




## St Monica's RC Primary School: PSHE Curriculum Progression and End Points

Domains/ Themes/ Areas	End of EYFS	End of KS1	End of LKS2	End of UKS2
<b>Families and People Who Care for Me</b>	to develop positive, caring and respectful relationships with both children and adults.	that families are important for children growing up because they can give love, security and stability.	<p>that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.</p> <p>that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p>	<p>the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>that marriage/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>
<b>Caring Friendships</b>	to develop positive, caring and respectful relationships with both children and adults.	the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.	<p>how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>	how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.
<b>Respectful Relationships</b>	<p>to show sensitivity and compassion towards others.</p> <p>to cooperate and share willingly.</p>	<p>the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>the conventions of courtesy and manners.</p> <p>the importance of self-respect and how this links to their own happiness.</p> <p>that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p>	<p>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p>	the importance of permission-seeking and giving in relationships with friends, peers and adults.

<p><b>Online Relationships</b></p>	<p>to develop positive, caring and respectful relationships with both children and adults.</p>	<p>that people sometimes behave differently online, including by pretending to be someone they are not.</p>	<p>the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>how information and data is shared and used online.</p>	<p>the importance of self-respect and how this links to their own happiness</p> <p>that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p>
<p><b>Being Safe</b></p>	<p>to develop positive, caring and respectful relationships with both children and adults.</p>	<p>how to respond safely and appropriately to adults they may encounter who they do not know.</p> <p>how to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse.</p> <p>where to get advice from e.g. family, school and/or other sources.</p>	<p>what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p>	<p>that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p>
<p><b>Mental Wellbeing</b></p>	<p>to manage their feelings</p>	<p>that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p> <p>simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests.</p> <p>where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p>	<p>that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>	<p>that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p> <p>it is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible.</p>
<p><b>Internet Safety and Harms</b></p>	<p>know how to manage personal hygiene, as well as keeping healthy and safe, linked to behaviour and potential consequences</p>	<p>that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p>	<p>that for most people the internet is an integral part of life and has many benefits.</p> <p>about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p>	<p>how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</p>

			<p>how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.</p> <p>why social media, some computer games and online gaming, for example, are age restricted.</p> <p>where and how to report concerns and get support with issues online.</p>	
<b>Physical Health and Fitness</b>	know how to manage personal hygiene, as well as keeping healthy and safe, linked to behaviour and potential consequences	<p>the characteristics and mental and physical benefits of an active lifestyle.</p> <p>the importance of building regular exercise into daily and weekly routines and how to achieve this, for example a daily active mile or other forms of regular, vigorous exercise.</p>	the risks associated with an inactive lifestyle (including obesity).	Know about the basic synergy between physical, emotional and mental health
<b>Healthy Eating</b>	how to manage personal hygiene, as well as keeping healthy and safe, linked to behaviour and potential consequences	<p>what constitutes a healthy diet (including understanding calories, and nutritional content).</p> <p>the principles of planning and preparing a range of healthy meals.</p> <p>the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health).</p>	Know about and understand the function of different food groups for a balanced diet	Know about the different food groups and their related importance as part of a balanced diet
<b>Drugs, Alcohol and Tobacco</b>				the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
<b>Health and Prevention</b>	how to manage personal hygiene, as well as keeping healthy and safe, linked to behaviour and potential consequences	<p>about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>about dental health and the benefits of good oral hygiene, including visits to the dentist.</p> <p>about personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.</p>	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	<p>how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p> <p>the facts and science relating to immunisation and vaccination</p>
<b>Basic First Aid</b>			know how to make a clear and efficient call to emergency services if necessary.	concepts of basic first-aid, for example dealing with common injuries, including head injuries.
<b>Citizenship</b>	<p>to participate and be actively involved in home, school and community life at an individual, group and class level.</p> <p>understanding how to behave appropriately in different situations.</p>	<p>recognise the difference between right and wrong and what is fair and unfair.</p> <p>consider ways of looking after the school or community and how to care for the local environment.</p>	<p>show awareness of issues affecting communities and groups.</p> <p>identify the difference between needs and wants.</p>	<p>recognise how rights need to be balanced against responsibilities in order to protect individuals and communities from injustice.</p> <p>recognise that communities and the people within them are diverse, changing and interconnected.</p>

