



PSHE Knowledge and Skills Progression (Scampton Church of England Primary School)

Reception: (Year A and B)					
Autumn		Spring 1	Spring 2	Summer 1	Summer 2
- Meet your brain (3) - My Happy Place (4)	Celebrate (3)	Appreciate (3)	Relate (3) My Happy Body (2 weeks)	Engage (3) My Happy relationship (2 weeks)	My Happy World (2 weeks)
Children will learn: Your brain helps us with lots of different jobs, in fact it helps us with most of what we do. We need to look after our brain just like we need to look after our body. Sometimes when our brain has been very busy, we need to let it have a rest. Happy breathing is one way we can rest our brains, this is a breathing technique that helps us to slow our breath down. When we practise something our brain remembers it for next time and so the more we practise something the better we will get at it! - To learn and recognise a range of emotions. -To think about how someone might show or demonstrate different emotions. - To understand, you can feel a range of emotions. - To start to recognise when you feel happy and safe and when you don't. - To understand the different places - Happy Place, Busy Place and Middle Place. -To begin to use different self-regulation strategies.	Children will learn: We all have character strengths and we use them in different situations, we can also call these our super hero strengths. What the different character strengths are and what they mean. How children can use their strengths to be their best selves and how to practise using these different strengths.	Children will learn: How being grateful or being thankful makes us feel. The different ways to show gratitude or to express our thanks. The importance of taking time out to stop and be grateful or thankful.	Children will learn: How to develop good listening skills. The importance of listening to others. What we can learn when we listen to others.	Children will learn: What goal setting is. Why goals are important. We can achieve amazing things when we set goals and ask for help. We should celebrate achieving our goals. How to review our goals.	



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YEAR A	Phase 1: Year One Units.				
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Meet Your Brain (5) Lesson 1: Relationship Education - My family and Me.	Celebrate (4) Lesson 2: Relationship Education - Exploring Feelings.	Appreciate (4) Lesson 3: Relationship Education -Fabulous Friendships. My Happy Body: Healthy Lifestyles (2)	Relate (4) Lesson 4: Relationship My Happy Body Education - Keeping Safe (2)	Engage (4) My Happy Body: Growing and Changing (2) Growing Up: Our Bodies Lesson 1 - Twinkl Lesson (H25)	My Happy Relationships - Safe Relationships (2) - Family and positive relationships (2) -Friendships (2) - Showing Respect (1)
Children will learn: Where their brain is in their body and what it looks like. That our brain helps us to control our body, manage our emotions and help solve problems. That our brain has 3 main parts, and it works best when they work together. The 3 parts are Team H-A- P -Hippocampus, Amygdala and Prefrontal Cortex. That when we feel big emotions, our Amygdala can react and take over our brain, sending the Hippocampus and Prefrontal Cortex to sleep. That Happy Breathing helps our entire body,	Children will learn: What character strengths are and how they make us unique and special. The 5 Character strengths and what they mean. 1.Love and Kindness 2.Bravery and Honesty 3.Exploring and Learning 4.Teamwork and friendship 5.Love of life and our world How the best way to learn more about your strengths is to notice them. That our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy.	Children will learn: What appreciate means, what types of things we appreciate, and how we show appreciation. That you can appreciate others, experiences and themselves and not just material thing. To say the categories on the Wheel of Gratitude. How to develop an Attitude of Gratitude. They will learn that showing gratitude makes them feel good; when we make someone feel good, it makes us feel good too. How Happy Breathing exercises help to remind us to appreciate the things. By practising giving gratitude over and over again, our brains will improve at appreciating things and people. This is	Children will learn: That relate means to get along with others and understand another person and that they can relate with family, friends, and teachers in different ways. How their character strengths help them get along with others and learn that it is okay that we are all different. What Active Listening is. What 'Stop, Understand and Consider' means and think about how this can help them with friendship issues. That Happy Breathing can help them if they have big emotions when falling out with	Children will learn: What engage means. What types of things they can engage in. That when they engage in something and feel happy, they can do the activity better. That they can set goals to do with learning, and other times they are to do with a hobby. How to set a class goal using the 3 steps. That setting goals and achieving them can make Team H-A-P happy too. That we do not always achieve our goals, but as long they have tried, they will learn something	Children in KS1 will learn: - We are learning about our families and how they can differ from others. - We will be thinking about what they do to help us feel loved and cared for We are learning about our families and how they can differ from others. We will be thinking about what they do to help us feel loved and cared for. We are learning about our families and how they can differ from others. We will be thinking about what they do to help us feel loved and cared for. We are learning to understand how others feel and how to solve friendship problems in a kind and respectful way. We are learning what to do if a friendship is making us unhappy.



