



Holy Trinity Church of England Primary School

To be the best we can be: for God, for others and for ourselves

PSHE / RSE – Key Knowledge & Skills					
	Units taught	Core knowledge	Core Skills	Core Vocabulary (Tier 2 words)	Key linked texts: fiction, non-fiction & poetry
Reception	Managing Self Self-Regulation <i>(Kapow – Listening and Following Instructions. My Feelings)</i> Building Relationships <i>(Kapow – My Family and Friends. Special Relationships)</i> Manage their own needs – Personal Hygiene <i>(Kapow – Taking on Challenges. My Well Being)</i>	<p>To understand that all families are valuable and special.</p> <p>To understand that all people are valuable.</p> <p>To know that having a healthy diet and that exercise means moving our body and it is important.</p> <p>To name some different feelings and emotions and to know that facial expressions can give us clues as to how a person is feeling.</p> <p>To understand that some rules are in place to keep us safe.</p> <p>To know that we all have different beliefs and celebrate special times in different ways.</p> <p>To understand that we all have similarities and differences and that makes us special.</p>	<p>To talk about our families and discussing why we love them and to talk about people that hold a special place our life.</p> <p>To explore what makes a good friend.</p> <p>To discuss how we can take care of ourselves and how exercise affects different parts of the body.</p> <p>Identifying and expressing our own feelings and exploring coping strategies to help regulate emotions.</p> <p>To cope with challenge when problem solving.</p> <p>To consider why it is important to follow rules and explore what it means to be a safe pedestrian.</p> <p>To explore the differences between people.</p>	<p>Emotions</p> <p>Feelings</p> <p>Family</p> <p>Unique</p> <p>Interest/Hobbies</p> <p>Similar/Different</p> <p>Challenge</p> <p>Problem Solving</p> <p>Teamwork</p> <p>Persevere</p> <p>Festival</p> <p>Celebration</p> <p>Turn-taking</p> <p>Support</p> <p>Heart-rate</p> <p>Health</p> <p>Relaxation</p> <p>Independence</p>	<p>The Colour Monster by Anna Llenas</p> <p>Ruby's Worry by Tom Percival</p> <p>My Pet Star by Corinne Bright</p> <p>The Lion Inside by Rachel Bright</p> <p>Sharing Shell by Julia Donaldson</p> <p>The Koala who Could by Rachel Bright</p> <p>Giraffes Can't Dance by Giles Andreae</p>
Year 1	Relationships <i>(Kapow – Family and Relationships)</i> Health and Well-being <i>(Kapow – Health and Well-Being. Safety and the Changing body)</i> Living in the Wider World <i>(Kapow – Citizenship)</i>	<p>To understand that families look after us and to know some words to describe how people are related.</p> <p>To understand some characteristics of a positive friendship and to understand that friendships can have problems but that these can be overcome.</p> <p>To know the words to describe positive and negative emotions.</p> <p>To know that strengths are things we are good at.</p>	<p>To explore how families are different to each other.</p> <p>To explore friendly behaviours and how friendship problems can be overcome.</p> <p>To explore the ability to successfully work with different people.</p> <p>To explore the benefits of exercise and a healthy balanced diet on our body and mind.</p> <p>To identify personal goals and how to work towards them and to</p>	<p>Permission</p> <p>Medicine</p> <p>Emergency</p> <p>Hazards</p> <p>Respect</p> <p>Trust</p> <p>Democracy</p> <p>Responsibility</p> <p>Vote</p>	



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		<p>To know that having good hand hygiene keeps us healthy and to know that sleep helps our body to repair itself, to grow and restore energy.</p> <p>To know that some types of physical contact are never appropriate.</p> <p>To know that there are some things that are unsafe to put onto or into our body and to ask an adult if we are unsure.</p> <p>To know what an emergency situation is and to know the emergency services are the police, fire service and the ambulance service.</p> <p>To understand that people are all different and that is a good thing.</p>	<p>explore the need for perseverance and developing a growth mindset.</p> <p>To explore strategies to manage different emotions.</p> <p>To explore people's roles in the within the local community that help keep us safe.</p> <p>To learn what is and what is not safe to put into our body.</p> <p>To practise making an emergency phone call.</p> <p>To recognise the contribution people make to the local community.</p>		
Year 2	<p>Relationships <i>(Kapow – Family and Relationships)</i></p> <p>Health and Well-being <i>(Kapow – Health and Well-Being. Safety and the Changing Body)</i></p> <p>Living in the Wider World <i>(Kapow – Citizenship)</i></p>	<p>To understand that families can be made up of different people.</p> <p>To understand that some problems in friendships might be more serious and need addressing.</p> <p>To understand some ways people show their feelings.</p> <p>To know that food and drinks with lots of sugar are bad for our teeth.</p> <p>To understand the balance of foods we need to keep healthy and to explain the importance of exercise to stay healthy.</p> <p>To know that growth mindset means being positive about challenges and finding ways to overcome them.</p> <p>To know the PANTS rule.</p> <p>To understand the difference between secrets and surprises.</p>	<p>To understand that families offer love, care and support.</p> <p>To learn how other people show their feelings and how to respond to them.</p> <p>To explore how loss and change can affect us.</p> <p>To explore the benefits of a healthy balanced diet and exercise.</p> <p>To explore strategies to manage different emotions and to develop empathy.</p> <p>To explore the need for perseverance and developing a growth mindset.</p> <p>To discuss the concept of privacy.</p> <p>To learn how to be safe around medicines.</p>	<p>Diet</p> <p>Goal</p> <p>Growth Mindset</p> <p>Strengths</p> <p>Pedestrian</p> <p>Private</p> <p>Secret</p> <p>Penis</p> <p>Testicles/testes</p> <p>Vulva</p> <p>Vagina</p> <p>Election</p> <p>Identity</p> <p>Opinion</p> <p>Volunteer</p>	



