**PHSE Whole School Progression of Knowledge**

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| **YEAR ONE** |

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| **Vocabulary/Significant Knowledge** | **What Makes a Family** | **Staying Healthy** | | **Growing up** | | **Online safety** |
| People, roles, change, loss,  change, moving, forever, feelings, responsibility, kindness, consent, private, permission, trusted adult, secret, surprise, worried, normal, different, religion, culture. | Exercise, diet, sleep, brushing, teeth, diet, healthy, unhealthy, fruit, vegetable, energy, Halal, Kosher, teeth, dentist, clean, wash, disease, germs, chemical, medicine, needles, railway, emergency, police, fire brigade, ambulance. | | Change, age, baby, child,  teenager, adult, elderly. | | Screen, connect, active,  creative, personal, information. |
| **PHSE Enquiry Questions** | Who’s in my family?  Do families always stay the same?  How should families treat each other?  When should I say no?  Who owns my body? I do!  Are all families the same? | How do I help my body stay healthy?  How do I decide what to eat?  How do we stop getting ill?  How can I stay safe? | | Will I always be a child? | | Screen time: how much should I have?  Personal information: how can we keep it safe online? |
| **YEAR TWO** | | | | | | |
| **Vocabulary/Significant Knowledge** | **Keeping friendships healthy** | **Understanding my feelings** | | **Our communities** | | **Online safety** |
| Friend, family, stranger, acquaintance, member of my community, kind, sorry, apologise, difference, different, feelings, thoughts, opinions, perfect, team, include, exclude, leave out, respect, listening, polite, bullying, physical, emotional, group, disability, minority | Angry, happy, nervous, scared, sad, calm, surprised, pride, unique, feelings, online, offline, activities, hobbies, sleep, physical exercise, indoors, outdoors, worried, anxious, scared, nervous | | Rules, right, wrong, community, different, penis, vagina, boy, girl, screen, connect, active, creative | | Personal, information,  private, truth, internet,  information, money, fake. |
| **PHSE Enquiry Questions** | Who is my friend?  What makes a good friend?  How do we stop bullying? | Where do feelings come from?  Who am I?  What helps me to be happy? | | How do we make a happy school?  Who lives in my neighbourhood?  What makes a boy or a girl?  How do I save up to buy something? | | Online strangers: how can  we stay safe online?  Who puts things on the internet? |
| **YEAR THREE** | | | | | | |
| **Vocabulary/Significant Knowledge** | **What makes a family?** | **Staying healthy** | | **Our communities** | | **Online safety** |
| Foster care, adoption, divorce, break-up, death, grief, illness, disability, religion, skin colour, Islam, Muslim, mosque, prayers, represent, discrimination, gender, stereotype, sexism, bullying, diversity, religion. | Active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance, germs, bacteria, virus, hygiene, infection | | Rules, laws, government, vote, rights, police, fair, equal, equality, community, citizen, support, belong, adoption, community, responsibility, acts of kindness | | Strangers, online, deception, social media, Personal, information, privacy, stranger, trust, Social media, kindness, cyberbullying, friendship, pressure, behaviour |
| **PHSE Enquiry Questions** | Do families always stay the same?  Are all families like mine?  Are boys and girls the same? | How do I keep my body healthy?  How do I eat a healthy diet?  How do I stop getting ill? | | How do we make the world fair?  Where do you feel like you belong?  How can we help the people around us? | | Online strangers: who do we trust?  What is personal information?  How should we behave online? |
| **YEAR FOUR** | | | | | | |
| **Vocabulary/Significant Knowledge** | **Keeping friendships healthy** | | **Understanding my feelings** | | **Online safety** | |
| Diversity, religion, happy, safe, trust, respect, honesty, kindness, generosity, interests, experiences, support, problems, welcome, Ramadan, disagreement, positive and negative emotions, perfect, compromise. | | Responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress, feelings, emotions, depression, anger, happiness, love, self-esteem. | | Personal, information, identities, digital literacy, analyse, content, media, headlines, features, tabloid, broadsheet, advertising, fake news, theories | |
| **Historical Enquiry Questions** | What makes a good friend?  Are all friends the same?  Are friendships always fun? | | How do I manage my feelings?  Are we happy all the time? | | Who can we share our personal information with?  Digital media: where do you get your news?  Verifying content: what is fake news? | |
| **YEAR FIVE** | | | | | | |
| **Vocabulary/Significant Knowledge** | **Mental Wellbeing** | | **Staying healthy** | | **Online safety** | |
| Angry, anxious, worried, frustrated, confused, emotional reaction, loss, separation, divorce, bereavement, managing impulsivity, restraint, self-control, listen, respond, impulsivity conflict, resolve, resolution, triggers, Identity, emotions. | | Body image, self-esteem, unrealistic, expectations, insecurity, oral hygiene, flossing, tooth decay, plaque, drugs, illegal, alcohol, tobacco, cigarettes, verify, misinformation, fake news, genuine, accurate, vaccination, danger, hazard, environment, | | Control, consent, social media, manipulation, public, private, pressure,  Personal, information, identity, protect, privacy, valuable, sensitive, Strangers, social media, passwords, manipulation,  Catfish, deception, vulnerable, terms and conditions, social media, advertisement. | |
| **Historical Enquiry Questions** | Does everybody have the same feelings?  Should we be happy all the time?  Why do we argue?  Personal power: how can I manage my emotions?  Who am I? | | Is there such things as the perfect body?  How can I stay fit and healthy?  Can I avoid getting ill?  Why do some people take drugs?  Where should I get my information?  How do I save a life? | | Control and consent: what are they and why are they important?  Protecting our identity: what is the information jigsaw?  Meeting people online: what are the dangers?  Personal information, terms and conditions: what are we agreeing to? | |
| **YEAR SIX** | | | | | | |
| **Vocabulary/Significant Knowledge** | **What makes a family?** | **Keeping friendships healthy** | | **Our communities** | | **Online safety** |
| Marriage, wedding, ceremony, gay, consent, secrets, surprises, unwanted, fault, difference, conventional, | Kindness, friendship, inclusion, transition, jealousy, betrayal, different, excluding, including, boundaries, manipulation tactics, relationship, controlling, consent, dare, peer-pressure, bullying, cyberbullying,discrimination, insecurities, fear, anger, gender stereotypes, male, female, man, woman, sexism, gender, male, female, intersex, non-binary, lesbian, gay, bisexual, transgender, sexual orientation. | | Race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic, citizen, disabled people, disability, community, society, built, environment, poverty, inequality, privilege, debt, earn, salary, tax, rights, refugees, asylum seekers, migration, immigrants, culture, religion, language | | Analyse, digital, media, literacy, headline, broadsheet, tabloid, links, clickbait, compare, echo chamber, bias, groups, viewpoints, propaganda, social media, anxiety, jealous, insecure, vulnerable, analyse |
| **Historical Enquiry Questions** | Why do some people get married?  Are families ever perfect?  Is there such thing as a normal family? | What makes a close friend?  Can we be different and still be friends?  Should friends tell us what to do?  Why are some people unkind?  What are stereotypes?  How can I accept my friends for who they are? | | What is prejudice?  What is the history of prejudice?  What should I do if I encounter prejudice?  How can I be a great citizen?  How can we make positive changes in the world?  Why is money important?  How should I spend money in the world?  How can I earn my money?  What makes us feel like we belong?  What does it mean to be British? | | Analysing digital media: can we trust our sources?  Echo chambers: what is the worst that can happen if we don’t realise we are in an echo chamber?  Does the internet make us happy? |