West Norfolk Academies Trust (Primary) – Curriculum Map – PSHCE

Including safeguarding links to child on child abuse/sexual violence and sexual harassment

	Autumn 1st Being Me In My World	Autumn 2nd Celebrating Difference	Spring 1st Dreams and Goals	Spring 2nd Healthy Me	Summer 1st Relationships	Summer 2nd Changing Me
Pre-School Knowledge	I like coming to school, I enjoy joining in with everyone, I feel confident to take part, I am happy to play, I like my friends and adults.	I am starting to think about those around me, I take turns, I act kindly and know some kind words like thank you, how are you? I smile at others.	= I stay on task for while to see the play through, I finish short games, I show I am proud of what I learn and do, I am starting to play with others and co operate	I know how to put my coat on because I am cold, I can get to the toilet if I need to use it, I enjoy healthy snacks like fruit and meals with some variety, I have a good sleep pattern which helps me stay happy	I smile at others and show intent to play well, I share learning. I encourage others to join in. I talk about my feelings in simple ways and forgive upsets quickly	I look forward to new things,changes make me feel happy and excited. I can talk about changes positively, I am proud of myself
Pre- School Vocabulary	Belong, Join, Together, Enjoy, Take part, Happy, Confident	Same, Similar, Kind, Friends, Kindness, Differences, Happiness, Feelings, Care, Love	Concentrate, Attention, Pride, Proud, Try hard, Achieve	Independent Happy Health Strong Sleep Well	Like Love Agree Share Upset Sadness Angry Forgive Make Up	Changes New Experiences Grow Grown Up Feelings Special

EYFS Knowledge	I help others to feel welcome. I try to make our school community a better place. I can think about everyone's right to learn. I care about other people's feelings and respect their bodies. I work well with others.	I can accept that everyone is different. I include others when working and playing. I know how to help if someone is being bullied. I try to solve problems. I try to use kind words. I know how to give and receive compliments.	I stay motivated when doing something challenging. I keep trying even when it is difficult. I work well with a partner or group. I have a positive attitude. I help others achieve their goals. I am working hard to achieve my dreams and goals.	I can make a healthy choice. I can eat a healthy, balanced diet. I can be physically active. I know how to keep others and myself safe. I know how to be a good friend. I know how to keep calm in difficult situations.	I know how to make friends and try to solve friendship problems when they occur. I help others to feel part of a group. I show respect in how I treat others. I know how to help others and myself when they feel upset or hurt.	I understand that everyone is unique. I can express how I feel when change happens. I understand and respect the changes that they see in myself and other people. I know who to ask for help if I am worried about change.
EYFS Vocabulary	Help, welcome, school community, care, right, feelings, listen, discuss, share	Different, include, help, bully, bullying, kind, words, compliments	Motivation, challenge, try, difficult, goals, dreams	Health, choices, balanced diet, physically active, safe, friend, calm	Friends, conversation, affection, concern, solve problems, upset, hurt, respect	Special, unique, feelings, change, respect, understand, worried
Year 1 Knowledge	I know how to use my Jigsaw Journal, I understand the rights and responsibilities as a member of my class. I know my views are valued and can contribute to the Learning Charter. I can recognise the choices I make and understand the consequences. I understand my rights and responsibilities within our Learning Charter	I can identify similarities and differences between people in my class. I can tell you what bullying is. I know some people who I could talk to if I was feeling unhappy or being bullied. I know how to make new friends. I can tell you some ways I am different from my friends.	I can set a simple goal and work out how to achieve it. I understand how to work well with a partner. I can tackle a new challenge and understand this might stretch my learning. I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them. I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.	I understand the difference between being healthy and less healthy, and know some ways to keep myself healthy. I know how to make healthy lifestyle choices. I know how to keep myself clean and healthy, and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly. I understand	I can identify the members of my family and understand that there are lots of different types of families. I can identify what being a good friend means to me. I know appropriate ways of physical contact to greet my friends and know which ways I prefer. I know who can help me in my school community. I can recognise my qualities as a person and a	I am starting to understand the life cycles of animals and humans. I can tell you some things about me that have changed and some things about me that have stayed the same. I can tell you how my body has changed since I was a baby. I can identify the parts of the body that make boys different to girls and can use the correct names for private body parts: penis, testicles, vulva, anus. I

