



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE	Long Term Planning Overview									
	MY HAPPY MIND									
	Meet Your Brain		Celebrate		Appreciate		Relate		Engage	
	Relationships			Living in the Wider World			Health and Wellbeing			
	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1	SUMMER 2
Reception	Me and My Relationships		Valuing Difference		Keeping Myself Safe		Rights and Responsibilities		Being My Best	Growing and Changing
	Autumn Term			Spring Term			Summer Term			
Year 1	Families and Friendships – Roles of different people	Safe Relationships – Recognising privacy, staying safe & seeking permission	Respecting ourselves and others – being polite and respectful	Belonging to a Community – rules, caring for others and respecting the environment	Media Literacy and Digital Resilience – staying safe online	Money and Work – strengths and interests; jobs in the community	Physical Health and Mental Wellbeing – keeping healthy, sun safety & hygiene	Keeping Safe – How rules and age restrictions keep us safe online	Growing and Changing – what makes us special, managing feelings	
Year 2	Families and Friendships – making friends, feeling lonely and getting help	Safe Relationships – managing secrets, resisting pressure, recognising hurtful behaviour	Respecting ourselves and others – recognising difference, playing cooperatively, sharing opinions	Belonging to a Community – belong to a community, being the same and different	Media Literacy and Digital Resilience – the internet, online content and information	Money and Work – needs and wants, looking after money	Physical Health and Mental Wellbeing – sleep, medicine, teeth, managing feelings and asking for help	Keeping Safe – safety in different environments, risks, safety at home	Growing and changing Growing older; naming body parts; moving class or year.	
Year 3	Families and Friendships – What makes a family	Safe Relationships – personal boundaries, impact of hurtful behaviour	Respecting ourselves and others – recognising respectful behaviour	Belonging to a Community – value of rules a laws; rights, freedoms and responsibilities	Media Literacy and Digital Resilience – how the internet is used	Money and Work – different jobs, job stereotypes, setting personal goals	Physical Health and Mental Wellbeing – Health choices and habits, feelings	Keeping Safe – risks and hazards, safety in the local environment	Growing and Changing – personal strengths and achievements; managing and reframing setbacks	
Year 4	Families and Friendships – positive friendships (including online)	Safe Relationships- responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting ourselves and others – respecting differences and similarities; discussing difference sensitively	Belonging to a Community – what makes a community; shared responsibility	Media Literacy and Digital Resilience - how data is shared and used	Money and Work – making decisions about money; using and keeping money safe	Physical Health and Mental Wellbeing – maintaining a balanced lifestyle, oral hygiene and dental care	Growing and Changing – personal identity; recognising individuality and different qualities; mental wellbeing	Keeping Safe – medicines and household products; drugs common to everyday life	
Year 5	Families and Friendships – managing	Safe Relationships – physical contact and feeling safe	Respecting ourselves and others – recognising	Belonging to a Community – protecting the environment;	Media Literacy and Digital Resilience – how information online	Money and Work- identifying job interests and aspirations; what	Physical Health and Mental Wellbeing – healthy sleep	Keeping Safe – keeping safe in different situations;	Growing and Changing – puberty, external genitalia, personal	



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	friendships and peer influence		prejudice and discrimination	compassion towards others	is targeted; different media types, their role and impact	influences career choices; workplace stereotypes	habits; sun safety; medicines; vaccinations	responding in emergencies, first aid and FGM	hygiene & puberty support
	Living in the Wider World			Relationships			Health and Wellbeing		
Year 6	Belonging to a Community – valuing diversity, challenging discrimination and stereotypes	Media Literacy and Digital Resilience – evaluating media sources and sharing things online	Money and Work – influences and attitudes towards money including financial risk	Families and Friendships – attraction to others; romantic relationships; civil partnership and marriage	Safe Relationships – recognising and managing pressure; consent in different situations	Respecting ourselves and others – expressing opinions and respecting views of others, including discussing topical issues	Physical Health and Mental Wellbeing – what affects mental health and ways to take care of it; managing change, loss and bereavement, managing time online	Growing and Changing – human reproduction and birth, increasing independence, managing transition	Keeping Safe – keeping personal information safe; regulations and choices; drug use and the law; drug use and media

PSHE	'No Outsiders in Our School' Overview					
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Reception	LO: To say what I think	LO: To understand that all families are different.	LO: TO celebrate my family.	LO: To make friends with someone different.		LO: To understand that's it's okay to like different things.
Year 1	LO: To like the way I am	LO: To play with boys and girls	LO: To recognise that people are different ages	LO: To understand that our bodies work in different ways		LO: To understand we share the world with lots of people
Year 2	LO: To understand what diversity is	LO: To understand how we share the world	LO: To understand what makes someone feel proud	LO: To feel proud of being different		LO: To be able to work with everyone in my class
Year 3	LO: To understand how difference can affect someone	LO: To understand what discrimination means	LO: To find a solution to a problem	LO: To use strategies to help someone who feels different		LO: To be welcoming
Year 4	LO: To know when to be assertive	LO: To understand why people choose to get married	LO: To Overcome language as a barrier	LO: To ask questions	LO: To be who you want to be	
Year 5	LO: To learn from the past	LO: To justify my actions	LO: To Recognise when someone needs help	LO: To appreciate artistic freedom	LO: To accept people who are different from me	
Year 6	LO: To Promote Diversity	LO: To stand up to discrimination	LO: To Challenge the causes of racism	LO: To consider how my life may change as I grow up		LO: To Recognise my Freedom



PSHE & RSE

EYFS

LEARNING AREA (e.g. Personal, Social and Emotional Development)

Reception

- See themselves as a valuable individual.
- Build constructive and respectful relationships.
- Express their feelings and consider the feelings of others.
- Show resilience and perseverance in the face of challenge.
- Identify and moderate their own feelings socially and emotionally.
- Think about the perspectives of others.
- Manage their own needs. - Personal hygiene
- Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity- healthy eating- toothbrushing- sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian.

Early Learning Goals

Self-Regulation

- 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.

Managing Self

- 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.

Building Relationships

- 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.



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AUTUMN		SPRING		SUMMER	
Relationships		Living in the Wider World		Health and Wellbeing	
Unit Focus: Me and My Relationships	Unit Focus: Valuing Difference	Unit Focus: Keeping Myself Safe	Unit Focus: Rights and Responsibilities	Unit Focus: Being my Best	Unit Focus: Growing and Changing
Areas of Learning					
Common Misconceptions: <ul style="list-style-type: none"> Everyone can help me. Everyone is the same. 	Common Misconceptions: <ul style="list-style-type: none"> We are all the same All families have a mum and dad. We shouldn't be friends with people who are different to us. 	Common Misconceptions: <ul style="list-style-type: none"> All medicine is good We can eat and drink anything. We should trust every adult. It is safe online. 	Common Misconceptions: <ul style="list-style-type: none"> Everybody has to be friends. All families are the same. The earth looks after itself. Concepts around money 	Common Misconceptions: <ul style="list-style-type: none"> All sugar is bad for you. You don't need to clean yourself. Exercise isn't good for you. Children don't need sleep. 	Common Misconceptions: <ul style="list-style-type: none"> Babies get delivered from a stork We stay the same age forever.
Key Questions					
My Happy Mind					
Meet Your Brain	Celebrate	Appreciate	Relate	Engage	Growing and Changing
1 <ul style="list-style-type: none"> We are learning what our brain looks like. We are learning what our brain helps us with. 2 <ul style="list-style-type: none"> We are learning about how to look after our brain. 3 <ul style="list-style-type: none"> We are learning how we can grow our brains. 	1 <ul style="list-style-type: none"> We are learning what Character Strengths are. We are learning about the Love and Kindness Strength 2 <ul style="list-style-type: none"> We are learning about the Character Strengths of Bravery and Honesty & Teamwork and Friendship. 	1 <ul style="list-style-type: none"> We are learning how to be grateful for other people We are learning how being grateful makes you feel. 2 <ul style="list-style-type: none"> We are learning to be grateful for activities and times we feel happy about. 3 <ul style="list-style-type: none"> 	1 <ul style="list-style-type: none"> We are learning how to be a good friend. We are learning why getting along with others is so important. 2 <ul style="list-style-type: none"> We are learning why listening is so important. We are learning what Active Listening is. 	1 <ul style="list-style-type: none"> We are learning what goals are. We are learning how to set goals. 2 <ul style="list-style-type: none"> We are learning what Big Dream Goals are. 3 <ul style="list-style-type: none"> We are learning what to do when goals are tricky 	Growing and Changing 1 <ul style="list-style-type: none"> Do things change over a year? 2 <ul style="list-style-type: none"> How do I change over time? 3 <ul style="list-style-type: none"> Who will I be? 4 <ul style="list-style-type: none"> Where do babies come from? 5 <ul style="list-style-type: none">



<p>Relationships – Me and My Relationships</p> <p>4</p> <ul style="list-style-type: none"> Who are my special people? <p>5</p> <ul style="list-style-type: none"> Who can help me? <p>6</p> <ul style="list-style-type: none"> What do I do if I am worried? 	<p>3</p> <ul style="list-style-type: none"> We are learning about the Character Strengths Exploring and Learning and Love of Life and our World. <p>Relationships – Valuing Difference</p> <p>4</p> <ul style="list-style-type: none"> Is it okay to be different? What’s good about not all being the same? <p>5</p> <ul style="list-style-type: none"> Are all our families the same? <p>6</p> <ul style="list-style-type: none"> Do we all live in the same type of home? 	<ul style="list-style-type: none"> We are learning how to be grateful for ourselves. <p>Living in the wider world – Keeping myself safe</p> <p>4</p> <ul style="list-style-type: none"> What do we put into our body? What is safe to put in our body and what is dangerous? <p>5</p> <ul style="list-style-type: none"> How can I be safe indoors and out? <p>6</p> <ul style="list-style-type: none"> How do I stay safe online? What does the word trust mean? 	<p>3</p> <ul style="list-style-type: none"> We are learning about our emotions and how if feel when we are not getting along with others. <p>Living in the wider World - Rights and Responsibilities</p> <p>4</p> <ul style="list-style-type: none"> How can we care for our world? <p>5</p> <ul style="list-style-type: none"> Can I look after money? <p>6</p> <ul style="list-style-type: none"> How are families different? 	<p>Health and Wellbeing – Being my Best</p> <p>4</p> <ul style="list-style-type: none"> What is a balanced diet? What are healthy foods? <p>5</p> <ul style="list-style-type: none"> Why is exercise important? <p>6</p> <ul style="list-style-type: none"> Why is important to get a good night’s sleep? <p>7</p> <ul style="list-style-type: none"> How can I look after my smile? 	<ul style="list-style-type: none"> How have a changed since a baby? <p>6</p> <ul style="list-style-type: none"> Who is Pantasaurus? Private parts,
No Outsiders in Our School					
<p>LO: To say what I think Resource: You Choose by Nick Sharret (pg47)</p>	<p>LO: To understand that all families are different. Resource: The Family Book by Todd Parr (pg50)</p>	<p>LO: TO celebrate my family. Resource: Mommy, Mama and Me by Lesley Newman (pg51)</p>	<p>LO: To make friends with someone different. Resource: Blue Chameleon by Emily Gravett (pg49)</p>		<p>LO: To understand that’s it’s okay to like different things. Resource: Red Rockets and Rainbow Jelly by Sue Heap & Nick Sharrat (pg49)</p>



