

Bledington Primary School  
Personal, Social, Health Education Skills Progression (Starting September 2021)

“Friendship is born at that moment when one person says to another, ‘What! You too? I thought I was the only one.’” – **C.S. Lewis**

“Friendship is the hardest thing in the world to explain. It’s not something you learn in school. But if you haven’t learned the meaning of friendship, you really haven’t learned anything.” – **Muhammad Ali**

	Foundation Stage	Key Stage 1: Year 1/2	Lower Key Stage 2: Year 3/4	Upper Key Stage 2: Year 5/6
<b>(PINK) Health and Wellbeing  Including Focus for Learning and Facts 4 Life</b>	<ul style="list-style-type: none"> <li>Find out about people that help me</li> <li>Naming ways to keep myself safe</li> <li>Taking responsibility for myself and finding out why I am special</li> <li>Naming correct body parts</li> <li>Personal hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Find out about how the emergency services keep us safe</li> <li>Finding out about how medicines can help us but can be harmful</li> <li>Recognise how our feelings affect the way we behave</li> <li>Finding out what they can do if they think something is not safe</li> <li>Finding out about physical differences between boys and girls</li> <li>Finding out about how they have changed since they were a baby</li> <li>Naming external body parts including using agreed names for sexual parts</li> <li>Finding out how to keep my body and lifestyle in a healthy balance</li> <li>Learning how we are different and similar to each other</li> </ul>	<ul style="list-style-type: none"> <li>Finding out where to go when you feel safe or unsafe</li> <li>Finding out about drugs that have a non-medical use including alcohol and tobacco</li> <li>Finding out the meaning of 'smoke free'</li> <li>Finding out how to keep my body and lifestyle in a healthy balance, including diet, exercise and sleep</li> <li>Finding out what is special about me, my thoughts and my feelings</li> <li>Learning why it is important to stay active</li> <li>Learning the physical differences between males and females</li> <li>Learning the physical changes that take place at puberty</li> </ul>	<ul style="list-style-type: none"> <li>Finding out the meaning of 'smoke free'</li> <li>Understanding the rules we have in our country surrounding drugs</li> <li>Finding out what effects and risks drugs have including tobacco and alcohol</li> <li>Finding out how to keep ourselves safe at home and outside</li> <li>Finding out why we take risks</li> <li>Understanding what affects my mood and how I manage that</li> <li>Finding out how to keep my body and lifestyle in a healthy balance, including diet, exercise and sleep</li> <li>Understanding what happens when we become adults including puberty and bodily changes</li> <li>Understanding why these changes happen to our bodies and how we manage them</li> <li>Understanding how babies are made</li> <li>Naming and describing functions of the internal body parts including sexual organs of boys and girls</li> <li>Understanding the facts of the human lifecycle, including sexual intercourse</li> </ul>
<b>(PINK) Relationships</b>	<ul style="list-style-type: none"> <li>Identifying what makes us feel happy and sad</li> <li>Showing kindness to ourselves and others</li> <li>Appropriate and inappropriate touch</li> <li>Anti-bullying education</li> </ul>	<ul style="list-style-type: none"> <li>Learning about how relationships can be different and what makes a good friendship</li> <li>Underwear rule: NSPCC PANTS</li> <li>Finding out about positive touch and how others can make us happy</li> <li>Showing kindness to ourselves and others</li> <li>Anti-bullying education</li> </ul>	<ul style="list-style-type: none"> <li>Learning what responsibilities a parent has for a child</li> <li>Learning about different types of love, including changing relationships between family and friends</li> <li>Understand the need for trust and love in a relationship</li> <li>Personal boundaries and personal space</li> <li>Anti-bullying education</li> <li>Showing kindness to ourselves and others</li> </ul>	<ul style="list-style-type: none"> <li>Understanding what makes a healthy relationship, changes in relationships with family and including boyfriends and girlfriends</li> <li>Understand the need for trust and love in a relationship</li> <li>Anti-bullying education including homophobic, racial and cultural</li> <li>Showing kindness to ourselves and others</li> </ul>
<b>(PINK) Living in the wider world</b>	<ul style="list-style-type: none"> <li>Staying safe online</li> </ul>	<ul style="list-style-type: none"> <li>Staying safe online</li> <li>Finding out about how we feel about the events we see through the media</li> <li>Investigating advertising and how it can make us feel</li> <li>How to manage pocket money</li> <li>Finding out about saving up money</li> <li>Finding out what is happening in my community</li> </ul>	<ul style="list-style-type: none"> <li>Staying safe online including appropriate relationships online</li> <li>Finding out about how we feel about the events we see through the media</li> <li>Investigating advertising and how it can make us feel</li> <li>Finding out about how to manage my pocket money and understand where pocket money comes from including different sources of income</li> <li>Finding out what is happening in my community and how I can make a difference</li> <li>Understanding our class and school rules and why we have them</li> <li>Understanding the difference between a rule and a law</li> <li>Explore the UN rights and responsibilities of a child</li> <li>Understand what improves and harms our local natural environment</li> </ul>	<ul style="list-style-type: none"> <li>Staying safe online including appropriate relationships online</li> <li>Finding out about how we feel about the events we see through the media including terrorism and racism</li> <li>Finding out about how body image can affect our mood, thoughts and behaviours</li> <li>Understanding how to manage money, profit and loss</li> <li>Finding out what is happening in my community and how I can make a difference</li> <li>Debating topical issues including understanding why people have different view points</li> <li>Explore the UN rights and responsibilities of a child</li> </ul>

