


West Norfolk Academies Trust (Primary) – Curriculum Map – PSHE

Including safeguarding links to child on child abuse/sexual violence and sexual harassment

|  | Autumn 1st Being Me In My World | Autumn 2nd Celebrating Difference | Spring 1st Dreams and Goals | Spring 2nd Healthy Me | Summer 1st Relationships | Summer 2nd Changing Me |
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| EYFS Knowledge | I help others to feel welcome. I try to make our school community a better place. I can think about everyone's right to learn. I care about other people's feelings. I work well with others. | I can accept that everyone is different. I include others when working and playing. I know how to help if someone is being bullied. I try to solve problems. I try to use kind words. I know how to give and receive compliments. | I stay motivated when doing something challenging. I keep trying even when it is difficult. I work well with a partner or group. I have a positive attitude. I help others achieve their goals. I am working hard to achieve my dreams and goals. | I can make a healthy choice. I can eat a healthy, balanced diet. I can be physically active. I know how to keep others and myself safe. I know how to be a good friend. I know how to keep calm in difficult situations. | I know how to make friends and try to solve friendship problems when they occur. I help others to feel part of a group. I show respect in how I treat others. I know how to help others and myself when they feel upset or hurt. | I understand that everyone is unique. I can express how I feel when change happens. I understand and respect the changes that they see in myself and other people. I know who to ask for help if I am worried about change. |
| EYFS Vocabulary | Help, welcome, school community, care, right, feelings, listen, discuss, share | Different, include, help, bully, bullying, kind, words, compliments | Motivation, challenge, try, difficult, goals, dreams | Health, choices, balanced diet, physically active, safe, friend, calm | Friends, conversation, affection, concern, solve problems, upset, hurt, respect | Special, unique, feelings, change, respect, understand, worried |
| Year 1 Knowledge | I feel special and safe in class. I understand the rights and responsibilities as a member of my class. I know my views are valued. I recognise the choices I make and understand the consequences. | I can identify similarities and differences between people in my class. I can tell you what bullying is. I know some people who I could talk to if I was feeling unhappy or being bullied. I know how to make new friends. I can tell you some I am different from my friends. | I can set a simple goal and work out how to achieve it. I can work well with a partner. I can tackle a new challenge. I can identify obstacles and work out how to overcome them. I understand some of the different ways we get money and the different forms it comes in and how to keep it safe. I can tell you how I felt when I succeeded and how I celebrated it. | I understand the difference between being healthy and unhealthy. I know how to keep myself clean and understand how germs cause illness. I understand that medicines can help me if I feel poorly. I know how to keep safe when crossing the road. | I understand that there are different types of families. I can identify what being a good friend means to me. I know appropriate ways of physical contact to greet my friends. I know who can help me in my school. I can recognise my qualities as a person and a friend. Celebrating special relationships. | I understand the life cycles of animals and humans. I can tell you things that have changed in my life and stayed the same. I can tell you how my body has changed since I was a baby. I can identify body parts that make boys different to girls using the correct names. I understand that every time I learn something new I change a little bit. I can tell you about changes |