Winwick CE Primary School: Key Knowledge and Progression Map

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My Happy Mind Vocabulary

Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Pre-frontal cortex, Happy Breathing, Neuroplasticity, Big Emotions	Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P	Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits	
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Vocabulary

Friend, family, relationship, different, care, feeling, emotion, love, fear, anger, happy, excited, sad, worried, safe, help	Friend, family, different, same, difference, house, home, parents, carers, care, look after, love, kindness.	Body, medicine, drugs, food, drink, safe, dangerous, helpful, unhelpful, risk, worried, anxious, scared, online safety, avatar, computer, trust, respect	Kindness, friendship, confidence, shy, approachable, environment, world, money, rights, responsible, respect.	Resilience, confidence, perseverance, challenge, balanced diet, food groups, fats, sugars, exercise, healthy, unhealthy, sleep, routine, tired, teeth, tartar, plaque, build-up	Seasons, grow, change, baby, adult, child, teenager, grandparent, elderly, egg, seed, pregnancy, penis, vagina, private parts, pants, safe
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OTHER

<p>Me and My Relationships PowerPoint Planning</p> <p>Valuing Difference PowerPoint Planning</p> <p>Keeping Safe PowerPoint Planning</p> <p>Rights and Responsibilities PowerPoint Planning</p> <p>Being My Best PowerPoint Planning</p> <p>Growing and Changing PowerPoint Planning</p>



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE & RSE								
YEAR 1								
AUTUMN			SPRING			SUMMER		
Relationships			Living in the Wider World			Health and Wellbeing		
Unit Focus: families and friendships (Approximately 4 hours)	Unit Focus: safe Relationships (Approximately 4 hours)	Unit Focus: Respecting ourselves and others (Approximately 4 hours)	Unit Focus: Belonging to a community (Approximately 4 hours)	Unit Focus: Media Literacy and Digital Resilience (Approximately 4 hours)	Unit Focus: Money and Work (Approximately 4 hours)	Unit Focus: Physical Health and Wellbeing (Approximately 5 hours)	Unit Focus: Growing and Changing (Approximately 5 hours)	Unit Focus: Keeping Safe 4 (Approximately hours)
AREAS OF LEARNING								
<p>Prior Learning:</p> <ul style="list-style-type: none"> • Different families • Trusting adults <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • all families are the same • all adults help us 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • how to be kind • private parts <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • You can don't need to ask for permission to hug someone 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Everyone is different and special • Class and school rules <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Confusion around kindness and respect 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • People who help us • Living in the wider world <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Rules don't need to be followed • Other people will look after the environment 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Staying safe online <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • You can communicate with anyone online • Data isn't stored online • You don't need permission online 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • People who help us – different jobs <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Everybody has a job • You don't need to train to have a job 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Oral hygiene • Eating healthy • Basic hygiene <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • You can eat as much sugar as you want • We don't need to wash. 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • We change as we get older • Names of private parts <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • I only feel certain things • No one can help me regulate my feelings 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Online Safety <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • You can communicate with anyone online • Data isn't stored online • You don't need permission online • You don't need sun protection • Online games don't have age restrictions



KEY QUESTIONS					
My Happy Mind					
Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
<ul style="list-style-type: none"> • Where their brain is in their body and what it looks like. • That our brain helps us to control our body, manage our emotions and help solve problems. • That our brain has 3 main parts, and it works best when they work together. The 3 parts are Team H-A-P Hippocampus, Amygdala and Prefrontal Cortex. • That when we feel big emotions, our Amygdala can react and take over our brain, sending the Hippocampus and Prefrontal Cortex to sleep. • That Happy Breathing helps our entire body, including our brain, to relax and wakes up the 	<ul style="list-style-type: none"> • What character strengths are and how they make us unique and special. • About the 5 Character strengths and what they mean. <ol style="list-style-type: none"> 1. Love and Kindness 2. Bravery and Honesty 3. Exploring and Learning 4. Teamwork and friendship 5. Love of life and our world • How the best way to learn more about your strengths is to notice them. • That our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy. • That it is nice to tell other people when they use their strengths, as 	<ul style="list-style-type: none"> • What appreciate means, what types of things we appreciate, and how we show appreciation. • That you can appreciate others, experiences and themselves and not just material things. They will be able to say the categories on the Wheel of Gratitude. • How to develop an Attitude of Gratitude. They will learn that showing gratitude makes them feel good; when we make someone feel good, it makes us feel good too. • How Happy Breathing exercises help to remind us to appreciate the things we might forget. • By practising giving gratitude over and over again, our 	<ul style="list-style-type: none"> • That relate means to get along with others and understand another person and that they can relate with family, friends, and teachers in different ways. • How their character strengths help them get along with others and learn that it is okay that we are all different. • What Active Listening is. • What 'Stop, Understand and Consider' means and think about how this can help them with friendship issues. • That Happy Breathing can help them if they have big emotions when falling out with friends. 	<ul style="list-style-type: none"> • What engage means. • What types of things they can engage in. • That when they engage in something and feel happy, they can do the activity better. • That they can set goals; sometimes these can be to do with learning, and other times they are to do with a hobby. • How to set a class goal using the 3 steps. • That setting goals and achieving them can make Team H-A-P happy too. • That we do not always achieve our goals, but as long they have tried, they will learn something new. • That just because they can't do something straight away, it doesn't 	



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<p>Hippocampus and Prefrontal Cortex.</p> <ul style="list-style-type: none"> That if they want to improve at something, they need to practice repeatedly, and our brain helps us get better each time. This is called Neuroplasticity. 	<p>it makes them feel good.</p>	<p>brains will improve at appreciating things and people. This is called Neuroplasticity.</p> <ul style="list-style-type: none"> That when we give and receive gratitude, it makes Team HA-P happy, and they can work well together. 		<p>mean they won't be able to in the future.</p>	
<p>1</p> <ul style="list-style-type: none"> We are learning what our brain looks like and how it helps us. We are learning that the brain has 3 parts. <p>2</p> <ul style="list-style-type: none"> We are learning about how our brains help us. We are learning what neuroplasticity is. We are learning how Team H-A-P help us be our best self. <p>3</p>	<p>1</p> <ul style="list-style-type: none"> We are learning what character is. We are learning how character makes us special. <p>2</p> <ul style="list-style-type: none"> We are learning more about character strengths. We are learning why it is important to use our strengths. <p>3</p> <ul style="list-style-type: none"> We are learning more about the types of character strengths that we use most. We are learning why it is important 	<p>1</p> <ul style="list-style-type: none"> We are learning what appreciate means. We are learning ways to show appreciation. We are learning who we are grateful for. <p>2</p> <ul style="list-style-type: none"> We are learning how important showing gratitude is. We are learning how gratitude makes us feel. We are learning how to show appreciation to ourself. <p>3</p>	<p>1</p> <ul style="list-style-type: none"> We are learning what relate means. We are learning how our character strengths and differences can help us relate. <p>2</p> <ul style="list-style-type: none"> We are learning more about how to relate to people. We are learning all about Active Listening. <p>3</p> <ul style="list-style-type: none"> We are learning how relating to other people helps us to get along with them. We are learning to think about other people's opinion. 	<p>1</p> <ul style="list-style-type: none"> We are learning what engage means. We are recapping which habits we have learnt to help us feel good. <p>2</p> <ul style="list-style-type: none"> We are learning how we can achieve our goals when we feel good. We are learning how to set goals. <p>3</p> <ul style="list-style-type: none"> We are learning how to stay focused when things get tough and don't go as planned. 	<p>Physical Health and Wellbeing</p> <p>1</p> <ul style="list-style-type: none"> Why should I wash? <p>2</p> <ul style="list-style-type: none"> What foods are healthy and unhealthy? <p>3</p> <ul style="list-style-type: none"> Who can help me stay healthy? <p>Keeping Safe</p> <p>4</p> <ul style="list-style-type: none"> How can rules help us feel safe? What are the rules for staying safe online? <p>5</p>



<ul style="list-style-type: none"> We are learning what happens when Team H-A-P is happy and sad. We are learning how you can help Team H-A-P. 	<p>4</p> <ul style="list-style-type: none"> We are learning to use our strengths. We are learning how to use our strengths even more. We are thinking about which strengths we use the most. 	<ul style="list-style-type: none"> We are learning about gratitude for experiences. We are learning why gratitude makes us feel good. 	<p>Media Literacy and Digital Resilience</p> <p>4</p> <ul style="list-style-type: none"> What is the internet used for? How do I keep myself safe when using the internet? 	<ul style="list-style-type: none"> We are learning about the importance of believing in ourselves and how this helps us to be our best self. 	<ul style="list-style-type: none"> Why do things have age restrictions?
<p>4</p> <ul style="list-style-type: none"> We are learning more about Happy breathing and how it helps us. We are learning that our brain can react differently in different situations. 	<p>Safe Relationships</p> <p>5</p> <ul style="list-style-type: none"> What does it mean to keep something private? (including body parts) 	<p>Belonging to a Community</p> <p>4</p> <ul style="list-style-type: none"> What rules do we follow? How do different people have different needs? 	<p>5</p> <ul style="list-style-type: none"> How do I communicate online safely? Do I need to ask permission to do something online? 	<p>4</p> <ul style="list-style-type: none"> We are recapping everything we have learnt this year. We are thinking about how we can share our learnings with other people. 	
<p>5</p> <ul style="list-style-type: none"> We will be recapping and thinking about how we can use our new knowledge. 		<p>5</p> <ul style="list-style-type: none"> How do we care for people and animals? How do we look after the environment? 	<p>Physical Health and Wellbeing</p> <p>6</p> <ul style="list-style-type: none"> How do I stay safe in the Sun? 	<p>Money and Work</p> <p>5</p> <ul style="list-style-type: none"> What different jobs can I do? What different jobs do people have? 	
<p>Families and Friendships</p> <p>6</p> <ul style="list-style-type: none"> Who cares for me? What role do they play in my life? 	<p>6</p> <ul style="list-style-type: none"> What are the different types of touch and how do they make you feel? What is permission? 			<p>6</p> <ul style="list-style-type: none"> Who helps us in the community? 	
<p>7</p>					



