



KING'S ACADEMY MEADOW VALE



Curriculum Progression Map - PSHE

EYFS Expectations

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

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

Manage 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.

Key Stage 1 and Key Stage 2 Expectations

Our intention is that when children leave King's Academy Meadow Vale they will do so with the knowledge, understanding and emotions to lead confident, healthy, and independent lives. We use the Jigsaw scheme of learning to bring together Personal, Social, Health Education, emotional literacy, social skills and spiritual development within each lesson. The concepts which are covered include keeping safe and managing risk, identity, equality, managing feelings and emotions, relationships, change, resilience and being healthy, which includes physical, mental, emotional and social well-being. Lessons are tailored to match the of the children and enable them to enjoy building the relationships of their needs. relationship with their class and getting to know them better as unique human beings. We endeavour to prepare our pupils for life in the modern world, broadening their horizons and developing their potential.



KING'S ACADEMY MEADOW VALE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Being Me in My World:</p> <p>To know that they have a right to learn and play, safely and happily.</p> <p>To know that some people are different from themselves.</p> <p>To know that hands can be used kindly and unkindly.</p> <p>To know special things about themselves</p> <p>To know how happiness and sadness can be expressed.</p> <p>To know that being kind is good.</p> <p>To identify feelings associated with belonging.</p>	<p>Difference:</p> <p>To know what being unique means.</p> <p>To know the names of some emotions such as happy, sad, frightened and angry.</p> <p>To know why having friends is important.</p> <p>To know some qualities of a positive friendship.</p> <p>To know that they don't have to be 'the same as' to be a friend.</p> <p>To know what being proud means and that people can be proud of different things.</p> <p>To know that people can be good at different things.</p>	<p>Dreams and Goals:</p> <p>To know what a challenge is.</p> <p>To know that it is important to keep trying.</p> <p>To know what a goal is.</p> <p>To know how to set goals and work towards them.</p> <p>To know which words are kind.</p> <p>To know some jobs that they might like to do when they are older.</p> <p>To know that they must work hard now in order to be able to achieve the job they want when they are older.</p>	<p>Healthy Me:</p> <p>To know what the word 'healthy' means.</p> <p>To know some things that they need to do to keep healthy.</p> <p>To know the names for some parts of their body.</p> <p>To know when and how to wash their hands properly.</p> <p>To know how to say no to strangers.</p> <p>To know that they need to exercise to keep healthy,</p> <p>To know how to help themselves go to sleep and that sleep is good for them.</p> <p>To know what to do if they get lost.</p>	<p>Relationships:</p> <p>To know what a family is.</p> <p>To know that different people in a family have different responsibilities (jobs).</p> <p>To know some of the characteristics of healthy and safe friendships.</p> <p>To know that friends sometimes fall out.</p> <p>To know some ways to mend a friendship.</p> <p>To know that unkind words can never be taken back and that they can hurt.</p> <p>To know how to use Jigsaw's Calm Me to help when feeling angry.</p> <p>To know some reasons why others get angry.</p> <p>To identify what jobs they do in their family and those</p>	<p>Changing Me:</p> <p>To know the names and functions of some parts of the body.</p> <p>To know that we grow from a baby to an adult.</p> <p>To know who to talk to if they are feeling worried.</p> <p>To know that sharing how they feel can help solve a worry.</p> <p>To know that remembering happy times can help us move on.</p> <p>To recognise that changing class can elicit happy and/or sad emotions.</p> <p>To say how they feel about changing class/growing up.</p> <p>To identify how they have changed from a baby.</p>