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| | | | | | | that have happened in my life. |
| Year 1 Vocabulary | Safe, special, calm, rights, responsibilities, Learning Charter, proud, rewards, upset, consequences, disappointed | Different from, difference, similar, same as, similarity, bullying, bullying behaviour, courage, deliberate, on purpose, unfair, included, bully, bullied, celebration, difference, inclusive, special, unique | Proud, success, achievement, goal, dreams, team work, celebrate, challenge, feelings, success | Healthy, unhealthy, balanced, exercise, choices, clean, body parts, hygienic, safe, medicines, safety, Green Cross Code | Family, belong, different, same, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, qualities, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate | Life cycle, baby, adulthood, grown-up, adult, changes, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, change |
| Year 2 Knowledge | I understand the rights and responsibilities for being a member of my class and school. I listen to other people and contribute my own ideas about rewards and consequences. I understand how following the Learning Charter will help me and others learn. | I understand that sometimes people make assumptions about boys and girls. I understand that bullying is sometimes about difference. I recognise what is right and wrong. I can tell you some ways I am different from my friends. | I choose a realistic goal and think about how to achieve it. I persevere even when I find tasks difficult. I can recognise who is easy or difficult for me to work with. I can work cooperatively in a group. I can explain some of the ways I worked cooperatively. I know how to share success. I know the difference between the things we need to spend money on and the things we want to spend money on. | I know what I need to keep my body healthy. I understand how medicines work in my body and how important it is to use them safely. I can sort foods into the correct food groups and know which foods keep me healthy. I can explain why healthy snacks are good for my body. | I understand why it is important to cooperate with my family. I understand that some forms of physical contact are acceptable and some not. I know what causes conflict with my friends. I know that sometimes it is good to keep a secret and sometimes not. I know who can help me in my family, school and community. | I recognise cycles of life and understand the process of growing old. I recognise how my body has changed and where I am on the continuum from young to old. I recognise the physical differences between boys and girls and appreciate that some parts of my body are private. I can use the correct terminology when talking about female and male body parts. I understand there are different types of touch. |
| Year 2 Vocabulary | Worries, hopes, fears, belonging, rights, responsibilities, reward, consequence, actions, positive, negative choices, co-operate | Similarities, differences, stereotypes, special, assumptions, shield, bully, purpose, kind, unkind, feelings, sad, lonely, help, friends, included, qualities | Realistic, proud, success, celebrate, achievement, goal, strengths, persevere, challenge, difficult, easy, partner, team work | Healthy choices, lifestyle, motivation, relaxation, tense, healthy, unhealthy, balanced diet, portion, proportion, nutritious | Different, similarities, relationship, cooperate, physical contact, communication, acceptable, not acceptable, conflict, point of view, problem solving, secret, trustworthy, honesty, | Change, grow, life cycle, baby, adult, respect, appearance, physical, independent, timeline, freedom, responsibilities, vagina, penis, testicles, vulva, nipples, anus, breasts, public, private, acceptable, unacceptable, |

