## Widnes Academy



## **PSHE** Progression Map

## **Objectives & Key Stages**

PSHE is taught using the scheme ThoughtBox supporting the statutory guidance of Relationships & Health Education

ThoughtBox is a Triple Wellbeing Curriculum

Blue Highlighted Objectives are not statutory

Green Highlighted Objectives are statutory

Core Theme 1			
Health and Wellbeing			
Healthy Lifestyles (physical v	wellbeing)		
KS1		KS2	1
Objective	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
H1. about what keeping healthy means; different ways to keep healthy	Happiness Food Habitats	H1. how to make informed decisions about health	Happiness
H2. about foods that support good health and the risks of eating too much sugar	Food	H2. about the elements of a balanced, healthy lifestyle	Food Happiness
H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday	Happiness Habitats	H3. about choices that support a healthy lifestyle, and recognise what might influence these	Happiness
H4. about why sleep is important and different ways to rest and relax	Happiness	H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle	Happiness Social media Identity Love & Relationships
H5. simple hygiene routines that can stop germs from spreading	Whole school priority – discussions ongoing in class	H5. about what good physical health means; how to recognise early signs of physical illness	PE
H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy		H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.	Food
H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	Year 1 Visitor	H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	Happiness PE
H8. how to keep safe in	Whole school priority –	H8. about how sleep	Happiness

the sun and protect skin from sun damage	discussions in class in Summer term Year 1 link with science	contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	
H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV	Social media Happiness Identity	H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it	
H10. about the people who help us to stay physically healthy	Love & Relationships Happiness Groups & Gangs (not taught in cycle yet)	H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed	
		H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)	Food
		H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer	Whole school priority – Summer Term discussions
		H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online	Social Media
		H14. how and when to seek support, including which adults to speak to in and outside school, if they	Love & Relationships

		are worried about their health	
Core Theme 1	<u> </u>		I
Health and Wellbeing			
Mental Health			
KS1		KS2	
Objective	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
H11. about different feelings that humans can experience	All topics Whole school – mental health week	H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health	Happiness Identity Love & Relationships Whole school – mental health week
H12. how to recognise and name different feelings	Happiness Identity Love & Relationships	H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing	Happiness Identity Love & Relationships Groups & Gangs (not taught in cycle yet)
H13. how feelings can affect people's bodies and how they behave	Happiness Identity Love & Relationships	H17. to recognise that feelings can change over time and range in intensity	All topics
H14. how to recognise what others might be feeling	All topics	H18. about everyday things that affect feelings and the importance of expressing feelings	All topics
H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things	All topics Excluding – Identity Faith Global Cultures	H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;	All topics
H16. about ways of sharing feelings; a range of words to describe feelings	All topics	H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations	All topics Explicitly – Love & Relationships
H17. about things that help people feel good (e.g.	Happiness Love & Relationships	H21. to recognise warning signs about mental health	Happiness Identity

playing outside, doing things they enjoy, spending time with family, getting enough sleep)	Groups & Gangs (not taught in cycle yet)	and wellbeing and how to seek support for themselves and others	Love & Relationships Social Media
H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good	Happiness Identity Love & Relationships	H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult	Happiness Identity
H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it	All topics	H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement	Faith & Spirituality Learning Mentor
H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better	Identity Love & Relationships Faith & Spirituality Groups & Gangs (not taught in cycle yet)	H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools	Happiness Identity Groups & Gangs (not taught in cycle yet)
Core Theme 1			
Health and Wellbeing			
Ourselves, growing and char	nging	1462	
KS1 Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	KS2 Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
H21. to recognise what makes them special	Identity Love & Relationships Groups & Gangs (not taught in cycle yet)	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	Global Cultures Happiness Identity Love & Relationships Faith & Spirituality
H22. to recognise the ways in which we are all unique	Happiness	H26. that for some people gender identity does not correspond with their biological sex	Identity
H23. to identify what they are good at, what they like and dislike	Happiness Identity	H27. to recognise their individuality and personal qualities	Happiness Identity
H24. how to manage when finding things difficult	Happiness Identity Love & Relationships	H28. to identify personal strengths, skills, achievements and interests and how these	All topics

		contribute to a sense of self-worth	
H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)	Science – Year 1	H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking	Happiness Identity Love & Relationships
H26. about growing and changing from young to old and how people's needs change	Love & Relationships	H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction	Science School Nurser visitor
H27. about preparing to move to a new class/year group	Whole school approach – changing year groups Nursery – Reception transition meetings Year 1 – transition meeting Year 6 – transitions to high schools	H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)	Science School Nurser visitor
		H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene	Science School Nurser visitor
		H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for <sup>1</sup>	Science School Nurser visitor
		H34. about where to get more information, help and advice about growing and changing, especially about puberty	Science School Nurser visitor
		H35. about the new opportunities and responsibilities that increasing independence may bring	Identity Social Media Love & Relationships