KING'S ACADEMY MEADOW VALE



	<p>To develop the skills to play cooperatively with others.</p> <p>To be able to consider others' feelings.</p> <p>To identify feelings of happiness and sadness.</p> <p>To be responsible for the setting.</p>	<p>To know that families can be different.</p> <p>To know that people have different homes and why they are important to them.</p> <p>To know different ways of making friends.</p> <p>To know different ways to stand up for themselves.</p> <p>To recognise emotions when they or someone else is upset, frightened or angry.</p> <p>To identify and use skills to make a friend.</p> <p>To identify some ways they can be different and the same as others.</p> <p>To identify and use skills to stand up for themselves.</p> <p>To identify feelings associated with being proud.</p>	<p>To know when they have achieved a goal.</p> <p>To understand that challenges can be difficult.</p> <p>To develop resilience.</p> <p>To recognise some of the feelings linked to perseverance.</p> <p>To recognise how kind words can encourage people.</p> <p>To talk about a time that they kept on trying and achieved a goal.</p> <p>To be ambitious.</p> <p>To feel proud.</p> <p>To celebrate success.</p>	<p>To explain what they need to do to stay healthy.</p> <p>To recognise how exercise makes them feel.</p> <p>To give examples of healthy food.</p> <p>To explain what to do if a stranger approaches them.</p> <p>Can explain how they might feel if they don't get enough sleep.</p> <p>To recognise how different foods can make them feel.</p>	<p>carried out by parents/carers and siblings.</p> <p>To suggest ways to make a friend or help someone who is lonely.</p> <p>To use different ways to mend a friendship.</p> <p>To recognise what being angry feels like.</p> <p>To use Calm Me when angry or upset.</p>	<p>To say what might change for them as they get older.</p> <p>To identify positive memories from the past year in school/home.</p>
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KING'S ACADEMY MEADOW VALE



		<p>To identify things they are good at.</p> <p>To be able to vocalise success for themselves and about others' successes.</p> <p>To be able to recognise similarities and differences between their family and other families.</p>				
Year 1	<p>Being Me in my world</p> <p>To understand the rights and responsibilities as a member of the class.</p> <p>To know their views are valued.</p> <p>To recognise the choices they make and to understand the consequences.</p> <p>To understand their rights and responsibilities within the class learning charter.</p>	<p>Celebrating Difference</p> <p>To identify similarities between people in the class.</p> <p>To identify differences between people in the class.</p> <p>To know what bullying is.</p> <p>To know some people to talk to if they are unhappy.</p> <p>To know how to make new friends.</p>	<p>Dreams and Goals</p> <p>To be able to set simple goals.</p> <p>To set a goal and work out how to achieve it.</p> <p>To know how to work well with a partner.</p> <p>To tackle a challenge and understand it may stretch their learning.</p> <p>To understand about obstacles which may make things difficult, and how to overcome them.</p>	<p>Healthy me</p> <p>To understand the difference between healthy and less healthy, and know ways to keep healthy.</p> <p>To be able to make healthy lifestyle choices.</p> <p>To be able to keep themselves clean and healthy and understand that germs cause disease.</p> <p>To know about household products including medicines</p>	<p>Relationships</p> <p>To identify the members of their family and understand that there are lots of different types of families.</p> <p>To identify what being a good friend means.</p> <p>To know appropriate ways of physical contact to greet their friends.</p> <p>To understand who can help in their school community.</p> <p>To recognise their qualities as a person and a friend.</p>	<p>Changing me</p> <p>To understand the life cycle of animals and humans.</p> <p>To be able to say they have changed and the things that have stayed the same.</p> <p>To be able to say their bodies have changed since they were a baby.</p> <p>To say the parts of the body that make boys different to girls.</p> <p>To understand that everytime they learn</p>



KING'S ACADEMY MEADOW VALE



		To know how they are different from their friends	To understand how it feels to succeed.	can be harmful if not used properly. To understand that medicines can help if they are feeling poorly and know how to use them safely. To keep safe when crossing the road. To know their bodies are amazing and to know how to keep it safe and healthy.	To appreciate someone who is special to them.	something new they change a little bit. To be able to say about changes that have happened in their lives.
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KING'S ACADEMY MEADOW VALE



