	change,	January raining raining	95 955119	RSE Lesson- Male	Managing and	RSE Lesson -	Personal identity	
	including	 Maintaining	Setting goals	and Female Animals	reframing setbacks	Changes	i crounal lucifully	Increasing
	puberty, transition and	concentration			- s sig colladilo		Mental wellbeing/	independence
	loss.		Change and loss and	Correct names for	RSE Lesson - Boudy	RSE Lesson- What is	Managing complex	
	•I know how to	RSE Lesson -	how it feels	body parts	differences	puberty?	feelings/	Managing transition
	1		1	RSE Lesson -	1	I	Intensity of feelings	
	manage my	Families	DSE Lesson			Changes that	, ,	Sotting
	manage my feelings and	Families	RSE Lesson - Growing and	Naming the body	Key Vocabulary:	Changes that	Coming with the server	Setting
I			Growing and		Celebrate	happen in life and	Coping with change	goals/Aspirations
	feelings and emotions.	Key Vocabulary:		Naming the body	Celebrate Strengths		Coping with change and transition	goals/Aspirations Consider in terms of
	feelings and emotions. (Growing and	Key Vocabulary: Family	Growing and	Naming the body	Celebrate Strengths Goals	happen in life and feelings associated	and transition	goals/Aspirations
	feelings and emotions.	Key Vocabulary: Family Different	Growing and	Naming the body parts	Celebrate Strengths Goals Improve	happen in life and feelings associated with change	and transition RSE Lesson -	goals/Aspirations Consider in terms of their current
	feelings and emotions. (Growing and	Key Vocabulary: Family Different Similar	Growing and changing	Naming the body parts Key Vocabulary:	Celebrate Strengths Goals Improve Setbacks	happen in life and feelings associated with change Key Vocabulary:	and transition	goals/Aspirations Consider in terms of their current strengths and make
	feelings and emotions. (Growing and	Key Vocabulary: Family Different Similar Jobs	Growing and changing Key Vocabulary:	Naming the body parts Key Vocabulary: Celebrate	Celebrate Strengths Goals Improve Setbacks Common challenges	happen in life and feelings associated with change Key Vocabulary: Physical	and transition RSE Lesson -	goals/Aspirations Consider in terms of their current strengths and make correlations to
	feelings and emotions. (Growing and	Key Vocabulary: Family Different Similar	Growing and changing Key Vocabulary: Strengths	Naming the body parts Key Vocabulary: Celebrate Strengths	Celebrate Strengths Goals Improve Setbacks	happen in life and feelings associated with change Key Vocabulary:	and transition RSE Lesson - Talking about puberty	goals/Aspirations Consider in terms of their current strengths and make correlations to possible career





Health and	●I know how to	Boundaries	Unique Likes Dislikes How to ask for help if	Independent Keeping safe in	Conflicting People who help	Hygiene Advice How to keep safe in	RSE Lesson - Puberty Help and Support Teaching consent - Appropriate and inappropriate touch Key Vocabulary: Celebrate Strengths Goals Aspirations Bereavement Grief Interests Hobby Gender identity Change Transition	Key Vocabulary: Celebrate Strengths Increasing independence Goals Aspirations Keeping personal
Wellbeing	understand how to keep safe. I know how to make informed choices about health and wellbeing and recognise sources of help with this. I know how to understand how to manage risks to physical and emotional health and wellbeing. I know how to understand how to respond in an emergency. I know how to identify different influences on	People who help us Lollipop people, police, nurse, doctor, ambulance, bin refuse collector, shop assistants etc. Challenge Stereotypical roles (B1) (B3) Respecting 'no' Following instructions Asking for help Identifying dangers in pictures e.g. around the home Keeping safe within the indoor and outdoor classroom Make simple choices between activities	worried about something How rules and age restrictions help us Keeping safe online Key Vocabulary: Safety Online Rules Restrictions Worry Help Unhappy Scared	different environments Risk and safety at home How to ask for help if they are worried about something/Calling for help in an emergency Conversation around the related professions and challenge stereotypical roles (B1) (B3) Key Vocabulary: Safety Worry Attention Risk Road Job Emergency Water Rail	them stay healthy and safe Health and safety officer as a role in schools and other workplaces (B1) -Firework safety Basic emergency/first aid (calling for help and head injuries/bites and stings) - St John's Risks and hazards Safety in the local environment and unfamiliar places Key Vocabulary: School rules Emergency Healthy Safety Predict Assess Manage	People who help them stay healthy and safe Basic first aid (calling for help and head injuries/asthma)- St John's	managing personal safety in the local environment Online safety (including sharing images) Mobile phone safety Basic first aid (calling for help and head injuries/bleeding)- St John's FGM Key Vocabulary: Personal safety Local environment Online safety Head injuries Bleeding Mobile phones Female Genital Mutilation British Law	information safe Regulations and choices Drug use and the law Drug use and the media