		H36. strategies to manage transitions between classes and key stage	Whole school approach – changing year groups Nursery – Reception transition meetings Year 1 – transition meeting Year 6 – transitions to high schools
		12 1 Pupils are often aware not always result in a baby of aware of or have heard about of contraception (e.g. condo avoiding sexual intercourse) contraception can be taught include basic information ab contraception (for example, contraceptive pill) and how to being made. Schools will nee appropriate for their commu consider how to approach the We have chosen not to teac and discussions with Headter	that sexual intercourse does and they may already be ut some common methods oms, the contraceptive pill or . A basic understanding of t at primary level. This may pout common forms of condoms and the these can prevent a baby ed to decide whether this is unity and cohorts and his as part of Sex Education. h this after parental survey
Core Theme 1 Health and Wellbeing Keeping Safe			
KS1 Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	KS2 Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
H28. about rules and age restrictions that keep us safe	Social media ICT	H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming	Social Media
H29. to recognise risk in simple everyday situations and what action to take to minimise harm	Twinkl topics	H38. how to predict, assess and manage risk in different situations	Safety Central – Year 5/6 trip
H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)	Year 2 – Great Fire of London Topic Fire Fighter visitor	H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe	Safety Central – Year 5/6 trip
H31. that household products (including medicines) can be harmful	Twinkl Topics	H40. about the importance of taking medicines correctly and	Safety Central – Year 5/6 trip

if not used correctly		using household products safely, (e.g. following instructions carefully)	
H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely	Twinkl Topics Junior Safety Officers	H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about	Safety Central – Year 5/6 trip
H33. about the people whose job it is to help keep us safe	Love & Relationships Whole School approach – discussions	H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact	Social Media Love & Relationships ICT
H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them	Social Media ICT	H43. about what is meant by first aid; basic techniques for dealing with common injuries	St John Ambulance scheme
H35. about what to do if there is an accident and someone is hurt	Twinkl Topics	H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say	Safety Central – Year 5/6 trip
H36. how to get help in an emergency (how to dial 999 and what to say)	Twinkl Topics	H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk <sup>3</sup>	
Core Theme 1 Health and Wellbeing Drugs, alcohol and tabaco			

NOT TAUGHT THROUGH TH	OUGHTBOX		
KS1		KS2	
Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
H37. about things that people can put into their body or on their skin; how these can affect how people feel		H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e- cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break	School Nurse
		H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others	School Nurse
		H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);	School Nurse
		H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping	
		H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concern	

Core Theme 2			
Relationships			
Families and Close Positive I	Relationships		
KS1		KS2	
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
	Cross Curricular Topics/		Cross Curricular Topics/
	Contextual visitors		Contextual visitors
R1. about the roles	Love & relationships	R1. to recognise that there	Love & relationships
different people (e.g.	Faith & Spirituality	are different types of	
acquaintances, friends and	Groups & Gangs (Not	relationships (e.g.	
relatives) play in our lives	taught in cycle yet)	friendships, family	

		relationships, romantic relationships, online	
		relationships)	
R2. to identify the people	Love & relationships	R2. that people may be	Love & Relationships
who love and care for	Faith & Spirituality	attracted to someone	Love & Relationships
them and what they do to	Groups & Gangs (Not	emotionally, romantically	
-			
help them feel cared for	taught in cycle yet)	and sexually; that people	
		may be attracted to someone of the same sex	
		or different sex to them;	
		that gender identity and sexual orientation are	
		different	
D2 about different turner	Lovo 8 rolationships		Stonewall
R3. about different types	Love & relationships	R3. about marriage and	Stonewall
of families including those	Faith & Spirituality Global Cultures	civil partnership as a legal declaration of	
that may be different to their own			
their own	Groups & Gangs (Not	commitment made by two	
	taught in cycle yet)	adults who love and care	
		for each other, which is	
		intended to be lifelong	
R4. to identify common	Love & Relationships	R4. that forcing anyone to	Stonewall
features of family life		marry against their will is	
		a crime; that help and	
		support is available to	
		people who are worried	
		about this for themselves	
		or others	
R5. that it is important to	Love & relationships	R5. that people who love	Love & Relationships
tell someone (such as	Groups & Gangs (Not	and care for each other	
their teacher) if something	taught in cycle yet)	can be in a committed	
about their family makes		relationship (e.g.	
them unhappy or worried		marriage), living together,	
		but may also live apart	Laura & Dalatianakina
		R6. that a feature of	Love & Relationships
		positive family life is	Groups & Gangs (not
		caring relationships; about	taught in cycle yet)
		the different ways in	
		which people care for one	
		another	Lava & Dalatianshing
		R7. to recognise and	Love & Relationships
		respect that there are different types of family	Groups & Gangs (not
			taught in cycle yet)
		structure (including single	
		parents, same-sex	
		parents, step-parents, blended families, foster	
		parents); that families of	
		all types can give family	
		members love, security	
		and stability	
		R8. to recognise other	Love & Relationships
		shared characteristics of	Global Cultures
		healthy family life,	Groups & Gangs (not
		including commitment,	taught in cycle yet)
		care, spending time	taught in tytie yet)
		together; being there for	
		each other in times of	