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<ul style="list-style-type: none"> What makes a family and how are they different? 					
MY Happy Mind Vocabulary					
Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P	Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits	
NO OUTSIDERS IN OUR SCHOOL					
LO: To like the way I am – Elmer by David McKee (pg52)	LO: Ten little Pirates - Mike Brownlow	LO: To recognise that people are different ages – My Grandpa is Amazing by Nick Butterworth (pg54)	LO: To understand that our bodies work in different ways – Max the Champion by Sean Stockdale, Alexandra Strick & Ros Asquith (pg55)		LO: To understand we share the world with lots of people – My World, Your World by Melanie Wash (pg56)
KEY LINKS/RESOURCES					
Families and Friendships - Families and relationships planning- Safe relationships – Consent Planning Physical Health and Wellbeing – Mental Health Planning, Dental Health Planning Media Literacy and Digital Resilience – NOS Managing Online Information, Health, Wellbeing and Lifestyle, Online Reputation, Online Relationships Keeping Safe – Sun Safety Planning, NOS Self-image and Identity, SMART Rules PSHE Overview document with links to planning resources					



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE & RSE								
YEAR 2								
AUTUMN			SPRING			SUMMER		
Relationships			Living in the Wider World			Health and Wellbeing		
Unit Focus: Families and Friendships (Approximately 4 hours)	Unit Focus: Safe Relationships (Approximately 4 hours)	Unit Focus: Respecting Ourselves and Others 4 (Approximately 4 hours)	Unit Focus: Belonging to a community (Approximately 4 hours)	Unit Focus: Media Literacy and Digital Resilience (Approximately 4 hours)	Unit Focus: Money and Work (Approximately 4 hours)	Unit Focus: Physical Health and Mental Wellbeing (Approximately 6 hours)	Unit Focus: Keeping Safe (Approximately 5 hours)	Unit Focus: Growing and Changing (Approximately 3 hours)
AREAS OF LEARNING								
<p>Prior Learning:</p> <ul style="list-style-type: none"> • Different families • How to be kind <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Everybody has to be friends • Friendships are automatic 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Anti-bullying • Different feelings • Online safety <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Children do not know how to ask for help • Children thinking that they can't ask for help as they will get into trouble 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • How to be kind and show respect to others <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Everybody is the same? • My opinion is the only opinion that matters? 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Rules and how to follow them • Looking after animals and the world <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Every member of the community is the same • Children do not have rights 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Online safety • Online permissions • How to use the internet • Online communication <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Things posted online disappear • Everything online is true • Everyone online is honest 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Who helps us in the community • What types of jobs can people have <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Not have a secure understanding of money • Everything is a need rather 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Importance of staying healthy • Importance of sleep <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • You don't need to brush your teeth • Sleep isn't important • You cannot be sad/angry/worried • Vaccinations are dangerous 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Online safety • Who to go to for help <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Water isn't dangerous • What to do in an emergency 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Pants Rules • Life cycles of animals <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Names of body parts



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

					<p>than a want</p> <ul style="list-style-type: none"> • Every job pays the same 			
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KEY QUESTIONS

MY HAPPY MIND

Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
<ul style="list-style-type: none"> • More about what their brain looks like and that it is fully grown by age 6. • That our brain helps us to make good decisions and remember what we have learnt. • That the Amygdala causes them to flight, fight or freeze. Children will be asked to reflect and think of examples of how they use each of Team H-A-P. • That when we learn something new, our brain remembers it and grows. They'll learn about Neuroplasticity and think of examples of how 	<ul style="list-style-type: none"> • About the same 5 character strengths as Year 1, but they will be asked to think about what each strength means and some examples of the strengths in action. • That when we use our character strengths, we can be our very best selves and that we all have our own unique set of strengths and we are all different. • What Neuroplasticity is and how we can grow our strengths if we practise using them. • About how to recognise the 	<ul style="list-style-type: none"> • That being thankful or having gratitude are other words for appreciating. • What the Wheel of Gratitude is and that it is important to focus on all parts of the Wheel of Gratitude; themselves, others, and experiences. • That when we show gratitude to someone it makes them feel good. When we make someone feel good, it makes us feel good too. This is because a special chemical gets released into our brains which makes us feel amazing. • That Team H-A-P love it when we appreciate 	<ul style="list-style-type: none"> • That we relate to different people in different ways and that different people relate differently, too. • How their character strengths can help them get along with other people. They will learn that we all have different strengths, which is okay. • That it is okay that some people react differently to them and that just because their reaction is different to theirs, it isn't wrong. • How to spot the characteristics of a good friend and recognise this in themselves. 	<ul style="list-style-type: none"> • What their top 5 strengths are and which virtue they fall under. • That when they see things from different perspectives, they are using their Prefrontal Cortex and then their brain can remember this and store it in their Hippocampus. • That they can train their brain to notice how people use their strengths differently. That strengths help release Dopamine and make Team H-A-P happy, calm and relaxed. • That you are more likely to see different strengths and perspectives 	



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<p>they can use it to help them.</p> <ul style="list-style-type: none"> How they can use Happy Breathing to help Team H-A-P work as a team, but also how Happy Breathing can help with Neuroplasticity. 	<p>strengths in themselves.</p> <ul style="list-style-type: none"> How to think about which strengths they would like to grow or use more of. 	<p>ourselves, so it is important to be kind to ourselves and others. • How being grateful for ourselves can be hard and Happy Breathing can help us.</p>	<ul style="list-style-type: none"> How to Actively Listen and why this helps them to get along with others. They will look at what happens if they don't actively listen and how this can affect their ability to get along with others. That Team H-A-P feels happy when we Actively Listen because we are using all parts of the team. How to 'Stop, Understand and Consider' and why it is important to do this before responding. How Happy Breathing can help them with friendship issues by keeping them calm. 	<p>positively when Team H-A-P is working as a team. We can do Happy Breathing to stay calm when facing challenging situations and see other people's perspectives.</p> <ul style="list-style-type: none"> That friends can help solve problems, and it is important to show gratitude towards them. This can help develop an Attitude of Gratitude, and the Gratitude Domino Effect makes everyone feel good. Skills needed to listen actively and how this will help them to 'Stop, Understand and Consider'. They will understand why this is so important in friendships 	
<p>1</p> <ul style="list-style-type: none"> We are learning what our brain looks like and how it helps us. 	<p>1</p> <ul style="list-style-type: none"> We are learning all about character and why it matters. <p>2</p>	<p>1</p> <ul style="list-style-type: none"> We are learning what gratitude means. We are learning how we can show gratitude. 	<p>1</p> <ul style="list-style-type: none"> We are learning how we can have good relationships with other people. 	<p>1</p> <ul style="list-style-type: none"> We will be learning how we can use everything that you have learnt feel good and do good. 	<p>Keeping Safe</p> <p>1</p> <ul style="list-style-type: none"> How do I stay safe around water? <p>2</p>



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<p>2</p> <ul style="list-style-type: none"> We are learning that the brain has 3 parts. We are learning how our brains grow. We are learning what neuroplasticity is. We are learning how Team H-A-P help us be our best self. <p>3</p> <ul style="list-style-type: none"> We are learning which emotions might impact Team H-A-P. We are learning how you can help Team H-A-P. <p>4</p> <ul style="list-style-type: none"> We are learning about how Happy Breathing helps us. We are learning that our brain reacts differently in different situations. We are learning how 	<ul style="list-style-type: none"> We are learning about which character strengths we use the most. We are learning why it's important to use character strengths. <p>3</p> <ul style="list-style-type: none"> We will be learning how we can grow our strengths. <p>4</p> <ul style="list-style-type: none"> We are learning about sharing your strengths with others and giving positive feedback. <p>Families and Friendships</p> <p>5</p> <ul style="list-style-type: none"> What are the differences between happy surprises/secrets and ones that make me feel uncomfortable and worried? How to get help? <p>6</p>	<ul style="list-style-type: none"> We are learning who we may be grateful for. We are learning about the importance of showing gratitude to ourself. We are learning how gratitude helps Team H-A-P. We are learning why it is important to be grateful for experiences. <p>Belonging to a Community</p> <p>4</p> <ul style="list-style-type: none"> What rights and responsibilities do I have in school? <p>5</p> <ul style="list-style-type: none"> How does a community help people from different groups feel involved? <p>6</p> <ul style="list-style-type: none"> What does equality mean and how are people the same 	<ul style="list-style-type: none"> We are learning how our differences can help us. We are learning more about how we relate with others. We are learning how to use our strengths to relate to others. We are learning about Active Listening and how it helps us to relate to others. We are learning about other people's reactions. We are learning how Happy Breathing can help with our friendships. <p>Media Literacy and Digital Resilience</p> <p>5</p> <ul style="list-style-type: none"> What happens when information is put online? 	<p>2</p> <ul style="list-style-type: none"> We will be learning when we feel good, we do good. We are learnt how to set goals. <p>3</p> <ul style="list-style-type: none"> We are learning how we can keep focused on our goal when things get tough. <p>4</p> <ul style="list-style-type: none"> We are recapping everything we have learnt this year. <p>Physical Health and Mental Wellbeing</p> <p>5</p> <ul style="list-style-type: none"> Why are daily routines important? <p>6</p> <ul style="list-style-type: none"> Why should I get a good night's sleep? <p>7</p> <ul style="list-style-type: none"> How do medicines (including vaccinations) help me stay healthy? <p>8</p>	<ul style="list-style-type: none"> How do I stay safe with railways? How do I stay safe at home? How do I respond to an accident and get help in an emergency? <p>Growing and Changing</p> <p>5</p> <ul style="list-style-type: none"> How do people grow from young to old? <p>6</p> <ul style="list-style-type: none"> What are the names of external genitalia? (vulva, vagina, penis, testicles) <p>7</p> <ul style="list-style-type: none"> What opportunities will I have in Year 3?
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<p>Neuroplasticity can help Happy Breathing.</p> <p>5</p> <ul style="list-style-type: none"> We will be recapping and thinking about how we can use our new knowledge. <p>Families and Friendships</p> <p>6</p> <ul style="list-style-type: none"> What causes arguments and how can I resolve these? <p>7</p> <ul style="list-style-type: none"> How do I recognise hurtful behaviour (including online) and what can I do about it? What is bullying and what are the different types of bullying? 	<ul style="list-style-type: none"> How do I resist pressure to do something that makes me feel uncomfortable or worried? <p>Belonging to a Community</p> <p>7</p> <ul style="list-style-type: none"> What are the different groups in our society? 	<p>and different in a community?</p> <p>Media Literacy and Digital Resilience</p> <p>7</p> <ul style="list-style-type: none"> How do we use the internet in everyday life? What are the rules of the internet? 	<ul style="list-style-type: none"> How should I communicate online? <p>Money and Work</p> <p>6</p> <ul style="list-style-type: none"> How do I pay for things? How can money be kept and looked after? <p>7</p> <ul style="list-style-type: none"> How do people earn money? How do people make choices about money – thinking about needs and wants? 	<ul style="list-style-type: none"> Do I need to visit the dentist? 	
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