				that medicines can help me if I feel poorly and I know how to use them safely. I know how to keep safe when crossing the road, and about people who can help me to stay safe. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.	friend. I can tell you why I appreciate someone who is special to me.	understand that every time I learn something new I change a little bit. I can tell you about changes that have happened in my life.
Year 1 Vocabulary	Safe, belonging, rights, responsibilities, rewards, consequences, manners, calm, choice, learn, safe place, valued, proud, views, valued, achievement	Similarities, differences, unfair, deliberate, unique, included, bully, on purpose, different from, same as, celebration, inclusive, special	Challenge, proud, success, process, goal, self-respect, achievement, goal, treasure, process, steppingstones, garden, dreams, obstacle, feeling	Balanced diet, exercise, hygienic, medicines, germs, healthy, balanced, sleep, body parts, clean, virus, scared, nervous	Family, belong, friendship, greeting, self-belief, relationship, different, qualities, dislike, community, confidence, appreciate.	Life cycle, adulthood, male, female, coping, baby, excited, feelings, proud, worried, change, growing up, nervous, happy
Year 2 Knowledge	I can identify some of my hopes and fears for this year. I understand the rights and responsibilities for being a member of my class and school, and the importance of making contributions. I can listen to other people and contribute my own ideas about rewards and consequences. I understand how following the Learning Charter will help me and others learn. I recognise the choices I make and understand the consequences.	I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes). I understand that bullying is sometimes about difference. I can recognise what is right and wrong and know how to look after myself. I understand that it is OK to be different from other people and to be friends with them. I can tell you some ways I am different from my friends.	I can choose a realistic goal and think about how to achieve it. I know what I need to keep myself healthy. I can recognise who I work well with and who it is more difficult for me to work with. I can work well in a group to create an end product. I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed. I know how to share success with other people.	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. I can make some healthy snacks and explain why they are good for my body. I can recognise hazards in my home, including fire risks and hot things, and know how to reduce risks and keep myself safe. I can recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me. I understand how medicines work in my body and how important it is to use them safely. I	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. I can identify some of the things that cause conflict with my friends. I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. I recognise and appreciate people who can help me in my	I can recognise cycles of life in nature. I can tell you about the natural process of growing from young to old and understand that this is not in my control. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private. I understand there are different types of touch and can tell you which

				can explain how to keep my body healthy and safe at home and when I'm out.	family, my school and my community. I can express my appreciation for the people in my special relationships.	ones I like and don't like. I can identify what I am looking forward to when I move to my next class.
Year 2 Vocabulary	Co-operate, problem-solving, positive, negative, consequences, assertive, worried, fears, hopes, belonging, contributions, praise, rewards	Similarities, differences, stereotypes, assumptions, qualities, unique, included, bully, boys' girls, special, purpose, lonely, help, bystander, diversity, fairness, kindness	Self-esteem, realistic, proud, success, challenge, goal, persevere, strengths, challenge, achievement, teamwork, learning together, celebrate	Lifestyle, healthy, hazard, assess, medicines, balanced diet, portion, nutritious, motivation, relaxation, dangerous, balanced diet, energy.	Acceptable, celebrate, communication, stereotype, relationship, touch, special, reliability, secret, worry, dislike, happy, negative, stereotype.	Life cycle, growing up, control, adult, change, independent, private, touch, worry, anxious, comfortable, freedom, looking forward
Year 3 Knowledge	I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals. I can face new challenges positively, make responsible choices and ask for help when I need it. I understand why rules are needed and how they relate to rights and responsibilities. I understand that my actions affect myself and others and I care about other people's feelings. I can make responsible choices and take action. I understand my actions affect others and try to see things from their points of view.	I understand that everybody's family is different and important to them. I understand that differences and conflicts sometimes happen among family members. I know what it means to be a witness to bullying. I know that witnesses can make the situation better or worse by what they do. I recognise that some words are used in hurtful ways. I can tell you about a time when my words affected someone's feelings and what the consequences were.	I can tell you about a person who has faced difficult challenges and achieved success. I can identify a dream/ambition that is important to me. I enjoy facing new learning challenges and working out the best ways for me to achieve them. I can be motivated and enthusiastic about achieving our new challenge. I can recognise obstacles which might hinder my achievement and take steps to overcome them. I can evaluate my own learning process and identify how it can be better next time.	I understand how exercise affects my body and know why my heart and lungs are such important organs. I know that the amount of calories, fat and sugar I put into my body will affect my health. I can tell you my knowledge and attitude towards drugs. I can identify things, people and places that I need to keep safe from. I know some strategies for keeping myself safe, who to go to for help and how to call emergency services. I can identify when something feels safe or unsafe. I understand how complex my body is and how important it is to take care of it.	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener. I know and can use some strategies for keeping myself safe online. I understand how people around the world help and influence my life and that media doesn't always show complete information. I understand how my needs and rights are shared by children around the world and that everyone experiences difficult feelings sometimes. I know how to express my appreciation to my friends and family.	I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby. I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process. I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and