		difficulty	
		R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	Love & Relationships Happiness Identity
Core Theme 2			
Relationships Friendships			
	entor who uses group work	to develop friendships = circle	of friends
KS1		KS2	
Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
R6. about how people make friends and what makes a good friendship	Love & Relationships Happiness Groups & Gangs (not taught in cycle yet)	R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing	Love & Relationships Identity Groups & Gangs (not taught in cycle yet)
R7. about how to recognise when they or someone else feels lonely and what to do	Identity Love & Relationships Happiness Groups & Gangs (not taught in cycle yet)	R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships	Love & Relationships Social Media Groups & Gangs (not taught in cycle yet)
R8. simple strategies to resolve arguments between friends positively	Love & Relationships Groups & Gangs (not taught in cycle yet)	R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face	Social Media Groups & Gangs (not taught in cycle yet)
R9. how to ask for help if a friendship is making them feel unhappy	Love & Relationships Social Media Groups & Gangs (not taught in cycle yet)	R13. the importance of seeking support if feeling lonely or excluded	Identity Groups & Gangs (not taught in cycle yet)
		R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them	Love & Relationships Groups & Gangs (not taught in cycle yet)
		R15. strategies for recognising and managing peer influence and a desire for peer approval in	Love & Relationships Happiness Identity Groups & Gangs (not

		friendships; to recognise	taught in cycle yet)
		the effect of online	
		actions on others	
		R16. how friendships can	Love & Relationships
		change over time, about	Groups & Gangs (not
		making new friends and	taught in cycle yet)
		the benefits of having	taught in cycle yet)
		-	
		different types of friends	Laura & Dalationahina
		R17. that friendships have	Love & Relationships
		ups and downs; strategies	Groups & Gangs (not
		to resolve disputes and	taught in cycle yet)
		reconcile differences	
		positively and safely	
		R18. to recognise if a	Social Media
		friendship (online or	ICT
		offline) is making them	
		feel unsafe or	
		uncomfortable; how to	
		manage this and ask for	
		support if necessary	
Core Theme 2			
Relationships			
Managing hurtful behaviou	r and bullying		
KS1		KS2	
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
	Cross Curricular Topics/		Cross Curricular Topics/
	Contextual visitors		Contextual visitors
R10. that bodies and	Whole school approach	R19. about the impact of	Social Media
feelings can be hurt by	Mental Health Week	bullying, including offline	Love & Relationships
words and actions; that	Anti-bullying week	and online, and the	Groups & Gangs (not
people can say hurtful	ICT	consequences of hurtful	taught in cycle yet)
people call say hui thui		I CONSEQUENCES OF HUILIN	
things online		behaviour	
			Whole school approach
			Whole school approach Mental Health Week
			Whole school approach Mental Health Week Anti-bullying week
things online		behaviour	Whole school approach Mental Health Week Anti-bullying week ICT
things online R11. about how people	Whole school approach	behaviour R20. strategies to respond	Whole school approach Mental Health Week Anti-bullying week ICT Social Media
things online R11. about how people may feel if they	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships
things online R11. about how people may feel if they experience hurtful	Whole school approach	behaviour         R20. strategies to respond         to hurtful behaviour         experienced or witnessed,	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity
things online R11. about how people may feel if they	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships
things online R11. about how people may feel if they experience hurtful	Whole school approach Mental Health Week	behaviour         R20. strategies to respond         to hurtful behaviour         experienced or witnessed,	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity
things online R11. about how people may feel if they experience hurtful	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not
things online R11. about how people may feel if they experience hurtful	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not
things online R11. about how people may feel if they experience hurtful	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling,	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet)
things online R11. about how people may feel if they experience hurtful	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach
things online R11. about how people may feel if they experience hurtful	Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week
things online R11. about how people may feel if they experience hurtful behaviour or bullying	Whole school approach Mental Health Week Anti-bullying week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful	Whole school approach Mental Health Week Anti-bullying week Whole school approach	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination:	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination: what it means and how to	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing,	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week Anti-bullying week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination:	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality Love & Relationships
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination: what it means and how to	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality Love & Relationships Identity
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week Anti-bullying week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination: what it means and how to	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality Love & Relationships Identity Groups & Gangs (not
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable;	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week Anti-bullying week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination: what it means and how to	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality Love & Relationships Identity
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying;	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week Anti-bullying week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination: what it means and how to	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality Love & Relationships Identity Groups & Gangs (not taught in cycle yet)
things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable;	Whole school approach Mental Health Week Anti-bullying week Whole school approach Mental Health Week Anti-bullying week	behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name- calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R21. about discrimination: what it means and how to	Whole school approach Mental Health Week Anti-bullying week ICT Social Media Love & Relationships Identity Groups & Gangs (not taught in cycle yet) Whole school approach Mental Health Week Anti-bullying week ICT Global Cultures Faith & Spirituality Love & Relationships Identity Groups & Gangs (not

