

## Whole School PHSE Curriculum Progression

### Curriculum Intent Statement:

The breadth of our PHSE curriculum is adapted to our beliefs about the needs of our pupils and our values as a school. We have agreed that within our history curriculum, Welton children need:

- A greater awareness of self help regulatory strategies at times of need
- To embed the Welton school values so they permeate all aspects of their lives
- To appreciate the subject through aspirational visitors, role models and events for future related careers

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Breadth of study</b> (RSE Ref)	Jigsaw: Understanding feelings Being in a classroom Being gentle Rights and responsibilities Identifying talents <i>Being special</i> <i>Families</i> <i>Making friends</i> Standing up for yourself Challenges Seeking help Achieving goals Perseverance Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Families Friends and breaking friends Being a good friend Respecting my body	Jigsaw: Feeling special and safe Rights and responsibilities Dealing with bullying Celebrating differences Setting goals, tackling new challenges, overcoming obstacles, feelings of success. Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating differences Healthier lifestyle choices Keeping clean and safe Safety at home Road safety <i>Belonging to a family</i>	Jigsaw: Hopes and fears for the year Rights and responsibilities Rewards and consequences Recognising feelings <i>Assumptions about stereotypes and gender</i> Standing up for self and others Celebrating differences and remaining friends Perseverance Learning with others Contributing to and sharing success Motivation Healthier Choices Relaxation Healthy snacks and sharing food <i>Different types of families</i>	Jigsaw Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Responses and choices Other peoples' views <i>Families and their differences</i> <i>Family conflict</i> Bullying and how to solve it Giving and receiving compliments Difficult challenges and achieving success Dreams and challenges Motivation and enthusiasm Evaluating learning processes Managing feelings Simple budgeting Exercise	Jigsaw: Being Me in My World Being a school citizen Class teams Rights and democracy Having a voice What motivates behaviour Challenging assumptions Judging by appearance First impressions Understanding differences Understanding influences Bullying and problem solving Hopes and dreams Overcoming disappointment Achieving goals Celebrating contributions Resilience <i>Healthy friendships</i> Group dynamics	Jigsaw: Planning the year Being a citizen Rights, rules, consequences and responsibilities Democracy and participation Cultural differences Racism Rumours and name calling Types of bullying Enjoying and respecting other cultures Future dreams The importance of money Jobs and careers Supporting others (charity) Motivation Smoking, including vaping Alcohol Emergency aid <i>Body image</i>	Jigsaw: Goals for the year Global citizenship Children's' universal rights Feeling welcome and valued Choices consequences and rewards Group dynamics Democracy Anti-social behaviour Role-modelling Understanding disability Power struggles Inclusion/ exclusion Celebrating differences Empathy Learning goals in and out of school Making a difference in the world Motivation Compliments How substances affect the body

	<p>Growing up</p> <p>Fun and fears</p> <p>Celebrations</p> <p>RSE</p>	<p>Physical contact preferences</p> <p>People who help us</p> <p>Being a good friend to myself</p> <p>Special relationships</p> <p>Lifecycles</p> <p>Changes since being a baby</p> <p>Growing and learning</p> <p>Coping with change</p> <p>RSE</p>	<p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation for special relationships</p> <p>Lifestyles in nature</p> <p>Growing from young to old</p> <p>Assertiveness</p> <p>Preparing for transition</p> <p>RSE</p>	<p>Fitness challenges</p> <p>Attitudes towards drugs</p> <p>Online safety</p> <p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Being a global citizen</p> <p>Other children's' lives</p> <p>Expressing appreciation for others</p> <p>Body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p> <p>RSE</p>	<p>Smoking</p> <p>Alcohol</p> <p>Peer pressure and inner strength</p> <p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation</p> <p>Being unique</p> <p>Accepting change</p> <p>Preparing for transition</p> <p>RSE</p>	<p>Relationships with food</p> <p>Healthy choices</p> <p>Self esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Gaming and gambling online</p> <p>Dangers online</p> <p>Self-image</p> <p>Puberty</p> <p>Conception</p> <p>Growing responsibility</p> <p>Preparing for transition</p> <p>RSE</p>	<p>Exploitation, including county lines and gang culture</p> <p>Managing stress</p> <p>Emotional health</p> <p>Identifying worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Safe technology</p> <p>Self and body image</p> <p>Respect and consent</p> <p>Boyfriends/ girlfriends</p> <p>Conception to birth</p> <p>Transition</p> <p>RSE</p>
<b>Threshold Concepts</b>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>	<p>Being me</p> <p>Celebrating differences</p> <p>Dreams and Goals</p> <p>Healthy me</p> <p>Relationships</p> <p>Changing me</p>
<b>Essential Prior Learning</b>	See previous year.	See previous year.	See previous year.	See previous year.	See previous year.	See previous year.	See previous year.
<b>Trips, extra curricular and outdoor experiences</b>	<p>Wellbeing Week</p> <p>Welton Values</p>	<p>Wellbeing Week</p> <p>Welton Values</p>	<p>Wellbeing Week</p> <p>Welton Values</p>	<p>Wellbeing Week</p> <p>Welton Values</p>	<p>Wellbeing Week</p> <p>Welton Values</p> <p>Camp</p>	<p>Wellbeing Week</p> <p>Welton Values</p>	<p>Wellbeing Week</p> <p>Welton Values</p> <p>Camp</p>