

## PSHE Progression of Skills and Key Vocabulary - Health and Wellbeing - Growing and Changing

### Pupils should be taught:

1. what is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 3. how to manage risks to physical and emotional health and wellbeing 4. ways of keeping physically and emotionally safe 5. about managing change, including puberty, transition and loss 6. how to make informed choices about health and wellbeing and to recognise sources of help with this

Growing and Changing - KS1			
Year Group	Year R	Year 1	Year 2
<b>Growing and Changing</b>	<p>To understand that people grow from young to old</p> <ul style="list-style-type: none"> <li>- Boys</li> <li>- Girls</li> <li>- Parents</li> <li>- Grandparents</li> </ul> <p>To understand the importance of basic hygiene</p> <ul style="list-style-type: none"> <li>- Hand washing</li> <li>- Teeth brushing</li> <li>- Toileting</li> </ul> <p>Children can talk about good and not so good feelings</p> <ul style="list-style-type: none"> <li>- Managing feelings</li> <li>- Types of feelings</li> </ul>	<p>To be able to think about themselves</p> <ul style="list-style-type: none"> <li>- Set simple goals</li> </ul> <p>To understand change and loss and its associated feelings</p> <ul style="list-style-type: none"> <li>- Kinds of change/loss</li> <li>- Comfort</li> </ul> <p>Can explain that people grow from young to old</p> <ul style="list-style-type: none"> <li>- Change</li> <li>- What is needed to grow?</li> <li>- Independence</li> </ul> <p>To know the names for the main parts of the body (<u>including external genitalia</u>)</p> <ul style="list-style-type: none"> <li>- Similarities</li> <li>- Differences</li> <li>- Genders</li> </ul>	<p>To be able to think about themselves</p> <ul style="list-style-type: none"> <li>- Experiences</li> <li>- Celebrate strengths</li> <li>- Set simple goals</li> </ul> <p>To understand change and loss and its associated feelings</p> <ul style="list-style-type: none"> <li>- Kinds of change/loss</li> <li>- Comfort</li> </ul> <p>To learn about growing from young to old</p> <ul style="list-style-type: none"> <li>- Change in needs</li> <li>- Independence</li> <li>- Responsibilities</li> </ul> <p>To learn the names for the main parts of the body (<u>including external genitalia</u>)</p> <ul style="list-style-type: none"> <li>- Similarities</li> <li>- Differences</li> <li>- Genders</li> </ul>
<b>Specific Vocab</b>	head, eyes, nose, mouth, ears, body, tummy, back, legs, arms, hands, feet, toes, fingers, grow, young, old, baby, brother, sister,	unwell, poorly, good, feel, coronavirus, chest, knees, shoulders, elbows, knees, choices, private parts, personal, protected, underwear, grow, growth, height, size, looks, vulva, vagina, penis, testicles	achievements, strengths, goals, target-setting, growing, changing, young to old, independence, correct terminology, body parts, external genitalia, weight, appearance, health, asking for help, bereavement, loss, risk,
<b>National Curriculum End of Key Stage Aims</b>	<b>EYFS</b>	<b>Key Stage 1 - Growing and Changing</b>	
	<b>PSED: MF 30-50m</b> Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable.	H3. to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals	H3. to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals

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	<p><i>PD: HSC 40-60m</i></p> <p>They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>	<p>H5. about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p>H8. about the process of growing from young to old and how people's needs change</p> <p>H9. about growing and changing and new opportunities and responsibilities that increasing independence may bring</p> <p>H10. the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls</p>	<p>H5. about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p>H8. about the process of growing from young to old and how people's needs change</p> <p>H9. about growing and changing and new opportunities and responsibilities that increasing independence may bring</p> <p>H10. the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls</p>
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Growing and Changing - KS2				
Year group	Year 3	Year 4	Year 5	Year 6
<b>Growing and Changing</b>	<p>To celebrate and reflect on their achievements</p> <ul style="list-style-type: none"> <li>- <b>Recognise their achievements</b></li> <li>- <b>Set targets</b></li> </ul> <p>To understand feelings and the range in which they come</p> <ul style="list-style-type: none"> <li>- <b>Intensity</b></li> <li>- <b>Different feelings</b></li> <li>- <b>Sharing feelings</b></li> </ul> <p>To begin to understand the changes that can happen in life</p> <ul style="list-style-type: none"> <li>- <b>At school</b></li> <li>- <b>Sadness</b></li> <li>- <b>Worry</b></li> <li>- <b>Empathy towards others</b></li> </ul> <p>To begin to understand that their bodies will change (puberty)</p> <ul style="list-style-type: none"> <li>- <b>Adolescent changes</b></li> <li>- <b>Physical changes</b></li> </ul>	<p>To understand different emotions</p> <ul style="list-style-type: none"> <li>- <b>Wide range of feelings</b></li> <li>- <b>Conflicting emotions</b></li> <li>- <b>Describe feelings to others</b></li> </ul> <p>To learn about change and feelings associated with this</p> <ul style="list-style-type: none"> <li>- <b>In life</b></li> <li>- <b>At school</b></li> <li>- <b>Empathy</b></li> </ul> <p>To understand how their body will change</p> <ul style="list-style-type: none"> <li>- <b>Approaching puberty</b></li> <li>- <b>When it usually happens</b></li> <li>- <b>Periods and ejaculation</b></li> <li>- <b>Hygiene</b></li> </ul>	<p>To celebrate and reflect on their achievements</p> <ul style="list-style-type: none"> <li>- <b>Different ways of achieving goals</b></li> <li>- <b>Different ways of celebrating goals</b></li> <li>- <b>Having high aspirations</b></li> </ul> <p>To explain their understanding of feelings</p> <ul style="list-style-type: none"> <li>- <b>Describe intensity of feelings</b></li> <li>- <b>Managing complex/conflicting emotions</b></li> </ul> <p>To deepen their understanding about change</p> <ul style="list-style-type: none"> <li>- <b>Transitions</b></li> <li>- <b>Loss</b></li> <li>- <b>Separation/divorce</b></li> <li>- <b>Bereavement</b></li> </ul> <p>To begin to understand how their body and emotions will change</p> <ul style="list-style-type: none"> <li>- <b>Changes during puberty</b></li> <li>- <b>Managing menstruation and ejaculation</b></li> </ul>	<p>To celebrate and reflect on their achievements</p> <ul style="list-style-type: none"> <li>- <b>Identify strengths</b></li> <li>- <b>Improvement areas</b></li> <li>- <b>Aspirations</b></li> </ul> <p>To deepen their understanding of feelings</p> <ul style="list-style-type: none"> <li>- <b>Good/bad feelings</b></li> <li>- <b>Conflicting emotions</b></li> <li>- <b>Managing feelings</b></li> </ul> <p>To recognise and explain change</p> <ul style="list-style-type: none"> <li>- <b>Transitions</b></li> <li>- <b>Loss</b></li> <li>- <b>Separation/divorce</b></li> <li>- <b>Bereavement</b></li> </ul> <p>To understand how their body and emotions will change</p> <ul style="list-style-type: none"> <li>- <b>Moving through puberty</b></li> <li>- <b>Changes</b></li> </ul> <p>To deepen understanding about reproduction</p>

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	- Different for everyone		To learn about reproduction - Links between love and committed relationships - Sperm meets egg - Intimate relationships - Pregnancy	- Human life cycle - How baby is made /grows - Roles and responsibilities of parents/carers - Pregnancy can be prevented (contraception)
<b>Specific Vocab</b>	achievements, aspirations, goals, strengths target-setting, conflicting emotions, feelings, managing feelings, change, transitions, loss, separation, divorce, bereavement, puberty, physical and emotional changes	conflicting emotions, feelings, managing feelings, change, transitions, loss, separation, divorce, bereavement, puberty, physical and emotional changes	human reproduction, babies, sexual intercourse, pregnancy, puberty, physical and emotional changes, contraception, parents/carers	human reproduction, babies, sexual intercourse, pregnancy, contraception, parents/carers
<b>National Curriculum End of Key Stage Aims - KS2</b>				
	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals  H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these  H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals  H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these  H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement  H18. how their body will, and their emotions may, change as they approach and move through puberty	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals  H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement  H18. how their body will, and their emotions may, change as they approach and move through puberty  H19. about human reproduction	H5. to reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals  H8. about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement  H18. how their body will, and their emotions may, change as they approach and move through puberty  H19. about human reproduction