MY HAPPY MIND VOCABULARY

Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Pre-frontal cortex, Happy Breathing, Neuroplasticity, Big Emotions	Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P	Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits	
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NO OUTSIDERS IN OUR SCHOOL

LO: To understand what diversity is – The Great Big Book of Families by Ruth Hoffman and Ros Asquith (pg57)	LO: To understand how we share the world – The First Slodge by Jeanne Willis (pg58)	LO: To understand what makes someone feel proud – The Odd Egg by Emily Gravett (pg58)	LO: To feel proud of being different – Just Because by Rebecca Elliot (pg59)		LO: To be able to work with everyone in my class – Blown Away by Rob Biddulp (pg61)
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KEY LINKS/RESOURCES

Safe Relationships – NOS Online Bullying Lesson Plans
 Belonging to a Community – PSHE lesson planning Community and Responsibility Lesson 1
 Media Literacy and Digital Resilience – NOS Managing Online Information, Health, Wellbeing and Lifestyle, Online Reputation, Online Relationships
 Money and Work – Experian Resources - <https://www.valuesmoneyandme.co.uk/teachers/> Twinkl Money Matters Resources
 Physical and Mental Health – PSHE Dental Planning, PSHE Mental Health Planning Lesson 3 and 4, PSHE The Sleep Factor Planning, PSHE Planning Medicines and Vaccines
 Keeping Safe – PSHE Planning Staying Safe at home, Road Safety Resources, Rail Safety Resources - <https://switchedonrailsafety.co.uk/3-6-years/>, Water Safety Resources <https://rnli.org/youth-education/education-resources/lower-primary>
 Growing and Changing – Medway Resources PSHE (Check PSHE Association Website for updated PowerPoints)
 PSHE Overview document with links to planning resources -



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE & RSE								
YEAR 3								
AUTUMN			SPRING			SUMMER		
Relationships			Living in the Wider World			Health and Wellbeing		
Unit Focus: Families and Friendships (Approximately 5 hours)	Unit Focus: Safe Relationships (Approximately 4 hours)	Unit Focus: Respecting ourselves and others (Approximately 4 hours)	Unit Focus: Belonging to a community (Approximately 4 hours)	Unit Focus: Media Literacy and Digital Resilience (Approximately 5 hours)	Unit Focus: Money and Work (Approximately 4 hours)	Unit Focus: Health and Wellbeing (Approximately 4 hours)	Unit Focus: Growing and Changing (Approximately 4 hours)	Unit Focus: Keeping Safe (Approximately 5 hours)
AREA OF LEARNING								
<p>Prior Learning:</p> <ul style="list-style-type: none"> Different types of families <p>Common Misconceptions:</p> <ul style="list-style-type: none"> All children have a mum and dad Every home is a safe place 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Recognising hurtful behaviour Safe and unsafe secrets Resisting pressure <p>Common Misconceptions:</p> <ul style="list-style-type: none"> All personal information can be shared Bullying is only face to face Misconceptions about bullying 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Differences and similarities between friends Giving and listening to opinions Black History Month <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Respect is only given to objects 	<p>Prior Learning:</p> <ul style="list-style-type: none"> What is a community Equality <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Children don't have to follow laws Children do not have rights 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Online bullying Data protection Online communication Internet safety SMART rules <p>Common Misconceptions:</p> <ul style="list-style-type: none"> The internet is only positive It's okay to share my pictures online Everything online is true 	<p>Prior Learning:</p> <ul style="list-style-type: none"> People have to work to earn money How to look after money People can have different types of jobs <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Men have men's jobs and women have women's job 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Physical Health Healthy diet Oral health Sleep Medicines Sun Safety Managing big feelings <p>Common Misconceptions:</p> <ul style="list-style-type: none"> You shouldn't express negative feelings 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Human life cycles Name of genitalia Managing big feelings Everyone is special <p>Common Misconceptions:</p> <ul style="list-style-type: none"> You can't try at things when they are too hard It's easier to give up 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Sun, road, train, water safety Online safety Staying safe at home <p>Common Misconceptions:</p> <ul style="list-style-type: none"> You can't catch the sun through clouds



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

		<ul style="list-style-type: none"> You don't need to respect other people 			<ul style="list-style-type: none"> Boys can't do female jobs and vice versa 	<ul style="list-style-type: none"> All sweet foods are bad You should only eat fruit and veg 		
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KEY QUESTIONS

My Happy Mind

Meet Your Brain	Celebrate	Appreciate	Relate	Engage
<ul style="list-style-type: none"> How to focus their mind to help them train their brain. Learn about Team H-A-P and their roles in more detail. How our emotions impact Team H-A-P and how to support their brains to relax when feeling sad, stressed or worried. Why our Amygdala behaves the way it does and how evolution has shaped how it works. How we can use Happy Breathing during times of stress and how our Hippocampus stores the memory of this when we practice. 	<ul style="list-style-type: none"> That scientists discovered that we all have 24 character strengths but in different amounts. We all have 24 strengths but focus on the 5 main categories of character strengths and think about them like a pick and mix bag of sweets. That half of our character is set by genetics and the other half from our experiences. That our character can grow based on our experiences, just like their brains do with Neuroplasticity. Why it is important to spot strengths in 	<ul style="list-style-type: none"> That we can forget to appreciate what is around us and that Happy Breathing can help us appreciate the little things we may forget. That the more they show gratitude, the easier it is -like Neuroplasticity. How to develop an Attitude of Gratitude, what happens when we give gratitude and how the giver and receiver feel. That Dopamine gets released in their brain when they give gratitude and that this helps Team 	<ul style="list-style-type: none"> That their strengths can be really helpful in friendships by helping them to accept other people's differences and how this is a good thing. That when they face differences in opinions or challenges with friendships, it can be hard to remember we all have differences. They will learn how the skill 'Stop, Understand and Consider' can help them with friendships. That everyone sees things differently and that this is a 	<ul style="list-style-type: none"> That to engage means to pay attention and put effort into something. How their feelings affect their ability to do well in an activity and learn that they have to feel good to do good. What Big Dream Goals are. How to use perseverance and resilience to help them not give up on something. That they have to Believe to Achieve. How to set their own Big Dream Goals.



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<ul style="list-style-type: none">About Neurons and Neural pathways and the role they play in learning.How to look after their brains to help them to be at their best.	<p>others and how they can be used.</p> <ul style="list-style-type: none">That strengths can help them to approach difficult situations.When they use their character strengths, they can be their best selves because they are feeling happy, safe, and calm, and this makes Team H-A-P happy.	<p>H-A-P work together.</p> <ul style="list-style-type: none">How Dopamine can especially help the Amygdala stay calm and that even the thought of gratitude can release Dopamine.How when they appreciate themselves and feel good about their strengths, they will use them even more. They can use characters' strengths as a way to appreciate others too.	<p>positive thing.</p> <p>Children will learn they can ask 'what do you think about that?' to help them better understand and relate to others.</p> <ul style="list-style-type: none">That the more they practice seeing other perspectives, the more the brain will remember it. Children will learn Neuroplasticity works with relating to others too.That we normally choose our friends because of their character.That we all see things from different perspectives; friends can help us solve problems by approaching them differently.How Active Listening can help their friendships and what happens if they don't Activity Listen with their friendships.		
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

			<ul style="list-style-type: none"> That when we listen to friends, they will know that we care for them. 		
<p>1</p> <ul style="list-style-type: none"> We are learning how our brain and mind works together. We are learning what Neuroplasticity is. <p>2</p> <ul style="list-style-type: none"> We are learning more about the Team in our brain, Team HA-P. We are learning about the role of the Amygdala. <p>3</p> <ul style="list-style-type: none"> We are learning how to train your brain. We are learning why the Amygdala behaves the way it does. <p>4</p> <ul style="list-style-type: none"> We are learning how the brain is structured. We are learning what neurons and neural pathways are. <p>5</p>	<p>1</p> <ul style="list-style-type: none"> We are learning what character is. We are learning where our character comes from. We are learning which character strengths we have. <p>2</p> <ul style="list-style-type: none"> We are learning which strengths we use the most. We are learning why it is important to use our strengths. <p>3</p> <ul style="list-style-type: none"> We are learning what character strengths we use the most. We are learning why it is important to use our strengths. <p>4</p> <ul style="list-style-type: none"> We are learning how you can use your strengths in difficult situations. 	<p>1</p> <ul style="list-style-type: none"> We are learning what appreciation means. We are learning why gratitude is important. <p>2</p> <ul style="list-style-type: none"> We are learning how to develop an Attitude of Gratitude. We are learning how it feels to give and receive gratitude. <p>3</p> <ul style="list-style-type: none"> We are learning how to continue to think about gratitude and build our habit. We are learning which hormone gets released when we give or receive gratitude. <p>4</p>	<p>1</p> <ul style="list-style-type: none"> We are learning how to understand and celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help. <p>2</p> <ul style="list-style-type: none"> We are learning how to better understand differences. We are learning how seeing things from a different perspective can get easier. <p>3</p> <ul style="list-style-type: none"> We are learning what makes a good friend. We are learning how friends help us solve problems. <p>4</p>	<p>1</p> <ul style="list-style-type: none"> We are learning about what activities we engage in. We are learning how to feel good. <p>2</p> <ul style="list-style-type: none"> We are learning how we can feel good and do good. We are learning what Big Dream Goals are. <p>3</p> <ul style="list-style-type: none"> We are learning how perseverance and resilience helps us. We are learning how to stay focused on our goals. <p>4</p> <ul style="list-style-type: none"> We are recapping 	<p>Keeping Safe</p> <p>1</p> <ul style="list-style-type: none"> How can identify hazards at home and in school? <p>2</p> <ul style="list-style-type: none"> How do I assess risks? How do I keep safe in the environment? Children to carry out risk assessments based on water, rail and roads building on previous learning. <p>3</p> <ul style="list-style-type: none"> Why do I need a smoke alarm? <p>4</p> <ul style="list-style-type: none"> Why should we follow the rules? <p>5</p> <ul style="list-style-type: none"> First Aid – How can I treat bites and Stings?