Year 2	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Understand the rights and responsibilities of class members.</p> <p>Know about rewards and consequences and that these stem from choices.</p> <p>Know that it is important to listen to other people.</p> <p>Understand that their own views are valuable.</p> <p>Know that positive choices impact positively on self-learning and the learning of others.</p> <p>Identifying hopes and fears for the year ahead.</p> <p>Know how to make their class a safe and fair place.</p> <p>Show good listening skills.</p> <p>Be able to work co-operatively.</p>	<p>Know the difference between a one-off incident and bullying.</p> <p>Know that sometimes people get bullied because of difference.</p> <p>Know that friends can be different and still be friends.</p> <p>Know there are stereotypes about boys and girls.</p> <p>Know where to get help if being bullied.</p> <p>Know that it is OK not to conform to gender stereotypes.</p> <p>Know it is good to be yourself.</p> <p>Know the difference between right and wrong and the role that choice has to play in this.</p>	<p>Know how to choose a realistic goal to work as part of a group.</p> <p>Be able to describe their own achievements and the feelings linked to this.</p> <p>Recognise their own strengths as a learner.</p> <p>Recognise how it feels to be part of a group that succeeds and store this feeling.</p>	<p>Know why healthy snacks are good for their bodies.</p> <p>Know which foods given their bodies energy.</p> <p>Know that it is important to use medicines safely.</p> <p>Know what makes them feel relaxed/stressed.</p> <p>Know how medicines work in their bodies.</p> <p>Know how to make some healthy snacks.</p> <p>Feel positive about caring for their bodies and keeping it healthy.</p> <p>Have a healthy relationship with food.</p> <p>Desire to make healthy lifestyle choices.</p>	<p>Know that there are lots of forms of physical contact within a family.</p> <p>Know how to stay safe if someone is hurting them.</p> <p>Know there are good secrets and worry secrets and why it is important to share worry secrets.</p> <p>Know what trust is.</p> <p>Know that everyone's family is different.</p> <p>Know that families function well when there is trust, respect, care, love and co-operation.</p> <p>Know some reasons why friends have conflicts.</p> <p>Know that friendships have ups and downs and sometimes change with time.</p>	<p>Know the physical differences between male and female bodies.</p> <p>Know that private body parts are special and that no one has the right to hurt these.</p> <p>Know who to ask for help if they are worried or frightened.</p> <p>Know there are different types of touch and that some are acceptable and some are unacceptable.</p> <p>Know the correct names for private body parts.</p> <p>Know that life cycles exist in nature.</p> <p>Know that aging is a natural process including old age.</p>



KING'S ACADEMY MEADOW VALE



	<p>Recognise own feelings and know when and where to get help. Recognise the feeling of being worried.</p>	<p>Explain how being bullied can make someone feel.</p> <p>Know how to stand up for themselves when they need to.</p> <p>Understand that everyone's differences make them special and unique.</p> <p>Understand that boys and girls can be similar in lots of ways and that is OK.</p> <p>Understand that boys and girls can be different in lots of ways and that is OK.</p> <p>Can choose to be kind to someone who is being bullied.</p> <p>Recognise that they shouldn't judge</p>		<p>think about how to achieve it.</p> <p>Know that it is important to persevere.</p> <p>Know how to recognise what working together well looks like.</p> <p>Know what good group-working looks like.</p> <p>Know how to share success with other people.</p> <p>Recognise how working with others can be helpful.</p> <p>Be able to work effectively with a partner .</p> <p>Be able to choose a partner with whom they work well.</p> <p>Identify when a feeling is weak and</p>	<p>Know how to use the Mending Friendships or Solve it together problem-solving methods.</p> <p>Can identify the different roles and responsibilities in their family.</p> <p>Can recognise the value that families can bring.</p> <p>Can recognise and talk about the types of physical contact that is acceptable or unacceptable.</p> <p>Can identify the negative feelings associated with keeping a worry secret.</p> <p>Can identify who they trust in their own relationships</p> <p>Can use positive problem-solving techniques (Mending Friendships or Solve it together) to resolve a friendship conflict.</p>	<p>Know that some changes are out of an individual's control.</p> <p>Know how their bodies have changed from when they were a baby and that they will continue to change as they age.</p> <p>Can say who they would go to for help if worried or scared.</p> <p>Can say what types of touch they find comfortable/uncomfortable.</p> <p>Be able to confidently ask someone to stop if they are being hurt or frightened.</p> <p>Can appreciate that changes will happen and that some can be controlled and others not.</p> <p>Be able to express how they feel about changes.</p>
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KING'S ACADEMY MEADOW VALE



people because they are different.

when a feeling is strong.

Express how it feels to share healthy food with their friends.

Can identify the feelings associated with trust.

Can give and receive compliments.

Can say who they would go to for help if they were worried or scared.

Show appreciation for people who are older.

Can recognise the independence and responsibilities they have now compared to being a baby or toddler.

Can say what greater responsibilities and freedoms they may have in the future.

Can say what they are looking forward to in the next year.