						healthy. I know some simple ways of keeping clean which can keep me healthy and protect me from some infections. I can start to recognise stereotypical ideas I might have about parenting and family roles.
Year 3 Vocabulary	Rights, responsibilities, courtesy, fairness, self-respect, choices, welcomed, praise, acknowledge, support, solutions, nightmare, fears, worries, fairness	Connected, unique, support, difference, conflict, solutions, witness, bystander, compliment, consequences, family, hurtful, kindness, loving	Challenge, obstacles, dreams, goals, ambitions, self-respect, self-esteem, frustration, evaluate, healthy, outdoors, responsible, safe choices, teamwork, water safety	Energy, fitness, drugs, risk, safe, harmful, advice, ambulance, coastguard, dangerous, emergency service, feelings, heartbeat, healthy, responsibility	Responsibilities, differences, conflict, culture, inequality, deprivation, interconnected, stereotype, age restriction, friendship, risky, respect	Stereotype, growing up, reproduction, puberty, change, emotion, anxious, worry, animals, birth, challenge, genitals, growing up, looking forward, personal hygiene
Year 4 Knowledge	I know my attitudes and actions make a difference to the class team. I understand who is in my school community, the roles they play, how I fit in and how I can contribute. I understand how democracy works through the School Council. I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them. I understand how groups come together to make decisions. I understand how democracy and having a voice benefits the school community.	I understand that, sometimes, we make assumptions based on what people look like. I understand what influences me to make assumptions based on how people look. I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure. I can tell you why witnesses sometimes join in with bullying and sometimes don't tell. I can identify what is special about me and value the ways in which I am unique. I can tell you a time when my first impression of someone changed when I got to know them.	I can tell you about some of my hopes and dreams. I understand that sometimes hopes and dreams do not come true and that this can hurt, and recognise how resilience and support from others can help. I know how to cope with disappointment and find ways to move forward. I know how to make a new plan and set new goals even if I have been disappointed. I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group. I can identify the contributions made by myself and others to	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. I understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help. I know some facts about the effects of smoking and vaping on health, and why some people might start to smoke or vape. I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. I can recognise when people are putting me under	I can recognise situations which can cause jealousy in relationships. I can identify someone I love and can express why they are special to me. I can tell you about someone I know that I no longer see. I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. I know how to show love and appreciation to the people and animals who are special to me.	I understand that lots of things make up a person's identity and this what makes them unique. I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. I know there are many types of family and that often our family members form part of our inner circle. I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty. I know how the circle of change works and can apply it to changes I want to make in my life. I can identify changes that

			the group's achievement.	pressure and can explain ways to resist this when I want. I know myself well enough to have a clear picture of what I believe is right and wrong.		have been and may continue to be outside of my control that I learnt to accept. I can identify what I am looking forward to when I move to a new class
Year 4 Vocabulary	Included, excluded, democracy, democratic, authority, contribution, United Nations Convention Rights of Child.	Assumption, judgement, protected characteristic, courtesy, bullying, cyber bullying, deliberate, witness, bystander, appearance, characteristics, deliberate, friend, hurtful	Determination, perseverance, self-respect, disappointment, hopes, dreams, goals, resilience, commitment, disagree, follower, help, learning, problem-solve	Relationships, emotions, assertive, peer, pressure, belief, opinion, anxiety, embarrassment, friendship goals, leader, healthy.	Jealously, reality, vulnerable, loss, acceptance, empathy, pressure, appreciation, comfortable, critical thinking, empathy, lonely, negotiate, support, trust	Unique, characteristics, periods, menstruation, puberty, change, emotion, anxious, trustworthy, acceptance, hormone, identity, looking forward, reliable, proud
Year 5 Knowledge	I can face new challenges positively and know how to set personal goals. I understand my rights and responsibilities as a citizen of my country. I understand my rights and responsibilities as a citizen of my country and as a member of my school. I can make choices about my own behaviour because I understand how rewards and consequences feel. I understand how an individual's behaviour can impact on a group. I understand how democracy and having a voice benefits the school community and know how to participate in this.	I understand that cultural differences sometimes cause conflict. I understand what racism is. I understand how rumour-spreading and name-calling can be bullying behaviours. I can explain the difference between direct and indirect types of bullying. I can compare my life with people in the developing world. I can understand a different culture from my own.	I understand that I will need money to help me achieve some of my dreams. I recognise that there are different ways that people's spending decisions can affect others and the environment, and that things have different values. I can explore a range of different jobs and think critically about the information I see about them online. I can describe the dreams and goals of young people in a culture different to mine. I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other. I can encourage	I know there are health risks with smoking and vaping and can tell some of the ways that they are harmful to the body. I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. I understand how the media, social media and celebrity culture promotes certain body types. I can describe the different attitudes people have to food and how these can be affected by external influences. I know what makes a healthy lifestyle including	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. I understand that belonging to an online community can have positive and negative consequences. I understand there are rights and responsibilities in an online community or social network. I know there are rights and responsibilities when playing a game online. I can recognise when I am spending too much time using devices (screen time). I can explain how to stay safe when using technology to communicate with my friends. I understand I have rights about my personal data.	I am aware of my own self-image and how my body image fits into that. I can explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally. I can describe how boys' and girls' bodies change during puberty. I understand that sexual intercourse can lead to conception and that is how babies are usually made. I understand that sometimes people need help from doctors to have a baby. I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. I can identify what I am looking