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including our brain, to relax and wakes up the Hippocampus and Prefrontal Cortex. That if they want to improve at something, they need to practice repeatedly, and our brain helps us get better each time. This is called Neuroplasticity	That it is nice to tell other people when they use their strengths, as it makes them feel good.	called Neuroplasticity That when we give and receive gratitude, it makes Team H-A- P happy, and they can work well together. We are learning how to stay healthy. We are learning about things that help us feel good. We are learning about hygiene routines that keep us healthy and people who help us to stay healthy.	friends. We are learning how to keep ourselves safe and healthy in different places. We are learning to identify risks in every day situations. -We are learning how to stay safe outside our homes.	new. That just because they can't do something straight away, it doesn't mean they won't be able to in the future. - We are learning about how we grow and change as we age. - We are learning about changes and how they affect us.	What bullying is and how it can make people feel. We are learning what we can do to stop it from happening. We are learning about the difference between safe and unsafe secrets and why it's important not to keep certain secrets. We are learning why it is essential to ask permission for things that we are unsure about. We are learning about privacy, safe and unsafe relationships. We will learn what to do if someone makes them feel uncomfortable or unsafe. We are learning to practise saying "no" to things we don't want to do.
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YEAR B Phase 1 – Year Two Units.

Autumn		Spring		Summer	
Meet Your Brain (5) Lesson 1: Relationship Education - My family and Me.	Celebrate (4) Lesson 2: Relationship Education - Exploring Feelings	Appreciate (4) Lesson 3: Relationship Education - Fabulous Friendships	Relate (5) Lesson 4: Relationship Education - Keeping Safe	Engage (7)	My Happy World: Shared Responsibilities (1) Communities (1) Media Literacy and Digital Resilience (1) Economic Wellbeing (1) H25. to name the main parts of the body including external genitalia Twinkl Lesson
Children will learn: More about what their brain looks like and that it is fully grown by age 6. That our brain helps us to make good decisions and remember what we have	Children will learn: About the 5 character strengths and will be asked to think about what each strength means and some examples of the strengths in action. That when we use our character strengths, we can be our very best selves and that we all have our own unique set of strengths and we	Children will learn: That being thankful or having gratitude are other words for appreciating. What the Wheel of Gratitude is and that it is important to focus on all parts of the Wheel of Gratitude; themselves,	Children will learn: That we relate to different people in different ways and that different people relate differently, too. How their character strengths can help them get along with other people. They will learn that we all have different strengths,	Children will learn: When they feel good, they do good. Goal setting is a good way to help us achieve what we want. If we set goals, we are more likely to achieve them. The 3 steps to set a goal and practice setting goals as a	We will discuss how to care for people, animals and the environment. We will explore the importance of rules in protecting our world. We will identify important jobs people to do help others in our community.



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learnt. That the Amygdala causes them to flight, fight or freeze. Children will be asked to reflect and think of examples of how they use each of Team H-A-P. That when we learn something new, our brain remembers it and grows. They'll learn about Neuroplasticity and think of examples of how they can use it to help them. How they can use Happy Breathing to help Team H-A-P work as a team, but also how Happy Breathing can help with Neuroplasticity.	are all different. What Neuroplasticity is and how we can grow our strengths if we practise using them. About how to recognise the strengths in themselves. How to think about which strengths they would like to grow or use more of.	others, and experiences. That when we show gratitude to someone it makes them feel good. When we make someone feel good, it makes us feel good too. This is because a special chemical gets released into our brains. That Team H-A-P love it when we appreciate ourselves, so it is important to be kind to ourselves and others. How being grateful for ourselves can be hard and Happy Breathing can help us.	which is okay. That it is okay that some people react differently to them and that just because their reaction is different to theirs, it isn't wrong. How to spot the characteristics of a good friend and recognise this in themselves. How to Actively Listen and why this helps them to get along with others. They will look at what happens if they don't actively listen and how this can affect their ability to get along with others. That Team H-A-P feels happy when we Actively Listen because we are using all parts of the team. How to 'Stop, Understand and Consider' and why it is important to do this before responding. How Happy Breathing can help them with friendship issues by keeping them calm.	class. How Happy Breathing can help when goals are tricky.	We will discuss the different groups and communities. We belong to and the roles and responsibilities we have in these. We will explore money and where it comes from. We will discuss choices around saving and spending money. We will discuss the difference between thing we want and things we need. We will explore - different jobs and how they help people to earn money. We will discuss how our Character Strengths can help us to earn money in different jobs. We will explore different jobs and how they help people to earn money. We will discuss how our Character Strengths can help us to earn
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YEAR A Phase 2: Year Three Units.

