



The P.S.H.E Curriculum

WIKYBY WOODHOUSE
SCHOOL -
ASPIRE IN IT



Skills Progression Document

PSHE Learning Ladder – Year One

Keeping and Staying Safe	Keeping and Staying Healthy	Relationships	
<ul style="list-style-type: none">• understand what I need to keep safe from• be able to recognise what may put me or others at risk• understand why it is important to stay safe when crossing the road• be able to recognise a range of safe places to cross the road• understand the differences between safe and risky choices• know different ways to help us stay safe	<ul style="list-style-type: none">• understand what we can do to keep healthy• understand why we need to wash our hands• know how germs are spread and how they can affect our health• be able to practise washing your hands• know the differences between healthy and unhealthy choices	<ul style="list-style-type: none">• understand different types of relationships• understand how to be a good friend• be able to recognise kind and thoughtful behaviours• understand the importance of caring about other people's feelings• be able to see a situation from another person's point of view	
Being Responsible	Growing in our World	Feelings and Emotions	Computer Safety
<ul style="list-style-type: none">• understand what we are responsible for• be able to recognise how responsibilities will change as we grow• know how you can help people around you• understand the types of things you are responsible for• know how and understand the importance of preventing accidents• be able to recognise the differences between being responsible and being irresponsible	<ul style="list-style-type: none">• understand how we care for others• understand the needs of a baby• be able to recognise what you can do for yourself now you are older• be able to describe the common features of family life• be able to recognise the ways in which your family is special and unique	<ul style="list-style-type: none">• understand a range of emotions and how they make us feel physically and mentally• be able to recognise and name emotions and their physical effects• know the difference between pleasant and unpleasant emotions• learn a range of skills for coping with unpleasant/uncomfortable emotions• understand that feelings can be communicated with and without words	<ul style="list-style-type: none">• understand computers, the internet, and rules to keep safe• understand how your online activity can affect others• be able to identify the positives and negatives of using technology• know who and how to ask for help• be able to recognise kind and unkind comments



PSHE Learning Ladder – Year Two

Keeping and Staying Safe	Keeping and Staying Healthy	Relationships	
<ul style="list-style-type: none"> • Know the reasons to make sure your laces are tied • Learn how to tie up laces properly • Know rules to keep yourself and others safe • Understand the differences between safe and risky choices 	<ul style="list-style-type: none"> • know that food is needed for our bodies to be healthy and to grow • understand that some foods are better for good health than others • be able to list different types of healthy food • understand how to keep yourself and others healthy • know the differences between healthy and unhealthy choices • understand why we need to brush our teeth • be able to practise brushing your teeth • know the differences between healthy and unhealthy choices • be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy 	<ul style="list-style-type: none"> • be able to name a range of feelings • understand why we should care about other people's feelings • be able to see and understand bullying behaviours • know how to cope with these bullying behaviours • be able to recognise and name a range of feelings • understand that feelings can be shown without words • be able to see a situation from another person's point of view • understand why it is important to care about other people's feelings 	
Being Responsible	Growing in our World	Feelings and Emotions	Computer Safety
<ul style="list-style-type: none"> • be able to name ways you can improve in an activity or sport • understand the importance of trying hard and not giving up • be able to see the benefits of practising an activity or sport • be able to learn ways to set goals and work to reach them • know how you can help other people • be able to recognise kind and thoughtful behaviours and actions • understand the risks of talking to people you don't know very well in the community • be able to identify the differences between being responsible and being irresponsible 	<ul style="list-style-type: none"> • understand why we should look after living things • be able to identify how we can look after living things both inside and outside of the home • recognise why it is important to keep our communities and countryside clean • be able to encourage others to help keep their communities and countryside clean • understand different ways we can receive money • know how to keep money safe • be able to describe the skills you may need in a future job or career • be able to recognise the differences between wants and needs 	<ul style="list-style-type: none"> • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with unpleasant/uncomfortable emotions • understand that feelings can be communicated with and without words • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with unpleasant/uncomfortable emotions • understand that feelings can be communicated with and without words 	<ul style="list-style-type: none"> • understand how your online actions can affect others • be able to name the positive and negative ways you can use technology • know the risks of sharing images without permission • understand the types of images that you should and should not post online • understand how your online activity can affect others • be able to identify the positives and negatives of using technology • know who and how to ask for help • be able to list rules for keeping and staying safe