		identify the importance of rules and be able to say why rules applying to them are necessary.	identify and understand why laws are made and how they are applied justly.  reflect on the impact of people's actions on others and the environment.	recognise that people's basic needs are the same around the world, discussing why some societies are more able to meet these needs than others.  identify different forms of discrimination against people in societies.  consider the impact that discrimination has on people's lives.  consider the main features of a democracy.
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	<b>St Monica's RC Primary School: RHE Curriculum Progression and End Points</b>			
<b>Domains/ Themes/ Areas</b>	<b>End of EYFS</b>	<b>End of KS1</b>	<b>End of LKS2</b>	<b>End of UKS2</b>
<b>Module 1: Created and Loved by God</b>				
<b>Religious Understanding</b>	<p>We are created individually by God as part of His creation plan</p> <p>We are all God's children and are special</p> <p>Our bodies were created by God and are good</p> <p>We can give thanks to God</p>	<p>We are created individually by God</p> <p>God wants us to talk to Him often through the day and treat Him as our best friend</p> <p>God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness</p> <p>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</p> <p>We can give thanks to God in different ways</p>	<p>We are created individually by God who is Love, designed in His own image and likeness</p> <p>God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</p> <p>Every human life is precious from the beginning of life (conception) to natural death</p> <p>Personal and communal prayer and worship are necessary ways of growing in our relationship with God</p> <p>In Baptism God makes us His adopted children and 'receivers' of His love</p> <p>By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue)</p> <p>It is important to make a nightly examination of conscience</p>	<p>We were created individually by God who cares for us and wants us to put our faith in Him</p> <p>Physically becoming an adult is a natural phase of life</p> <p>Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</p>
<b>Me, My Body, My Health</b>	<p>We are each unique, with individual gifts, talents and skills</p>	<p>That we are unique, with individual gifts, talents and skills</p> <p>That our bodies are good</p>	<p>Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community</p>	<p>What the term puberty means</p> <p>When they can expect puberty to take place</p>

	<p>Whilst we all have similarities because we are made in God's image, difference is part of God's plan</p> <p>That their bodies are good and made by God</p> <p>The names of the parts of the body (not genitalia)</p> <p>That our bodies are good and we need to look after them</p> <p>What constitutes a healthy lifestyle, including exercise, diet, sleep</p>	<p>The names of the parts of our bodies including genitalia</p> <p>That girls and boys have been created by God to be both similar and different and together make up the richness of the human family</p> <p>Our bodies are good and we need to look after them</p> <p>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</p> <p>The importance of sleep, rest and recreation for our health</p> <p>How to maintain personal hygiene</p>	<p>Self-confidence arises from being loved by God (not status, etc)</p> <p>They need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do</p>	<p>That puberty is part of God's plan for our bodies</p> <p>Correct naming of genitalia</p> <p>What changes will happen to boys during puberty</p> <p>What changes will happen to girls during puberty</p> <p>Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community</p> <p>Self-confidence arises from being loved by God (not status, etc)</p> <p>That human beings are different to other animals</p> <p>About the unique growth and development of humans, and the changes that girls and boys will experience during puberty</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately</p> <p>The need for modesty and appropriate boundaries</p> <p>How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</p>
<p>Emotional Well-being</p>	<p>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>That it is natural for us to relate to and trust one another</p> <p>A language to describe their feelings</p> <p>An understanding that everyone experiences feelings, both good and bad</p> <p>Simple strategies for managing feelings</p> <p>Simple strategies for managing emotions and behaviour</p> <p>That we have choices and these choices can impact how we feel and respond.</p> <p>We can say sorry and forgive like Jesus</p>	<p>That it is natural for us to relate to and trust one another</p> <p>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>A language to describe our feelings</p> <p>In a simple way that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character</p> <p>Simple strategies for managing feelings and for good behaviour</p> <p>That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do</p>	<p>That emotions change as they grow up (including hormonal effects)</p> <p>A deeper understanding of the range and intensity of their feelings; that 'feelings' alone are not good guides for action</p> <p>What emotional well-being means;</p> <p>That positive actions help emotional well-being (beauty, art, etc. lift the spirit)</p> <p>That talking to trusted people helps emotional well-being (eg parents/carer/teacher/ parish priest)</p> <p>That images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>That some behaviour is wrong, unacceptable, unhealthy and risky</p>	<p>That images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</p> <p>A deeper understanding of the range and intensity of their feelings; that 'feelings' are not the only good guides for action</p> <p>That some behaviour is wrong, unacceptable, unhealthy or risky</p> <p>That emotions change as they grow up (including hormonal effects)</p> <p>About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being</p>