Autumn		Spring		Summer	
Meet your brain (5) Lesson 1 - Families in the Wider World (Relationships Education)	Celebrate (5) Lesson 2 - All About Me (Relationships Education)	Appreciate (4) Lesson 3 - Learning to Love Difference (Relationships Education) Lesson 4 - Getting Along With Our Families (Relationships Education) My Happy Relationships: Safe Relationships (1)	Relate (5) Lesson 6 - Keeping Safe (Relationships Education) My Happy Relationships: Families and Close Relationships (1)	Engage (4) Lesson 5 - Friendship Ups and Downs (Relationships Education) My Happy Relationships: Friendships (1)	MyHappyBody Healthy Lifestyle (2) Keeping Safe (1) Growing and Changing (2) First Aid (1)
Children will learn: How to focus their mind to help them train their brain. Learn about Team H-A-P and their roles in more detail. How our emotions impact Team	Children will learn: That scientists discovered that we all have 24 character strengths but in different amounts. We all have 24 strengths but focus on the 5 main categories of character strengths think about them like a pick and mix	Children will learn: That we can forget to appreciate what is around us and that Happy Breathing can help us appreciate the little things we may forget. That the more they show gratitude, the easier it is. How to develop an Attitude of Gratitude,	Children will learn: That their strengths can be really helpful in friendships by helping them to accept other people's differences and how this is a good thing. That when they face differences in opinions or	Children will learn: That to engage means to pay attention and put effort into something. How their feelings affect their ability to do well in an activity and learn that they have to feel	Children will learn: We are learning how to make healthy choices and why they are so important. We are learning what makes a healthy diet. We will continue to learn how to



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H-A- P and how to support their brains to relax when feeling sad, stressed or worried. Why our Amygdala behaves the way it does and how evolution has shaped how it works. How we can use Happy Breathing during times of stress and how our Hippocampus stores the memory of this when we practice. About Neurons and Neural pathways and the role they play in learning. How to look after their brains to help them to be at their best.	bag of sweets. That half of our character is set by genetics and the other half from our experiences. That our character can grow based on our experiences, just like their brains do with Neuroplasticity. Why it is important to spot strengths in others and how they can be used. That strengths can help them to approach difficult situations. When they use their character strengths, they can be their best selves because they are feeling happy, safe, and calm, and this makes Team H-A- P happy.	what happens when we give gratitude and how the giver and receiver feel. That Dopamine gets released in their brain when they give gratitude and that this helps Team H-A-P work together. How Dopamine can especially help the Amygdala stay calm and that even the thought of gratitude can release Dopamine. How when they appreciate themselves and feel good about their strengths, they will use them even more. They can use characters' strengths as a way to appreciate others too. We are learning how to show privacy and set personal boundaries. We are learning what to do if someone pressures us to do something unsafe or uncomfortable.	challenges with friendships, it can be hard to remember we all have differences. They will learn how the skill 'Stop, Understand and Consider' can help them with friendships. That everyone sees things differently and that this is a positive thing. Children will learn they can ask 'what do you think about that?' to help them better understand and relate to others. That the more they practise seeing other perspectives, the more the brain will remember it. Children will learn Neuroplasticity works with relating to others too. That we normally choose our friends because of their character. That we all see things from different perspectives; friends can help us solve problems by	good to do good. What Big Dream Goals are. How to use perseverance and resilience to help them not give up on something. That they have to Believe to Achieve. How to set their own Big Dream Goals. We are exploring what makes a positive, healthy friendship. We will discuss why friendships are important for our wellbeing. We will explore how to handle changes or challenges in our friendships.	have a balanced, healthy lifestyle. We will focus on how sleep and exercise can contribute to this. We are learning how to spot dangers and stay safe at home and when we're out and about. We are learning discuss how to manage risks wherever we are, including around fireworks. We are learning about first aid and what to do in an emergency. We will identify how change can affect our feelings. We will explore ways to express and manage grief when someone we care about passes away.
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			approaching them differently. How Active Listening can help their friendships and what happens if they don't Actively Listen with their friendships. That when we listen to friends, they will know that we care for them We are learning about different relationships and families. We are learning how to get help if something doesn't feel right.		
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YEAR B Phase 2: Year Four Units

