

Brindishe Schools PSHME Learning Journey

Year 2

Vocabulary
EY / Y1 vocab +, protect, right, wrong, teasing, bullying, fair/unfair, needs/wants, online identity, personal hygiene, danger

Year 2
Special people who protect us
What is fair/unfair?
Changes & transitions
Respecting differences/ similarities
Recognise safe/unsafe situations
Acceptable physical contact & how to respond
Healthy lifestyles
External body parts
What do babies/young people need (growing & changing)?

Vocabulary
All previous KS1 & KS2 vocab + community, critique, budgeting, influencer, contraception, IVF, menstruation, physical/emotional changes

Year 6
Healthy family life
Peer pressure
Recognise & challenge stereotypes
Research, discuss and debate topical issues
Managing money / finances
Social media & communicating online
Keeping physically, mentally & emotionally safe
Anti-social, legal, illegal/ unacceptable behaviour
Harmful substances and drugs
Change: transition between primary & secondary school
Changing bodies & intimate relationships
Saying NO and 'consent'
Puberty

Year 3

Year 3
Family life & family structures
Positive, healthy relationships
Basic human rights & United Nations Declaration of the Rights of the Child.
What is community?
Rules & laws
Digital footprint
Online safety
Staying safe in the local area
Physical & mental health
Change & transition
Understanding personal boundaries
Ageing from young-old & how bodies change

Vocabulary
KS1 & LKS2 vocab +, prejudice, managing pressure, family structure, anti-social, stereotypes, racism, intolerance, personal information, conflicting emotions, harmful substances, reproduction, sexual intercourse, sexual orientation

Year 6

Year 5
People who help us
What is a positive, healthy relationship?
Human Rights & the Rights of the Child
Recognise & challenge stereotypes
Discuss & respond to world events
Communicating safely online
Keeping safe e.g. when travelling independently
Bikeability
Physical, mental and emotional health
Harmful substances
Saying NO and what is 'consent'?
Puberty, human reproduction, human life cycle & birth process

Year 1

Year 1
Different families structures
People who look after us
Identify feelings
Respect ourselves & others
Online safety
How to stay safe (e.g. road safety)
Physical & mental health
Recognise similarities & differences (physical and emotional)

Vocabulary
EYFS vocab +, special people, friends, family, differences, similarities, behaviour, feelings, emotions, rights, responsibilities, safe, private, healthy, change, growing, body parts

Year 4

Year 4
People who keep us safe & healthy
Different family groupings
Resisting pressure
Human Rights & the Rights of the Child
Differences / similarities including the 9 protected characteristics
Online identity
Challenging online information
Privacy.
Healthy relationships - marriage & civil partnership
Changes during puberty

Vocabulary
KS1 vocab +, mutual respect, empathy, Human Rights, diversity, equality, discrimination, digital footprint, online safety, pressure, actions, consequences, lifestyle, transition, personal safety, boundary

Year 5

Vocabulary
EY, KS1 & Y3 vocab +, positive relationships, health & wellbeing, viewpoints, opinions, topical issues, media, trust, search engine, choices, influences, puberty, physical, mental, emotional

EYFS

Early Learning Goal
Understand feelings & how to regulate, focus and engage in learning - follow simple instructions. Be confident to try new activities, show independence, resilience and perseverance. Explain the reasons for rules, know right from wrong. Manage their own basic hygiene & personal needs. Work/play cooperatively & form positive relationships. Show sensitivity to their own and to others' needs.

Vocabulary
exercise, wash, brush teeth, toothbrush, tooth paste, brush hair, wash, bath, happy, sad, like/dislike, family, mum, dad, brother, sister, grandad, grandma, cousins etc. park, home, visit, school, holiday, tablet, safe, rules, keeping safe, same, different face, hair, skin, toilet, wipe, flush, blow nose, tissue, share, take turns