		That Jesus died on the cross so that we would be forgiven	That thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media	The difference between harmful and harmless videos and images  The impact that harmful videos and images can have on young minds  Ways to combat and deal with viewing harmful videos and images
Life Cycles	That there are natural life stages from birth to death, and what these are - typically naming baby, child, adult	That there are natural life stages from birth to death, and what these are - typically naming baby, child, teenager, adult, old age adult	That they were handmade by God with the help of their parents  How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception  How conception and life in the womb fits into the cycle of life	How a baby grows and develops in its mother's womb  About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life  Some practical help on how to manage the onset of menstruation
<b>Module 2: Created to Love Others</b>				
Religious Understanding	We are part of God's family  Jesus cared for others and wanted them to live good lives like Him  We should love other people in the same way God loves us	We are part of God's family  Saying sorry is important and can mend friendships  Jesus cared for others and had expectations of them and how they should act  We should love other people in the same way God loves us	That God loves, embraces, guides, forgives and reconciles us with him and one another  The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness  That relationships take time and effort to sustain  That we reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness	That God calls us to love others  Ways in which we can participate in God's call to us
Personal relationships	Special people (e.g. parents, carers, friends) and what makes them special  The importance of the nuclear family and of the wider family  The importance of being close to and trusting of 'special people' and telling them if something is troubling them  How their behaviour affects other people and that there is appropriate and inappropriate behaviour  The characteristics of positive and negative relationships  Different types of teasing and that all bullying is wrong and unacceptable  When they have been unkind to others and say sorry	'Special people' (their parents, carers, friends, parish priest) and what makes them special  The importance of nuclear and wider family  The importance of being close to and trusting special people and telling them if something is troubling them  How their behaviour affects other people, and that there is appropriate and inappropriate behaviour  The characteristics of positive and negative relationships  Different types of teasing and that all bullying is wrong and unacceptable  When they have been unkind and say sorry	Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong  That there are different types of relationships including those between acquaintances, friends, relatives and family  That good friendship is when both persons enjoy each other's company and also want what is truly best for the other  The difference between a group of friends and a 'clique'  Their awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying  Harassment and exploitation in relationships, including physical and emotional abuse and how to respond	That pressure comes in different forms, and what those different forms are  That there are strategies that they can adopt to resist pressure  What consent and bodily autonomy means  Different scenarios in which it is right to say 'no'  How thoughts and feelings impact actions, and develop strategies that will positively impact their actions and apply this in their relationships