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| Year 3 Knowledge | I face challenges positively and make responsible choices. I understand why we need rules and how they relate to rights and responsibilities. I understand that my actions affect others and myself. I try to see things from different points of view. | I understand that everybody's family is different. I understand that differences and conflicts sometimes happen among family members. I recognise that some words are used in hurtful ways. I know what witnesses can do to make it better/worse. I can tell you the consequences of using words in a hurtful way. | I can tell you about a person who has faced difficult challenges and achieved success. I can identify a dream/ambition. I enjoy facing new learning challenges. I can recognise obstacles and can take steps to overcome them. I can evaluate my own learning process. | I understand how exercise affects my body and why my heart and lungs are important. I can tell you my attitude towards drugs. I understand that, like medicines, some household substances can be harmful. I understand how important it is to take care of my body. | I can reflect on expectations for males and females in my family.. I can put into practice some of the skills of friendship. I can use strategies for keeping myself safe. I can explain how the work of people around the world helps my life. I understand how children around the world share my needs and rights. | I understand that changes happen between conception and growing up. I understand how babies grow and develop in the mother's uterus. I understand that boys' and girls' bodies change so that their bodies can make babies. I recognise stereotypical ideas I might have about parenting/family roles. |
| Year 3 Vocabulary | Valued, achievements, responsibilities, proud, consequences, emotions, support, rewards, feelings, solutions, rights, fairness, choices, co-operate, challenge, teamwork, viewpoint | Connected, difference, special, conflict, solutions, resolve, witness, bystander, bullying, consequences, hurtful, compliment, special, unique, difference, similarity | Perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspirations, design, cooperation, motivated, enthusiastic, frustration, solution | Oxygen, heartbeat, lungs, heart, fitness, challenge, healthy, drugs, attitude, safe, anxious, strategy, advice, medicines, substances | Male, female, unisex, responsibilities, differences, similarities, friendship, social media, safe, unsafe, global communications, climate needs, wants, rights, equality, happiness, relationships, appreciation | Changes, birth, mother, uterus, womb, nutrients, puberty, control, male, female, testicles, sperm, penis, ovaries, egg, womb, vagina, stereotypes, Love, affection, breasts, challenge |
| Year 4 Knowledge | I understand that my attitudes and actions make a difference to the class team. I know how democracy works/ School Council. Understand how groups come together to make decisions. I understand how democracy and having a voice benefits the school community. | I understand that, sometimes, we make assumptions based on what people look like. I know that sometimes bullying is hard to spot. I can tell you why witnesses sometimes join in with bullying. I can identify what is special and unique about me. I can tell you a time when my first impression of someone changed when I got to know someone. | I can tell you about my hopes and dreams. I know that reflecting on happy experiences can help me to counteract disappointment. I know how to set new goals even if I have been disappointed. I know the steps to take to achieve a goal. | I recognise how friendship groups are formed. I recognise the changing dynamics between different groups. I understand the effects of smoking and alcohol on health. I recognise when people are putting me under pressure and can explain ways to resist this. | I can identify the relationships that I am part of.. I can tell you about someone I know that I no longer see. I can recognise how friendships change, how to make new friends and how to manage when I fall out with my friends. I can understand what having a boyfriend/girlfriend might mean when I am older. I know how to show love to people | I understand my characteristics have come from my parents. I understand what responsibilities there are in parenthood and the joy it can bring. I can describe how a girl's body changes in order for her to have babies when she is an adult, and that menstruation is a natural part of this. I can identify changes that have been and |

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| | | | | | and animals around me. | may continue to be outside of my control. |
| Year 4 Vocabulary | Included, excluded, valued, rights, reward, responsibilities, democracy, decisions, consequence, voting, authority, UN, Convention on Rights of Child. | Character, assumption, judgement, surprised, different, appearance, opinion, attitude, secret, bullying, deliberate, on purpose, bystander, witness, cyber bullying, text message, website | Dream, hope, goal, feeling, determination, perseverance, hopes, disappointment, fears, hurt, resilience, self-belief, motivation, commitment, teamwork, enterprise, design, cooperation, evaluate | Friendships, emotions, healthy relationships, friendship groups, value, embarrassed, roles, leader, follower, alcohol, liver, diseased, pressure, peers, opinion, assertive, right, wrong | Relationship, close, jealousy, problem, solve, emotions, loss, strategy, disbelief, acceptance, memorial, memories, special, friendships, compromise, boyfriend, girlfriend, pressure, comfortable, appreciation, love | Characteristics, unique, responsibilities, mannerisms, carers, parents menstrual cycle, Vagina, period, pads, tampon, hormone, puberty, change, acceptance, looking forward |
| Year 5 Knowledge | I understand my rights and responsibilities as a British citizen. I can empathise with people whose lives are different to my own. I understand how rewards and consequences feel. I understand how democracy benefits the school community. | I understand that cultural differences sometimes cause conflict. I understand what racism is. I can explain the difference between direct and indirect types of bullying. I can compare my life with people in the developing world. | I understand that I will need money to achieve some of my dreams. I can identify a job I would like to do when I grow up and understand what I need to do to achieve it. I can describe the dreams and goals of young people in a culture different to mine. | I know the health risks of smoking and alcohol and can tell you how they affect the lungs, liver and heart. I can put into practice basic emergency aid procedures. I understand how the media promotes certain body types. | I know my characteristics and qualities. I know that belonging to an online community can have positive and negative consequences. I know that there are rights and responsibilities when playing a game online. I understand that too much screen time isn't healthy. I know how I can stay safe when using technology to communicate with friends I know how to make new friends and how to manage when I fall out with friends. | I am aware of my own self-image and how my body image fits into that. I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. I can describe how boys' and girls' bodies change during puberty. I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby. I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). I can identify what I am looking |