Autumn		Spring		Summer	
Meet your brain (5) Lesson 1 - Families in the Wider World (Relationships Education) Lesson 2 - All About Me (Relationships Education)	Celebrate (5) Lesson 3 - Learning to Love Difference (Relationships Education)	Appreciate (5) Lesson 4 - Getting Along with Our Families (Relationships Education)	Relate (5) Lesson 5 - Friendship Ups and Downs (Relationships Education)	Engage (6) Lesson 6 - Keeping Safe (Relationships Education) 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 Twinkle FGM lesson.	My Happy Relationship: Showing Respect (1) My Happy World: Shared responsibilities (1) Communities (1) Media Literacy (1) Economic Wellbeing (3)



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Children will learn: How to train their minds to focus on whatever they want. They will learn that this is Neuroplasticity, and they can do anything they put their mind to. How they use each part of Team H-A- P and reflect on when they use them to develop their understanding. How the Amygdala reacts to real and perceived danger. About what triggers their own Amygdala to fight, flight and freeze and how they can train their brain to calm their Amygdala down. About the brain's structure and how neurons carry messages to	Children will learn: That scientists have discovered that we all have 24 character strengths, but in different amounts. Why strength spotting is so powerful and how the best way to learn about strengths is by noticing them. How when we spot strengths over and over, we will build neuropathways to create a habit. That strengths can help them solve problems and that everyone uses different strengths. That strengths can always help them. That Team H-A-P loves it when we use our strengths because Dopamine gets released in the brain to help us perform at our best.	Children will learn: How they can develop an Attitude of Gratitude at home and school. How to create a Gratitude Domino Effect - when we notice what makes us feel good, we show more gratitude to others and then that makes them feel good and show more gratitude too. That the more time they think about gratitude, the stronger the neural pathways get and the easier it is to give gratitude. This is because of Neuroplasticity, and we need to make it a habit. How giving gratitude can help us get through tough times, and when they can see everything they are grateful for it, it makes the problems we face a little easier to manage.	Children will learn: That when we use Stop, Understand and Consider, it gives them time to pause, understand where others are coming from and consider how to respond best. When they see things from different perspectives, their brain will remember and grow; this helps children to build better relationships. That friends can help them see things from a different perspective and that's why we should talk to our friends about our problems. Why it is important to show gratitude to their friends when they help. That the skills needed to listen actively can help them to 'Stop, Understand and Consider'. That it is important to listen to your friends and ask about their feelings and	Children will learn: That the more we focus on feeling good and using the habits, the better we will do in all activities in and out of school. That Dopamine gets released in their brain when they set a goal and work towards it. Why it is important to think about what they have learnt even if they do not achieve the goal, so the Hippocampus can store this memory and make it easier next time. Why perseverance is easier to use on goals they are passionate about, but they can also use this skill on other goals).	Children will learn: We are exploring what makes a positive, healthy friendship. We will discuss why friendships are important for our well-being. We will explore how to handle changes or challenges in our friendships. My Happy World: We will explore how to care for people, animals and the environment. We will practise talking about our ideas and respecting different opinions. We will explore what makes up our community. We will discuss how people contribute to our communities and the benefits of living in a diverse community. We will discuss how to use digital devices safely. We will explore the benefits of the internet and
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create neural pathways. How neural pathways help us to form habits. More about how to look after their brains and what happens if we don't. They will learn how our minds can feel like a Snow globe, leaving us unable to see clearly.			opinions to be a good friend. That it is also important for them to talk to friends too.		how to balance screen time. We will discuss how to protect our personal information. We will discuss money and how we made choices when spending it. We will explore the difference between needs and wants. We will discuss how we can keep track of money. We will discuss why people choose to save or spend their money differently. We will discuss how our choices can affect other's and our environment. We will explore different jobs people can have and what skills are important for these jobs. We will consider what jobs we might want to do when we are older.
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YEAR A Phase 3: Year Five Units.					
Autumn		Spring		Summer	
Meet your brain (5) Lesson 4 - Identity and Respect (Relationships Education)	Celebrate (6)	Appreciate (4) Lesson 1 - Friendships On and Offline (Relationships Education) Lesson 2 - Friendships and Secrets (Relationships Education)	Relate (6) 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 Twinkle FGM lesson.	Engage (4) Lesson 3 - Peer pressure (Relationships Education) Lesson 5 - Discrimination and the Law (Relationships Education)	My Happy World Shared Responsibility (2) Communities (1) Media, Literacy and Digital Resilience (2) Economic Wellbeing (3)