PSHE Learning Ladder – Year Three

Keeping and Staying Safe	Keeping and Staying Healthy	Relationships	
<ul style="list-style-type: none"> • know ways to keep yourself and others safe • be able to recognise risky situations • be able to identify trusted adults around you • understand the differences between safe and risky choices • be able to recognise a range of warning signs • be able to spot the dangers we may find at home • know the importance of listening to our trusted adults • be able to understand ways we can keep ourselves and others safe at home • know the differences between safe and risky choices • choices 	<ul style="list-style-type: none"> • know, understand, and be able to practise simple safety rules about medicine • understand when it is safe to take medicine • know who we can accept medicine from • understand the differences between healthy and unhealthy choices 	<ul style="list-style-type: none"> • understand the difference between appropriate and inappropriate touch • know why it is important to care about other people’s feelings • understand personal boundaries • know who and how to ask for help • be able to name human body parts 	
Being Responsible	Growing in our World	Feelings and Emotions	Computer Safety
<ul style="list-style-type: none"> • understand the differences between borrowing and stealing • be able to describe how you might feel if something of yours is borrowed and not returned • know why it is wrong to steal • be able to understand the differences between being responsible and irresponsible 	<ul style="list-style-type: none"> • know what items are safe to play with and what items are unsafe to play with • be able to name potential dangers in different environments • know what food and drink items are safe or unsafe to eat or drink • be able to name dangers that can affect others, for example younger siblings 	<ul style="list-style-type: none"> • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with unpleasant/uncomfortable emotions • understand that feelings can be communicated with and without words 	<ul style="list-style-type: none"> • be able to identify possible dangers and consequences of talking to strangers online • know how to keep safe in online chatrooms • be able to name the positives and negatives of using technology • understand the difference between safe and risky choices online



Skills Progression Document

PSHE Learning Ladder – Year Four

Keeping and Staying Safe	Keeping and Staying Healthy	Growing and Changing	A World Without Judgement
<ul style="list-style-type: none"> • identify strategies we can use to keep ourselves and others safe • recognise the impact and possible consequences of an accident or incident • identify what is a risky choice • create a set of rules for and identify ways of keeping safe 	<ul style="list-style-type: none"> • Mental wellbeing is a normal part of daily life, in the same way as physical health • It is important to build regular exercise into daily and weekly routine, for example: walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise • A lack of sleep can affect weight, mood and ability to learn 	<ul style="list-style-type: none"> • identify the different types of relationships we can have and describe how these can change as we grow • explain how our families support us and how we can support our families • identify how relationships can be healthy or unhealthy • explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable 	<ul style="list-style-type: none"> • recognise positive attributes in others • explain why being different is okay • recognise your own strengths and goals, and understand that these may be different from those around you • identify some of the ways we can overcome barriers and promote equality
Being Responsible	The Working World	Feelings and Emotions	Computer Safety
<ul style="list-style-type: none"> • recognise the importance of behaving in a responsible manner in a range of situations • describe a range of situations where being on time is important • explain the importance of having rules in the home • describe ways that behaviour can be seen to be sensible and responsible 	<ul style="list-style-type: none"> • identify ways in which we can help those who look after us • explain the positive impact of our actions • describe the ways in which we can contribute to our home, school, and community • identify the skills we may need in our future job roles 	<ul style="list-style-type: none"> • recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good • describe how we can support others who feel lonely, jealous, or upset • recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people • demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as loneliness and jealousy 	<ul style="list-style-type: none"> • recognise the key values that are important in positive online relationships • identify the feelings and emotions that may arise from online bullying • develop coping strategies to use if we or someone we know is being bullied online • identify how and who to ask for help