<ul style="list-style-type: none"> We are learning how to look after our brains. We are learning that Happy Breathing is a key way to look after our brains. <p>Families and Friendships 6</p> <ul style="list-style-type: none"> What is a family relationship? What are the different types of families? <p>7</p> <ul style="list-style-type: none"> How do families change? How do families care for each other? (adoptable resources) 	<ul style="list-style-type: none"> We are learning we can grow our strengths. <p>Families and Friendships 5</p> <ul style="list-style-type: none"> Who can I talk to if a family relationship makes me feel unhappy or unsafe? <p>Safe Relationships 6</p> <ul style="list-style-type: none"> What information is appropriate to share? What are personal boundaries? What information should I keep private? <p>7</p> <ul style="list-style-type: none"> What are the effects and consequences of bullying? What are the differences/similarities between online and face to face bullying? 	<ul style="list-style-type: none"> We are learning how to appreciate ourselves. We are learning about how we can use our character strengths to appreciate ourselves. <p>Respecting Ourselves and Others 5</p> <ul style="list-style-type: none"> What is self-respect? <p>6</p> <ul style="list-style-type: none"> How can I be respectful to others? How can I show respect and courtesy to people in different cultures and in wider society? <p>Belonging to a Community 7</p> <ul style="list-style-type: none"> What are the different laws in society? 	<ul style="list-style-type: none"> We are learning how Active Listening can help us to relate with others. <p>Belonging to a Community 5</p> <ul style="list-style-type: none"> What are human rights? What is the Convention for human rights for a child? <p>Media Literacy and Digital Resilience 6</p> <ul style="list-style-type: none"> What are the positive and negatives of using the internet? How to recognise when things are true and false online? <p>7</p> <ul style="list-style-type: none"> How to make reliable choices from search engines? <p>8</p>	<p>everything we can learnt about ourselves this year.</p> <ul style="list-style-type: none"> We are reflecting on how positive habits help us to be at our best. <p>Health and Wellbeing 5</p> <ul style="list-style-type: none"> What makes a healthy diet and why is it important? <p>6</p> <ul style="list-style-type: none"> How do I make healthy choices when choosing what to eat and drink? 	
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

			<ul style="list-style-type: none"> How do people represent themselves online? 		
MY HAPPY MIND VOCABULARY					
Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Pre-frontal cortex, Happy Breathing, Neuroplasticity, Big Emotions	Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P	Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits	
NO OUTSIDERS IN OUR SCHOOL					
LO: To understand how difference can affect someone – Oliver by Brigitta Sif (pg62)	LO: To understand what discrimination means – This is our house by Michael Rosen (pg63)	LO: To find a solution to a problem – Two Monster by Dave Mckee (pg64)	LO: To use strategies to help someone who feels different - The Hueys in the New Jumper by Oliver Jeffers (pg 65)		LO: To be welcoming – Beegy by Alexis Deacon (pg66)
KEY LINKS/RESOURCES					
<p>Families and Friendships – PSHE Association Planning Families, Adoptables lesson plan https://www.coramlifeeducation.org.uk/adoptables/the-adoptables-toolkit--understanding-the-challenges-adopted-children-face-at-school-resources-for-9-11-year-olds - use winwick_assisthead@sch.warrington.gov.uk to login</p> <p>Safe relationships – NOS Privacy and Security Lesson, NOS Online Bullying Lesson,</p> <p>Respecting Ourselves and others - https://plprimarystars.com/resources/this-is-everyones-game-black-voices/your-hero, https://plprimarystars.com/resources/this-is-everyones-game-black-voices</p> <p>Living in the wider world – UNICEF – Rights Respecting School Resources</p> <p>Media Literacy and Digital Resilience – NOS Health and Wellbeing, NOS Managing Online Information, NOS Online Reputation, NOS Self Image and Identity,</p> <p>Money and Work – Two lessons from the loud network on gender stereotypes - https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe,</p> <p>Stonewall resources on Gender Stereotypes</p> <p>Health and Wellbeing – PSHE Association Wellbeing Planning Lessons 1&2, PSHE Health Education Planning Lessons 1&2</p> <p>Growing and changing – Self-esteem lesson from Premier stars - https://plprimarystars.com/resources/self-esteem, twinkle lessons – I am unique, managing disappointment, recognising my strengths</p> <p>Keeping Safe - PSHE Association Planning – Keeping Safe at home – Fire Safety Planning, SJA Planning Bites and Stings -</p>					



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE & RSE								
YEAR 4								
AUTUMN			SPRING			SUMMER		
Relationships			Living in the Wider World			Health and Wellbeing		
Unit Focus: Families and Relationships (Approximately 4 hours)	Unit Focus: (Approximately 4 hours)	Unit Focus: Respecting Ourselves and Others (Approximately 3 hours)	Unit Focus: Belonging to a Community (Approximately 4 hours)	Unit Focus: Media Literacy and Digital Resilience (Approximately 5 hours)	Unit Focus: Money and Work (Approximately 4 hours)	Unit Focus: Physical Health and Wellbeing (Approximately 4 hours)	Unit Focus: Growing and Changing (Approximately 4 hours)	Unit Focus: Keeping Safe (Approximately 5 hours)
AREAS OF LEARNING								
<p>Prior Learning:</p> <ul style="list-style-type: none"> • Different types of families • How families change • How families provide love and support • Adopted families <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Misunderstanding about the make up of families 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Bullying • Personal boundaries • Online Safety <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Misunderstanding about what bullying means 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • What does respect mean • How to show respect to people of other cultures <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • All cultures are the same 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Human Rights • Children’s rights • What is a community • What Equality is <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Children have the right to do whatever they want 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Positives of the internet • Reliable search engines • Honesty with people <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Information is kept private 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • People have to work to earn money • How to look after money • People can have different types of jobs • Gender stereotypes and how to address these <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Certain jobs are for certain genders 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Diet • Emotions • Managing Big Feelings • Oral hygiene <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • If you use mouthwash , you don’t need to brush 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Self-esteem • Managing feelings <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Their happiness is linked to others 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Medicines and there uses • Staying safe in the home • Staying safe with medicines • First Aid – Bites and Stings <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • All drugs are good • Drugs aren’t dangerous • Children can take drugs



KEY QUESTIONS

MY HAPPY MIND

Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
<ul style="list-style-type: none"> • How to train their minds to focus on whatever they want. They will learn that this is Neuroplasticity, and they can do anything they put their mind to. • How they use each part of Team H-A-P and reflect on when they use them to develop their understanding. • How the Amygdala reacts to real and perceived danger. • About what triggers their own Amygdala to fight, flight and freeze and how they can train their brain to calm their Amygdala down. • About the brain's structure and how neurons carry messages to create neural pathways. • How neural pathways help us to form habits. •More about how to look 	<ul style="list-style-type: none"> • That scientists have discovered that we all have 24 character strengths, but in different amounts. • Why strength spotting is so powerful and how the best way to learn about strengths is by noticing them. • How when we spot strengths over and over, we will build neuropathways to create a habit. • That strengths can help them solve problems and that everyone uses different strengths. That strengths can always help them. • That Team H-A-P loves it when we use our strengths because Dopamine gets released in the brain to help us perform at our best. 	<ul style="list-style-type: none"> • How they can develop an Attitude of Gratitude at home and school. • How to create a Gratitude Domino Effect -when we notice what makes us feel good, we show more gratitude to others and then that makes them feel good and show more gratitude too. • That the more time they think about gratitude, the stronger the neural pathways get and the easier it is to give gratitude. This is because of Neuroplasticity, and we need to make it a habit. • How giving gratitude can help us get through tough times, and when they can see everything they are grateful for it, it makes the 	<ul style="list-style-type: none"> • That when we use Stop, Understand and Consider, it gives them time to pause, understand where others are coming from and consider how to respond best. • When they see things from different perspectives, their brain will remember and grow; this helps children to build better relationships. • That friends can help them see things from a different perspective and that's why we should talk to our friends about our problems. • Why it is important to show gratitude to their friends when they help. • That the skills needed to listen 	<ul style="list-style-type: none"> • That the more we focus on feeling good and using the habits, the better we will do in all activities in and out of school. • That Dopamine gets released in their brain when they set a goal and work towards it. • Why it is important to think about what they have learnt even if they do not achieve the goal, so the Hippocampus can store this memory and make it easier next time. • Why perseverance is easier to use on goals they are passionate about, but they can also use this skill on other goals. 	



<p>after their brains and what happens if we don't. They will learn how our minds can feel like a Snow globe, leaving us unable to see clearly.</p>		<p>problems we face a little easier to manage</p>	<p>actively can help them to 'Stop, Understand and Consider'.</p> <ul style="list-style-type: none"> That it is important to listen to your friends and ask about their feelings and opinions to be a good friend. That it is also important for them to talk to friends too. 		
<p>1</p> <ul style="list-style-type: none"> We are learning how you can train your mind. We are learning how your brain can grow. We are learning about the different parts of our brains. <p>2</p> <ul style="list-style-type: none"> We are learning more about how Team H-A-P works. We are learning what is real and perceived danger. We are learning what triggers our Amygdala. <p>3</p>	<p>1</p> <ul style="list-style-type: none"> We are learning about character and character strengths. We are learning which strengths we use the most. We are learning why it is important to use our strengths. <p>2</p> <ul style="list-style-type: none"> We are learning which strengths we use most. We are learning why it is important to use our strengths We are learning how you can use 	<p>1</p> <ul style="list-style-type: none"> We are learning what appreciation means. We are learning why gratitude is important. We are learning how to create a habit of giving gratitude. <p>2</p> <ul style="list-style-type: none"> We are learning how to develop an Attitude of Gratitude. We are learning how it feels to give and receive gratitude. 	<p>1</p> <ul style="list-style-type: none"> We are learning how to understand and celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help. <p>2</p> <ul style="list-style-type: none"> We are learning how to better understand differences. We are learning how we can use out strengths in different ways. <p>3</p>	<p>1</p> <ul style="list-style-type: none"> We are learning what we engage in. We are learning how we can help ourselves to feel good. <p>2</p> <ul style="list-style-type: none"> We are learning how we can feel good and do good. We are learning what big dream goals are. We are learning why setting goals make us feel so good. <p>3</p>	<p>Growing and Changing</p> <p>1</p> <ul style="list-style-type: none"> What is my personal identity? What is gender identity? Some people have a different gender identify to their physical sex <p>2</p> <ul style="list-style-type: none"> How do I recognise, respect and express my own personal qualities? <p>Keeping Safe</p> <p>3</p> <ul style="list-style-type: none"> What is a drug? Recap lesson 1 What drugs (common to