Safe relationships KS1		KS2	
Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private	Science – Year 1 PANTS – NSPCC	R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);	Social Media Groups & Gangs (not taught in cycle yet) ICT
R14. that sometimes people may behave differently online, including by pretending to be someone they are not	Social Media Groups & Gangs (not taught in cycle yet)	R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns	Social Media Identity ICT
R15. how to respond safely to adults they don't know	Whole school approach	R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know	Social Media ICT
R16. about how to respond if physical contact makes them feel uncomfortable or unsafe	Whole school approach Safety Officers	R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact	
R17. about knowing there are situations when they should ask for permission and also when their permission should be sought	Whole school approach Safety Officers	R26. about seeking and giving permission (consent) in different situations	Social Media
R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)	Whole school approach Safety Officers	R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret	Whole School Approach
R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe	Identity Love & Relationships Groups & Gangs (not taught in cycle yet)	R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this	Whole School Approach Safety Central Trip

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard Core Theme 2 Relationships	Love & Relationships Groups & Gangs (not taught in cycle yet)	R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)	Social Media ICT
Respecting self and others			
KS1		KS2	
Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors	Objectives	ThoughtBox Topics/ Cross Curricular Topics/ Contextual visitors
R21. about what is kind and unkind behaviour, and how this can affect others	Identity Kindness Love & Relationships	R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online	Kindness Identity Love & relationships Social Media Groups & Gangs (not taught in cycle yet)
R22. about how to treat themselves and others with respect; how to be polite and courteous	Kindness Global Cultures Groups & Gangs (not taught in cycle yet)	R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships	All topics Whole school approach
R23. to recognise the ways in which they are the same and different to others	Kindness Global Cultures Faith & Spirtulaity Groups & Gangs (not taught in cycle yet)	R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background	All topics Whole School Approach Diversity week Anti – bullying week
R24. how to listen to other people and play and work cooperatively	Love & Relationships Groups & Gangs (not taught in cycle yet) Whole school approach	R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own	All topics Global Cultures Diversity week Interfaith week Antibullying week
R25. how to talk about and share their opinions on things that matter to them	All topics Whole school approach	R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge	All topics Global Cultures Diversity week Interfaith week Antibullying week