	health and wellbeing. (Keeping safe)	Key Vocabulary: Respect Instructions Danger Safe Choice		Electrical appliances	Typical hazards Emergency First aid Stings Calling for help Bites Head injuries			Independence Responsibility Risk Hazard Danger Advice Calling for help Head injuries Choking Health Safety Resisting pressure
Relationships	 I know how to understand my own and others feelings and emotions. I know how to recognise and manage a range of emotions within different relationships. I know how to express my own points of view and opinions, whilst also valuing others I know the importance of self respect and my right to be treated respectfully by others. (Respecting ourselves and others) 	Taking account of others ideas Being sensitive to others needs Understand how actions affect other Different emotions and recognising a range of feelings (What makes you sad and happy.) RSE Lesson - Being Kind Key Vocabulary: Actions Fears Emotions/Feelings Sad Happy Worried Angry Confused	Respecting similarities and differences in others Sharing views and ideas How behaviour affects others Being polite and respectful Key Vocabulary: Emotions/Feelings Communicate Sharing Similarities Differences Behaviour Polirte Respect Kind Unkind Class rules	Sameness and difference - Inclusion, Belonging and Addressing Extremism Sharing views and ideas Working and playing cooperatively Key Vocabulary: Emotions/Feelings Similarities Differences Work cooperatively Share Listen	Recognising respectful behaviour Importance of self-respect Courtesy and being polite Key Vocabulary: Emotions/Feelings Respond Empathy Courtesy Polite Cultures Wider society pride, achievements, gloating, proud, positive, actions, strengths, talents, support, help	Recognising differences and similarities Discussing difference sensitively/ Appreciating difference and diversity in the UK and around the world Link to workplace (B3) Listen and respond effectively to people Key Vocabulary: Similarities Differences Diversity Listen Respond Shared values Inclusion Gender Race Faith	Responding respectfully to a wide range of people Politicians, news reporters (B1) Recognising prejudice and discrimination Working collaboratively Discuss workplace collaboration - classroom as a work community. Professional engagement (B4) (B5) Key Vocabulary: Emotions/Feelings Respond Empathy Discrimination Prejudice Stereotype Inclusion Equal Traditions Beliefs Lifestyle Discrimination Trolling Harrassment	Expressing opinions and respecting others points of view including discussing topical issues Key Vocabulary: Emotions/Feelings Respond Empathy Positive role model Constructively challenge





Relationships •I know how to explore what •	Positive, healthy relationships and Responsible behavior	ponding to hurtful Actions have	Recognising and
a healthy relationship is. I know how to understand how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts. I know how to recognise risky or negative relationships and ask for help. I know how to explore ways of responding to risky or negative relationships and ask for help. I know how to explain what is meant by personal space or personal boundaries I know how and when to give consent in a range of situations always have consequences I know that actions always have consequences I know that communicatio n and permission seeking are important in a range of simple with the communicatio n and permission seeking are important in a range of simple with the communicatio n and permission seeking are important in a range of simple with the communicatio n and permission seeking are important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple with the communicatio and mere important in a range of simple wi	Maintaining friendship (how people can make friends with others/what makes a friendship good and how they know/peaceful ways to solve problems) How actions affect ourselves and others Personal boundaries RSE Lesson - Personal Space Teaching about consent - Giving and seeking permission	actions Linking discussion stereotypical roles / perceptions and barriers to achieve these due to anti social attitudes (B1) (B3) Negotiation and compromise (appropriate compromise, how negotiation and compromise, how negotiation and compromise benefit themselves and others, giving someone feedback and support) Physical contact and feeling safe	managing pressure (dares) Consent in different situations Positive and healthy relationships RSE Lesson - Communication in Relationships RSE Lesson - Online Relationships Personal boundaries and the right to privacy Key Vocabulary: Acceptable Unacceptable Physical Personal boundaries Privacy Challenge Dares Consent Healthy/Unhealthy
relationships			





	•I know when it is right to keep or break a confidence or share a							
Relationships	(Safe relationships) I know how to value the difference in	Different families RSE Lesson - Families	Recognising feelings in self and others	Bodies and feelings can be hurt	What makes a family Features of family life	Positive friendships - including online RSE Lesson -	Managing friendships and peer influence	Attraction to others Romantic
	myself and others. I know how to understand how to	Special people - saying why someone is special to me	Roles of different people RSE Lesson - Different Friends	Making friends - characteristics of friendship Feeling lonely and	RSE Lesson - Family - Help and Support	Healthy relationships Key Vocabulary: Listen	Key Vocabulary: Inclusion Strategies Peer influence	relationships Civil partnership and marriage
	respect equality and diversity in relationships. •I know how to	Working as a team Taking account of others ideas	Different families (What it means to be in a different family and how families are different)	getting help Key Vocabulary: Similarities Differences	Key Vocabulary: Bullying Teasing Advice Help	Respond Share Points of view Support Lonely	Communication Dispute Reconcile Unsafe Worried	Confidentiality and when to break a confidence Key Vocabulary:
	recognise a healthy and unhealthy relationship.	Express your own like, dislike and preferences	Feeling cared for/People who care for them/Roles RSE Lesson-	Resect Unique Ideas Opinions	Friendship Healthy Positive Relationship	Excluded	Uncomfortable	Gender Ethnicity Faith Sexual orientation Marriage
	there are different types of families. •I know that families	Being sensitive to others needs Understand that we have lots of	Sharing feelings - Importance of telling someone and how - if they are worried	Arguments Resolve Friendship Positive Kindness	Respect Unhappy Uncomfortable Qualities single parents,			Forced marriage Civil partnership Love Commitment
	provide support and help. •I know the	similarities and differences Key Vocabulary: Special Teamwork	about something Key Vocabulary: Similarities	Honesty Listening	same-sex parents, step-parents, blended families, foster and adoptive			Legal declaration
	importance of seeking help if feeling lonely or excluded.	Like Dislike Similar Different	Differences Resect Unique Ideas Opinions		parents Stability Love			
	(Families and friendships)		Sharing Roles Families Important Care Feelings					