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<p>4</p> <ul style="list-style-type: none"> We are learning how to calm your Amygdala. We are learning what neurons and neural pathways are. We are learning how to form habits. <p>5</p> <ul style="list-style-type: none"> We are learning how to look after our brains. We are continuing to develop our Happy Breathing habit. <p>Families and Relationships/Safe Relationships</p> <p>6</p> <ul style="list-style-type: none"> How to build positive relationships? What can I do when I feel lonely and isolated? <p>7</p> <ul style="list-style-type: none"> What are the risks when communicating with someone online? 	<p>3</p> <ul style="list-style-type: none"> your strengths in difficult situations. We are learning why it is important to use and spot our strengths. We are learning how we can use strengths in lots of different ways. <p>4</p> <ul style="list-style-type: none"> We are learning how we can grow our strengths. We are learning more about Neuroplasticity and how it helps us. <p>Safe Relationships</p> <p>5</p> <ul style="list-style-type: none"> What is the difference between playful teasing, hurtful behaviour and bullying? What do I do if I witness hurtful behaviour or bullying? <p>6</p> <ul style="list-style-type: none"> Should I do a dare? 	<p>3</p> <ul style="list-style-type: none"> We are learning what the Domino Effect is. We are learning which hormone gets released when we give or receive gratitude. We are learning how to create a habit of giving gratitude. We are learning how gratitude can help us face problems. <p>4</p> <ul style="list-style-type: none"> We are learning how to appreciate ourselves. We are learning more about how our character strengths can help us to appreciate ourselves. <p>Respecting Ourselves and Others</p> <p>5,</p> <ul style="list-style-type: none"> Why is it important to respect the differences 	<ul style="list-style-type: none"> We are learning what makes a good friend. We are learning how friends help us solve problems. We are learning why it is important to show gratitude to friends. <p>4</p> <ul style="list-style-type: none"> We are learning how Active Listening can help us to relate with others. We are learning how Active Listening can help us to Stop, Understand and Consider <p>Media Literacy and Digital Resilience</p> <p>5</p> <ul style="list-style-type: none"> What is a digital foot print? How do organisations use personal information? <p>6</p>	<ul style="list-style-type: none"> We are learning how perseverance and resilience helps us. We are learning how to stay focussed on our goals. We are learning how we already have the skills of perseverance and resilience. <p>4</p> <ul style="list-style-type: none"> We are recapping everything we can learnt about ourselves this year. <p>Money and Work</p> <p>5</p> <ul style="list-style-type: none"> What is a budget and how do people use these? How do people keep track of money? <p>6</p> <ul style="list-style-type: none"> How do we pay for things and why do we use different methods? 	<p>everyday life – cigarettes, alcohol) can affect wellbeing?</p> <p>4</p> <ul style="list-style-type: none"> What are the side effects related to different drugs? What are the dangers to drugs? <p>5</p> <ul style="list-style-type: none"> What do you do in an emergency? <p>6</p> <ul style="list-style-type: none"> What to do when someone has an asthma attack?
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<p>Who can I talk to if I am worried?</p>	<ul style="list-style-type: none"> Can I share a secret? <p>Respecting Ourselves and Others 7</p> <ul style="list-style-type: none"> What are the differences between people? What do I have in common with others? 	<p>between differences of similarities and other people?</p> <p>Belonging to a Community 6</p> <ul style="list-style-type: none"> What are the benefits of living in a community? What community do I belong to? Who helps our local community? 	<ul style="list-style-type: none"> What is an online advert? What adverts are reliable? <p>7</p> <ul style="list-style-type: none"> How do search engines work 	<ul style="list-style-type: none"> How can spending money have positive and negative effects on others? <p>Physical Health and Wellbeing 7</p> <ul style="list-style-type: none"> What does good physical health mean and how to recognise early illness? <p>8</p> <ul style="list-style-type: none"> How do I look after my teeth? 	
MY HAPPY MIND VOCABULRY					
<p>Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Pre-frontal cortex, Happy Breathing, Neuroplasticity, Big Emotions</p>	<p>Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting</p>	<p>Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P</p>	<p>Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'</p>	<p>Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits</p>	
NO OUTSIDERS IN OUR SCHOOL					
<p>LO: To know when to be assertive – Dog’s Don’t Do Ballet by Anne Kemp & Sara Oglive (pg67)</p>	<p>LO: To understand why people choose to get married – King and King by Linde de Hann & Stern Nijland (pg68)</p>	<p>LO: To Overcome language as a barrier – The Way Back Home by Oliver Jeffers (pg69)</p>	<p>LO: To ask questions – The Flower by John Light (pg70)</p>		<p>LO: To be who you want to be – Red: A Crayon’s Story by Michael Hall (pg71)</p>



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

KEY LINKS/RESOURCES

Families and Friendships - Fabulous friends planning and NOS Online Relationships Planning, Loneliness and building friendships planning

Safe Relationships – Antibullying alliance resources, Dare Resources and Peer Pressure Resources

Respecting Ourselves and Others – Premier League Diversity Resources - <https://plprimarystars.com/resources/diversity>, Diversity Planning

Living in The Wider World – PSHE Association Belonging to Community Resources, RSPCA Compassion Resources -

<https://education.rspca.org.uk/education/teachers/primary/compassionateclass/resources/starteractivity>, Diverse Britain Resources

Media Literacy and Digital Resilience's – NOS Managing Online Information, NOS Privacy and Security, NOS Copyright and Ownership, NOS Personal Identity, Google Be Internet Legends

Advertising Resources

Money and Work - Keeping Track, Ways to Pay, Spending Decisions, when to borrow lesson plans

Physical Health and Wellbeing – PSHE Association Balanced Lifestyle Planning, Coughs, colds and Sneezes, lesson plans, Beano how to be more resilient -

<https://schools.beano.com/lesson-plans/being-brave-and-becoming-resilient/> need to download from site

Growing and Changing – Anna Freud resources – talking mental health - <https://www.annafreud.org/schools-and-colleges/resources/talking-mental-health-animation-teacher-toolkit/>

Stonewall Transgender resources, you are Unique Lesson Plan

Keeping Safe – PSHE Association Drugs and Alcohol (Lesson 2) Dangers of Drugs Lesson, How to Respond in an Emergency Lesson, SJA Planning Asthma Attack



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE & RSE								
YEAR 5								
AUTUMN			SPRING			SUMMER		
Relationships			Living in the Wider World			Health and Wellbeing		
Unit Focus: Families and Friendships (Approximately 5 hours)	Unit Focus: Safe Relationships (Approximately 5 hours)	Unit Focus: Respecting Ourselves and Others (Approximately 5hours)	Unit Focus: Belonging to a Community (Approximately 4 hours)	Unit Focus: Media Literacy and Digital Resilience (Approximately 4 hours)	Unit Focus: Money and Work (Approximately 4 hours)	Unit Focus: Health and Wellbeing (Approximately 5 hours)	Unit Focus: Growing and Changing (Approximately 4 hours)	Unit Focus: Keeping Safe (Approximately 6 hours)
AREAS OF LEARNING								
<p>Prior Learning:</p> <ul style="list-style-type: none"> • Different families • Positive relationships • Dealing with loneliness • Peer Pressure <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Just because we are friends with someone, we shouldn't just do what they tell us to without consideration 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Safe and unsafe secrets • Pants Rules <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • What constitutes a safe relationship – even with a known person 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Respect • Respecting difference • Being part of a community <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Misunderstanding of the term respect and what it means 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Looking after the environment • Belonging to a community • Compassion for animals <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Misconceptions about different groups in society • Bias linked to things they may have seen in the media 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Online safety • Effective searching • SMART rules • How to get help • Copyright • Privacy <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Lack of understanding about online advertising and misconceptions 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Gender Stereotypes • Different types of jobs • Money, where it comes from, saving and budgeting <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Online games are safe if their friends are allowed on them • Misunderstanding 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Importance of sleep • Medicines and vaccination • Sun Safety <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • All bacteria are bad 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Naming of body parts • Growing older – life cycles <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • Misconceptions about puberty from inaccurate information from friends/ internet 	<p>Prior Learning:</p> <ul style="list-style-type: none"> • Creating Risk assessments • Water, Rail and Road Safety • Calling for help • First Aid - Bites and Stings & Asthma <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • It might be safe to swim in open water in hot weather because



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

				linking from this. <ul style="list-style-type: none"> Everything online is true 	about sources of money and budgets			the water might be warm.
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KEY QUESTIONS

MY HAPPY MIND

Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
<ul style="list-style-type: none"> The difference between their brain and mind. More detail about each part of the brain and why they work the way they do. How they can train their brains in times of stress by using Happy Breathing when their Amygdala gets triggered. About how others react differently to them and that we all have different triggers that cause us to Fight, Flight or Freeze. About how to more intentionally look after their brains to keep them healthy. About the hormones in their brain and how they can manage 	<ul style="list-style-type: none"> How the 24 character strengths are organised into 6 key virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence. That strength spotting shows children how strengths can be used in different ways. That they still have all 24 strengths, but when they use their Top 5 Team H-A-P feels at its best. How they can move their strengths around and grow strengths by practising them through Neuroplasticity. That when they stop and reflect on using their strengths, their Hippocampus will store it as a memory. They will learn that 	<ul style="list-style-type: none"> What appreciation means and think of ways to show appreciation to others. What they should focus on when thinking about gratitude. They will explore 3 questions to help them develop deeper levels of gratitude. Why it is important to tell others that we're grateful for them and how it makes others feel good when we create a Gratitude Domino Effect. How gratitude helps our bodies stay calm and releases 	<ul style="list-style-type: none"> What their top 5 strengths are and which virtue they fall under. That when they see things from different perspectives, they are using their Prefrontal Cortex and then their brain can remember this and store it in their Hippocampus. That they can train their brain to notice how people use their strengths differently. That strengths help release Dopamine and make Team H-A-P happy, calm and relaxed. 	<ul style="list-style-type: none"> That sometimes we need to think about what we are engaging in, and sometimes we do it on autopilot. When they engage in something and feel good, Team H-A-P love it because Dopamine is released in the brain, making it easier for us to succeed. Why their engagement levels may drop if their Amygdala takes over. How their feelings affect their ability to do well in an activity and how Cortisol or 	