those they disagree with
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Core Theme 3			
Living in the Wider World			
Shared responsibilities			
KS1		KS2	
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
	Cross Curricular Topics/		Cross Curricular Topics/
	Contextual visitors Global Cultures		Contextual visitors
L1. about what rules are, why they are needed, and	Faith & Spirituality	L1. to recognise reasons for rules and laws;	Whole School Approach Picture News – British
why different rules are	Whole School approach	consequences of not	Values
needed for different	Picture News – British	adhering to rules and laws	values
situations	Value/ Law		
L2. how people and other	Identity	L2. to recognise there are	Identity
living things have different	Love & Relationships	human rights, that are	Journeys
needs; about the	Happiness	there to protect everyone	Home
responsibilities of caring			
for them			Picture News
			Diversity Week
L3. about things they can	All Topics	L3. about the relationship	Kindness
do to help look after their	Especially –	between rights and	Journeys
environment	Changing Climates	responsibilities	
	Habitats		Picture News
	Waste		
	Food		
	Clothes Water		
	Whole School Approach		
	Nature Club		
		L4. the importance of	All topics
		having compassion	
		towards others; shared	Picture News
		responsibilities we all have	Whole School Approach
		for caring for other people	
		and living things; how to	
		show care and concern for	
		others	
		L5. ways of carrying out	All topics
		shared responsibilities for	Especially – Food
		protecting the environment in school and	Clothes
		at home; how everyday	Waste
		choices can affect the	Habitats
		environment (e.g.	Water
		reducing, reusing,	Changing Climate
		recycling; food choices)	
			Picture News
Core Theme 3			
Living in the Wider World			
Communities		462	
KS1		KS2	The web + Deve The size /
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
	Cross Curricular Topics/		Cross Curricular Topics/

	Contextual visitors		Contextual visitors
L4. about the different	Groups & Gangs (not	L6. about the different	Journeys
groups they belong to	taught in cycle yet)	groups that make up their	Home
Sloups they sciolig to	taagint in cycle yety	community; what living in	Faith & Spirituality
	Whole School Approach	a community means	Love & relationships
	RE	a community means	Groups & Gangs (not
			taught in cycle yet)
			taught in cycle yet)
			Whole School Approach
L5. about the different	Love & Relationships	L7. to value the different	All Topics
roles and responsibilities	Identity	contributions that people	Especially –
people have in their	Groups & Gangs (not	and groups make to the	Equality & Justice
community	taught in cycle yet)	community	Global Cultures
community	taught in cycle yet)	community	Identity
	Whole School Approach		-
	Whole School Approach		Groups & Gangs (not
			taught in cycle yet)
			Whole School Approach
L6. to recognise the ways	All topics	L8. about diversity: what it	All Topics
they are the same as, and	Especially –	means; the benefits of	Especially –
different to, other people	Love & Relationships	living in a diverse	Equality & Justice
unterent to, other people	Identity	community; about valuing	Journeys
	Global Cultures	diversity within	Groups & Gangs (not
		communities	
	Faith & Spirituality	communities	taught in cycle yet)
	Groups & Gangs (not		Whole School Approach
	taught in cycle yet)		Whole School Approach
			RE
	Whole School Approach		Diversity Week
	Diversity Week		
	RE		
		L9. about stereotypes;	All Topics
		how they can negatively	Whole School Approach
		influence behaviours and	Diversity Week
		attitudes towards others;	RE
		strategies for challenging	
		stereotypes L10. about prejudice; how	All Topics
		to recognise	Especially –
		behaviours/actions which discriminate against	Journeys Faith & Spirituality
		· ·	
		others; ways of	Home
		responding to it if	Identity
		witnessed or experience	Global Cultures
			Groups & Gangs (not
Coro Thoma 2			taught in cycle yet)
Core Theme 3 Living in the Wider World			
Media literacy & digital resi	lience		
KS1		KS2	
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
, -	Cross Curricular Topics/		Cross Curricular Topics/
	Contextual visitors		Contextual visitors
L7. about how the internet	Social Media	L11. recognise ways in	Social Media
and digital devices can be	ICT	which the internet and	ICT
used safely to find things		social media can be used	Whole School – Cross
		both positively and	
out and to communicate		noth nositivaly and	Curricular Links