Counting sleep	<ul style="list-style-type: none"><li>Understand the importance of a bed time routine</li><li>Explore relaxation techniques</li></ul>	<ul style="list-style-type: none"><li>Understand the importance of a good sleep environment</li><li>Understand the importance of a bed time routine</li><li>Explore relaxation techniques</li></ul>	<ul style="list-style-type: none"><li>Understand why humans need to sleep</li><li>Understand the importance of a good sleep environment</li><li>Understand the importance of a bed time routine</li><li>Understand why we might have dreams or nightmares</li><li>Understand the importance of relaxation and mindfulness</li></ul>	<ul style="list-style-type: none"><li>Understand different types of sleep and how they benefit us</li><li>Understand why humans need to sleep</li><li>Understand why we might have dreams or nightmares, including night terrors</li><li>Understand the importance of relaxation and mindfulness</li><li>Discuss and support sleeping problems children and others may experience</li><li>Discussions around screen time before sleep and how it affects our brains, relaxation and sleep</li></ul>			
Keeping Myself Safe  Including Sun Smart	<ul style="list-style-type: none"><li>Understanding we all have the right to feel safe all of the time</li></ul>	<ul style="list-style-type: none"><li>Understanding we all have the right to feel safe all of the time</li><li>To identify a place where they feel safe and consider what it is like to feel safe</li><li>Understand that it is alright to talk about our feelings, whatever they are</li><li>Recognise the physical feels we get when we are feeling unsafe</li><li>Understand there are different levels of ‘feeling scared’ and that people have different feelings about the same thing</li><li>To think about strategies that they might be able to use when they are feeling unsafe</li><li>Recognise when they might need to share a secret and when it is alright to keep a secret to themselves</li></ul>	<ul style="list-style-type: none"><li>Understanding we all have the right to feel safe all of the time</li><li>Understanding that feelings are feelings and behaviour is usually a choice with consequences</li><li>There is nothing so awful or so small that we can’t talk to someone about it</li><li>Understand there are different levels of ‘feeling scared’ and that people have different feelings about the same thing</li><li>To think about strategies that they might be able to use when they are feeling unsafe</li><li>To identify a place where they feel safe and consider what it is like to feel safe</li><li>Recognise when they might need to share a secret and when it is alright to keep a secret to themselves</li><li>Understand that ChildLine is available and that they always have access to the phone number</li></ul>	<ul style="list-style-type: none"><li>Understanding we all have the right to feel safe all of the time</li><li>There is nothing so awful or so small that we can’t talk to someone about it</li><li>Understanding that feelings are feelings and behaviour is usually a choice with consequences</li><li>The recognise physical feelings that they get when they are not feeling safe</li><li>To learn the skills to ask for help if they need it</li><li>To use a problem solving approach and understand when a problem can be solved by just them and when they need to ask for help</li><li>Recognise when they might need to share a secret and when it is alright to keep a secret to themselves</li><li>Thinking about why they might choose to take risks</li><li>Learning that there are different levels of ‘feeling scared’</li><li>Identifying a place where they feel safe</li></ul>			
Mental Health ‘Sometimes my brain hurts’	The Mental Health Handbook ‘Sometimes my brain hurts’ is a resource for KS2 children and we have been advised it is not appropriate to discuss topics included with KS1 children.  KS1 children will access our school wide topic of ‘The 5 ways to wellbeing’ in class and in assemblies. KS1 Mental Health is also covered during Pink Curriculum Health and Wellbeing: All About Me.			<ul style="list-style-type: none"><li>Understanding what is Mental health and Mental illness</li><li>Understanding what helps and what does not</li><li>Understanding why is Mental Health important</li><li>Promoting positive Mental Health</li></ul>	<ul style="list-style-type: none"><li>Understanding what is Mental health and Mental illness</li><li>Understanding risks, resilience and mood states</li><li>Understanding what helps and what does not</li><li>Exploring Mental Health services for children</li><li>Coping strategies for coping with stress and increasing resilience</li><li>Understanding why is Mental Health important</li><li>An introduction to positive psychology</li></ul>		