<p>them, including dopamine and cortisol.</p>	<p>when faced with a similar situation, they can remember how that strength can help.</p> <ul style="list-style-type: none"> • How strength spotting can help Team H-A-P feel happy as when we use our strengths, Dopamine gets released, and we feel confident. They will also learn that using our strengths can help them manage their Cortisol levels 	<p>Dopamine. This then helps to keep Team H-A-P happy and the Amygdala calm.</p> <ul style="list-style-type: none"> • That when we regularly give and receive gratitude, Dopamine will continuously be released, and even thinking about experiences or people we are grateful for releases Dopamine. • That the more we think about gratitude, the stronger the Neural pathways get and the easier it becomes. • That an Attitude of Gratitude helps us to see all things we are grateful for and makes the problems we face a little easier. • That often the hardest category to think about gratitude in is ourselves. 	<ul style="list-style-type: none"> • That you are more likely to see different strengths and perspectives positively when Team H-A-P is working as a team. We can do Happy Breathing to stay calm when facing challenging situations and see other people's perspectives. • That friends can help solve problems, and it is important to show gratitude towards them. This can help develop an Attitude of Gratitude, and the Gratitude Domino Effect makes everyone feel good. • Skills needed to listen actively and how this will help them to 'Stop, Understand and Consider'. They will understand why this is so 	<p>Dopamine is released.</p> <ul style="list-style-type: none"> • About the difference between a team and individual goal and how it is just as important to work as a team to set goals. • Why the skill of perseverance is critical when working as part of a group. • How understanding other people's character strengths can also help in team goals. 	
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

			important in friendships.		
<p>1</p> <ul style="list-style-type: none"> We are learning all about our brains. We are learning how you can train your mind. We are learning how each part of Team H-A-P work. <p>2</p> <ul style="list-style-type: none"> We are learning why the Amygdala behaves the way it does. We are learning what triggers our Amygdala. <p>3</p> <ul style="list-style-type: none"> We are learning how to calm our Amygdala. We are learning what neurons and neural pathways are. We are learning how habits can be formed. <p>4</p> <ul style="list-style-type: none"> We are learning how to look after our brains. We are learning how Happy Breathing is really good for our brains. 	<p>1</p> <ul style="list-style-type: none"> We are learning about our character strengths and the main types through virtues. We are learning which strengths we use the most. We are learning why it is important to use our strengths. <p>2</p> <ul style="list-style-type: none"> We are exploring the strengths in even more detail. We are learning which strengths we use most. We are learning why it is important to use our strengths. <p>3</p> <ul style="list-style-type: none"> We are learning about the strengths in more detail. We are learning how to grow our strengths. We are learning how we use our top 5 strengths. <p>4</p>	<p>1</p> <ul style="list-style-type: none"> We are learning what appreciation means. We are learning why gratitude is important. We are learning how to develop a deeper sense of gratitude. <p>2</p> <ul style="list-style-type: none"> We are learning what happens when we give and receive gratitude. We are learning what the Domino Effect is. We are learning what 3 things are important to appreciate. <p>3</p> <ul style="list-style-type: none"> We are learning which hormone gets released when we give or receive gratitude. We are learning how to create a 	<p>1</p> <ul style="list-style-type: none"> We are learning how to understand and celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help. <p>2</p> <ul style="list-style-type: none"> We are learning how to better understand differences. We are learning how we can use our strengths in different ways. <p>3</p> <ul style="list-style-type: none"> We are learning what makes a good friend. We are learning how friends help us to solve problems. We are learning why it is important to 	<p>1</p> <ul style="list-style-type: none"> We are recapping on all the habits we've learnt so far. We are learning about what we engage in. We are learning how we can feel good. <p>2</p> <ul style="list-style-type: none"> We are learning how we can feel good and do good. We are learning what Big Dream Goals are. We are learning how our feelings affect our engagement levels. <p>3</p> <ul style="list-style-type: none"> We are learning how perseverance and resilience helps us. We are learning how to stay 	<p>Health and Wellbeing</p> <p>1</p> <ul style="list-style-type: none"> Why should I get a good night's sleep? <p>2</p> <ul style="list-style-type: none"> How do I stay safe in the sun? <p>3</p> <ul style="list-style-type: none"> How are diseases prevented? (Medicine and Vaccines) Are bacteria and viruses bad? <p>Growing and Changing</p> <p>4</p> <ul style="list-style-type: none"> What are the reproductive organs? What is puberty? Who can I talk to about it? How does my body change during puberty? <p>5</p> <ul style="list-style-type: none"> Why is it important to maintain good



<p>5</p> <ul style="list-style-type: none"> We are learning what happens in our brain when we are feeling stressed. We are learning all about the role of Cortisol. We are learning how to manage our Cortisol levels. <p>Families and Relationships</p> <p>6</p> <ul style="list-style-type: none"> How can I help somebody feel included? <p>7</p> <ul style="list-style-type: none"> How can I manage peer influence? <p>8</p> <ul style="list-style-type: none"> How to resolve differences and challenges between friends? 	<ul style="list-style-type: none"> We are learning how we can use our strengths in different situations. We are learning how strengths help us to be at our best. <p>5</p> <ul style="list-style-type: none"> We are learning how our strengths can help us when we are worried about something <p>Safe Relationships</p> <p>6</p> <ul style="list-style-type: none"> How to identify when physical touch is acceptable? How to give permission for physical contact? <p>7</p> <ul style="list-style-type: none"> How does it feel to be uncomfortable? How to respond to unwanted physical contact? Who should I speak to? <p>8</p> <ul style="list-style-type: none"> Should I keep a secret? 	<p>habit of giving gratitude.</p> <ul style="list-style-type: none"> We are learning how gratitude can help us to face problems. <p>4</p> <ul style="list-style-type: none"> We are learning how to appreciate ourselves. We are learning about the links between character strengths and gratitude for ourselves. <p>Respecting Ourselves and Others</p> <p>5</p> <ul style="list-style-type: none"> What does it mean to belong? Why should everyone be treated equally? <p>6</p> <ul style="list-style-type: none"> What is discrimination? What are the different types of discrimination? <p>7</p>	<p>show gratitude to friends.</p> <p>4</p> <ul style="list-style-type: none"> We are learning how Active Listening can help us to relate with others. We are learning how Active Listening can help us to stop, understand and consider. <p>Belonging to a community</p> <p>5</p> <ul style="list-style-type: none"> What is global citizenship? <p>6</p> <ul style="list-style-type: none"> How does pollution effect the environment? What is global warming and how can I help? <p>Media Literacy and Digital Resilience</p> <p>7</p> <ul style="list-style-type: none"> What are different types pf media? How is 	<p>focussed on our goals.</p> <ul style="list-style-type: none"> We are learning how we already have the skills of perseverance and resilience. <p>4</p> <ul style="list-style-type: none"> We are bringing our my Happy mind journey to an end for the year. We are recapping on everything we can learnt about ourselves this year. <p>Money and Work</p> <p>5</p> <ul style="list-style-type: none"> What do I want to be when I grow up? What is ambition? What might influence my career choice? <p>6</p> <ul style="list-style-type: none"> What is stereotyping in the work place? <p>7</p>	<p>hygiene during puberty?</p> <p>Keeping Safe</p> <p>6</p> <ul style="list-style-type: none"> How am I responsible for my own safety? What is a risky situation? What is positive risk taking and dangerous behaviour? <p>7</p> <ul style="list-style-type: none"> How do I get help in an emergency? How can I help with basic first aid? <p>8</p> <ul style="list-style-type: none"> What is FGM? What can I do about it?
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

		<ul style="list-style-type: none"> What is Trolling? 	<p>8</p> <ul style="list-style-type: none"> What are facts, opinions on the internet and how might information be biased? Which search engines are more reliable? What is suspicious content online? 	<ul style="list-style-type: none"> What are the different routes into work? 	
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MY HAPPY MIND VOCABULARY

Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Pre-frontal cortex, Happy Breathing, Neuroplasticity, Big Emotions	Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P	Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits	
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NO OUTSIDERS IN OUR SCHOOL

LO: To learn from the past – Where the Poppies Grow by Hilary Robinson and Martin Impey (pg72)	LO: To justify my actions – Rose Blance by Iwan McEwan & Robert Innocenti (pg73)	LO: To Recognise when someone needs help – How to Heal A Broken Wing by Bob Graham (pg74)	LO: To appreciate artistic freedom – The Artist Who Painted blue House by Eric Carle (pg76)	LO: To accept people who are different from me – And Tango Makes Three by Justin Richardson & Peter Parnell (pg77)	
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KEY LINKS/RESOURCES

Families and Friendships – Inclusion - <https://plprimarystars.com/resources/inclusion> (need to log in), Peer pressure, false friends, Resolve conflict and Think before you act planning
 Keeping Safe – PSHE Consent Planning, Secrets Planning, My Body, My Rules Planning
 Respecting Ourselves and others – CORAM Belonging - <https://www.coramlifeeducation.org.uk/belonging> need to login with Winwick_assisthead@sch.warrington.gov.uk
 What is discrimination Planning, understanding racism, LGBTQIA Diversity, NOS Online Bullying
 Belonging to a community - https://plprimarystars.com/resources/tackling-plastic-pollution?utm_source=PSHEAssoc (need to log in), Global Citizens planning, Global warming planning,
 Tackling Food waste resources - <https://zone.recycledevon.org/tackling-food-waste/>
 Media Literacy and Digital Resilience – NOS Online Reputation, NOS Managing Information, NOS Privacy and Security, NOS Health wellbeing and life style



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

Money and Work – PSHE Planning <https://primary-careers.careersandenterprise.co.uk/resources/linking-career-related-learning-pshe>, challenging gender stereotypes in the work place

Health and Wellbeing – PSHE Planning The Sleep Factor, PSHE Planning Sun Safety, PSHE Planning Medicines and Vaccines, Bacteria and Viruses Planning, Anna Freud Resources - <https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/> and <https://www.annafreud.org/on-my-mind/self-care/>

Growing and Changing – PSHE Medway Resources and School Nurse Visit (Check PSHE Association Website for updated powerpoints)

Keeping Safe – Basic First Aid Lesson Plans including SJA Bleeding resources, Planning Help in an Emergency, Positive Risk Taking, how am I responsible for my own safety,



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

PSHE & RSE								
YEAR 6								
AUTUMN			SPRING			SUMMER		
Living in the Wider World			Relationships			Health and Wellbeing		
Unit Focus: Belonging to a Community (Approximately 5 hours)	Unit Focus: Media Literacy and Digital Resilience (Approximately 7 hours)	Unit Focus: Money and Work (Approximately 6 hours)	Unit Focus: Families and Friendships (Approximately 5 hours)	Unit Focus: Safe Relationships (Approximately 1 hours)	Unit Focus: Respecting Ourselves and Others (Approximately 6 hours)	Unit Focus: Physical Health and Mental Wellbeing (Approximately 6 hours)	Unit Focus: Growing and Changing (Approximately 5 hours)	Unit Focus: Keeping Safe (Approximately 6 hours)
AREAS OF LEARNING								
<p>Prior Learning:</p> <ul style="list-style-type: none"> Protecting the environment What is a community Belonging to a community Compassion Rights of a child discrimination <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Confusion over the meaning of the word discrimination 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Online safety Safe relationships Media representation <p>Common Misconceptions:</p> <ul style="list-style-type: none"> All personal information can be shared Misconceptions about online bullying 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Career choices Ways to pay Value of money – wants and needs Beginning to budget Negative and positive impacts of money <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Misconceptions about different 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Different families Gender stereotypes Healthy relationships Healthy friendships Managing peer pressure Resolving conflict <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Bias due to external influences 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Peer pressure Consent around being touched Healthy and unhealthy secrets <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Difficulty distinguishing between healthy and unhealthy secrets 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Respecting other cultures Managing conflict Healthy and unhealthy relationships Rights of a child Gender Stereotypes <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Not understanding that a relationship is unhealthy 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Recognising and managing different emotions Keeping physically healthy Keeping mentally healthy Importance of diet, exercise and sleep <p>Common Misconceptions:</p> <ul style="list-style-type: none"> They should be allowed to stay awake at night until 	<p>Prior Learning:</p> <ul style="list-style-type: none"> Puberty Managing anxiety with transition Different types of relationships and how to manage these when they are unhealthy <p>Common Misconceptions:</p> <ul style="list-style-type: none"> Talking about feelings is something that they shouldn't do 	<p>Prior Learning:</p> <ul style="list-style-type: none"> First Aid – Asthma, Bites and Stings & Bleeding Managing personal information online Types of bullying Safety Rules and risks – Medicines and household products Safety rules and Risks – smoking