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Children will learn: The difference between their brain and mind. More detail about each part of the brain and why they work the way they do. How they can train their brains in times of stress by using Happy Breathing when their Amygdala gets triggered. About how others react differently to them and that we all have different triggers that cause us to Fight, Flight or Freeze. About how to more intentionally look after their brains to keep them healthy. About the hormones in their brain and how they can manage them, including	Children will learn: How the 24 character strengths are organised into 6 key virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence. That strength spotting shows children how strengths can be used in different ways. That they still have all 24 strengths, but when they use their Top 5 Team H-A-P feels at its best. How they can move their strengths around and grow strengths by practising them through Neuroplasticity. That when they stop and reflect on using their strengths, their Hippocampus will store it as a memory. They will learn that when faced with a similar situation, they can remember how that strength can help. How strength spotting can help Team H-A-P feel	Children will learn: What appreciation means and think of ways to show appreciation to others. What they should focus on when thinking about gratitude. They will explore 3 questions to help them develop deeper levels of gratitude. Why it is important to tell others that we're grateful for them and how it makes others feel good when we create a Gratitude Domino Effect. How gratitude helps our bodies stay calm and releases Dopamine. This then helps to keep Team H-A-P happy and the Amygdala calm. That when we regularly give and receive gratitude, Dopamine will continuously be released, and even thinking about experiences or people we are grateful for releases Dopamine. That the more we think about	Children will learn: What their top 5 strengths are and which virtue they fall under. That when they see things from different perspectives, they are using their Prefrontal Cortex and then their brain can remember this and store it in their Hippocampus. That they can train their brain to notice how people use their strengths differently. That strengths help release Dopamine and make Team H-A-P happy, calm and relaxed. That you are more likely to see different strengths and perspectives positively when Team H-A-P is working as a team. We can do Happy Breathing to stay	Children will learn: That sometimes we need to think about what we are engaging in, and sometimes we do it on autopilot. When they engage in something and feel good, Team H-A-P love it because Dopamine is released in the brain, making it easier for us to succeed. Why their engagement levels may drop if their Amygdala takes over. How their feelings affect their ability to do well in an activity and how Cortisol or Dopamine is released. About the difference between a team and individual goal and how it is just as	Children will learn: - We will explore why rules and laws exist, the importance of human rights and how rights and responsibilities are linked. - We are learning to practise discussing ideas and respecting different opinions by having a class debate. We will learn about what makes communities special, why we should value diversity, and how to challenge unfair ideas or actions. We will discuss the benefits and disadvantages of using the Internet and social media. We will explore age restrictions and how to stay safe online. We will discuss how to make decisions about the information we see online. We will explore how to tell if something we see online is reliable, why some websites show us different information and



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dopamine and cortisol.	happy as when we use our strengths, Dopamine gets released, and we feel confident. They will also learn that using our strengths can help them manage their Cortisol levels.	gratitude, the stronger the Neural pathways get and the easier it becomes. That an Attitude of Gratitude helps us to see all things we are grateful for and makes the problems we face a little easier. That often the hardest category to think about gratitude in is ourselves.	calm when facing challenging situations and see other people's perspectives. That friends can help solve problems, and it is important to show gratitude towards them. This can help develop an Attitude of Gratitude, and the Gratitude Domino Effect makes everyone feel good. Skills needed to listen actively and how this will help them to 'Stop, Understand and Consider'. They will understand why this is so important in friendships.	important to work as a team to set goals. Why the skill of perseverance is critical when working as part of a group. How understanding other people's character strengths can also help in team goals.	how companies can use our data. We will discuss how to make decisions about the information we see online. We will explore how to tell if something we see online is reliable, why some websites show us different information and how companies can use our data. We will explore different jobs and careers, what influences people's career choices, and what jobs we want to do when we're older. We will share what we learned about the future jobs we're interested in and set goals to help us work towards them. We will explore why setting goals is important and how staying motivated can help us achieve them.
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YEAR B Phase 3 - Year Six and Transition Units.