KING'S ACADEMY MEADOW VALE



<p>Year 3</p>	<p>Being Me</p> <p>Know that the school has a shared set of values Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views Understand that they are important Know what a personal goal is Understanding what a challenge is Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do Know that conflict is a normal part of relationships Know that some words are used in hurtful</p>	<p>Celebrating Difference</p> <p>Know that they are responsible for their own learning Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles Know what dreams and ambitions are important to them Know about specific people who have overcome difficult challenges to achieve success Know how they can best overcome learning challenges Know what their own strengths are as a learner Know how to evaluate their own</p>	<p>Dreams and Goals</p> <p>Know that they are responsible for their own learning Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles Know what dreams and ambitions are important to them Know about specific people who have overcome difficult challenges to achieve success Know how they can best overcome learning challenges Know what their own strengths are as a learner Know how to evaluate their own learning progress and identify</p>	<p>Healthy Me</p> <p>Know how exercise affects their bodies Know that the amount of calories, fat and sugar that they put into their bodies will affect their health Know that there are different types of drugs Know that there are things, places and people that can be dangerous Know when something feels safe or unsafe Know why their hearts and lungs are such important organs Know a range of strategies to keep themselves safe Know that their bodies are complex and need taking care of</p>	<p>Relationships</p> <p>Know that different family members carry out different roles or have different responsibilities within the family Know some of the skills of friendship, e.g. taking turns, being a good listener Know some strategies for keeping themselves safe online Know that they and all children have rights (UNCRC) Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc Know how some of the actions and work of people around the world help and influence my life Know the lives of children around the world can be different from their own</p>	<p>Changing Me</p> <p>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults Know some of the outside body changes that happen during puberty Know some of the changes on the inside that happen during puberty Know that in animals and humans lots of changes happen between conception and growing up Know that in nature it is usually the female that carries the baby Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops Know that babies need love and care from their parents/carers Know some of the changes that happen</p>
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KING'S ACADEMY MEADOW VALE



	ways and that this can have consequences Know why families are important Know that everybody's family is different Know that sometimes family members don't get along and some reasons for this	learning progress and identify how it can be better next time	how it can be better next time			between being a baby and a child
Year 4	Being Me Know their place in the school community Know what democracy is (applied to pupil voice in school) Know how groups work together to reach a consensus Know that having a voice and democracy benefits the school community Know how individual attitudes and actions make a difference to a class	Celebrating Difference Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying Know the reasons why witnesses sometimes join in with bullying and don't tell anyone Know that sometimes people make assumptions about a person because of	Dreams and Goals Know how to make a new plan and set new goals even if they have been disappointed Know how to work as part of a successful group Know how to share in the success of a group Know what their own hopes and dreams are	Healthy Me Know that there are leaders and followers in groups Know the facts about smoking and its effects on health Know the facts about alcohol and its effects on health, particularly the liver Know ways to resist when people are putting pressure on them Know what they think is right and wrong	Relationships Know some reasons why people feel jealousy Know that loss is a normal part of relationships Know that negative feelings are a normal part of loss Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe Know that jealousy can be damaging to relationships	Changing Me Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm Know that babies are made by a sperm joining with an ovum Know the names of the different internal and external body parts that are needed to make a baby



KING'S ACADEMY MEADOW VALE



	<p>Know about the different roles in the school community</p> <p>Know that their own actions affect themselves and others</p>	<p>the way they look or act</p> <p>Know there are influences that can affect how we judge a person or situation</p> <p>Know what to do if they think bullying is or might be taking place</p> <p>Know that first impressions can change</p>	<p>Know that hopes and dreams don't always come true</p> <p>Know that reflecting on positive and happy experiences can help them to counteract disappointment</p> <p>Know how to work out the steps they need to take to achieve a</p>	<p>Know how different friendship groups are formed and how they fit into them</p> <p>Know which friends they value most</p> <p>Know that they can take on different roles according to the situation</p> <p>Know some of the reasons some people start to smoke</p> <p>Know some of the reasons some people drink alcohol</p>	<p>Know that memories can support us when we lose a special person or animal</p>	<p>Know how the female and male body change at puberty</p> <p>Know that change can bring about a range of different emotions</p> <p>Know that personal hygiene is important during puberty and as an adult</p> <p>Know that change is a normal part of life and that some cannot be controlled and have to be accepted</p>
Year 5	<p>Being Me</p> <p>Know how to face new challenges positively</p> <p>Understand how to set personal goals</p> <p>Understand the rights and responsibilities associated with being a citizen in the wider</p>	<p>Celebrating Difference</p> <p>Know what culture means</p> <p>Know that differences in culture can sometimes be a source of conflict</p>	<p>Dreams and Goals</p> <p>Know that they will need money to help them to achieve some of their dreams</p> <p>Know about a range of jobs that are carried out</p>	<p>Healthy Me</p> <p>Know the health risks of smoking and vaping</p> <p>Know how smoking tobacco affects the lungs, liver and heart</p>	<p>Relationships</p> <p>Know that a personality is made up of many different characteristics, qualities and attributes</p> <p>Know that belonging to an online community can have positive and negative consequences</p>	<p>Changing Me</p> <p>Know that our self-image is important to our mental well-being, and that there are things we can do to affirm this</p> <p>Know how girls' and boys' bodies change</p>