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		<p>To understand that we should only take medicines when a trusted adult says we can.</p> <p>To know the names of our body parts including private parts.</p> <p>To know that some rules are made to be followed by everyone and are known as 'laws'.</p> <p>To understand that different groups of people make different contributions to the community.</p>	<p>To explore what people can do to feel better when they are ill.</p> <p>To recognise the contribution people make to the local community.</p>		
Year 3	<p>Relationships <i>(Kapow – Family and Relationships)</i></p> <p>Health and Well-being <i>(Kapow – Health and Well-Being. Safety and the Changing Body)</i></p> <p>Living in the Wider World <i>(Kapow – Citizenship)</i></p>	<p>To know that I can talk to a trusted adults or services such as Childline if I experience family problems.</p> <p>To know that bullying can be physical or verbal and that bullying is a repeated and not a one off event.</p> <p>To know that trust is being able to reply on someone and it is an important part of relationships.</p> <p>To know the different food groups and how much of each of them we should have to have a balanced diet.</p> <p>To understand the importance of belonging.</p> <p>To understand what a problem of barrier is and that these can be overcome.</p> <p>To understand that cyberbullying is bullying which takes place online.</p> <p>To understand that other people can influence our choices.</p> <p>To know that it is important to maintain safety of myself and others, before giving first aid.</p>	<p>To learn that problems can occur in families and that there is help available if needed.</p> <p>To develop an understanding of the impact of bullying and what to do if bullying occurs.</p> <p>To identify who I can trust.</p> <p>To develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.</p> <p>To identify my strengths and explore how I can use them to help others.</p> <p>To be able to breakdown a problem into smaller parts to overcome it.</p> <p>To explore ways to respond to cyberbullying or unkind behaviour online.</p> <p>To explore that people and things can influence me and that I need to make the right decision for me.</p> <p>To learn what to do in a medical emergency, including calling the emergency services.</p>	<p>Empathy</p> <p>Open questions</p> <p>Sympathy</p> <p>Barriers</p> <p>Belonging</p> <p>Resilience</p> <p>Boundaries</p> <p>Allergic</p> <p>Anaphylaxis</p> <p>Casualty</p> <p>Cyberbullying</p> <p>Distraction</p> <p>Fake</p> <p>Influence</p> <p>Charity</p> <p>Community</p> <p>Consequence</p> <p>Rights</p> <p>United Nations</p>	



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		<p>To understand the UN Convention on the Rights of the Child.</p> <p>To understand the role of charities in the local community.</p>	<p>To explore how children's rights help them and other children.</p> <p>To consider the responsibilities that adults and children have to maintain children's rights.</p> <p>To identify local community groups and discuss how these support the local community.</p>		
Year 4	<p>Relationships <i>(Kapow – Families and Relationships)</i></p> <p>Health and Well-Being <i>(Kapow – Health and Well-Being. Safety and the Changing Body)</i></p> <p>Living in the Wider World <i>(Kapow – Citizenship)</i></p>	<p>To understand the different roles related to bullying including victim, bully and bystander.</p> <p>To understand that everyone has the right to decide what happens to their body.</p> <p>To know that it is normal to experience a range of emotions.</p> <p>To know that mental health refers to our emotional wellbeing.</p> <p>To know who can help if we are worried about our own or other people's mental health.</p> <p>To understand that there are risks to sharing things online.</p> <p>To understand the risks associated with smoking tobacco.</p> <p>To understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p>To know that human rights are specific rights that apply to all people and to know some of the people who protect our human rights such as police, judges and politicians.</p> <p>To know there are a number of groups which make up the local community.</p>	<p>To explore physical and emotional boundaries in friendships.</p> <p>To explore ways we can make ourselves feel happy or happier.</p> <p>To learn to take responsibility for my emotions by knowing that I can control some things but not others.</p> <p>To develop a growth mindset.</p> <p>To learn the benefits and risks of sharing information online.</p> <p>To explore what to do if an adult makes us feel uncomfortable and how to seek help.</p> <p>To discuss the benefits of being a non-smoker.</p> <p>To discuss some physical and emotional changes during puberty.</p> <p>To discuss how we can help to protect human rights.</p> <p>To discuss the positives diversity brings to a community.</p>	<p>Act of Kindness</p> <p>Authority</p> <p>Bereavement</p> <p>Bystander</p> <p>Fluoride</p> <p>Mental health</p> <p>Negative emotions</p> <p>Positive emotions</p> <p>Visualise</p> <p>Age restriction</p> <p>Puberty</p> <p>Genitals</p> <p>Local government</p>	