RHE (Relationships and Health Education)  Including E-Bug	EYFS/Reception <ul style="list-style-type: none"><li>Understand personal responsibility</li><li>To value their body including physical achievements and capabilities</li><li>To know the adults that are responsible for looking after them</li><li>To recognise personal</li></ul>	Year 1 <ul style="list-style-type: none"><li>Understand what a cycle is, including the different stages of life cycles of humans and animals</li><li>Understand that changes happen constantly as we blow</li><li>To value their body including physical achievements and uniqueness</li><li>Recognise that people are similar in some ways and different in others</li><li>To learn basic information about how the body works and ways of looking after it</li></ul>	Year 2 <ul style="list-style-type: none"><li>Recognise the main external parts of the human body, including agreed named for reproductive organs</li><li>To understand that all living things originate from other living things</li><li>Understand the humans produce babies that grow into children and then into adults</li><li>Consider ways that they have changed physically from when they were born</li><li>Consider physical changes that might take place as they move from childhood into adulthood</li><li>Consider responsibilities now and compare them</li></ul>	Year 3 <ul style="list-style-type: none"><li>Recognise the main organs of the bodies of humans, including scientific names for reproductive organs</li><li>To identify the differences between men and women</li><li>To understand that there are different types of love</li><li>To understand how infection can spread</li><li>Understand how to prevent the spread of infection through good personal hygiene practices</li><li>Understand that our bodies have three main lines of defence</li><li>Understand that sometimes the body</li></ul>	Year 4 <ul style="list-style-type: none"><li>Understand some of the physical changes that will happen as humans get older *Year 4 girls will be invited to a period talk*</li><li>To consider their responsibilities and levels of independence now</li><li>To understand that their independence has changed as they have grown and it will continue to change into the future</li><li>To understand the most common infections get better on their own through time, bed rest,</li></ul>	Year 5 <ul style="list-style-type: none"><li>To know and understand the physical changes that take place during puberty and why they happen</li><li>To understand that emotional as well as physical changes happen at different rates for different people</li><li>To consider new aspects of personal hygiene relevant to puberty</li><li>To understand genetic inheritance</li></ul>	Year 6 <ul style="list-style-type: none"><li>To understand the functions of male and female reproductive organs</li><li>To know and understand about the physical changes that take place during puberty and why they happen</li><li>To be able to recognise their own changing emotions and be able to express their feelings and concerns positively</li><li>To know about the facts of the human life cycle</li><li>To consider the need for trust and love in marriage and established relationships</li><li>To consider different types of love</li><li>To understand how babies are born</li><li>To explore the impact a new baby has on a family</li></ul>

	<p>needs and to act on them where appropriate, or ask for help</p> <ul style="list-style-type: none"><li>• To understand basic hygiene routines including toileting and washing</li></ul>	<ul style="list-style-type: none"><li>• To know how to keep themselves clean</li></ul>	<p>to when they were younger</p> <ul style="list-style-type: none"><li>• Understand the choices they are able to make in order to keep themselves healthy</li></ul>	<p>needs help to fight infection</p>	<p>intake of fluids and healthy living</p> <ul style="list-style-type: none"><li>• To understand that anti-biotics should be taken only as prescribed</li><li>• To challenge gender based stereotypes</li></ul>		
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