KING'S ACADEMY MEADOW VALE



	<p>community and their country</p> <p>Know how an individual's behaviour can affect a group and the consequences of this</p> <p>Understand how democracy and having a voice benefits the school community</p> <p>Understand how to contribute towards the democratic process</p>	<p>Know what racism is and why it is unacceptable</p> <p>Know that rumour spreading is a form of bullying on and offline</p> <p>Know external forms of support in regard to bullying e.g. Childline</p> <p>Know that bullying can be direct and indirect</p> <p>Know how their life is different from the lives of children in the developing world</p>	<p>by people I know</p> <p>Know that different jobs pay more money than others</p> <p>Know the types of job they might like to do when they are older</p> <p>Know that young people from different cultures may have different dreams and goals</p> <p>Know that communicating with someone from a different culture means that they can learn from them and vice versa</p> <p>Know ways that they can support young people in their own culture and abroad</p>	<p>Know some of the risks linked to misusing alcohol, including antisocial behaviour</p> <p>Know basic emergency procedures, including the recovery position</p> <p>Know how to get help in emergency situations</p> <p>Know that the media, social media and celebrity culture promotes certain body types</p> <p>Know that messages we receive about food come from different places and that these can affect people's attitude to foods.</p> <p>Know what makes a healthy lifestyle</p>	<p>Know that there are rights and responsibilities in an online community or social network</p> <p>Know that there are rights and responsibilities when playing a game online</p> <p>Know that too much screen time isn't healthy</p> <ul style="list-style-type: none"> • Know how to stay safe when using technology to communicate with friends 	<p>during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Know that sexual intercourse can lead to conception</p> <p>Know that some people need help to conceive and might use IVF</p> <p>Know that becoming a teenager involves various changes and also brings growing responsibility</p>
Year 6	<p>Being Me</p> <p>Know about children's universal rights (United Nations)</p>	<p>Difference</p> <p>Know that people can hold power over others</p>	<p>Dream and Goals</p> <p>Know their own learning strengths</p>	<p>Healthy Me</p> <p>Know how to take responsibility for their own health</p>	<p>Relationships</p> <p>Know that it is important to take care of their own mental health</p>	<p>Changing Me</p> <p>Know how girls' and boys' bodies change during puberty and understand</p>



KING'S ACADEMY MEADOW VALE



	<p>Convention on the Rights of the Child) Know about the lives of children in other parts of the world Know that personal choices can affect others locally and globally Know how to set goals for the year ahead Understand what fears and worries are Understand that their own choices result in different consequences and rewards Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process</p>	<p>individually or in a group Know that power can play a part in a bullying or conflict situation Know that there are different perceptions of 'being normal' and where these might come from Know that difference can be a source of celebration as well as conflict Know that being different could affect someone's life Know why some people choose to bully others Know that people with disabilities can lead amazing lives</p>	<p>Know what their classmates like and admire about them Know a variety of problems that the world is facing Know some ways in which they could work with others to make the world a better place Know what the learning steps are they need to take to achieve their goal Know how to set realistic and challenging goals</p>	<p>Know what it means to be emotionally well Know how to make choices that benefit their own health and well-being Know about different types of drugs and their uses Know how these different types of drugs can affect people's bodies, especially their liver and heart Know that stress can be triggered by a range of things Know that being stressed can cause drug and alcohol misuse Know that some people can be exploited and made to do things that are against the law Know why some people join gangs and the risk that this can involve</p>	<p>Know ways that they can take care of their own mental health Know the stages of grief and that there are different types of loss that cause people to grieve Know that sometimes people can try to gain power or control them Know some of the dangers of being 'online' Know how to use technology safely and positively to communicate with their friends and family</p>	<p>the importance of looking after themselves physically and emotionally Know how a baby develops from conception through the nine months of pregnancy and how it is born Know how being physically attracted to someone changes the nature of the relationship Know the importance of self-esteem and what they can do to develop it Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class</p>
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KING'S ACADEMY MEADOW VALE



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