PSHE Learning Ladder – Year Five

<p>Keeping and Staying Safe</p> <ul style="list-style-type: none"> • identify strategies we can use to keep ourselves and others safe • recognise ways to manage peer pressure • explain the potential outcomes that may happen when we take risks • recognise the impact and possible consequences of an accident or incident 	<p>Keeping and Staying Healthy</p> <ul style="list-style-type: none"> • explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. • describe how smoking can affect your immediate and future health and wellbeing • give reasons why someone might start and continue to smoke • identify and use skills and strategies to resist any pressure to smoke 	<p>Growing and Changing</p> <ul style="list-style-type: none"> • explain what puberty means • describe the changes that boys and girls may go through during puberty • identify why our bodies go through puberty • develop coping strategies to help with the different stages of puberty • identify who and what can help us during puberty 	<p>A World Without Judgement</p> <ul style="list-style-type: none"> • recognise positive attributes in others • explain why being different is okay • recognise your own strengths and goals, and understand that these may be different from those around you • identify some of the ways we can overcome barriers and promote equality
<p>Being Responsible</p> <ul style="list-style-type: none"> • recognise why we should take action when someone is being unkind • describe caring and considerate behaviour, including the importance of looking out for others • demonstrate why it is important to behave in an appropriate and responsible way • identify how making some choices can impact others' lives in a negative way 	<p>The Working World</p> <ul style="list-style-type: none"> • understand and explain why people might want to save money • identify ways in which you can help out at home • budget for items you would like to buy • recognise ways to make money and the early stages of enterprise 	<p>Feelings and Emotions</p> <ul style="list-style-type: none"> • recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant • explain how feelings can be communicated with or without words • recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people • demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as anger 	<p>Computer Safety</p> <ul style="list-style-type: none"> • list reasons for sharing images online • identify rules to follow when sharing images online • describe the positive and negative consequences of sharing images online • recognise possible influences and pressures to share images online



PSHE Learning Ladder – Year Six

Keeping and Staying Safe <ul style="list-style-type: none">• identify a range of danger signs• develop and name strategies that can help keep ourselves and others safe• recognise the impact and possible consequences of an accident or incident	Keeping and Staying Healthy <ul style="list-style-type: none">• identify what is a risky choice• identify the risks associated with alcohol (+ drugs - extension)• describe how alcohol can affect your immediate and future health• develop and recognise skills and strategies to keep safe	Growing and Changing <ul style="list-style-type: none">• explain the terms 'conception' and 'reproduction'• describe the function of the female and male reproductive systems• identify the various ways adults can have a child• explain various different stages of pregnancy• identify the laws around consent	A World Without Judgement <ul style="list-style-type: none">• understand that there are a wide range of religions and beliefs in the UK• explain each of the British values• create a range of values for your educational setting• explain how all religions can live in cohesion
Being Responsible <ul style="list-style-type: none">• explain what consent means• recognise the importance of being honest and not stealing• explain why it is important to have a trusting relationship between friends and family• identify how making some choices can impact others' lives in a negative way	The Working World <ul style="list-style-type: none">• know and understand various money-related terms• recognise some of the ways in which we can spend money via technology• describe the potential impact of spending money without permission• identify strategies to save money	Feelings and Emotions <ul style="list-style-type: none">• recognise our thoughts, feelings, and emotions• identify how we can reduce our feeling of worry• explain how we can support others who feel worried• recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people	Computer Safety <ul style="list-style-type: none">• list the key applications that we may use now and in the future• know and understand why some applications have age restrictions• identify ways to keep yourself and others safe in a range of situations online and offline• recognise that people may not always be who they say they are online



•Key Facts

- It is important to know how to make a clear and efficient call to emergency services, if necessary.
- Understanding the basic concepts of first aid and how to deal with common injuries can be.

