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| PHSEE enquiry | Programme of study | Knowledge and interpretation | Vocabulary |
| Being me in my world | * Feeling special and safe * Being part of a class * Rights and responsibilities * Rewards and feeling proud * Consequences * Owning the learning charter | * I feel special and safe in my class * I know that I belong to my class * I know how to make my class a safe place for everybody to learn * I recognise the range of feelings when I face certain consequences * I understand my choices | For RSE vocabulary see ‘specific learning’  Special, Safe, Community, Consequences, Rewards  Similarities, Differences, Bullying, Celebrating  Success, Achievement, Learning styles, Overcoming obstacles  Medicine, Medication, Road safety  Belonging, Physical contact, Preferences, Celebrations  Life cycles (animal/human), Male, Female, Changes |
| Celebrating difference | * Similarities and differences * Understanding bullying and knowing how to deal with it * Making new friends * Celebrating the differences in everyone | * I can tell you some ways I am different from my friends * I understand these differences make us all special and unique * I can tell you some ways in which I am the same as my friends * I understand how being bullied might feel * I can be kind to children who are bullied * I know how it feels to make a new friend |
| Dreams and goals | * Setting goals * Identifying successes and achievements * Learning styles * Working well and celebrating achievement with a partner * Tackling new challenges * Identifying and overcoming obstacles * Feelings of success | * I can tell you how I feel when I succeeded in a new challenge and how I celebrated it. * I know how to store my feelings of success in my internal treasure chest * I can identify my successes and achievements * I can tell you how I learn best * I can celebrate achievement with my partner * I can identify how I feel when I am faced with a new challenge * I know how I feel when I see obstacles and how I feel when I overcome them. |
| Healthy me | * Keeping myself healthy * Healthier lifestyle choices * Keeping clean * Being safe * Medicine safety/ safety with household items * Road safety * Linking health and happiness | * I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy * I can recognise how being healthy helps me to feel happy * I feel good about myself when I make healthy choices * I am special so I keep myself safe * I know some ways to help myself when I feel poorly * I can recognise when I feel frightened and know who to ask for help |
| Relationships | * Belonging to a family * Making friends/ being a good friend * Physical contact preferences * People who help us * Qualities as a friend and person * Self-acknowledgement * Being a good friend to myself * Celebrating special relationships | * I can tell you why I appreciate someone who is special to me * I can express how I feel about them * I know how it feels to belong to a family and care about the people who are important to me * I know how to make new friends * I can recognise which forms of physical contact are acceptable and unacceptable to me * I know when I need help and know how to ask for it * I know ways to praise myself |
| Changing me | * Life cycles – animal and humans * Changes in me * Changes since being a baby * Differences between female and male bodies (correct terminology) * Linking growing and learning * Coping with changes * transition | * I can identify the parts of the body that make boys different to girls and can use the correct name for these. * I respect my body and understand which parts are private * I understand that changes happen as we grow and that this is ok * I know that changes are ok and that sometimes they will happen whether I want them to or not * I understand that growing up is natural and that everybody grows at different rates * I enjoy learning new things * I know some ways to cope with changes |
| Specific learning | | | |
| British Values | Programme of study | Knowledge and interpretation | Cultural Capital |
| Democracy  Rule of law  Individual liberty  Mutual respect  Tolerance of those of different faiths and beliefs | RSE:   * I can tell 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 | Using the terms penis, testicles and vagina |  |