with others		negatively	
L8. about the role of the	Social Media	L12. how to assess the	Social Media
internet in everyday life	ICT	reliability of sources of	ICT
	Whole School Approach	information online; and	Whole School – Cross
		how to make safe, reliable	Curricular Links
		choices from search	
		results	
L9. that not all	Social Media	L13. about some of the	Social Media
information seen online is	ICT	different ways information	ICT
true		and data is shared and	Whole School – Cross
		used online, including for	Curricular Links
		commercial purposes	
		L14. about how	Social Media
		information on the internet is ranked,	ICT Whole School – Cross
		selected and targeted at	Curricular Links
		specific individuals and	
		groups; that connected	
		devices can share	
		information	
		L15. recognise things	Social Media
		appropriate to share and	ICT
		things that should not be	Whole School – Cross
		shared on social media;	Curricular Links
		rules surrounding	
		distribution of images	
		L16. about how text and	Social Media
		images in the media and	ICT
		on social media can be	Whole School – Cross
		manipulated or invented;	Curricular Links
		strategies to evaluate the	
		reliability of sources and	
		identify misinformation	
Core Theme 3			
Living in the Wider World			
Economic wellbeing: Money	/		
KS1	The ships Tester/	KS2	The shupe Tester/
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
	Cross Curricular Topics/		Cross Curricular Topics/
	Contextual visitors		Contextual visitors
110 what monoy is forms	Happiness	117 about the different	Hanninger
•	Happiness	L17. about the different	Happiness
that money comes in; that	Happiness	ways to pay for things and	Happiness
that money comes in; that money comes from	Happiness	ways to pay for things and the choices people have	Happiness
that money comes in; that money comes from different sources		ways to pay for things and the choices people have about this	
that money comes in; that money comes from different sources L11. that people make	Happiness Happiness	<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that</li> </ul>	Happiness
that money comes in; that money comes from different sources L11. that people make different choices about		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different</li> </ul>	
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving</li> </ul>	Happiness
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money;</li> </ul>	Happiness
L10. what money is; forms that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend money		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money; what influences people's</li> </ul>	Happiness
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes</li> </ul>	Happiness
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for</li> </ul>	Happiness
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend money	Happiness	<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'</li> </ul>	Happiness Global Cultures
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend		<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'</li> <li>L19. that people's</li> </ul>	Happiness Global Cultures All Topics
that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend money L12. about the difference	Happiness	<ul> <li>ways to pay for things and the choices people have about this</li> <li>L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'</li> </ul>	Happiness Global Cultures

able to have the things		trade, buying single-use	Clothes
they want		plastics, or giving to	Waste
		charity)	Global Cultures
L13. that money needs to	Maths Links	L20. to recognise that	Global Cultures
be looked after; different		people make spending	Happiness
ways of doing this		decisions based on	
		priorities, needs and	
		wants	
		L21. different ways to	Maths Links
		keep track of money	
		L22. about risks associated	
		with money (e.g. money	
		can be won, lost or stolen)	
		and ways of keeping	
		money safe	
		L23. about the risks	
		involved in gambling;	
		different ways money can	
		be won or lost through	
		gambling-related activities	
		and their impact on	
		health, wellbeing and	
		future aspirations	
		L24. to identify the ways	Happiness
		that money can impact on	
		people's feelings and	
		emotions	
Living in the Wider World Economic wellbeing: Aspira	tions, work and career		
KS1		KS2	
Objectives	ThoughtBox Topics/	Objectives	ThoughtBox Topics/
	Cross Curricular Topics/		Cross Curricular Topics/
	Contextual visitors		Contextual visitors
L14. that everyone has	All Topics	L25. to recognise positive	Happiness
different strengths	Especially –	things about themselves	Identity
	Identity	and their achievements;	X 6
	Happiness	set goals to help achieve	Year 6 visitor
	Equality & Justice	personal outcomes	
	Groups & Gangs (not		
	taught in cycle yet)		
L15. that jobs help people		L26. that there is a broad	Happiness
to earn money to pay for		range of different	Identity
things		jobs/careers that people	Veen Cuisiten
		can have; that people	Year 6 visitor
		often have more than one	
		career/type of job during	
116 different ishe that		their life	Hanninger
L16. different jobs that		L27. about stereotypes in the workplace and that a	Happiness
people they know or		the workplace and that a	Identity
people who work in the		person's career aspirations should not be	Year 6 visitor
community do		limited by them	Diversity week
117 about some stille		L28. about what might	Love & Relationships
		I LZO, ADUUL WIIAL IIII2IIL	
L17. about some of the strengths and interests		-	-
L17. about some of the strengths and interests someone might need to		influence people's decisions about a job or	Identity Groups & Gangs (not

do different jobs	career (e.g. personal taught in cycle yet)
	interests and values,
	family connections to
	certain trades or
	businesses, strengths and
	qualities, ways in which
	stereotypical assumptions
	can deter people from
	aspiring to certain jobs)
	L29. that some jobs are Year 6 Visitor
	paid more than others and
	money is one factor which
	may influence a person's
	job or career choice; that
	people may choose to do
	voluntary work which is
	unpaid
	L30. about some of the Year 6 Visitor
	skills that will help them in
	their future careers e.g.
	teamwork,
	communication and
	negotiation
	L31. to identify the kind of Year 6 Visitor
	job that they might like to
	do when they are older
	L32. to recognise a variety Year 6 Visitor
	of routes into careers (e.g.
	college, apprenticeship,
	university)
	university