Autumn		Spring		Summer 1	Summer 2
Meet your brain (3) My Happy Body: Healthy Lifestyles (2) Drugs, Alcohol and Tobacco (1) Keeping Safe and First Aid (1)	Celebrate (2) Lesson 4 - Identity and Respect (Relationships Education) Lesson 1 - Friendships On and Offline (Relationships Education)	Appreciate (2) Lesson 2 - Friendships and Secrets (Relationships Education) Lesson 3 - Peer pressure (Relationships Education) My Happy Body: Ourselves, growing and changing (2)	Relate (2) Lesson 5 - Discrimination and the Law (Relationships Education) Lesson 6 - Online safety - images (Relationships Education)	Engage (2) My Happy Relationships: Families and Close Relationships (1) Safe Relationships (1) Friendships (1) Showing respect and managing hurtful behaviour (1)	Transition Lessons: Meet Your Brain (2) Celebrate (2) Appreciate (2) Relate (2) Engage (2)



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Children will learn: About a growth mindset and self-regulation techniques in times of stress. To reflect on their stress points as they relate to transitioning to Secondary school (as these are different for everyone) and work through strategies to cope with these scenarios. To train their brain and how it grows each time. About the links between their thoughts, feelings and actions and how the thoughts they have can influence how we act. About calming their amygdala when facing stressful thoughts or having a tough time. We are learning to look after our physical health.	Children will learn: What their top strengths are based on completing a survey which will rank their strengths from 1-24. More about what each of the 24 strengths means and how they help them each day. How to grow their strengths to help them transition and overcome challenges.	Children will learn: How gratitude can help them think about all they have in their lives to be thankful for. How to build their resilience by looking at when their bucket is full vs when their bucket is empty. How focussing on their appreciation around the strengths work they have done can remind them of what they DO have during times of stress. We will identify how change can affect our feelings. We will explore ways to express and manage grief when someone we care about passes away.	Children will learn: Relationship building powers i.e., how they go about making friendships today – what strengths they have here and what they can develop. How those skills are transferable to their upcoming changing environment.	Children will learn: How to set goals linked to transition, which they can work toward to help them feel more comfortable with what is ahead. How to recognise their concerns and define strategies to overcome them. We are learning the different types of families and relationships. We are learning to build safe and respectful relationships. We will discuss privacy, boundaries, consent, and what to do if something feels unsafe or uncomfortable. We are learning what makes friendships healthy, how online friendships differ from in-person ones and how peer pressure can affect them. We will discuss how we should ask for help if a friendship makes us feel uncomfortable. We are learning about bullying, both online and offline. We will discuss how we can respond to bullying and challenge hurtful behaviour.	Children will learn: How to manage their emotions to move forward positively and learn that they can train their minds just like their bodies. How to re-frame scary challenges to become exciting opportunities. How their character strengths have helped them get to this point in their lives and how these skills and strengths are transferable to the Secondary School environment. To establish a new perspective on how gratitude can help them to build resilience when they face tough times. Strategies to manage friendships through change, transition and peer pressure by practising



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We are learning about the positive and negative effects of habits. We are learning about drugs, alcohol and tobacco and why people make choices around using them. We are learning about different laws that are in place surrounding drugs, alcohol and tobacco and how we can seek help if we are worried about anything to do with this topic. We are learning about first aid and what to do in an emergency.					different communication strategies. Strategies for seeing different perspectives through role play. How they can use their strengths to leverage the opportunities that they are excited about. How to create goals around leveraging and practising the tools they have learned as they progress through to high school.
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Sex and Relationship Education Objectives not covered in MyHappyMind

PHSE objectives not covered through MyHappyMind+

Phase 3 - See Science Knowledge and Skills Progression Document:

H26. that for some people gender identity does not correspond with their biological sex.

H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. **Covered in Science.**

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) **Covered in Science.**

H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. **Covered in Science.**



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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). ***Covered in Science.***

- PHSE Knowledge and Skills Progression documents to be reviewed again for the academic year 2027/2028.