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<p>Year 5</p>	<p>Relationships <i>(Kapow – Families and Relationships...RSE and Me)</i></p> <p>Health and Well-Being <i>(Kapow – Health and Well-Being. Safety and the Changing Body)</i></p> <p>Living in the Wider World <i>(Kapow – Citizenship)</i></p>	<p>To know that marriage is a legal commitment and is a choice people can make.</p> <p>To know that if we have a problem, we can call Childline on 0800 1111</p> <p>To understand what might lead to someone bullying others and to know what action a bystander can take when they see bullying.</p> <p>To know that discrimination is the unfair treatment of different groups of people, especially in the grounds of race, age, sex or disability.</p> <p>To know that what we do before bed can affect our sleep quality.</p> <p>To understand that failure is an important part of success.</p> <p>To know the steps to take before sending a message online (using the THINK mnemonic)</p> <p>To know some strategies I can use to overcome pressure from others and make my own decisions.</p> <p>To understand the process of the menstrual cycle.</p> <p>To know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>To know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p>	<p>To identify ways families might make children feel unhappy or unsafe.</p> <p>To explore the impact that bullying might have and to explore issues which might be encountered in friendships and how these might impact the friendship.</p> <p>To explore our positive attributes and being proud of these (self-respect).</p> <p>To develop a greater responsibility for ensuring good quality sleep.</p> <p>To take responsibility for our own feelings.</p> <p>To develop an understanding of how to ensure relationships online are safe.</p> <p>To learn to make 'for' and 'against' arguments to help with decision making.</p> <p>To learn about the emotional changes during puberty and to identify reliable sources of help with puberty.</p> <p>To develop an understanding of how parliament and the government work.</p> <p>To identify ways people can bring about change in society.</p>	<p>Attributes</p> <p>Marriage</p> <p>Assertive</p> <p>Aggressive</p> <p>Passive</p> <p>Consent</p> <p>Menstruation/period</p> <p>Bladder</p> <p>Cervix</p> <p>Clitoris</p> <p>Egg or ova</p> <p>Ejaculation</p> <p>Erection</p> <p>Labia</p> <p>Nipples</p> <p>Ovary/ovaries</p> <p>Pubic hair</p> <p>Scrotum</p> <p>Sperm duct</p> <p>Urethra</p> <p>Uterus</p> <p>Womb</p> <p>Wet dreams</p> <p>Protected characteristics</p>	
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<p>Year 6</p>	<p>Relationships <i>(Kapow – Families and Relationships...RSE and Me)</i></p> <p>Health and Well-Being <i>(Kapow – Health and Well-Being. Safety and the Changing Body)</i></p> <p>Living in the Wider World <i>(Kapow – Citizenship...GANGS)</i></p>	<p>To know that a conflict is a disagreement or argument and can occur in friendships and to understand the concepts of negotiation and compromise.</p> <p>To understand that everyone deserves respect, but respect can be lost.</p> <p>To understand that loss and change can cause a range of emotions.</p> <p>To know that changes in the body could be possible signs of illness and that vaccinations can give us protection against disease.</p> <p>To understand that a number of factors contribute to my physical health and mental health (diet, exercise, rest/relaxation, dental health).</p> <p>To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.</p> <p>To know the effects technology can have on mental health.</p> <p>To understand that online relationships should be treated in the same way as face-to-face relationships.</p> <p>To understand the risks associated with drinking alcohol.</p> <p>To understand how a baby is conceived and develops.</p> <p>To know that education is an important human right.</p> <p>To know that prejudice is making assumptions about someone based on certain information and to know</p>	<p>To identify ways to resolve conflict through negotiation and compromise.</p> <p>To discuss how and why respect is an important part of relationships.</p> <p>To identify some actions to take if I am worried about my health or my friends' health and consider ways to prevent illness.</p> <p>To explore ways to maintain good habits and to set achievable goals for a healthy lifestyle.</p> <p>To explore my personal qualities and how to build on them.</p> <p>To develop strategies for being resilient in challenging situations.</p> <p>To explore online friendships including dealing with problems.</p> <p>To discuss the reasons why adults may or may not drink alcohol.</p> <p>To discuss problems which might be encountered during puberty and using knowledge to help.</p> <p>To discuss how education and human rights protect us.</p> <p>To discuss ways to challenge prejudice and discrimination.</p> <p>To identify appropriate ways to share views and ideas with others.</p>	<p>Expectation Grief/grieving Alcohol Internet trolling Pregnant Conception Fertilisation Sexual intercourse</p>	
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		that discrimination is treating someone differently because of certain factors.			
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