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

		career choices		due to peer pressure	because someone is their friend	very late just because they are getting older now		and alcohol <ul style="list-style-type: none"> • Importance of sleep <p>Common Misconceptions:</p> <ul style="list-style-type: none"> • That smoking and alcohol are considered 'cool'.
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KEY QUESTIONS

MY HAPPY MIND

Meet Your Brain	Celebrate	Appreciate	Relate	Engage
<ul style="list-style-type: none"> • About a growth mindset and self-regulation techniques in times of stress. • To reflect on their stress points as they relate to transitioning to Secondary school (as these are different for everyone) and work through strategies to cope with these scenarios. 	<ul style="list-style-type: none"> • What their top strengths are based on completing an official survey which will rank their strengths from 1-24. • More about what each of the 24 strengths means and how they help them each day. • How to grow their strengths to help them transition and overcome challenges. • How their character strengths have 	<ul style="list-style-type: none"> • How gratitude can help them think about all they have in their lives to be thankful for. • How to build their resilience by looking at when their bucket is full vs when their bucket is empty. • How focussing on their appreciation around the strengths work they have done can remind them of what they DO 	<ul style="list-style-type: none"> • Relationship building powers i.e., how they go about making friendships today – what strengths they have here and what they can develop. • How those skills are transferable to their upcoming changing environment. • Strategies to manage friendships through change, 	<ul style="list-style-type: none"> • How to set goals linked to transition, which they can work toward to help them feel more comfortable with what is ahead. • How to recognise their concerns and define strategies to overcome them. • How they can use their strengths to leverage the opportunities that they are excited about.



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<ul style="list-style-type: none"> To train their brain and how it grows each time. About the links between their thoughts, feelings and actions and how the thoughts they have can influence how we act. About calming their amygdala when facing stressful thoughts or having a tough time. How to manage their emotions to move forward positively and learn that they can train their minds just like their bodies. How to re-frame scary challenges to become exciting opportunities. 	<p>helped them get to this point in their lives and how these skills and strengths are transferable to the Secondary School environment.</p>	<p>have during times of stress.</p> <ul style="list-style-type: none"> To establish a new perspective on how gratitude can help them to build resilience when they face tough times. 	<p>transition and peer pressure by practising different communication strategies.</p> <ul style="list-style-type: none"> Strategies for seeing different perspectives through role play. 	<ul style="list-style-type: none"> How to create goals around leveraging and practising the tools they have learned as they progress through to high school. 	
<p>1</p> <ul style="list-style-type: none"> We are learning why it is important to understand how our brains work. We are learning to understand the key parts of the brain. 	<p>1</p> <ul style="list-style-type: none"> We are learning what character is. We are learning why character matters. We are learning to define our own character. 	<p>1</p> <ul style="list-style-type: none"> We are learning what gratitude is. We are learning why gratitude matters. We are learning how to establish gratitude habits. 	<p>1</p> <ul style="list-style-type: none"> We are learning how we make friends. We are learning what matters in friendships We are learning how our strengths 	<p>1</p> <ul style="list-style-type: none"> We are learning what it takes to feel good. We are learning that how we feel affects what we achieve. 	<p>Growing and Changing</p> <p>1</p> <ul style="list-style-type: none"> How is a baby made? <p>Keeping Safe</p> <p>2</p>



Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<p>2</p> <ul style="list-style-type: none"> We are learning what happens in our brain when we experience different emotions. We are learning how we can deepen our understanding of what is going on in our brains. We are learning how to manage our thoughts. We are learning to develop strategies for managing our emotions. <p>3</p> <ul style="list-style-type: none"> We are learning to manage our brains in times of stress. We are learning to use strategies to help us when we are feeling worried. We are learning how our brains can help us. <p>Belonging to a Community</p> <p>4</p> <ul style="list-style-type: none"> What is prejudice? 	<p>2</p> <ul style="list-style-type: none"> We are learning to look at our strengths in more detail. We are learning more about strengths mean and how we use them. We are learning to use new tools to reinforce our strengths. <p>3</p> <ul style="list-style-type: none"> We are learning how to grow our strengths. We are learning strategies to develop certain strengths. <p>Media Literacy and Digital Resilience</p> <p>4</p> <ul style="list-style-type: none"> Why is it important to evaluate and challenge online content? <p>5</p> <ul style="list-style-type: none"> Why do I need to think about what I share online? 	<p>2</p> <ul style="list-style-type: none"> We are learning how we can use gratitude to support us through transitions. We are learning to build our gratitude character strength. <p>Money and Work</p> <p>3</p> <ul style="list-style-type: none"> What influences people’s decisions about money? What does good value for money mean <p>4</p> <ul style="list-style-type: none"> Can money affect my wellbeing? How do I budget? <p>5</p> <ul style="list-style-type: none"> What is tax and ethical spending? <p>6</p> <ul style="list-style-type: none"> How can money be gained and lost (fraud gambling) and who can I go to for help? 	<p>can help us make friends and keep friends.</p> <p>2</p> <ul style="list-style-type: none"> We are learning what friendships are. We are learning how friendships are formed We are learning why friendships are so meaningful. <p>Families and Friendships</p> <p>3</p> <ul style="list-style-type: none"> How do people show commitment (marriage and civil partnerships)? Can I be forced to get married? <p>Safe Relationships</p> <p>4</p> <ul style="list-style-type: none"> What does consent mean? <p>Respecting Ourselves and Others</p> <p>5</p> <ul style="list-style-type: none"> What makes a good role model? <p>6</p>	<ul style="list-style-type: none"> We are learning how to set goals. <p>2</p> <ul style="list-style-type: none"> We are learning to use gratitude to support us through transitions. We are learning to build our gratitude character strength. <p>Physical Health and Mental Wellbeing</p> <p>3</p> <ul style="list-style-type: none"> Why is looking after both my physical and mental health important? <p>4</p> <ul style="list-style-type: none"> How can I manage loss and bereavement? <p>5</p> <ul style="list-style-type: none"> What affects can social media have on my wellbeing? <p>Growing and Changing</p> <p>6</p> <ul style="list-style-type: none"> What happens during puberty (recap)? <p>7</p>	<ul style="list-style-type: none"> First Aid – What do I do when some is choking? <p>3</p> <ul style="list-style-type: none"> What is Cyber Bullying? (Please note keeping personal information safe; regulation and choices is covered in detail in Media Literacy and Digital Resilience) What is Trolling? <p>4</p> <ul style="list-style-type: none"> How do I manage risk when taking medicine? <p>5</p> <ul style="list-style-type: none"> What are the risks of taking legal and illegal drug? <p>6</p> <ul style="list-style-type: none"> Why do people use drugs and how can I manage peer pressure? <p>7</p> <ul style="list-style-type: none"> How does the media portray
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

<p>5</p> <ul style="list-style-type: none"> How are we different? How to recognise acts of discrimination? How to recognise stereotypes in different context and the influence they have on attitudes and understanding of different groups? <p>6</p> <ul style="list-style-type: none"> What are our human rights? 	<p>6</p> <ul style="list-style-type: none"> How do I protect my online reputations (digital personality)? How can I report online bullying? How do I use search engines effectively? <p>7</p> <ul style="list-style-type: none"> Why are age restrictions important? Why is privacy important online (passwords)? 	<p>Families and Friendships</p> <p>7</p> <ul style="list-style-type: none"> What is love? What does it mean to be in a loving relationship? What are positive relationships? 	<p>7</p> <ul style="list-style-type: none"> What is tolerance and how can I respect this? How can I challenge stereotypes? 	<p>8</p> <ul style="list-style-type: none"> How do my roles and responsibilities change as I grow up? What constitutes a positive and healthy relationship? 	<p>8</p> <ul style="list-style-type: none"> alcohol and drug use? How can I manage these pressures? How can I improve my sleep?
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MY HAPPY MIND VOCABULARY

<p>Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Pre-frontal cortex, Happy Breathing, Neuroplasticity, Big Emotions</p>	<p>Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting</p>	<p>Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P</p>	<p>Character strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'</p>	<p>Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits</p>	
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NO OUTSIDERS IN OUR SCHOOL

<p>LO: To Promote Diversity – My Princess Boy by Cheryl Kilodavis and Suzanne DeSimone (pg78)</p>	<p>LO: To stand up to discrimination – The Whisperer by Nick Buttorworth (pg79)</p>	<p>LO: To Challenge the causes of racism – The Island by Armin Greder (pg81)</p>	<p>LO: To consider how my life may change as I grow up – Love You Forever by Robert Munsch (pg82)</p>		<p>LO: To Recognise my Freedom – Dreams of Freedom by Amnesty International (pg83)</p>
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Winwick CE Primary School: Key Knowledge and Progression Map

Subject: PSHE & RSE

KEY LINKS/RESOURCES

Families and Friendships – What is love lesson plan, Stonewall ‘Free’ Film resources, Marriage planning, positive relationships and lgbtia planning
Safe relationships – What is peer pressure lesson plan,
Respecting ourselves and others – Stonewall planning on Role models, managing conflict, respecting opinions, respecting people,
Belonging to a community – What is prejudice planning, racial stereotypes planning, challenging different stereotypes, how are we different planning, what are our human rights planning
Media Literacy and Digital Resilience – NOS Self Image and Identity, NOS Online Relationships, NOS Online Reputation, NOS Online Bullying, NOS Managing Online Information, NOS
Health wellbeing and life style, Nos Privacy and Security
Money and Work – Critical Consumers planning, Value for money planning, how to budget planning, Money and Emotional wellbeing planning, Tax and ethical spending planning, PSHE
Gambling resources (check PSHE Association website for updated planning)
Health and Wellbeing – PSHE Mental Health and Wellbeing lessons 1-4, Every Mind Matters Social Media and Wellbeing Lesson, Every Mind Matters What to do about worry planning
Growing and Changing – PSHE Medway Sex and Relationships Resources (Check PSHE Association Website for updated PowerPoints), Every Mind Matters Transition Planning,
Keeping Safe – SJA Choking Planning, Every Mind Matters Cyber Bullying Lesson Plan, PSHE Drugs and Alcohol Lessons 1-4, Every Mind Matters Sleep lesson

Additional Areas Covered Through Worship and Theme Weeks

Rights Respecting Schools - to be interweaved through curriculum

British Values – Democracy (A1), The Rule of Law (A2), Individual Liberty (S1), Mutual Respect (S2), Tolerance (Su2)

First Aid – Head Bumps and CPR to be taught during KS2 Worship (annually) in the Summer Term