			my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship.	healthy eating and the choices I need to make to be healthy and happy.		forward to when I move to my next class.
Year 5 Vocabulary	Refugee, asylum, prejudice, citizen, persecution, collaboration, appreciation, consequences, education, empathise, goals, hopes	Culture, conflict, racism, stereotypes, homophobic, rumour, bullying, cyber bullying, appearance, developing world, discrimination	Determination, perseverance, motivation, fears, hopes, profession, contribution, society, culture, opportunity, rights, salary, sponsorship, spend	Pressure, informed decision, emergency, procedure, recovery position, body image, self-respect, choices, level-headed, obesity, healthy behaviour	Self-esteem, characteristics, pressure, controlling, online community, trustworthy, online privacy, age restrictions, data protection, devices, harassed, hobbies, interests, mental health, rights, responsibilities, screen time	Self-image, self-esteem, puberty, oestrogen, conception, embryo, perception, consent, body imagine, excitement, emotions, change, growth spurt, influences, media, manage, menstruation, ovaries, periods, mental wellbeing.
Year 6 Knowledge	I can identify my goals for this year, understand my fears and worries about the future and know how to express them. I know that there are universal rights for all children but for many children these rights are not met. I understand that my actions affect other people locally and globally. I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities. I understand how an individual's behaviour can impact on a group. I understand how democracy and having	I understand there are different perceptions about what normal means. I understand how being different could affect someone's life. I can explain some of the ways in which one person or a group can have power over another. I know some of the reasons why people use bullying behaviours. I can give examples of people with disabilities who lead amazing lives. I can explain ways in which difference can be a source of conflict and a cause for celebration.	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of- school goal). I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these. I can identify problems in the world that concern me and talk to other people about them. I can work with other people to help make the world a better place. I can describe some ways in which I can work with other people to help make the world a better place. I know what some people in my	I can take responsibility for my health and make choices that benefit my health and well-being. I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. I understand that some people can be exploited and made to do things that are against the law. I know why some people join gangs and the risks this involves. I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. I can recognise stress and the triggers that cause this and I understand how	I know that it is important to take care of my mental health and I know how to. I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. I can recognise when people are trying to gain power or control. I can judge whether something online is safe and helpful for me. I can use technology positively and safely to communicate with my friends and family.	I am aware of my own self-image and how my body image fits into that. I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend. I know myself well enough to maintain positive relationships

	a voice benefits the school community.		class like or admire about me and can accept their praise.	stress can cause drug and alcohol misuse.		with others whilst still keeping my own identity. I am aware of the importance of a positive self-esteem and what I can do to develop it. I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.
Year 6 Vocabulary	Maslow's hierarchy of human needs, empathy, collaboration, legal, illegal, lawful, democracy, behaviour, cooperation, consequences, discernment, empathy, hazard, fears, manners	Discrimination, perception, racism, control, harassment, accolade, protected characteristics, conflict, achievement, admiration, bullying, community, difference, Equality Act	Motivation, empathy, ponsorship, achievement, success, global, contribution, compliment, recognition, achieve, global, personal, realistic, success criteria	Prevention, motivation, anti-social, drugs, exploited, vulnerable, mental health, symptoms, strategies, choice, motivation, mental illness, illegal, responsibilities	Stigma, isolation, emotions, grief, coping strategies, control, bullying, safety, age restriction, anxiety, courtesy, digital rights, loneliness, personal data, pressure, self-care, support	Self-image, self-esteem, attraction, consent, puberty, pressure, compromise, independence, worry, challenge, adolescent, assertive, challenge, emotions, independence, opportunities