	<p>That when we are unkind, we hurt God and should say sorry</p> <p>When people are being unkind to them and others and how to respond</p> <p>That we should forgive like Jesus forgives</p>	<p>When people are being unkind to them and others and how to respond</p> <p>When we are unkind to others, we hurt God also and should say sorry to him as well</p> <p>That we should forgive like Jesus forgives</p>		
<p><b>Keeping Safe</b></p>	<p>About safe and unsafe situations indoors and outdoors, including online</p> <p>That they can ask for help from their special people</p> <p>That they are entitled to bodily privacy</p> <p>That they can and should be open with 'special people' they trust if anything troubles them</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest</p> <p>That medicines should only be taken when a parent or doctor gives them to us</p> <p>That medicines are not sweets</p> <p>That we should always try to look after our bodies because God created them and gifted them to us</p> <p>That there are lots of jobs designed to help us</p> <p>That paramedics help us in a medical emergency</p> <p>That First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance</p>	<p>Some safe and unsafe situations, including online</p> <p>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</p> <p>How to resist pressure when feeling unsafe</p> <p>That they are entitled to bodily privacy</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest</p> <p>That medicines are drugs, but not all drugs are good for us</p> <p>That alcohol and tobacco are harmful substances</p> <p>That our bodies are created by God, so we should take care of them and be careful about what we consume</p> <p>That they should call 999 in an emergency and ask for ambulance, police and/or fire brigade</p> <p>That if they require medical help but it is not an emergency, basic first aid should be used instead of calling 999</p> <p>Some basic principles of First Aid</p>	<p>That their increasing independence brings increased responsibility to keep themselves and others safe</p> <p>How to use technology safely</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages • How to use technology safely</p> <p>That bad language and bad behaviour are inappropriate</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages</p> <p>To judge well what kind of physical contact is acceptable or unacceptable and how to respond</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest</p> <p>That medicines are drugs, but not all drugs are good for us</p> <p>That alcohol and tobacco are harmful substances</p> <p>That our bodies are created by God, so we should take care of them and be careful about what we consume</p> <p>That in an emergency, it is important to remain calm</p> <p>That quick reactions in an emergency can save a life</p>	<p>That their increasing independence brings increased responsibility to keep themselves and others safe</p> <p>How to use technology safely</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages</p> <p>What the term cyberbullying means and examples of it</p> <p>What cyberbullying feels like for the victim</p> <p>How to get help if they experience cyberbullying</p> <p>What kind of physical contact is acceptable or unacceptable and how to respond</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests</p> <p>The effect that a range of substances including drugs, tobacco and alcohol can have on the body</p> <p>How to make good choices about substances that will have a positive impact on their health</p> <p>That our bodies are created by God, so we should take care of them and be careful about what we consume</p> <p>How they may come under pressure when it comes to drugs, alcohol and tobacco</p> <p>That they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies</p> <p>That the recovery position can be used when a person is unconscious but breathing</p>

			How to help in an emergency using their First Aid knowledge	That DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance
<b>Module 3: Created to Live in Community</b>				
<b>Religious Understanding</b>	<p>That God is love: Father, Son and Holy Spirit</p> <p>That being made in His image means being called to be loved and to love others</p> <p>What a community is, and that God calls us to live in community with one another</p> <p>Some Scripture illustrating the importance of living in a community</p> <p>That no matter how small our offerings, they are valuable to God and He can use them for His glory</p>	<p>That God is love: Father, Son and Holy Spirit</p> <p>That being made in His image means being called to be loved and to love others</p> <p>What a community is, and that God calls us to live in community with one another</p> <p>A scripture illustrating the importance of living in community as a consequence of this</p> <p>Jesus' teaching on who is my neighbour</p>	<p>God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</p> <p>The human family can reflect the Holy Trinity in charity and generosity</p> <p>The Church family comprises home, school and parish (which is part of the diocese)</p>	<p>That God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity</p> <p>That the Holy Spirit works through us to bring God's love and goodness to others</p> <p>The principles of Catholic Social Teaching</p> <p>That God formed them out of love, to know and share His love with others</p>
<b>Living in the Wider World</b>	<p>That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community</p> <p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling, etc)</p> <p>About what harms and what improves the world in which they live</p>	<p>That they belong to various communities such as home, school, parish, the wider local community, nation and global community</p> <p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</p> <p>What harms and what improves the world in which we live in simple terms</p>	<p>That God wants His Church to love and care for others</p> <p>Practical ways of loving and caring for others</p>	<p>How to apply the principles of Catholic Social Teaching to current issues</p> <p>Ways in which they can spread God's love in their community</p>