Living in the Wider World	I know how to stay safe when using digital devices. I know how and where to ask for help if I need it. I know how to evaluate and assess information provided by the internet. (Media literacy and digital resilience)	Looking after the countryside and animals Farmer (B1) Recycling in the classroom Key Vocabulary: Countryside Animals Recycling environment	Using the internet and digital devices Communicating online (Sharing of personal information) Key Vocabulary: Internet Digital devices Online Communicate Safety	The internet in everyday life Online content and information (Sharing personal information) Key Vocabulary: Phones Tablets Computers Purpose Value Internet Information Factual Electronic payments	How the internet is used Assessing information online Why there are age restrictions on social media, games etc Key Vocabulary: Internet Information Restrictions Social media Games Reliable choices Evaluate	How data is shared and used Cyber bullying Recognising risks online Key Vocabulary: Cyber bullying Risks Online Digital footprint Online adverts Popularity	How information online is targeted Different media types Their role and impact Key Vocabulary: Entertain Inform Persuade Advertise Fact Opinion Bias Store Share Unsafe or suspicious content	Evaluating media sources Sharing things online Being critical of what is in the media and what they forward to others Discuss media employee's imperative to sell newspapers and get hits on websites (B1) Key Vocabulary: Learning Connecting Communicating Image altering Social media Manipulate Inappropriate content
Living in the Wider World	 I know where money comes from. I know how to keep money safe. I know the importance of managing money effectively. I know how to understand how money plays an important part in people's lives. I know how to explore what 'enterprise' is. (Money and work)	Using money (role play in shops) Bank workers (B1) Recognise that everything costs money so we need to look after our resources Key Vocabulary: Money Cost Buy Pay	Where money comes from Strengths and interests Jobs in the community Key Vocabulary: Money Cost Buy Pay Sell Job Save Spend Strengths Interests	Where money comes from (can be used for different purposes)/What money isDiscuss basic concepts of pay i.e. salary, hourly paid, minimum wage etc. (B2) Needs and wants - Making choices Looking after money Key Vocabulary: Money Cost Amount Pounds Pence Cards Cheques Saving Spending	Developing skills in enterprise - What it means/Describe real life examples of enterprise in school e.g. PTA, friends of the school, car boot sales, Christmas fairs etc/Developing skills in enterprise (B1) Different jobs and skills Job stereotypes Some recap around typical stereotypes in professions (B3) Setting personal goals Keeping track of money spent/saved Key Vocabulary:	Making decisions about money Using and keeping money safe Managing money (saving and budgeting) What is meant by interest and loan Bank as a workplace, structure of the system (B1) Key Vocabulary: Money Cost Amount Pounds Pence Cards Cheques Budgeting	Being a critical consumer Data analysis, personal shopper, advertising job, marketing, Public relations, customer service call handler, cold callers Key discussion about social media and it's use to sell products and its influence i.e. Social influencers (B1) Identifying job interests and aspirations What influences career choices Workplace stereotypes/Negative stereotypes can	Influences and attitudes to money Money and financial risks Enterprise - Setting up an enterprise Roles within the project - CEO, accountant, marketing, social media, manufacturing, product testing etc (B1) (B6) Key Vocabulary: Money Cost Amount Pounds Pence Cards Cheques





	(D0)		Needs Wants Choice	Money Cost Amount Pounds Pence Cards Cheques Enterprise Saving Spending Jobs Skills Stereotypes	Saving Spending Interest Loan	influence behaviours and attitudes towards different groups of people - Inclusion, Belonging and Addressing Extremism Interest, loan, debt management of money,tax Key Vocabulary: Money Cost Amount Pounds Pence Cards Cheques Budgeting Saving Spending Interest Loan Pay Working conditions Personal interests College Apprenticeships University Opportunities Finance Consumer Debt	Budgeting Saving Spending Interest Loan Finance Consumer Debt
Community Careers Support	(B8)	Coffee connection					

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