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| | | | | | | forward to when I move to my next class. |
| Year 5 Vocabulary | Opportunities, citizen, motivation, vision, challenge, rights, British, denied, empathise, rights, wealth, poverty, responsibilities, prejudice, rewards, cooperation, choices, collaboration, consequences | Culture, conflict, difference, similarity, belong, racism, colour, race, discrimination, culture, bullying, rumour, name-calling, homophobic, cyber bullying, texting, indirect, direct, cyber bullying | Dream, hope, goal, feeling, achievement, money, grown up, adult, lifestyle, career, profession, salary, determination, perseverance, motivation, aspiration, culture, communication | Choices, healthy behaviour, unhealthy behaviour, informed decision, pressure, emergency procedure, recovery position, body image, media | Personal qualities, attributes, self-esteem, online community, age restrictions, appropriate, trustworthy, peer pressure, online privacy, influences privacy settings SMART rules | Self-image, self-esteem, menstruation, ovary, vagina, uterus, puberty, oestrogen, sperm, semen, testicles, erection, ejaculation, larynx, facial hair, hormones, sexual intercourse, conception, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF), perception, consent |
| Year 6 Knowledge | I know that for many children their universal rights are not met. I understand that my actions affect other people locally and globally. I understand rewards and consequences relate to rights and responsibilities. I understand how democracy benefits the school community. | I understand there are different perceptions about what normal means. I understand how having a disability could affect someone's life. I know some of the reasons why people use bullying behaviours. I can explain ways in which difference can be a source of conflict and a cause for celebration. | I know my learning strengths and can set challenging but realistic goals for myself. I can work out the learning steps I need to take to reach my goal. I can identify problems in the world that concern me and talk to other people about them. I can work with other people to help make the world a better place. | I know the impact of food on the body. I know about different types of drugs and their effects. I can evaluate when alcohol is being used responsibly, anti-socially or being misused. I can use basic first aid. I understand what it means to be emotionally well and explore attitudes towards mental health. | I know that it is important to take care of my mental health. I know the feelings we have when someone dies or leaves and understand the different stages of grief. I understand how technology can be used to try to gain power or control and can use strategies to prevent this. I can use technology safely to communicate with my friends and family. | I am aware of my own self-image. I can explain how girls' and boys' bodies change during puberty. I can ask questions I need answered about puberty. I can describe how a baby changes from conception through to nine months of pregnancy, and how it is born. I understand how being physically attracted to someone changes the nature of a relationship. I know how to maintain positive relationships and the importance of positive self-esteem. |
| Year 6 Vocabulary | Community, democracy, comparison, rewards, collaboration, empathy, opportunities, education, responsibilities, rights, consequences, | Ability, disability, visual impairment, empathy, perception, medication, vision, blind, cerebral palsy, role model, inspire, independent, | Dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, global issue, suffering, concern, | Mood, energy, balanced diet, drugs, effects, motivation, misuse, anti-social, responsible, appropriate, | Mental health, ashamed, stigma, anxiety, worried, warning, emotions, despair, acceptance, bereavement, power | Self-image, self-esteem, freedoms, responsibilities, trust, respect, pregnancy, embryo, foetus, placenta, umbilical |

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| | empathise, obstacles, cooperation, participation | disability, power, struggle, imbalance, control, harassment, bullying, direct, indirect, argument, recipient, celebration, difference, conflict | hardship, empathy, motivation, compliment, contribution, recognition | emergency recovery position, CPR, mental health, emotional health, mental illness, symptoms, managing stress, pressure | control, authority, assertive, strategies, pressure, influences, judgement, communication, technology, cyberbullying, safety | cord, labour, contractions, cervix, midwife, independence, attraction, relationship, friends, transition, adolescent, journey |
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