•By the end of these topics, I should:

- identify and name situations that may require first aid
- list reasons why someone may struggle to breathe
- identify the signs of an asthma attack or choking
- identify the signs of an allergic reaction and anaphylactic shock
- understand the correct steps for seeking immediate emergency help
- provide first aid treatment to someone who is struggling to breathe

•Ask me a question!

- What could trigger an asthma attack?
- How could you help someone who is choking?
- What is an epi-pen?

•I will learn the following new words/phrases:

Treatment	Medical care given to a patient for an illness or injury.
Emergency	A serious, unexpected, and often dangerous situation requiring immediate action.
Severe	Very bad, serious, or unpleasant.
Clinical Advisor	A person responsible for the assessment of health and clinical needs.
Life-threatening	Capable of causing death.
Conscious	Awake, aware of what is happening around you, and able to think.
Asthma	A common lung condition that causes occasional breathing difficulties.
Anaphylaxis	A severe and potentially life-threatening reaction to a trigger such as an allergy.
Allergic	Having an allergy to a substance.
Prescribed	To officially advise someone to use a medicine or treatment.
Obstruction	Something that gets in the way, sticks out, or blocks passage.

1decision PSHE Knowledge Organiser

- Module: First Aid
- Topic: First Aid - Year 5



•Year
•5

•Key Facts

- It is important to know how to make a clear and efficient call to emergency services, if necessary.
- Understanding the basic concepts of first aid and how to deal with common injuries can be.

•By the end of these topics, I should:

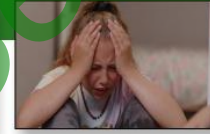
- complete a primary survey for first aid
- demonstrate the recovery position for an unresponsive breathing casualty
- know when to deliver CPR
- demonstrate how to do CPR
- know when to call for emergency help

•Ask me a question!

- What does DRs ABC stand for?
- Can you explain the different steps of the recovery position?
- What is CPR?

•I will learn the following new words/phrases:

Unresponsive	<i>Not reacting or responding to communication.</i>
Underlying	<i>Significant as a cause or basis of something but not necessarily obvious.</i>
Casualty	<i>A person badly affected by an event or situation.</i>
Compressions	<i>To press or squeeze (something).</i>
Unconscious	<i>Not awake and aware of and responding to one's environment.</i>



•Key Facts

- It is important to know how to make a clear and efficient call to emergency services, if necessary.
- Understanding the basic concepts of first aid and how to deal with common injuries can be.

•By the end of these topics, I should:

- identify a range of situations that may require first aid
- understand how to support someone with a minor or serious head injury
- understand how to support someone who is having a seizure
- understand how to support someone with a severe bleed
- know when to call for medical help

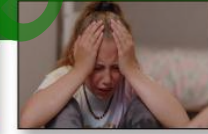
•I will learn the following new words/phrases:

Minor	<i>Lesser in importance, seriousness, or significance.</i>
Seizure	<i>A sudden, uncontrolled electrical disturbance in the brain.</i>
Nauseous	<i>To feel sick in your stomach, as if you might vomit.</i>
Incident	<i>An event or occurrence.</i>

•Ask me a question!

- How could you spot a head injury?
- What could you do if someone was bleeding severely?
- If somebody is having a seizure, when should you call 999?





•Key Facts

- It is important to know how to make a clear and efficient call to emergency services, if necessary.
- Understanding the basic concepts of first aid and how to deal with common injuries can be.

•By the end of these topics, I should:

- identify a range of situations that may require first aid
- understand how to support someone with a minor burn or scald
- understand how to support someone who is having a heart attack
- understand how to support someone with a fractured bone
- know when to call for medical help

•I will learn the following new words/phrases:

Minor	<i>Lesser in importance, seriousness, or significance.</i>
Seizure	<i>A sudden, uncontrolled electrical disturbance in the brain.</i>
Nauseous	<i>To feel sick in your stomach, as if you might vomit.</i>
Incident	<i>An event or occurrence.</i>

•Ask me a question!

- What should you do if you believe someone is having a heart attack?
- How could you treat a minor burn or scald?
- How could you spot a broken/fractured bone?

